



# JUST Love

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MONTHLY NEWSLETTER OF THE OFFICE OF PEACE, JUSTICE AND  
ECOLOGICAL INTEGRITY OF THE SISTERS OF CHARITY OF SAINT ELIZABETH

## As a White person, how do I speak to my White friends about their racist beliefs?

Confronting your friends or family about their racism isn't easy. We tend to cut our loved ones more slack. But activists say it's important to let people know when their comments or behavior is racist. To tackle these difficult conversations, we gathered tips from Grace Aheron, communications director for the nonprofit Showing Up for Racial Justice (SURJ), <https://www.showingupforracialjustice.org/> who says it's White people's responsibility "to do that labor and not rely on people of color to have to be always the ones teaching White people about racism."

**Be discreet:** Aheron says it's best to have your discussions in a private forum or in person one-on-one. Avoid responding with a public Facebook comment. "We've found that the in-person, private situation will make people feel less defensive."

**Be curious, not judgmental:** Make your discussion sound more like an invitation, instead of an accusation. Ask them to tell you why they feel the way they do and what kinds of experiences shaped



their beliefs. It's important for your friend or family member to understand you come from a place of care, Aheron says, instead of feeling like they're under attack.

**Research is good, but...:** It never hurts to have data disproving common misconceptions up your sleeve, but statistics don't typically change people's minds, Aheron says. "It's stories and experiences and feeling heard and feeling you're connecting to people." Share your own moments of realizing you did or said something racist and how you've been educating yourself since.

**Stay calm:** These conversations aren't meant to be easy. But if you lose your temper, you lose the point. "If you start to feel yourself getting upset or overwhelmed, have a plan for that. Maybe have a pause in the conversation. Write down on your hand, if you're talking on the phone, 'Take three deep breaths,' or something like that."

**Be patient:** Don't expect to change anyone's mind overnight. Instead, view your first talk as a first step. "It's not a one-and-done kind of thing," Aheron says. "The goal is to start the conversation and keep the door open."



## Celebrate a Green Summer!

- Watch the sunrise or sunset.
- Visit a farm or farmers market.
- Plan a celebration of the sun's life and yours.
- Remember before you eat that you are taking in the sun's energy.
- Try this Organic Bug Spray: Mix 1 part oil of lemon eucalyptus or lavender essential oil with 10 parts witch hazel in a spray bottle. (For each drop of oil, use 10 drops of witch hazel.) Shake gently to mix. Spray to apply.



Have you been following this excellent series? *Exploring Intersections: Catholic Sisters on Racism, Migration and Climate* is a yearlong webinar series of panel conversations to address societal injustices. The campaign is an active response to the 2015-2022 Resolution of Leadership Conference of Women Religious (LCWR) to heighten awareness for advocacy and action, create communion without controversy, and offer insight with intent to effect change.

Upcoming Episodes: July 14, 2021, Ending Human Trafficking; August 11, 2021, Eliminating Gun Violence. Register here [https://zoom.us/webinar/register/WN\\_nMyI6R7FTnaZAWIPDE4Bwg](https://zoom.us/webinar/register/WN_nMyI6R7FTnaZAWIPDE4Bwg)



Do you know this year the Interfaith Center on Corporate Responsibility celebrates its 50th birthday? In this photo, Sr. Barbara Aires, SC and other members of ICCR take on JP Morgan Chase at their annual shareholders meeting. Check out the great work of ICCR here <https://www.iccr.org/>



## Days to Commemorate in July

**4 US Independence Day** “I am convinced that we can make a difference and I have no doubt that the United States — and this Congress — have an important role to play. Now is the time for courageous actions and strategies, aimed at implementing a culture of care and an integrated approach to combating poverty, restoring dignity to the excluded, and at the same time protecting nature.” - Pope Francis, Address to Congress, 2015

**7 Birthday of Sister Dorothy Stang, SNDdeN** (1931-2005) martyr of the Amazon. At this link you can watch a one woman play on Dorothy Stang performed by Sr. Nancy Murray, OP, sister of actor Bill Murray. <https://www.youtube.com/watch?v=2piWGtSisJo>

**12 National Simplicity Day**, chosen because it’s the birthday of Henry David Thoreau (1817). Each day for the rest of the month get rid of one thing you don’t really need.

**14 Feast of Saint Kateri Tekakwitha** - Learn something about the original peoples of the land you now occupy. <https://native-land.ca/>

**22 Feast of St. Mary Magdalene, Apostle to the Apostles**, “The risen Christ could’ve picked anyone he wanted to communicate the groundbreaking news of his resurrection—and he chose this woman. What should this tell us about Jesus’ trust in her?” - Elizabeth Johnson, CSJ

**26 Feast of Saints Joachim and Ann, grandparents of Jesus** “How important grandparents are for family life, for passing on the human and religious heritage which is so essential for each and every society! How important it is to have intergenerational exchanges and dialogues, especially within the context of the family.”  
- Pope Francis