

## Racial Healing & The Rule of St. Benedict: Agenda for November 14, 2021

12:30pm	Welcome (Sr. Anna-Camille & Anna & Brian lighting candle) Opening Meditation (Anna and Brian) [15 mins]  <a href="https://youtu.be/b3oe1ooiPkl">https://youtu.be/b3oe1ooiPkl</a> Ebenezer AME Church Choir in Fort Washington Maryland
12:45pm	Rule of St Benedict Teachings (5 minutes) (Bonnie)
12:50pm	Small Group Discussion of Video "The Middle Passage" (20 minutes)
1:10pm	Break [5 mins]
1:15pm	Small Group Discussion of Readings: <i>The Color of Compromise</i> and <i>Post Traumatic Slave Syndrome</i> (30 minutes)
1:45pm	Large Group Spiritual Reflection (10 minutes) (Kathy)
1:55pm	Small Group Lectio Divina (25 minutes)
2:20pm	Large Group RSB Teaching (Bonnie) [15 mins] Sharing on Benedictine Values & Racial Healing Which of the two RB teachings we considered are most illuminating for you regarding Racial Healing? Are there others that spoke to you?
2:35pm	Large Group Closing Meditation: An opportunity to share Spiritual Reflection Prayers followed by Silence (Susan) Anna and Brian Extinguishing Candle (20 minutes)
2:55pm	Oblate Assignments Announcements (Sr. Anna-Camille) (5 minutes)
3:00pm	Session Ends (Sr. Anna-Camille)

Note: *Racial Healing & The Rule of St Benedict* is adapted from JustFaith Ministries *Faith and Racial Healing: Embracing Truth, Justice and Restoration*

**Reminder of assignments we completed for this November session:**

- *The Color of Compromise*: Chapters 2 and 3
- *Post Traumatic Slave Syndrome*: Chapter 2
- *The Middle Passage* video –
  - cut and paste link into your browser:  
<https://www.youtube.com/watch?v=yvhKeJ6m3rY>
- Optional: 1619 Podcast: Episode 3 –
  - cut and paste link into your browser:  
<https://www.nytimes.com/2019/09/06/podcasts/1619-black-american-music-appropriation.html>
- Optional: *Enduring Faith* video –
  - cut and paste link into your browser:  
<https://www.youtube.com/watch?v=9QjPyCXGN7E&feature=youtu.be>

**Welcome & Opening Prayer**  
**(Anna and Brian lighting candle and leading prayer)**

Reader 1: O thou Eternal God, out of whose absolute power and infinite intelligence the whole universe has come into being:

**All: We humbly confess that we have not loved you with our hearts, souls and minds, and we have not loved our neighbors as Christ loved us.**

Reader 2: We have all too often lived by our own selfish impulses rather than by the life of sacrificial love as revealed by Christ. We often give in order to receive, we love our friends and hate our enemies, we go the first mile but dare not travel the second, we forgive but dare not forget.

Reader 3: And so, as we look within ourselves, we are confronted with the appalling fact that the history of our lives is the history of an eternal revolt against thee.

**All: O God, have mercy upon us. Forgive us for what we could have been but failed to be.**

Reader 4: Give us the intelligence to know your will.  
Give us the courage to do your will.  
Give us the devotion to love your will.  
In the name and spirit of Jesus we pray. Amen.

By Dr. Martin Luther King, Jr.  
From "Thou, Dear God" (King Legacy) (p. 7). Beacon Press.

## **The Rule of Saint Benedict (RSB) Teachings**

*Drawn from The Rule of Saint Benedict by St. Placid Oblate,  
Bonnie Westmark*

“Listen carefully, my child, to my instructions, and attend to them with the ear of your heart.” {RB Prologue:1}

“It is high time for us to arise from sleep.” {Rom 13:11} {RB Prologue: 8}

## ***The Middle Passage Small Group Discussion*** (20 minutes)

Facilitators, please facilitate short introductions around the group.

You have watched the video *The Middle Passage* prior to this session. In our small groups we will participate in a discussion of the video with the following questions:

1. Was there an image during the video that stood out to you? Or a scene that sparked an emotional response?
2. How did the video impact or influence your faith and your living Benedictine Spirituality?

As we finish the discussion, let us pause for one minute of silent reflection.

*Small group now takes a 5 minute break, then returns to small group.*

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## **Small Group Discussion of Readings** (30 minutes)

Having read Chapters 2 and 3 of the *Color of Compromise*, and Chapter 2 of *Post Traumatic Slave Syndrome*, let us discuss the readings:

1. Please take three minutes to pick out a sentence or two in *The Color of Compromise* that was illuminating for you. We will take turns sharing the passages each of us has chosen and why they are meaningful to us.
  
2. Please take three minutes to pick out a sentence or two in *Post Traumatic Slave Syndrome* that was illuminating to you. We will take turns sharing the passages we chose and why they are meaningful to us.
  
3. How do the readings impact or influence your faith and your living Benedictine Spirituality?

Afterward, return to large group.

**Small Group Spiritual Reflection**  
(10 minutes)  
**Prayer for the Enslaved**

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Take a few minutes of silence to jot down a personal prayer for those who were enslaved.

Take a few more minutes of silence to jot down another personal prayer. This prayer will be for yourself. You can take this opportunity to process your reaction to our racial history, perhaps asking God for guidance for how you might respond to what you've learned.

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## Lectio Divina (25 minutes)

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“As oblates, ---we attempt to recognize the divinity and humanity in each person.” “My default and intent is to treat all as Christ.” “Treating everyone with compassion and respect is important to me.” “As Oblates, we put the needs of others first.” “I am working more to listen to others, especially those in the margins of society.” “I try to live my life through a lens of service and compassion.” {Oblate Reflections; p. 20-21}

### Lectio Process

Prepare:

- Take a moment to come fully into the present.
- Sit comfortably alert, eyes closed, and center yourself with breathing.
- Invite yourself to be present to the Spirit.

Facilitator may ask for volunteer readers for each movement:

1. Lectio: Read/hear the Word. First reading (read twice). Listen for the word or phrase that attracts you from the passage. Repeat it over to yourself softly during a one minute silence. When the leader gives the signal, each person in the group, in turn, may **say aloud that word or phrase (no elaboration)** or they may pass.

2. Meditatio: Consider, “How is my life touched?” (by this/these words) Second reading. Listen to discover how your life is touched today by this passage. Consider possibilities or receive a sensory impression or image during the two minutes of silence. When the leader gives the signal, **speak a sentence or two beginning with “I hear, I see, or I sense” or you may pass.**

3. Oratio: Ask, “Is there an invitation here?” (for you) Third reading. Listen to discover a possible invitation relevant for this month. Ponder it for two minutes in silence. When the leader gives the signal, **share briefly with your group or you may pass.**

4. Contemplatio: Rest in prayer. Pray aloud, or silently for God to help the person on your right respond to their invitation. After each spoken or silent prayer, the one who prays says “Amen” followed by a group “Amen.”

## **The Rule of Saint Benedict (RSB) Teachings**

*Drawn from The Rule of Saint Benedict by St. Placid Oblate,  
Bonnie Westmark*

“Listen carefully, my child, to my instructions, and attend to them with the ear of your heart.” {RB Prologue:1}

“It is high time for us to arise from sleep.” {Rom 13:11} {RB Prologue: 8}

*Which of these two RB teachings are most illuminating for you regarding Racial Healing? Are there are other specific passages you find from The Rule do you find relevant for racial healing?*



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## **Assignments for December 12 Oblate Session: Recovering the Voices of the Enslaved**

- *The Color of Compromise*: Chapter 4
- *Post Traumatic Slave Syndrome*: Half of Chapter 3 (p. 53-72)
- Optional: *Follow the Drinking Gourd* video:  
<https://www.amazon.com/Follow-Drinking-Gourd-Morgan-Freeman/dp/B009NRNF8U>
  - Or you could look on YouTube for a reading of the children's book, *Follow the Drinking Gourd*, illustrated by Jeanette Winter.