

The Call of This Moment



Five Essential Steps Toward an Anti-Racist Multicultural, Inclusive America

**Re-Storying Race
Our Story of Race
Your Story and Race
Changing the Story
Beloved Community**

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Your Story and Race

- 1. Life Chapters.** Think about your life as if it were a book. It is unfinished at this time, but still contains interesting and well-defined chapters. Divide your life into its major chapters and briefly describe each chapter. You may have as many or as few chapters you like. Give each chapter a name and describe what is in that chapter. Also, describe briefly the transition from one chapter to the next. Think of this as a general table of contents of the book.
- 2. Key Events or Nuclear Episodes.** Getting specific, we are going to move from the general to the particular. Think of these five key events in your life. By that I mean a specific happening, a critical incident, a significant episode in your past, set in a particular time and place. For example, a conversation or a decision, not a whole summer vacation or a year in high school. Describe the event and what this event says about who you are or were as a person.
 - Peak Experience: the most wonderful moment in your life
 - Nadir Experience: the worst moment in your life
 - Turning Point: an episode in wherein you underwent a significant change in your understanding of yourself. (it doesn't matter if you knew it then; it is that you see it that way now.)
 - Earliest Memory in which "race" is present. Memories you have that includes setting, scene, characters, feelings, and thoughts. Early is what is important here. What role did you play? Is there anything you wish you could re-write?
 - Most Recent Memory in which "race" is present. Same as above. What role did you play? Is there anything you wish you could re-write?
- 3. Significant People.** Your storied life is populated by a few significant people who have had a major impact on the narrative. Describe four of them; at least one should be someone to whom you are not related.
 - Describe the kind of relationship you have or had with that person and the specific way they had an impact on your story.
 - Write about your heroes. Are any of these influencers from an ethnicity different than yours? What do you think this means?
- 4. Your Story Is Not Finished.** If vision is a picture of a preferred reality, what do you see for you, your family, your community, the world? In other words, describe your present dream, plan or outline for the future story. You may think of the future story in terms of chapters also.
 - What are the titles of the next chapters? Briefly describe them.

Your Story and Race continued

- How does your future story enable you
 - a.) to be creative in the future?
 - b.) make a contribution to others?
 - c.) have agency and moral courage to make the world better?
- Specifically, what do you hope to do to be anti-racist in your life?

5. Stress and Conflict. Describe two areas in your life where there is significant stress, a major conflict or a difficult problem or challenge that must be addressed. For each of the two, describe the nature of the stress, problem or conflict in some detail, outlining the source of the concern, a brief history of its development and your plan, if you have one for dealing with it in the future. Look closely at this section. How might you encounter stress and conflict as you work toward an antiracist future?

6. Personal Ideology/Theology/Ethics.

- Describe in a nutshell your core spiritual beliefs? Do you believe there is a God or Higher power? If so, what metaphor do you use for that presence and how does that presence relate to the world?
- Which images or stories about “God” most comfort you? Which images or stories about God most challenge you?
- In what ways are your beliefs different from those held by most people you know? How have your beliefs changed over time?
- How do you explain the way a “God” relates to current events? How does what you believe affect how you live your life? What does “God” require/inspire about antiracism?
- Do you have a particular political orientation?
- What is the most important value in human living?
- What else do you want to notice about your most fundamental beliefs and values about “God,” humanity, creation, life, and the world?

7. Leader’s Interpretation. Looking back over your entire life story as a book with chapters, episodes, and characters, you can discern a central theme, message, or idea that runs through the text. What is that major theme for your life? What is the vision for your life? What would you like it to be?