

Agenda Session 4

A. 3:00 - 3:05 Sit (5 minutes)

B. 3:05 - 3:10 Move to Small Groups

Communication Guideline Review if needed - (5 minutes)

C. 3:10 - 4:20 Mindful Sharing (70 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 3-4 minutes on each question (gauge the time depending on the number of people in your group). Speak to whatever questions are most salient*
 - i. What are ways you have felt guilt? Have you found it paralyzing at times? What are ways it might serve to help you respond appropriately to sins of commission, omission, benefitting from an immoral system?
 - ii. Contemplate White Fragility -- the limited ability to tolerate racial stress -- both internally and externally. How do you see White Fragility operating in yourself and others?
 - iii. What are you seeing more clearly after these readings? Or, in general, how did the reading and videos affect you?

D. 4:20 - 4:25 Sit (5 minutes)

E. 4:25 - 4:35 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 2-3 minutes about what it was like to participate in the group (gauge time based on number of people in the group)
PROMPT: What was it like to engage in *Mindful Sharing* today? How has this been for you so far?

F. 4:35 - 4:40 Next Meeting (5 minutes)

- a. When will you meet next?
- b. Who will facilitate next?

G. 4:40 - 5:00 Move to Large Group, Sit (5 Minutes)