Racism is a violence that manifests within minds, souls, actions, institutions, and systems—making itself a place within our history, present, and unfortunately in soon-to-be-seen ways, even our future. It is a penetrative, infectious violence that, even after years of social justice actions, protests, and victories, continues to persist. There is much to be done to resist and dismantle racism. Part of that as white folk is to make space within our moral and spiritual lives for continuous reflection, honesty, and self-improvement. It is on us to put in the work—physically, mentally, and spiritually—to educate ourselves and position ourselves to be better allies, and, most importantly, to help us love better. The root of racism is hate, and we are not called to hate, but to love.

1 | BECOME AWARE OF GOD’S PRESENCE

Think about the God of the oppressed, the true and loving God—think about the people God called Her own. Remember the people She sought to protect, the people She pulled prophets from, were the poor and marginalized of society. Reflect on the poor and marginalized of today’s society—who do you see? Remember God’s love for them by seeing them, and how you are called into God’s love by loving them and resisting the systems, thoughts, and institutions that seek to prevent love and community. Remember there is no room for love in racism.

Reflect on the systems that seek to keep you from loving one another. Recognize that God’s own face is reflected in the faces of the marginalized of our society. God’s face is in a brown, Jewish carpenter’s, just as much as it is in the Black American woman’s, or in the forgotten American Indian’s, or in the faces of the family of color seeking asylum from political unrest. Find God in all things and all people—especially the ones racism seeks to divide us from through hate, discrimination, and systemic institutionalized oppression.

2 | REVIEW HOW YOU USED YOUR WHITE PRIVILEGE TODAY

If a person of color was telling you their experience, did you listen with openness and compassion? Or did you argue, ignore, or interrupt? In your place of work/service, did you use all available resources to make things culturally sensitive for your coworkers or clients, or did you assume American Western whiteness as the status quo? Did you reflect on the land you stand on, or the rights you have that our justice system sees as racial privileges? Did you speak up when a white friend/relative/coworker said or acted in a problematic way, or did you choose silence over action? Allow yourself to remain present in all reflection—in the moments you are proud of your actions, but especially in the moments where you are not. Do not shy away from examples of your need and capacity for growth and love.

3 | PAY ATTENTION TO YOUR EMOTIONS

In reflecting on how you utilized your privilege today, what are your feelings? Is there shame, anger, discomfort, fear, or hatred? Are there prejudices you hold that you are becoming aware of? Are there parts of your day where you felt confused, not sure whether something you said, did, or heard was problematic or oppressive? However uncomfortable, sit with the discomfort; lean into it and begin to educate yourself from the actions of the day. Write down things you wish to learn more of, or journal about the challenges of allyship. Do not push away from your emotions—they are key in addressing white privilege and white supremacy.

4 | CHOOSE ONE MOMENT OF THE DAY WHERE YOU USED YOUR PRIVILEGE TO EITHER MAKE OR TAKE SPACE FROM PEOPLE OF COLOR—REFLECT ON THAT MOMENT

Find one moment from the day where you can find your white privilege at work in either an oppressive or just way. If it was something you are proud of, then take the moment to recognize and hold gratitude for the improvement and the opportunity you took to choose love and unity over divisiveness.

Pray for the courage, insight, humility, and self-awareness to continue to grow as a white ally for racial justice. Recognize the need and call for more growth and education. If it is a moment where you abused your privilege, focus on what prejudices, notions, or structures were influences in your action. Reflect on how that moment was harmful and divisive. Brainstorm ways to work towards restorative racial healing in the future. Pray for guidance, perseverance, and awareness for the future.

5 | LOOK FORWARD TO TOMORROW

Reflect on ways you can move closer towards allyship. Are there social justice groups or organizations asking for white allies that you can join or give support to? Are there books, articles, or other forms of media on race that you can turn to for education? Are there white folk in your life you may need to have uncomfortable conversations on race with? Make conscious, practical, and intentional action plans to use your power to help dismantle racism. Be prepared to translate this spiritual work into concrete, physical actions. As St. Ignatius says, “Love is shown more in deeds than in words.”