



From Words to Deeds: Living Courageously

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

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

[For Video Transcript, see #4 below]

1. *Greeting*

I greet you in the name of the Loving Servant, Jesus Christ on this Holy or Maundy Thursday as it is known. 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 fourth step in moving from being a bystander to a racial justice upriser.

2. *Scripture Reading*

As we continue our journey with Jesus and the disciples this week, let us dwell with the tender story of their last meal together.

A reading from John 13:3-17

13 During supper ³Jesus, knowing that God had given all things into his hands and that he had come from God and was going to God, ⁴got up from supper, took off his outer robe, and tied a towel around himself. ⁵Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him. ⁶He came to Simon Peter, who said to him, "Teacher, are you going to wash my feet?" ⁷Jesus answered, "You do not know now what I am doing, but later you will understand." ⁸Peter said to him, "You will never wash my feet." Jesus answered, "Unless I wash you, you have no share with me." ⁹Simon Peter said to him, "Teacher, not my feet only but also my hands and my head!" ¹⁰Jesus said to him, "One who has bathed does not need to wash, except for the feet, but is entirely clean. And you are clean, though not all of you." ¹¹For he knew who was to betray him; for this reason he said, "Not all of you are clean."

¹²After he had washed their feet, had put on his robe, and had reclined again, he said to them, "Do you know what I have done to you? ¹³You call me Teacher, and you are right, for that is what I am. ¹⁴So if I, your Teacher, have washed your feet, you also ought to wash one another's feet. ¹⁵For I have set you an example, that you also should do as I have done to you. ¹⁶Very truly, I tell you, slaves are not greater than their master, nor are messengers greater than the one who sent them. ¹⁷If you know these things, you are blessed if you do them.

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: Prepare me, gracious God

As we exhale we pray: to live in service to Love & Justice.

Inhale: Prepare me, gracious God... Exhale: to live in service to Love & Justice.

Prepare me, gracious God, to live in service to Love and Justice.

May it be so.

4. Know and discern how to help – Personal Resource Audit

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

The fourth step in moving from bystander to upriser is knowing and discerning how to help. This includes being familiar with your local resources and how to access them, learning strategies to intervene, and practicing responding to situations before they happen. To build your capacity for knowing how to help, spend some time doing a personal resource audit. Think of two or three times in your life where you made a difference in a troubled situation. What actions did you take? What skills were you using? What have other people said you're really good at? Now think about two or three times in your life where you wish you had acted but didn't. What impeded your action? What skills could have helped you lean in? Review your lists of gifts, skills and growing edges regularly. Imagine and practice how you might use them in different scenarios.

5. Outro

Thank you for taking the time to listen and practice with Join the Movement today. We hope you'll join us tomorrow for the fifth and final 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.