

Next Chat: Wednesday, **May 5th 6:30-7:30 pm EST**. Zoom link [here](#). If you can't get to the readings, join anyway!

- **Read, journal, reflect** for **Days 22-28** of *Me And White Supremacy* by Layla F. Saad.
  - Last part of the book! We'll discuss what the group would like to read next.
- Come with **one or a few ideas** about what you'd like to read next (few articles a week like before, or another book, action items each month we can collaborate on, etc.) I would love to hear about your ideas for the direction of the group and how we can move forward together in this work.

## Resources

- **Candid Conversations**, led by **Lisa Leung-Tat**. Lisa is a diversity, equity & inclusion facilitator, yoga instructor, mother, and leads an oncology floor at Mass General Hospital. She's also a dear friend, and I wrote more about her work [here](#). I'm deeply grateful for the work she hosts every other Sunday afternoon, as they have been deeply healing, profoundly necessary and supportive for all who join. I'm so grateful for her leadership and I hope you'll [join us](#).
- [Notice the Rage, Notice the Silence](#) -- Resmaa Menakem with Krista Tippett of *On Being*. [I would follow Krista Tippett to the ends of the earth, so] I deeply appreciated this conversation she had with the author of another book I'm reading, *My Grandmother's Hands*, by Menakem. A timely, informative, and supportive discussion with this Minneapolis-based therapist, trauma specialist, and author.

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Please join us on the first Wednesday of each month even if you have had a crazy busy month, or can't even think of reading/writing another thing. We still have great discussion no matter how much reading we've been able to prioritize, and we all have something to share. Our group begins with **10 minutes of guided meditation** and **50 minutes of discussion**. If you only ever want to join for the meditation, *do just that*.

Let's **read**, let's **listen**, let's **reflect**, let's **write**, and let's get **out of our heads**. Feel into your heart, your gut, or your feet on the ground, and practice paying attention to what comes up as you go throughout your month. Then, challenge whatever comes up.

Let's use this awareness of feeling and embodiment of empathy as fuel for action, learning, unlearning, disruption, challenging, and creating change.