



Becoming Anti-Racist: **A Lenten Adventure**

February – March 2021

Designed and written by Ruth Campbell,
Pastor for Ministry Development (ruthc@crcc.org)

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2410 Spencerville Road
Spencerville, MD 20868
301.421.5949 • www.crc.org



We are so glad you are joining us on this Lenten Adventure!

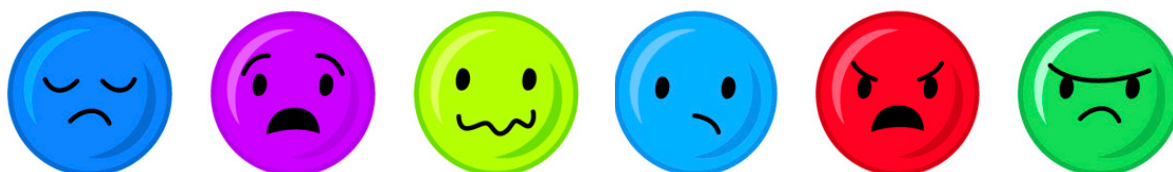
For the next 5 weeks, we will explore some really **BIG** topics about **racism**. Have you heard that word before? Don't worry if you are not too sure what it means. We will learn about it together.

Learning about racism, and how to be **anti-racist** (the *opposite* of racism) will help us to make the world a better place for everyone. Being anti-racist is a way of loving people, and so it is an important part of following Jesus.

Some of the things we will learn about are hard to understand. But don't worry! We are on this journey together. No one has all the answers, but there are lots of people who can help you to understand things better. So never be afraid to **ASK QUESTIONS!**



Some of the things we will learn about are hard to hear. They might make us feel things like fear, anger, shame or sadness. These feelings are normal and healthy. Talk to adults about your feelings—and ask them about their feelings, too.



We won't learn everything in the next 5 weeks. Becoming anti-racist is a lifelong adventure. But this is a great way to begin!

We are excited to go on this adventure with you!

What's in this book?



Interesting things to read and learn, plus pictures, too.

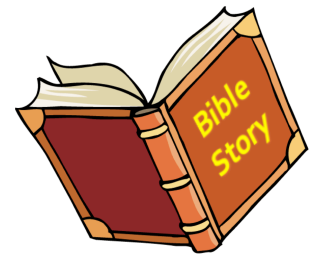
Important words to understand.

Words to know



Questions to think about or discuss.

Bible stories to find out what Jesus had to say about this.



Things to do to change ourselves and our world!

Art projects that are about what we are learning. (Sometimes we feel in the mood for art—and sometimes we don't. That's ok!)



Go to www.crc.org/becoming-anti-racist each week for videos and links, if you want to learn more.



Our wonderful differences (and our own prejudices)



God made us all different. People's bodies come in lots of different shapes and sizes. Some of us are tall and some are short. We have different colored hair, skin, and eyes.

We are all different on the inside, too. Some people love to laugh, and others like to sing. Some are good at listening, and some like to be always on the move. Some people find it easy to be brave, and other people find it easy to be gentle.

The Bible says we are **ALL** loved by God, and we are all equal. We are all created in God's image. I wonder what that means?



Look at your face in a mirror. The image you see is your reflection. It is not you, but it shows you what your face looks like. What in your reflection looks like other people in your family? Do you have similar hair? Or the same color eyes? Or a mouth that is the same shape?

Now imagine you have a magic mirror that shows all of you—inside and out. What on the inside of you would look like other members of your family? Do you like to watch the same things on TV? Do you find the same things funny? Do you have the same hobbies? Or similar personalities?

What on the inside of you looks like God? Are you kind, gentle, creative or loving? Do you like to help people? Or comfort people when they are lonely or sad?

We are all different, and our differences make us special and beautiful. No one person on this planet looks completely like God. But we all look something like God, and together, we can show more of what God is like.



Sometimes we look at people and are **prejudiced**. This means we think we know something about them just because of their appearance or differences.



Look at the pictures of people below. Write down the first one or two words that come into your mind for each of them.

Words to know
Prejudice
A judgment somebody makes about another person just based on their appearance or differences. These judgments are often negative, hurtful, and untrue.

















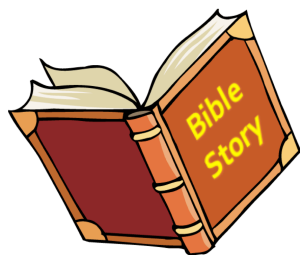
Do you think you would like to be friends with that person? Why or why not?

Think again about the words you wrote down. How did you decide what the person was like? Do you *really* know the person is like that, or are you guessing, based on their appearance?



We all have prejudice. We see what someone looks like on the outside and we think we know what they are like on the inside. But of course, we don't! Prejudice is unfair. It leads us to treat people differently just because of the way they look.

Sometimes prejudice is based on skin color, or on where someone is born, or the language they speak. This kind of prejudice is called **racism**. We will learn more about racism next week.



Let's read a Bible story about prejudice in the time when Jesus lived on earth.

One day, the people brought their little children to Jesus so he could hold them and pray for them. When his disciples saw what was happening, they told the people to stop bringing their children to Jesus. But when Jesus heard about this, he was angry with his disciples. He said, "Let the little children come to me. Don't stop them, because the kingdom of heaven belongs to people who are like these children." And Jesus took the children in his arms, and blessed them.



Words to know

Racism

The poisonous practice of people or governments treating one group of people better or worse just because of their skin color, where they were born, or the language they speak.

At the time of this story, people thought men were more important than women, and adults were more important than children. The disciples (adult men) did not want Jesus to be bothered by children. They were prejudiced against children.

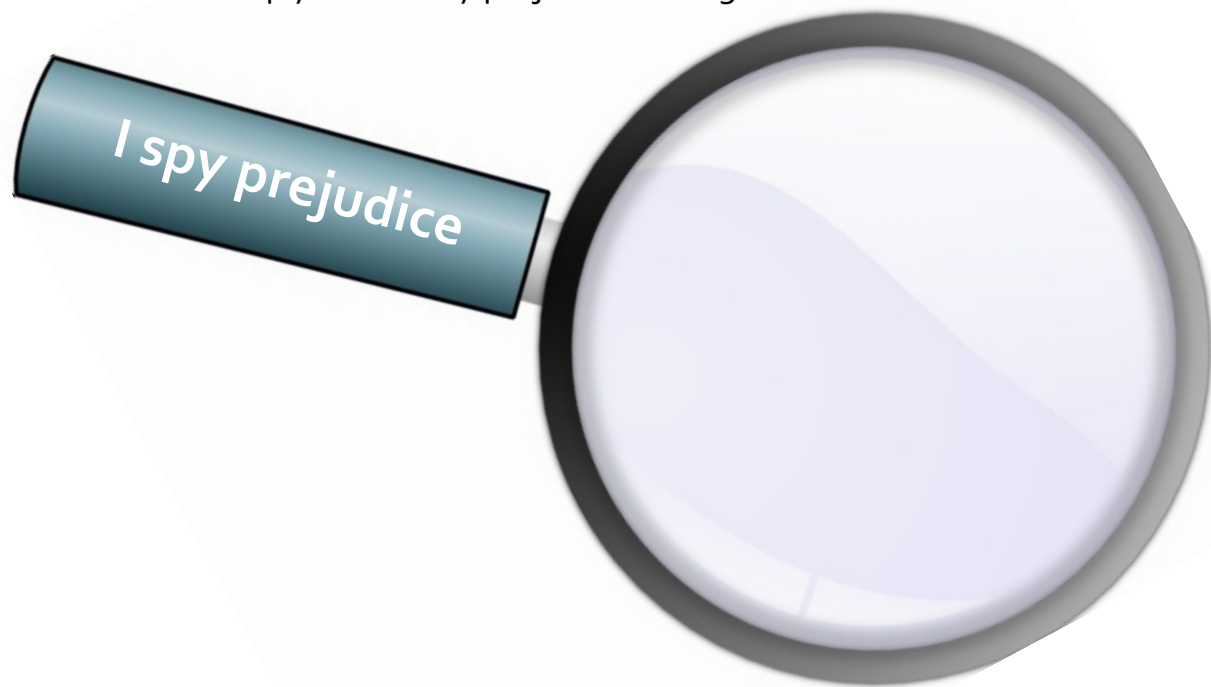
This made Jesus angry because **EVERYONE** matters to Jesus! Jesus loves everybody equally—and that includes all children.

Take a moment to thank Jesus for loving you, and for loving everybody—no matter what we are like on the outside or on the inside. Ask Jesus to help you love people, and to not be prejudiced.



During this week, look for examples of prejudice, and note them in the magnifying glass. As you watch TV or read books, look at who the main characters are. Do they reflect people with different types of bodies, personalities, and abilities?

Listen carefully to how people talk about other people they don't know. Do they make judgments about people based on what they look like? Ask family members to help you identify prejudice throughout the week.



See if you can spot any times **YOU** are prejudiced about someone. Ask family members to help you, and note it in or around the eye on the next page.

We all have prejudice sometimes. When we notice it, we can decide to think differently. And we can ask God to help us look at people without prejudice.



Draw your face on the front of paper plate. Based on what you look like, how might people describe you?

On the back of the plate, draw a heart and write in it what you are really like on the inside.

Can people see what's on the inside, based on your face? How does that make you feel?

We would love to see your paper plate face! If you would like us to show it on the Cedar Ridge website, please send a photo of your plate to bryanp@crcc.org

Looking for more?



Go to www.crcc.org/becoming-anti-racist to find videos and links, including

- Cedar Ridge Read Aloud Storybook—Let's Talk About Race
- An audition with an unlikely singer
- An experiment with cupcakes
- Read Aloud Storybook—Teach Your Dragon About Diversity



Week 2

Everybody matters (and we need to call out racism)



Do you remember what we learned last week? We talked about how we all have **prejudice**—we mistakenly think we know things about people based just on how they look. God wants us to love everybody, and treat them fairly. We need to pay attention to prejudice, and ask God to help us look at people without prejudice.

We also noted that prejudice based on the color of someone's skin, where they were born, or the language they speak is called **racism**. Racism shows up in lots of different ways, and we will look at some of those ways over the next few weeks.

In America and many other countries, people or governments treat White people better than everyone else. They are given more opportunities to succeed at school, in the work place, and in their community. And they are given more chances when they mess up. This is called **White privilege**, and it is very unfair to people who don't have white skin.

Words to know

White privilege

The unfair practice of making life easier for people with white skin than for people with black or brown skin.

For hundreds of years, some White people in Europe and America thought they were better than everyone else. They thought they were more intelligent, and their lives were more important and valuable. This completely false belief is called **White supremacy**, and it led to some horrible actions.

One of the cruelest ways that White supremacy affected people was through slavery. People from many different countries in Africa were captured, and transported in ships to places where they were made to work for no money. Children were kidnapped from their mothers and fathers. Whole families were put in chains, then separated and sold. They were not treated like people at all—but like machines that could be bought, used and sold to make the White people rich.

Words to know

White supremacy

The false belief that people with white skin are better than people with a different skin color.



Enslaved people hated being treated this way, and found ways to resist. Although it was often impossible to escape, some of them managed to. Once they escaped, they worked to change the laws that allowed slavery. Some White people also hated slavery, and joined groups that tried to convince people in power to end this evil practice.

When the American Civil War ended, more than 150 years ago, slavery was made illegal. But White supremacy has not gone away.

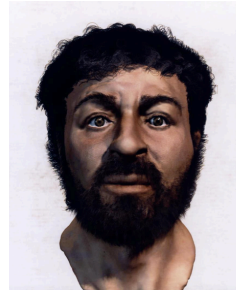
Sometimes people who still believe in White supremacy carry flags or signs. They protest or even riot because they don't want all people to be equal. They want to feel superior to Black and Brown people, and they want to keep their White privilege. If you watch the news on TV, you might occasionally see flags like these being held by people who support White supremacy.



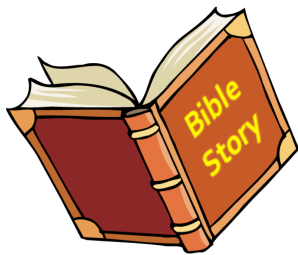
But White supremacy does not always carry a flag. It can be subtle and sneaky. We might not even notice it. If we don't pay attention, we might not notice that most of the history we are taught at school focuses on White men. Or that most statues in public places are of White men. Or that most books and movies have White actors in the main roles. But these things affect the way we think. They encourage prejudice and White supremacy.



Which of these two pictures looks most like Jesus?



We don't know exactly what Jesus looked like. There were no cameras when Jesus lived on earth. But scientists say that men at the time and in the place where Jesus lived typically looked like the picture on the right. Did you choose that one? What do you think made you choose the picture you thought looked like Jesus?



Let's read a Bible story about racism in the time when Jesus lived on earth. At the time of this story, most Jewish people thought they were better than the Samaritans—people who lived in the nearby country of Samaria. In particular, the Jewish religious leaders thought Samaritans did not follow God properly, and were not good people.

One day, a Jewish religious leader wanted to test Jesus. "Teacher," he asked, "what must I do to have life forever?" Jesus replied, "What is written in the Jewish law? What do you read there?" The man answered, "'Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind'; and, 'Love your neighbor as yourself.'" "Your answer is right," Jesus said. "Do this and you will really live." But the man wanted to show that the way he was living was right. So he asked Jesus, "Who is my neighbor?"

To answer this question, Jesus told this story. "A man was going down the road from Jerusalem to Jericho. Some robbers attacked him. They tore off his clothes and beat him. Then they left him lying there, almost dead. It happened that a Jewish priest was going down that road. When the priest saw the man, he walked by on the other side of the road. Next, a religious expert came there. He went over and looked at the man. Then he walked by on the other side of the road.

Then a Samaritan traveling down the road came to where the hurt man was lying. He saw the man and felt very sorry for him. The Samaritan went to him and poured olive oil and wine on his wounds and bandaged them. He put the hurt man on his own donkey and took him to an inn. At the inn, the Samaritan took care of him. The next day, the Samaritan brought out two silver coins and gave them to the innkeeper. The Samaritan said, 'Take care of this man. If you spend more money on him, I will pay it back to you when I come again.'"



Then Jesus said, "Which one of these three men do you think was a neighbor to the man who was attacked by the robbers?" The religious leader answered, "The one who helped him." Jesus said to him, "Then go and do the same thing he did!"

The religious leader expected the hero of Jesus' story to be Jewish—and certainly not a "no good" Samaritan! But Jesus spoke up and showed that no one group of people is better than another. The religious leader claimed to love God and love other people. But his prejudice against Samaritans proved he still had a lot to learn!

Take a moment to ask God to help you love and care for all people, no matter who they are, what they look like, or where they come from. Let's also ask God to make us brave to speak up when people are being racist.



Jesus spoke up to show the religious leader that he was being racist. We can do the same!

We might not be good at telling stories like Jesus was. But on the next page you will see some examples of ways to speak up when somebody makes a racist comment.



Interrupt

Speak up every time someone says something racist. Think about what you will say ahead of time, so you are ready to answer straight away.

TRY SAYING: "I don't like words like that." Or "That phrase is hurtful."



Question

When someone says something racist, ask them simple questions to find out why they said it. This will help them think about their words, and may help you to know how to respond.

TRY SAYING: "Why do you say that?" or "What do you mean?"



Educate

Explain why a word or phrase is racist. Ask the person to choose a different expression. Sometimes people don't mean to say something hateful. Sometimes they just don't think about what they are saying.

TRY SAYING: "Do you know what that word means?"



Echo

If someone else speaks up about a racist comment, thank them, and say you agree. One person's voice is a powerful start. Many voices together create change!

TRY SAYING: "Thanks for speaking up. I agree that word is racist and we shouldn't use it."



Everyone is created in God's image, and loved by God. We are all equal. Design a flag that symbolizes to you that everyone matters.

We would love to see your flag! If you would like us to show it on the Cedar Ridge website, please send a photo of you holding your flag to bryanp@crcc.org



Looking for more?

Go to www.crc.org/becoming-anti-racist to find videos and links, including:

- Read Aloud Storybook—Race Cars: A Children’s Book about White Privilege
- Cedar Ridge Read Aloud Storybook—Follow the Drinking Gourd
- Cedar Ridge Read Aloud Storybook—Aunt Harriet’s Underground Railroad in the Sky
- Information about the Sandy Spring Underground railroad



Making the world more just (and becoming an activist)



Last week we talked about **White supremacy**. Sometimes White supremacy can be obvious, and even violent. But often it is subtle and sneaky. One way White supremacy is sneaky is through **systemic racism**. Systemic racism is when life is made easier for people with white skin, and harder for people with black and brown skin.

For example, did you know that here in Maryland, nearly half of all Black and Latino children go to the schools with the least amount of funding? These schools do not have enough money for staff, books, nice classrooms, computers and other resources. Meanwhile most White and Asian students go to the schools with the most funding. As a result, White students are twice as likely to get good grades than Black and Latino children.

This pattern of racism can be found in almost every area of life. In the work place, employers are more likely to interview people for a job if their name sounds like a White person's name. White people often get higher-paying jobs. And when White, Black and Brown people do exactly the same work, White people are likely to be paid more money!

Words to know

Systemic racism

When laws, policies, and institutions (schools, hospitals, churches, the police, etc.) treat one group of people better or worse just because of their skin color, where they were born, or the language they speak.

On average, banks are less likely to lend money to Black and Brown people. Often they cannot get the money to live in the nicer parts of a town where there are good hospitals, spacious parks, libraries, and well-funded schools. Lower wages mean that more Black and Brown people cannot afford to buy health insurance, and so they cannot get the quality care they need when they are sick.



On top of all that, Black and Brown people are treated more harshly by authorities. The police are more likely to stop Black people than White people. And a Black person is more likely than a White person to go to prison, and stay there for longer, for committing the same offense. The same thing happens in schools. Black students are more likely than White students to be suspended, even when they do **EXACTLY** the same thing wrong!



How does all this information make you feel? (You might want to take some time to discuss your feelings with an adult.) Does this information surprise you?

Some people say we should just “forget” about systemic racism and treat everyone exactly the same from now on. Do you think that would be fair?

Imagine a race where one person has been able to exercise at a gym. They are healthy and strong and have had a good night’s rest. They are wearing the best sneakers.



Now imagine someone who has been sick and could not get the right medicines. They are wearing crocs, and are tired after working all night.

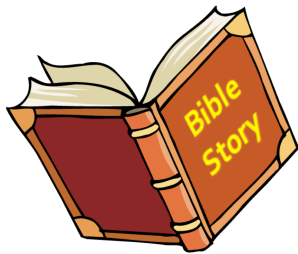
Would a race between these two people be fair? What would need to happen to make the race fair?



In order to make life fair for **ALL** people in America, changes need to be made to the rules for how people are treated. Extra money needs to go to the people and places that have

not been given their fair share in the past. And when decisions are made, the opinions of people of all skin colors need to be included—especially Black and Brown people, who have often been ignored. That would make life really fair: that would be **justice**.

All of us have a part to play in making our country more just. We can do this by talking to the people who make the laws, and by standing up for what is right when we see injustice happening. This is called being an **activist**.



Let's read a Bible story about a time Jesus took action and spoke up when people were being mistreated.

One day, Jesus went into the Temple. When he got there, he saw that the place where people from other countries were allowed to worship God was filled with market stalls. There were men gathered there who made money by exchanging foreign coins for Temple coins. And there were people charging a lot of money for the birds and animals people needed to worship in the Temple.

Jesus began to throw out those who were buying and selling things there. He overturned the tables that belonged to the men who were exchanging different kinds of money. And he turned over the benches of the men who were selling doves. Jesus refused to allow anyone to carry goods through the Temple courts.



Then Jesus taught the people. He said, "It is written in the Scriptures, 'My Temple will be a house where people from all nations will pray.' But you are changing God's house into a 'hideout for robbers.'"

Words to know

Justice

The fair treatment of all people that results in equal opportunities and outcomes for everyone.

Activist

Someone who learns more about an issue, raises awareness among others, and takes action to bring about change.

When Jesus saw that the people from other countries had nowhere quiet and peaceful to pray—and that the market sellers were cheating the poor people who came to worship—he was very angry. And he took action to put things right.

We often think it is wrong to be angry—but here we see an example of a time Jesus got angry. Think about Jesus getting angry because people were being mistreated. How does that make you feel?

Take a few moments to be still. Remember that Jesus is with you. Close your eyes and think about some of the things we have learned today. You might feel lots of different emotions—like anger, fear, sadness or shame. Just sit with Jesus as you feel your emotions.



At Cedar Ridge, we want to be like Jesus. We want to love people so much that we get angry when they are mistreated, and we take action. There are a number of ways we try to be activists when it comes to racism.

LEARNING. We know we have lots to learn! So we read books, watch videos, and learn together. We learn about what racism is and how it works, our own role in racism, and how we can become anti-racist.

JUSTICE IN EDUCATION. We write letters and talk to people who make decisions, to ask them to give more money to schools that many Black and Brown students attend.

CRIMINAL JUSTICE. We are looking at different ways to make sure Black and Brown people are treated fairly by the police and in the courts.

DIFFICULT CONVERSATIONS. We know that not everyone sees how serious and wrong racism is. Some people do not know the facts. Some people are afraid of losing their White privilege. We are learning how to have good conversations with these people to help them understand the facts about racism.

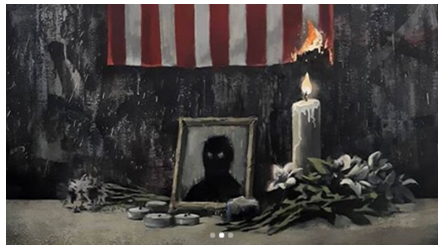
We would love kids of all ages to get involved in these activities. One way you can be an activist right now is by sending a letter to the people who help make laws

where you live, and telling them that schools should be funded fairly. You can find the addresses for your representatives (and some ideas of what to write) by going to our website www.crc.org/becoming-anti-racist



Some activists have used art to draw attention to systematic racism and injustice. You can see some examples below.

Try drawing or painting your own “activist art”!



We would love to see your activist art! If you would like us to show it on the Cedar Ridge website, please send a photo of it to bryanp@crc.org



Looking for more?

Go to www.crc.org/becoming-anti-racist to find videos and links including

- Systemic Racism Explained: A TED Talk for kids
- PBS' Arthur on Racism
- Read Aloud Storybook— Art From Her Heart
- How to write to your representatives



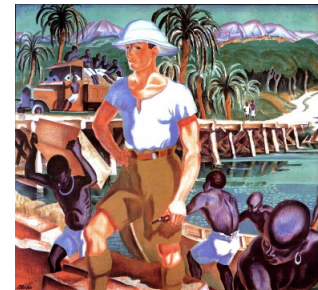
Week 4

We are all one family (and supporting immigrants)



Hello activist! We have covered a lot of **BIG** topics in the last 3 weeks. First we looked at how we all have **prejudice**, and then we talked about **racism**, and how we need to call it out when we see it. We looked at **White privilege** and **White supremacy**, and the cruel and unfair results of **systemic racism** on Black and Brown people in America.

But White supremacy has not just impacted people in America. It has also hurt people with non-white skin in other countries around the world. For hundreds of years, White people from Europe and America believed they were more intelligent, more important, and knew more about God than people from other countries. They travelled to other lands and put themselves in charge. They told the people who had lived there for many generations how to dress, how to speak, how to work, and how to worship God—and they punished anyone who disagreed with them.



Why do you think the White people acted this way?

Some of them cared about people and wanted to help them—but they did not notice their own prejudice.

Others saw an opportunity to make lots of money—and they didn't care who got hurt, because they believed they were more important than everyone else.



In many countries, White settlers stole the land from the people who lived there to create large farms where they grew crops like fruit, sugar, tea and rice. They made the people work long hours on the farms for very low wages. And they took other resources, too—like gold, oil, timber and ivory.

The people in these countries knew that they mattered just as much as White people, and they fought for the right to rule their own countries. But rich White people did not want to lose the farms that brought them so much wealth. In some places, they gave weapons and money to leaders who promised to help the White people keep control of their farms.

One of the consequences of this is that some people need to move to the U.S. or to Europe to escape the fighting, or to make enough money for themselves and their family back home. When people leave their home country to escape violence, we call them **refugees**. When they move to try and make enough money, they are called **immigrants**.

Words to know

Immigrant

A person who goes to live in another country, usually in search of a better life.

Refugee

A person forced to leave their home and move to a new country to seek safety or protection.



What if you were suddenly forced to flee violence or poverty? What if you and your family had to make the enormously difficult decision to pack up your lives and leave—by car, open-air truck, or even on foot? What would you take with you?

The items below are what children took when they had to leave their homes in Guatemala and Honduras.



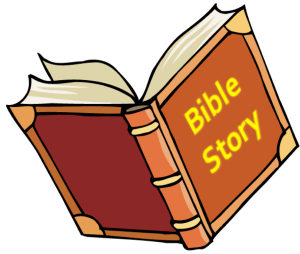
Maria took her journal, which includes a photo of her mother.



Ana took her stuffed giraffe to keep her company while she walked.



Tomas took the necklace his mother made to wish him luck on his journey.



Let's read a Bible story about a time Jesus became a refugee.

Jesus was born in the town of Bethlehem during the time when Herod was king. After Jesus was born, some wise men from the east came to Jerusalem. They asked, "Where is the baby who was born to be the king of the Jews? We saw his star in the east. We came to worship him." When King Herod heard about this new king of the Jews, he was troubled. Herod called a meeting of all the leading priests and teachers of the law. He asked them where the Christ would be born. They answered, "In the town of Bethlehem in Judea. The prophet wrote about this in the Scriptures."

Herod sent the wise men to Bethlehem. He said to them, "Go and look carefully to find the child. When you find him, come tell me. Then I can go worship him too." But secretly, Herod planned to kill the child.

The wise men heard the king and then left. They saw the same star they had seen in the east. It went before them until it stopped above the place where the child was. When the wise men saw the star, they were filled with joy. They went to the house where the child was and saw him with his mother, Mary. They bowed down and worshiped the child. They opened the gifts they brought for him. They gave him treasures of gold, frankincense, and myrrh. But God warned the wise men in a dream not to go back to Herod. So they went home to their own country by a different way.



After they left, an angel of the Lord came to Joseph in a dream. The angel said, "Get up! Take the child and his mother and escape to Egypt. Herod will start looking for the child to kill him. Stay in Egypt until I tell you to return." So Joseph got up and left for Egypt during the night with the child and his mother. Joseph, Mary and Jesus stayed in Egypt until Herod died.

Mary and Joseph must have been very scared when they learned that the king wanted to kill Jesus. Imagine how they must have felt, escaping in the dark of

night. What do you think they did when they reached Egypt? Do you think anyone helped them to make a new home there?

Take a few moments to pray for all the families who have to leave their home country. Ask God to help them stay safe on their journey, and to find the help they need when they arrive at their destination.



Did you know that Cedar Ridge partners with a town in Guatemala called Ipala?

The American government and some American

companies have done a lot of harm in Guatemala over the years. There is a great deal of poverty and political unrest there, but most of the people who live in Guatemala are working hard to make their country better. We want to help them, and learn from their experiences.



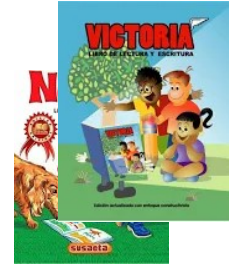
One of the things we do in Ipala is to support **JUSTICE IN EDUCATION**. (Remember that from last week?) Just like in the United States, the government in Guatemala does not give enough money to the schools in poor towns. We help make things fairer by providing money for scholarships, so children from poor families can go to school.

We would love kids of all ages to get involved in our work in Ipala. There are two ways you can help right now.

1 Donate some of your books to kids who have come to live in Maryland as immigrants. Books are an important way for kids to learn how to read and speak English. Books that have lots of pictures are especially helpful. They should be in good condition. You can leave your books in the collection box outside the main doors of the Cedar Ridge building any day this week (March 14-20). Remember: Most immigrant children go to schools that do not receive enough funding for all the books they need.



- 2** Give money to buy lesson books for 1st graders in Ipala, so they can learn how to read. This is especially important during the pandemic when kids are learning at home on some days. You can make a donation on our website www.crcc.org/becoming-anti-racist.



Art reflects our experience in life. We draw and paint what we see around us.

Look at the differences in the shapes and colors of these paintings from Guatemala, Japan, South Africa, and Greece. See how different they are.

Then draw or paint a picture that reflects your life.



Looking for more?

Go to www.crcc.org/becoming-anti-racist to find videos and links, including

- Life in Ipala, Guatemala
- An interview with an immigrant from Guatemala
- Read Aloud Storybook—Where Are You From?
- Read Aloud Storybook—Mama’s Nightingale: A Story of Immigration and Separation

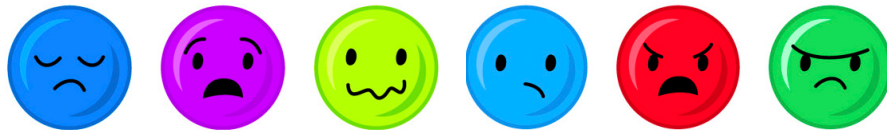


Week 5

Love saves the day (and anti-racism is for life)



This is the last week in our Lenten Adventure. How are you feeling about the things we have been learning?



Prejudice, slavery, systemic racism, people having to flee their home country... these are all very hard things to talk about. We might feel sad that there is so much wrong with the world. But we can have hope. God will help us to make the world a better place. And many people before us have already accomplished great things!



You may remember from week 2 that slavery was made illegal in the United States at the end of the American Civil War. Black people could no longer be enslaved, but that did not mean they were treated fairly. Unfair

treatment based on skin color is called **racial discrimination**. There were a lot of things that Black people were not allowed to do—like go to the same schools as White people, drink from the same water fountains, stay in the same hotels, or use the same restrooms.

Words to know

Racial discrimination

Unfair treatment of a person or group of people based on their skin color, where they were born, or the language they speak.

Many Black communities protested racial discrimination. They formed organizations like the NAACP (National Association for the Advancement of Colored People) to argue for changes in the law. Some Black people refused to buy from White-owned stores, or ride on buses where they had to sit at the back. Some White people also joined the protests against racial discrimination. Even though most protesters were peaceful, White police officers would bring dogs and weapons to attack them.

This time of protest is known as the Civil Rights Movement. In 1963, over 200,000 people of all races joined Dr. Martin Luther King, Jr., in the August 28th “March on Washington” where Dr. King delivered his famous “I have a dream” speech. The following year, the “Civil Rights Act” made racial discrimination illegal.



What do you think you would have done if you lived at the time of the Civil Rights Movement?

Have you heard of any of these leaders of the Civil Rights Movement?



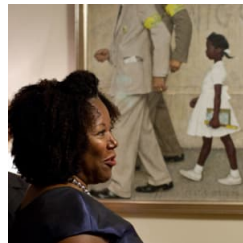
Rosa Parks (1913-2005)



Dr. Martin Luther King, Jr. (1929-1968)



Malcolm X (1925-1965)



Ruby Bridges (1954-)

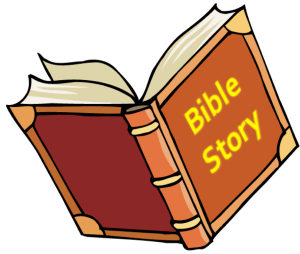


John Lewis (1940-2020)



Since the time of the Civil Rights Movement, we have had a Black president (President Barack Obama) and we now have a Black and Indian vice president (Vice President Kamala Harris). There are more Black and Brown lawmakers than ever before in America. Things are improving—so have hope!

But we still have a long way to go to make America fair for **ALL** people. (Remember systemic racism from week 3?) We all need to be activists in the fight against racism. Not just for these 5 weeks in Lent, but everyday, for our whole lives!



The Bible is full of images of how God wants the world to be—and what God will make the world become one day. Let's read one of those descriptions from the last book in the Bible. A man called John had a dream, and this is what he saw.

I looked, and saw so many people that no one could count them. They were from every nation, tribe, people, and language of the earth. They were all standing before God's throne. They wore white robes and had palm branches in their hands. They were shouting in a loud voice, "God who sits on the throne rescues us."



Then one of the elders said to me, "The One who sits on the throne will protect these people. They will never be hungry again. They will never be thirsty again. The sun will not hurt them. No heat will burn them. Jesus will be their shepherd. He will lead them to springs of water that give life. And God will wipe away every tear from their eyes."

This is one of many beautiful pictures in the Bible of people from all over the world living together in peace with one another, and at peace with God. The Bible says that God will bring about the **reconciliation** of all things. Reconciliation means that broken relationships are mended. We feel and say sorry to people we have hurt—and they forgive us. And we forgive those who have hurt us. We agree to live together as friends. Love, justice and peace win the day—like in John's dream that we just read.

Words to know

Reconciliation

The mending of a relationship that had been broken. This usually includes being aware of what we have done wrong, saying sorry, and changing our behavior to make things right.

The Bible also says that God has given us the job of helping to bring about this reconciliation. One way we can do that is by being anti-racist, and helping others understand the importance of making life fair for everyone.

Take a few moments to think about John's dream of everyone living safely and happily together with God. How does that make you feel? Let's ask God to fill us with hope, and to make us strong and brave as we continue to fight against racism and every kind of prejudice.



How will you keep becoming anti-racist after this Lenten adventure? Talk to your parents or caregivers about what you can do.

Here are some ideas of what you can do as a family:

KEEP LEARNING. There are lots of excellent books, videos, movies, podcasts and other resources to help you learn even more about racism and how to be anti-racist.

IDENTIFY PREJUDICE AND WHITE PRIVILEGE. Keep your eyes open and your mind switched on as you go through your day. Do you judge people based on how they look or speak? Is anyone being treated differently because of their skin color or accent? If you are White, are you getting advantages that other kids are not?

DIVERSIFY YOUR LIFE. Make friends with people who are different from you. Read books and watch shows where the main characters don't have your skin color. Take an interest in a culture (history, food, music, language, etc.) other than your own.

SPEAK UP. Speak up when someone makes a racist comment or joke. Cut out the table on page 12 and stick it somewhere to remind yourself to Interrupt, Question, Educate and Echo.

PRAY. Pray for our country and our world. Pray for leaders to make fair decisions. Pray for those who are hurt by racism. Pray for people to understand how hateful racism is. Pray for refugees and immigrants. Pray that God will help you be strong and brave as an activist.

SHARE. Share with others what you have learned about becoming anti-racist. Share your stories of how you have experienced prejudice, or how you have seen others hurt by it. Tell your parents or caregivers about your feelings. Keep the conversation going.



Find some pictures of people of all different ages, shapes, sizes, colors, styles of dress, etc. Cut out these pictures and make a collage to illustrate John's dream of reconciliation.



Looking for more?

Go to www.crc.org/becoming-anti-racist to find videos and links, including

- Read Aloud Storybook—Let The Children March
- Read Aloud Storybook—I Am Martin Luther King, Jr.
- Read Aloud Storybook—Something Happened in our Town: A Child's Story about Racial Injustice
- A list of books for further reading