

Becoming Conscious and Well: The Path to Racial Healing

Session 1—Dr. Meeks' Story

We invite you to use the following questions for reflection as you watch the session 1 video: "Dr. Meeks' Story."

1. What are some of the things that influenced Catherine as a child and young person?
2. How does Catherine's story make you feel? What might those feelings be telling you about your own story?
3. Catherine says that as Christians we are called to be "holy disruptors." What does she mean by this?
4. Do you think you are more concerned with pleasing God or with pleasing Caesar?
5. Catherine says she is attuned to the creator God rather than the God of the Hebrew Bible. What does she mean by this?
6. Why didn't the people at the white church Catherine visited think they had a problem?
7. How might the Episcopal Church in Colorado be like that church? What can we do to ensure we are not like it as we move forward?
8. How did the three deer reaffirm Catherine's faith and sense of wellbeing?
9. Catherine says that she has a mandate inside her heart to be a liberated person and that she is preoccupied with the notion of being well. How has this allowed her to do the work of racial healing and liberation without being overwhelmed by race injustice and oppression?
10. What does it mean to you to be "well"?
11. How might doing your own inner work help you do the work of racial healing and liberation?
12. Catherine says that culture loves the status quo and that "until the status quo no longer works for you, you won't do anything about it." Is the status quo working for our culture? Is it working for our churches?
13. Catherine says that internalized oppression keeps you separate from yourself, and that white supremacy does the same. How might internalized oppression and white

supremacy allow us to perpetuate thinking that certain groups are superior to others and that God loves those people more?

14. Catherine says we need to stand in the space of truth and build on it. What is the space of truth for us as Christians?
15. In this session Catherine has told us her story and how the inner work she has done has grounded her in her true self. How can knowing your truth and telling your story help you understand how you behave and why?
16. How can we allow people to tell their stories without trying to talk them out of their stories?
17. What is your first experience of people treating you differently because of your race?