



From Words to Deeds: Living Courageously

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

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

[For video transcript, see #4 below]

1. *Greeting*

Holy Tuesday 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 second step in moving from being a bystander to a racial justice upriser.

2. *Scripture Reading*

As we continue our journey with Jesus this Holy Week, let us dwell with the stories of betrayal that pave the way toward suffering.

A reading from Matthew 26:14-25.

¹⁴Then one of the twelve, who was called Judas Iscariot, went to the chief priests ¹⁵and said, "What will you give me if I betray Jesus to you?" They paid him thirty pieces of silver. ¹⁶And from that moment he began to look for an opportunity to betray Jesus.

¹⁷On the first day of Unleavened Bread the disciples came to Jesus, saying, "Where do you want us to make the preparations for you to eat the Passover?" ¹⁸He said, "Go into the city to a certain man and say to him, 'The Teacher says, My time is near; I will keep the Passover at your house with my disciples.'" ¹⁹So the disciples did as Jesus had directed them, and they prepared the Passover meal.

²⁰When it was evening, Jesus took his place with the twelve disciples, ²¹and while they were eating he said, "Truly I tell you, one of you will betray me." ²²And they became greatly distressed and began to say to him one after another, "Surely not I, Teacher?" ²³Jesus answered, "The one who has dipped his hand into the bowl with me will betray me. ²⁴The Son of Humanity goes as it is written, but woe to that one by whom the Son of Humanity is betrayed! It would have been better for that one not to have been born." ²⁵Judas, who betrayed him, said, "Surely not I, Rabbi?" He replied, "You have said so."

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: Spirit, tell me the truth.

As we exhale we pray: reveal all that would betray Love.

Inhale: Spirit, tell me the truth... Exhale: reveal all that would betray Love.

Spirit, tell me the truth; reveal all that would betray Love.

May it be so.

4. Interpret what's happening as a problem – Trading Places Practice

Today we are leaning into the second part of the practice of intervening in moments of racial harm.

The second step in moving from bystander to upriser is to interpret the situation you're witnessing as a problem. This means doing some perspective taking, listening to your intuition, and paying attention to power differences at play. In order to build your capacity for interpreting something as harmful, try this empathy-building practice. To begin, find a comfortable position that allows you to breathe deeply. Ground yourself in the present moment by focusing on your breath. Now bring to mind a conflict or misunderstanding. First, notice your own thoughts and feelings for a few minutes. Then return to the present moment, breathing deeply. Next, try to imagine the thoughts and feelings you think the other person may have for a few minutes. Then, return to the present moment breathing deeply. Even though you may not be able to imagine exactly how someone else feels, notice how intentional empathy changes your understanding.

5. Outro

Thanks so much for listening and practicing with Join the Movement today. We hope you'll join us tomorrow for the third 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.