

Session 3 Agenda

A. 3:00 - 3:05 Large Group Sit (5 minutes), Move to small groups

B. 3:05 - 4:25 Mindful Sharing (80 minutes)

- a. Instruction: Mindful sharing involves each participant sharing from personal experience. There is no discussion or cross-talk during this time period, only personal sharing.
- b. *Each person in the group can share 3-5 minutes on each question (gauge the time depending on the number of people in your group). Speak to whatever questions are most salient.*

QUESTION 1: Were there any stories in any of the materials that caused more intense emotional response? Are there places where you noticed yourself numbed out when reading? What dharma practices can help you stay present with difficult experiences?

QUESTION 2: In your consideration of the quote from Ta-Nehisi Coates, “Two hundred fifty years of slavery. Ninety years of Jim Crow. Sixty years of separate but equal. Thirty-five years of racist housing policy. Until we reckon with our compounding moral debts, America will never be whole.” What came up for you? How do you relate to his idea of reparations and its potential for creating a new narrative of our country’s history? What thoughts and emotions come up? Which ones, if any, do you want to follow?

QUESTION 3: What do you imagine as the cost to all members of society of structural racism? This session focused on structural racism targeting the black community. How do you think structural racism plays out for other racialized communities (this includes white people)?

C. 4:25 - 4:30 Sit (5 minutes)

D. 4:30 - 4:40 Group Reflection (10 minutes)

- a. Instruction: Group Reflection is like Mindful Sharing in that there is no discussion or cross-talk, however the focus is on what kind of experience the participants had during the meeting rather than on the content covered.
- b. Each person in the group can share 1-2 minutes about what it was like to participate in the group. PROMPT: What was it like to engage in *Mindful Sharing* today? How has this been for you so far?

E. 4:40 - 4:45 Next Meeting (5 minutes)

- a. DISCUSS THE MEETING DATES
- b. Who will facilitate next?

F. 4:45 - 5:00 Return to Large Group & Closing sit (5 minutes)