



From Words to Deeds: Living Courageously

Holy Week Resources from Join the Movement for Intervening in Moments of Racial Harm

[Good Friday – Podcast and Video Transcript](#)

[For Video Transcript, see #4 below]

1. *Greeting*

Good Friday greetings to you, beloved ones of the Holy One. My name is Dr. Sharon Fennema and I am the curator of the United Church of Christ's Join the Movement toward Racial Justice initiative and campaign. This Holy Week we are building our capacity for intervening in moments of racial harm. Today we'll explore the final step in moving from being a bystander to a racial justice upriser.

2. *Scripture Reading*

As we hold space at the foot of the cross with Jesus' beloved followers and bitter adversaries this Good Friday, let us dwell with story of one last courageous conversation between two people sentenced to death.

A reading from Luke 23:32-43

³²Two others also, who were criminals, were led away to be put to death with Jesus. ³³When they came to the place that is called The Skull, they crucified Jesus there with the criminals, one on his right and one on his left. And they cast lots to divide his clothing. ³⁵And the people stood by watching, but the leaders scoffed at him, saying, "He saved others; let him save himself if he is the Messiah of God, God's chosen one!" ³⁶The soldiers also mocked him, coming up and offering him sour wine ³⁷and saying, "If you are the King of the Jews, save yourself!" ³⁸There was also an inscription over him, "This is the King of the Jews."

³⁹One of the criminals who were hanged there kept deriding him and saying, "Are you not the Messiah? Save yourself and us!" ⁴⁰But the other rebuked him, saying, "Do you not fear God, since you are under the same sentence of condemnation? ⁴¹And we indeed have been condemned justly, for we are getting what we deserve for our deeds, but this man has done nothing wrong." ⁴²Then he said, "Jesus, remember me when you come into your kingdom." ⁴³Jesus replied, "Truly I tell you, today you will be with me in paradise."

3. *Breath Prayer*

With this scripture in our hearts, let us center ourselves for the work ahead with a breath prayer. Let us pray.

As we inhale we pray: Whatever the circumstance

As we exhale we pray: help me speak up for Justice & Love.

Inhale: Whatever the circumstance... Exhale: help me speak up for Justice & Love.

Whatever the circumstance, help me speak up for Justice & Love.

May it be so.

4. *Take action – I Am a Commitment to...*

Today we are exploring the fifth part of the practice of intervening in moments of racial harm.

The fifth and final step in moving from bystander to upriser is taking action. This includes implementing the help you can offer, providing support, and, whenever possible, seeking the consent of the most impacted before acting. To build your capacity for taking action, use this practice to connect to the core values that motivate you. Begin by considering how you would complete the sentence, “In my work toward racial justice, I am a commitment to...” Saying, I am a commitment to ... is more powerful than saying “I am making a commitment to ...” because it reminds us that we are and must embody the commitments we make. Now, take a moment to imagine that core value surrounding you. Reach out your hands to connect to that energy. For example, if you said “I am a commitment to loving my neighbor,” then you would be reaching out your hands to connect to the love that surrounds you. Now bring that connection into your core or your heart by moving your hands toward your core or heart. As you draw that energy into your core, say your commitment to yourself. Repeat the gesture and statement as many times as you’d like.

5. *Outro*

I’m so grateful you decided to listen and practice with Join the Movement today and this Holy Week. We hope you’ll continue your racial justice learning and keep building your capacities to practice antiracism. There are lots of stories shared by others in the work to encourage and challenge you on the Join the Movement website, as well as resources to help you grow and news and events deepen your understanding and practices. Check out [www dot Join the Movement UCC dot org](http://www.JoinTheMovementUCC.org). And don’t forget to donate to the Join the Movement capital campaign by texting MVMT to 41444 or online at www.JoinTheMovementUCC.org You can invest to end racism and help sustain this work in the UCC for generations to come. As you make your way through the absence of the tomb to the presence of Easter’s rising, may the love of God enfold you and the justice of God embolden you.