

JOIN THE MOVEMENT



From Words to Deeds: Living Courageously

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

[Holy Monday – Podcast and Video Transcript](#)

[For Video Transcript, see #4 below]

1. *Greeting*

Greetings beloveds on this Monday of Holy Week. 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 first step in moving from being a bystander to a racial justice upriser.

2. *Scripture Reading*

As we begin this Holy Week, let us dwell with Jesus and the disciples in the garden, listening to the story of Jesus' heart-rending moments of prayer in preparation for all that lies ahead.

A reading from Matthew 26:36-46

³⁶ Then Jesus went with them to a place called Gethsemane, and he said to his disciples, "Sit here while I go over there and pray." ³⁷ He took with him Peter and the two sons of Zebedee and began to be grieved and agitated. ³⁸ Then he said to them, "My soul is deeply grieved, even to death; remain here, and stay awake with me." ³⁹ And going a little farther, he threw himself on the ground and prayed, "My God, if it is possible, let this cup pass from me, yet not what I want but what you want." ⁴⁰ Then he came to the disciples and found them sleeping, and he said to Peter, "So, could you not stay awake with me one hour? ⁴¹ Stay awake and pray that you may not come into the time of trial; the spirit indeed is willing, but the flesh is weak." ⁴² Again he went away for the second time and prayed, "My God, if this cannot pass unless I drink it, your will be done." ⁴³ Again he came and found them sleeping, for their eyes were heavy. ⁴⁴ So leaving them again, he went away and prayed for the third time, saying the same words. ⁴⁵ Then he came to the disciples and said to them, "Are you still sleeping and taking your rest? Now the hour is at hand, and the Son of Humanity is betrayed into the hands of sinners. ⁴⁶ Get up, let us be going. Look, my betrayer is at hand."

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: In flesh and in spirit,
As we exhale we pray: God, help me stay awake.

Inhale: In flesh and in spirit... Exhale: God, help me stay awake.

In flesh and in spirit...God, help me stay awake.

May it be so.

4. Notice the Situation – 5-4-3-2-1 Sensory Grounding Practice

Today we are diving into the first part of the practice of intervening in moments of racial harm.

The first step of moving from a bystander to an upriser is to notice the situation. This requires being aware of your surroundings and paying attention to what's happening

around you. In order to build your capacity for noticing, make a daily habit of this 5-4-3-2-1 Sensory Grounding Practice. If any senses are unavailable to you, you can substitute one of your other senses or use your imagination. To begin, find a comfortable position that allows you to breathe deeply. Take a few deep breaths. When you're ready, notice and acknowledge 5 things that you see. Next, notice and acknowledge 4 things you can touch. Then, notice 3 things you can hear. Next, notice 2 things you can smell. Finally, notice and acknowledge 1 thing you can taste. End your practice with a long deep breath and an expression of gratitude for all that surrounds you.

5. *Outro*

Thanks so much for listening and practicing with Join the Movement today. We hope you'll join us tomorrow for the second part of the practice of intervening in moments of racial harm. Until then, may the love of God enfold you and the justice of God embolden you.