



## 10 Things You Can Do to Honor National Day of Racial Healing

1. Go see [Giving Back: The Soul of Philanthropy Reframed and Exhibited](#) and/or attend the Opening Reception on January 20, 2017 at 6:00 PM at Concordia University.
2. Recognize your own unconscious biases – we all have them, but we don't have to be controlled by them. Take the [Harvard Implicit Bias Tests](#). Once you know your biases, you'll be better equipped to resist them.
3. Give of your time, talent, or treasure to a local nonprofit that promotes racial healing and a just future.
4. If you're the praying sort, join the National Prayer Call on January 17, led by Reverend Terry Alexander. The call begins at 7 am EST, and the number to dial in is 712.432.1500, 406863#.
5. Attend a showing or organize a screening with your friends, family, or colleagues of one of the following films on racism and discrimination in our country: [Fruitvale Station](#), [Reel Injun](#), [Winter in the Blood](#), [Smoke Signals](#), [On The Ice](#), [Hidden Figures](#), [Defamation](#), [Loving](#), [13th](#), [A Better Life](#), [The African-Americans: Many Rivers to Cross](#), [Paris is Burning](#), [Dark Girls](#), [Breathin': The Eddy Zheng Story](#), [Grab](#), [Moonlight](#), [The Case Against 8](#), [Sin País](#), [America by the Numbers](#), [A Day Without a Mexican](#), [A Class Apart](#), [Bamboozled](#), [Dear White People](#), [Selma](#), [The Birth of a Nation](#) (2016), [Papers: The Movie](#) or [14](#) - both by the local Graham Street Productions, or even [Zootopia](#) (to spark discussion with children).
6. Read a book about the impacts of racism and discrimination in our society. We recommend [Just Mercy](#) by Bryan Stevenson, [The New Jim Crow](#) by Michelle Alexander, [The Warmth of Other Suns](#) by Isabel Wilkerson, and [Between the World and Me](#) by Ta-Nehisi Coates.
7. Explore how race and racism have shaped our region. [Local Color](#) is a 1-hr film about Oregon's past. Think about the diversity within your neighborhood, workplace, school, house of worship, and other places where people gather. Read [The Residue Years](#) by local author Mitchell S. Jackson; watch [Black Girl in Suburbia](#), based on the experiences of local director Melissa Lowry on growing up as one of very few African Americans in the predominately White suburb of West Linn; or attend a performance of [Left Hook](#), a play about gentrification and community displacement in 1970's Portland, running January 20-21.
8. Be a tourist in your own community. Consider booking [The Fair Housing Council of Oregon's Historic Tour](#), also known as the Bumpy Ride Bus Tour, for your staff/board, or with a group of friends. This 4-hour bus tour of Portland history, plus the post-tour facilitated discussion focuses on the history of Portland's inequitable housing policies. Or take [Know Your City's "A People's History of Portland"](#) walking tour.
9. Join the national conversation on social networks using the hashtags [#TRHT](#) (Truth, Racial Healing & Transformation), [#TheDayToHeal](#), and [#DayOfRacialHealing](#), and encourage others to do the same.
10. Attend a public event on January 17 to participate in civic conversations around race and the experiences of people of color - [Mitchell S. Jackson](#), author of [The Residue Years](#), will be speaking at Clark College in Vancouver, WA at 11 AM; [Precious Jackson](#), Diversity Activist, Speaker, and Educator, will be speaking at Reed College in Portland, OR at 6 PM; [Eat for Alberta Street](#) encourages you to support a diverse, equitable, and local small business district; Southminster Presbyterian Church in Beaverton, OR is hosting [The Dream Under Siege: A Forum on Racism](#) along with 4 other Washington County congregations at 7 PM.

There are many opportunities for engaging in racial healing beyond these ten. Our hope is that you would share them with us, and with each other. Send your insights and suggestions to [rhannon@gosw.org](mailto:rhannon@gosw.org).