

## **A transformational six-week on-line program to better equip all of us to work for Equality, Dignity, Inclusion, and Racial Justice**

We in the **American Cathedral** and the **Convocation of Episcopal Churches in Europe** are pleased to offer our communities **Color Me Human: Race, Reconciliation and Beloved Community**, a transformational six-week program to better equip all of us to work for equality, dignity, inclusion, and racial justice.

**Kathleen Dameron, a Paris-based coach and consultant with decades of experience in both the United States and Europe**, will lead the program for up to 24 participants.

**The format of six weekly ZOOM sessions on Monday evenings from 7 to 10pm will cover:**

- The history of the Church in response to race, both negative and positive
- Examination of racism around the world: US, Americas, China, India...
- A questionnaire for participants to assess their own position on the spectrum of racism
- Conversation about the results of the questionnaire
- Frequent interaction in break-out groups of two or three
- Role-playing
- Prayer, meditation, relaxation, healing in a very supportive environment
- Reading, journaling with, and discussing the book *Me and White Supremacy*
- Comfort break(s)
- Access to a private, online, community platform of curated resources and an in-network chat facility
- A follow-up session in September to talk about how the learning and intentions worked over the summer for each participant

In each session, roughly one-quarter of the time will be devoted to presentations and discussion among the whole group. About half will be sharing and discussion in small groups of 3-4 people, and the rest will be in pairs or for individual reflection and meditation.

This program is for you if you feel any or all of these:

- You want to support healing from the hierarchy of races
- You want to learn how to talk about race and racism with those around you in a safe, constructive way
- You want to heal racial trauma within yourself
- You are ready to detox, decondition and decolonize your mind after 500 years of systemic racism

**The course will run on Monday evenings 7-10pm (19-22h00), beginning on April 5 and ending on May 24, with a break for the spring school holidays.**

There is no charge for this program, though you will need to buy the book *Me and White Supremacy: How to Recognize Your Privilege, Combat Racism and Change the World*, by Layla F. Saad. (The book only: the guided journal is optional.) Kathleen suggests that you order it from here <https://www.meandwhitesupremacybook.com> but you may find other vendors easier to use in Europe.

Contact [Marti Demetrion](#) to ask any questions you may have and to sign up.

