

Scenario Response Worksheet

At a local sangha, a predominantly white group meets for a meditation sit. The group mills about the room before the “sit” is to begin. A small group of regulars is chatting, and one of the white women, Sarah, shares about a workshop she recently attended on unconscious bias. She reports feeling convinced that white people need to take responsibility for racism. Another white woman, Gina, responds by saying, “when you focus on race you racialize me, essentially ‘othering’ me, and that does less for the movement than looking at how we’re the same.” A woman of color standing nearby overhears the comment. Sarah responds to Gina, saying she believes all of us need to recognize how race affects us. Gina responds saying, “You’re focusing on the negative, the dark, while I’m focused on the positive, the light. I just love people for who they are.” The woman of color gives Sarah a knowing look, turns, and walks away.

<p>1. What are the tensions in this scenario?</p>
<p>2. To what degree do the themes in this scenario play out in communities of which you are a part? Where do you think they come from (culturally, theologically, philosophically, etc.)? How are they supported?</p>
<p>3. How would you feel if you were in this situation?</p>
<p>4. What would you say in response? (<i>For faith communities:</i> What spiritual/theological beliefs help ground you in that response?)</p>

5. How would you hope people would respond to this situation?

6. How could the use of “both/and” thinking inform the response?