

NPYM Friends Uprooting Racism Resource List

Last updated: 7/18/18

Page | 1

Resource/Name/Title	Format	Recommended by/Background
“Fit For Freedom, Not For Friendship,” McDaniel, Donna & Julye, Vanessa	Book	“Documents the spiritual and practical impacts of discrimination in the Religious Society of Friends in the belief that understanding the truth of our past is vital to achieving a diverse, inclusive community in the future.” -FGC
“A Journey toward Eliminating Racism in the Religious Society of Friends,” Julye, Vanessa	Friends Journal article	Vanessa Julye describes her experiences as a member of the Society of Friends and her work to help our society become a more beloved community.
Black Power’s Challenge to Quaker Power, Dunbar Barrington	1968 Friends Journal republished by AFSC	“Humility is much needed among Friends, as is the acknowledgement that we share the guilt for the crucial and explosive nature of the racial situation in America.”
White Privilege: Unpacking the Invisible Knapsack, McIntosh, Peggy	Essay	As males fail to recognize male privilege, whites fail to recognize white privilege. A list of privileges is provided to help readers better identify white privilege.
“Why are all the black kids sitting together in the cafeteria, and other conversations about race,” Tatum Daniel, Beverly	Book/ On more racism class syllabi than any other book	A modern classic in college and high school classrooms, used to educate and prompt healthy discussions among young people about race.
White Privilege: Essential Readers on the Other Side of Racism, 5 th Edition, Rothenberg, Paula S.	Text Book/ Vital, eye-opening, and powerful. Presents the significance and complexity of whiteness today.	Illuminates the nature of privilege and power in our society. Reveals the ubiquity and corresponding invisibility of whiteness; its historical development and role in race relations; the real everyday effects of privilege and oppression; and how our system of privilege can be changed.
The New Jim Crow, Alexander, Michelle	Book/ Banned from prisons across the US	The central thesis of “The New Jim Crow” is that the mass incarceration of black people is an extension of the American tradition of racial discrimination .
An Indigenous Peoples’ History of the United States, Dunbar-Ortiz, Roxanne	Book/ Painfully chronicles how colonization was “all-out war.”	This book puts much in perspective creating admiration and appreciation for the stamina and perseverance of the people indigenous to what has become North America.
THE WARMTH OF OTHER SUNS: The story of the Great Migration, Wilkerson, Isabel	Book/ Details the African-American migration north.	“Based on thousands of interviews.... A narrative epic rigorous enough to impress all but the crankiest of scholars, yet ... immensely readable.” –NYT Bk Rv
So You Want to Talk About Race Ijeoma, Oluo	Book/ Current, constructive, and actionable	Exploration of today's racial landscape, offering straightforward clarity that readers of all races need for dismantling the racial

NPYM Friends Uprooting Racism Resource List

Last updated: 7/18/18

Resource/Name/Title	Format	Recommended by/Background
		divide.
“The Color of Law,” Rothstein, Richard	Book and Interview	“Incontrovertibly makes clear that it was the laws and policy decisions passed by local, state, and federal governments that promoted the discriminatory patterns that continue to this day.” Excellent recorded interview with Rothstein also available.
“Between the World and Me,” Coates, Ta-Nehisi	Book; Audio CD, read by author.	“Ta-Nehisi Coates offers a powerful new framework for understanding our nation’s history and current crisis. ... ‘race,’ a falsehood that damages us all”-Goodreads
“We Were Eight Years In Power,” Coates, Ta-Nehisi	Collection of essays	“Trump’s election was a case of erasing a black president with extreme prejudice, argues the hugely influential writer in this essay collection on race in the US.”
“Americanah,” Adichie, Chimamanda Ngozi	A novel about a young Nigerian woman, Ifemelu, who moves to the United States for school.	“[This is] a story of relocation, far-flung love and life as an alien, spread across three continents. Ifemelu experiences America both as a black woman and as an African woman. In the U.S., those two identities combine for experiences dark and light that Adichie skillfully renders in gray scale.” - NPR
“The Invention of Wings,” by Sue Monk Kidd	Book/ Historic Novel	Chronicles Sarah Grimke’s rise out of a privileged Southern slave-owning family to become an outspoken Quaker for the confluence of abolition of slavery and women’s rights.
Three Ways to Fight Racism in 2014	“Nation” article	
“Homegoing,” Gyasi, Yaa	A novel of breathtaking sweep and emotional power.	Traces the terrible impact of slavery on generations of an African family, beginning with two sisters in 18th century Ghana — one who stayed, and one shipped to America.
On-Line Resources		
Racial Inequity and “Interrupting Whiteness”	Excerpts from a PechaKucha event.	Highlights of Interrupting Whiteness – What is Whiteness? What is the culture of it, and how is it a system of oppression?
Getting Together for Social Justice	Paul Kivel wrote “Uprooting Racism” and built this Website	Page after page of Article, Tools, Exercises, Newsletters, and Videos to support white activists hoping to be strong allies to people of color: working together to uproot racism.
How mindfulness can transform movements for racial justice and equality	Website/Essay	Black History Month is rightly steeped in the struggles and triumphs of the past, however, consciousness in the present is

NPYM Friends Uprooting Racism Resource List

Last updated: 7/18/18

Resource/Name/Title	Format	Recommended by/Background
		what moves us forward the rest of the year.
Mapping Inequality: Redlining in the New Deal	Interactive Website	Browse more than 150 interactive maps and thousands of "area descriptions" to see how real estate values were reduced because of "the presence of a number of negros."
For people of color, banks are shutting the door to home ownership	Website/Study 2018 Redlining keeps Blacks out	Redlining is documented in 61 metro areas according to a mountain of Home Mortgage Disclosure Act records analyzed by Reveal from The Center for Investigative Reporting.
Teaching the Hard History of American Slavery	Website/ Southern Poverty Law Center	
Post-traumatic Slave Syndrome , Syllabus by Dr. Joy DeGruy	Website/Includes Reading List. History up to current times	Focuses on suffering and traumas associated with the African experience in America. Includes periods of capture, transport, enslavement, and emancipation.
#NotALLwhitepeople is a terrible way to prove your commitment to racial justice and here's why	Website/Essay	Demonstrates the damage done when group behavior that perpetuates oppression is called out and people strive to separate themselves from the group being taken to task, or chastise the speaker for generalizing, instead of engaging with the criticism being offered.
"Tone Policing:" What it is and why it should be avoided	Website/ "Tone policing protects privilege"	Tone policing is an "attempt to detract from the validity of a statement by attacking the tone in which it was presented rather than the message itself.
"I am not your negro," 2017	Documentary Film (shown January 15, 2018 on PBS)	Uses James Baldwin's words on the lives and assassinations of Medgar Evers, Malcolm X, and Martin Luther King Jr. to explore and bring a fresh and radical perspective to the current racial narrative in America.
"The Black Panthers: Vanguard of the Revolution" Independent Lens	Feature-length documentary Film	The first film to shed light on the Black Panther Party — and all its reviled, adored, misunderstood, and mythologized history.
Ijeoma Oluo: "Now that we're all in the room, how do we start this discussion?"	KUOW podcast of Benaroya Hall reading & speech	Seattle based Ijeoma Oluo is a person who speaks sometimes uncomfortable truths about racism in America.
Laurn Hil – BLACK RAGE	Music Video	Warning: Graphic Images of Violence

NPYM Friends Uprooting Racism Resource List

Last updated: 7/18/18

Page | 4

CONFERENCES		
White Privilege Conference in Cedar Rapids, Iowa (March 20-23, 2019)	4-Day Conference and Workshops	"The WPC provides a challenging, collaborative and comprehensive experience to empower and equip individuals to work for equity and justice through self and social transformation."
People's Institute NW: For Survival and Beyond – Undoing Racism	2 ½ Day workshops	The People's Institute Northwest supports and coordinates Undoing Institutional Racism (UIR) workshops to strengthen or build community, create a visceral learning experience and in-depth understanding of systemic racism, and inspire engagement to create change.

ADDITIONAL RESOURCES

- [Friends General Conference Resources to help Meetings Challenge Racism](#)
- [Philadelphia Yearly Meeting Resource Lists](#) (Beginning, Intermediate, and Well Along Resource Lists)
- [Baltimore Yearly Meeting Working Group on Racism & "Talking About Race" posts](#)
- [Showing Up for Racial Justice \(SURJ\)](#)
- **To learn more about privilege, [The White Privilege – Global](#) recommends reading:**
 - Privilege, Power and Difference, by Allan Johnson
 - Privilege: A Reader, edited by Michael S. Kimmel and Abby L. Ferber
 - White Privilege: Essential Readings on the Other Side of Racism, by Paul Rothenberg
 - Explaining White Privilege to a Broke White Person, by Gina Crosley-Corcoran
- [Suggested Anti-Racism Materials to continue an education that supports confronting white supremacy and ending racial injustice](#) (extensive list with many different learning modalities)
- [Environmental Justice / Environmental Racism](#) National Council of Churches Racial Justice Working Group (list of lists and resources)
- [Partial List of Resources for Study, Discussion and Action on Issues of Race, Racism and Inclusion](#) (list of lists) Prepared by Yusef Mgeni mgeni@q.com January 2017
- [YWCA 2006 Reading to End Racism Booklist](#)

Short youtube videos

- [Quakers, Racism, and the Blessed Community](#) | Vanessa Julye ▶5:57
- "Why Racism Isn't Just a Southern Problem" | Decoded | MTV News ...▶ 4:28
<https://www.youtube.com/watch?v=W4U1ozz7nM8>
(a good way to start a discussion about systemic racism)

NPYM Friends Uprooting Racism Resource List

Last updated: 7/18/18

Page | 5

- “Slavery to Mass Incarceration” | Equal Justice Initiative ▶ 5:51
<https://eji.org/videos/slavery-to-mass-incarceration>
(a fast-paced, easy-to-follow, updated history lesson)
- “Terror Lynching in America: Confronting the Legacy of Racial Terror” 5:18
<https://www.youtube.com/watch?v=aS61QFzk2tl>
(focuses on the terror aspect of the Jim Crow era)
- “Silent Beats” – YouTube ▶ 5:41
<https://www.youtube.com/watch?v=76BboyEl48>
(engaging dramatic demonstration of stereotypes, assumptions, and implicit biases)
- “How Microaggressions are Like Mosquito Bites” (Same Difference) 1:57
<https://www.youtube.com/watch?v=hDd3bzA7450>
(animation that dramatizes the collective pain of ongoing microaggressions)
- “Reverse Racism” (Aamer Rahman, Fear of a Brown Planet) 2:48
https://www.youtube.com/watch?v=dw_mRaIHb-M
(articulation of structural racism made clear by describing history in reverse)
- “#RaceAnd” (Jamia Wilson, Race Forward, On Intersectionality) ▶ 3:17
<https://www.raceforward.org/videos/RaceAnd>
(introduces intersectionality and emphasizes everyone’s being able to show up as their whole selves)
- “5 Ways to Disrupt Racism” (VideoRev) 2:19
<https://www.youtube.com/watch?v=Lcd4VXHTR3Y>
(describes in simple terms ways to take action)
- “A Trip to the Grocery Store” (Joy DeGruy, Cracking the Codes) 3:48
<https://www.youtube.com/watch?v=Wf9QBnPK6Yg>
(describes how to use white privilege to educate and be an ally)

More detailed and in-depth youtube videos

- [TIM WISE - White Privilege, Racism, White Denial & The Cost of Inequality](#) | ▶ 57:41
- [Dr. Joy DeGruy Leary: Post Traumatic Slave Disorder](#) | ▶ 1:21:35