

Temple Sinai Circle - “Journey of Self-Awareness and Discovery in Relation to Race” Resource List



Our Circle's name describes our work towards self-awareness and learning about the pervasive racism in the United States and how it affects each of us, our families, and our communities."

As a fruit of this learning, the Circle's Resource List is compiled to facilitate and enhance the self-reflection necessary for understanding racism and its ramifications.

Circle members add materials to the Resource List that they have read, listened to or seen.

We hope you will find this list helpful. Rev. January 10, 2024

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QUOTES:

“The voyage of discovery is not in seeking new landscapes but in having new eyes.”

~ Marcel Proust

“Not everything that is faced can be changed; but nothing can be changed until it is faced.”

~ James Baldwin

“One doesn’t have to operate with great malice to do great harm. The absence of empathy and understanding are sufficient.”

~ Charles M. Blow

“Since 1619, the people of African descent arriving or born in these colonies and then the United States have comprised a community self-actualizing and sometimes self-identifying as African America or Black America. African speaks to a people of African descent. Black speaks to a people racialized as Black...Change does not occur without backlash - at least, any change worth having - and that backlash is an indicator that the change is so powerful that the opposing forces resist that change with everything they have... Will the backlash become a force powerful enough to prevail? Or will our organizing become stronger and sharper in the face of such backlash, assured that its presence alone has already declared our victory? Only time - and strategic organizing - will tell the next four hundred years of African America.”

~ Ibram X. Kendi and Keisha N. Blain

“The truth about Tulsa, and the repeated violence by some white Americans against Black Americans, was systematically ignored, perhaps because it was regarded as too honest, too painful a lesson for our young white ears. So, our predominantly white schools didn’t teach it, our mass appeal works of historical fiction didn’t enlighten us, and my chosen industry didn’t take on the subject in films and shows until recently. It seems white educators and school administrators (if they even knew of the Tulsa massacre, for some surely did not) omitted the volatile subject for the sake of the status quo, placing white feelings over Black experience — literally Black lives in this case.”

~ Tom Hanks in the NYTimes, June 4, 2021

“No human race is superior; no religious faith is inferior. All collective judgments are wrong. Only racists make them.”

~ Elie Wiesel

“It is not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences.”

~ Audre Lorde

“Our ability to reach unity in diversity will be the beauty and the test of our civilization.”

~ Mahatma Gandhi

“If you are a white person who would like to treat black people as equals in every way- who would like to have a set of association with blacks that are as positive as those that you have with whites – it requires more than a simple commitment to equality. It requires that you change your life”

~ Malcolm Gladwell

“The beauty of anti-racism is that you don’t have to pretend to be free of racism to be an anti-racist. Anti-racism is the commitment to fight racism wherever you find it, including in yourself. And it’s the only way forward.”

~ Ijeoma Oluo

FICTION BOOKS:

Harris, Nathan (2021). *The Sweetness of Water*. Boston. Little, Brown and Company.

This debut novel is a beautifully written, compelling story that takes place in rural Georgia soon after the end of the civil war. The characters, black and white, are unique, complex and believable. Racial tensions, moral codes, hope, attachment, and perseverance are among the themes that are woven throughout this excellent book.

Morrison, Toni (1987). *Beloved*. New York. Alfred A. Knopf: Book Club Edition. This Pulitzer Prize winning novel, set after the Civil War, “tells the story of a family of former slaves whose Cincinnati home is haunted by a malevolent spirit.” Wikipedia lists the genres as Magical Realism and Historical Fiction.

Morrison, Toni (1993). *The Bluest Eye*. Knopf; 1st printing edition.

This novel, the author’s first, is set in 1941. It tells the story of an 11-year-old Black girl who prays for her eyes to turn blue. The novel won praise for “its vivid evocation of the fear and loneliness at the heart of a child’s yearning and the tragedy of its fulfillment”.

Mott, Jason (June 2021). *Hell of a Book: A Novel*. New York. Dutton.

This novel is unique! Written by a Black man, it focuses on events in the life of a Black author who is on a book tour publicizing his novel, “Hell of a Book”. Two other major characters, Soot and The Kid, are both extremely dark-skinned children. The stories of all three are mixed and interwoven. There is repeated merging and separating of reality, imagination and fantasy. This can cause some confusion for the reader. However, identity formation, a theme of the book, is complicated. The author skillfully evokes intense feelings through his characters and storytelling. This novel enhanced my awareness, understanding and empathy re: the stress and trauma of being Black and a male in our country.

Pitts, Leonard Jr. (2012). *Freeman, A Novel*. Chicago. Bolden: An Agate Imprint.

This novel combines beautiful writing with a compelling, multi-faceted story. The setting is the aftermath of the Civil War. Freeman, a former slave, journeys south from Philadelphia on foot to find his wife, whom he has not seen for 15 years. A second, but equally important storyline, involves a young white woman from Boston who travels south to establish a school for freed slaves. Multiple themes related to race, slavery, prejudice, courage, love, and loss are explored in the unfolding events and interactions between and among characters. The author’s sensitivity to human emotions, complexities, strengths, and frailties is remarkable.

Zoboi, Ibi and Salaam, Yusef (2020). *Punching The Air*. New York. Balzer + Bray.

This fiction book in a verse format is a beautiful rendering of the difficult situation of a creative, non-conforming Black teenage boy who is incarcerated. It reads like a true story. One of the authors, Yusef Salaam, is a member of the Exonerated Five, the group of boys who were wrongly accused and convicted in the 1989 assault of the Central Park jogger.

NON-FICTION BOOKS:

Acho, Emmanuel (2020). *Uncomfortable Conversations with a Black Man*. Waterville, Thorndike Press.

This is a very accessible and useful book. Written in a conversational style, it can be particularly helpful for people who are early in their journeys. It also offers opportunities for people who are in the midst of their journeys to consolidate their knowledge and to glean new information and understanding. The author tackles common, even thorny, issues from various points of view, and he appreciates complexity and nuance as he voices his opinions. Acho has conducted interviews and posted YouTube videos in a series with the same title as the book.

Alexander, Michelle (2010). *The New Jim Crow: Mass Incarceration in the Age of Colorblindness*, 10th Anniversary Edition. New York. The New Press.

Michelle Alexander has written a profound and rich book. Her thesis is that politics, government and social acculturation have resulted in a continuation of Jim Crow attitudes and behaviors via mass incarceration of Black Americans. She identifies the War on Drugs as being highly instrumental in creating this system of racial control. She looks at multiple aspects of this system and cites a great deal of research. This comprehensive book touches minds, nerves and hearts.

Anderson, Carol (2016). *White Rage: The Unspoken Truth of Our Racial Divide*. New York. Bloomsbury.

From this book I learned much about the history of our country from the end of the Civil War up to 2016, the year of the book's publication. The author believes that a major trigger for white rage is Black advancement. She elaborates thoroughly with a historical perspective, addressing migration, housing, education, health, civil rights, politics, and criminal justice. She has conducted a great deal of research and has provided copious documentation. *White Rage* is a rich, readable and important book.

Bailey, Mashama and Morisano, John O. (2021). *Black, White, and The Grey*. New York. Lorena Jones Books.

This account of the partnership between a Black female chef and a white male entrepreneur as they create from scratch and develop a fine restaurant in Savannah is truly unique. Their writing collaboration, i.e. Mashama's "Laying my voice over John's text" (Mashama's is differentiated in bold) works well. Racial issues, within each author, between them, in the community, and in the South, are addressed honestly though not always easily. The authors' "work in progress" professional relationship is a model for how challenging self-examination and communication can take place and be productive. And each chapter is accompanied by a recipe, a bonus for food lovers and cooks!

Baldwin, James (1963). *The Fire Next Time*. New York. Vintage.

This short book makes quite an impact. Baldwin's commentary on race and humanity is well worth reading. Too little has changed in more than 60 years!

Berry, Wendell (1989). *The Hidden Wound*. San Francisco. North Point Press.

A reference to this short, unique book appears in Notes in Heather McGhee's *The Sum of Us*. The book includes an Afterward added by the author in 1988. Wendell Berry, the grandson of a well-to-

do white farmer and the descendent of slaveholders, grew up on his grandfather's farm in Kentucky where the culture was racist. The two adults with whom he was closest were Black. In his young adult years he questions and reflects upon his own racism. He writes from a philosophical, historical, psychological and even spiritual perspective about the culture and the racist values with which he is surrounded and which he deems hurtful to Blacks and to whites. The chapters about his relationships from childhood with his two Black adult friends are very engaging, and his discussion about the psychology of white entitlement and white supremacy is enlightening.

Billings, David (2016). *Deep Denial: The Persistence of White Supremacy in United States History and Life*, Roselle, NJ. Crandell, Dotsie & Douglass Books, Inc.

This is a unique book! Its white author, who was born in the mid 1940's, grew up in two states where white supremacy or IRS (Internalized Racial Superiority) was a value to be endorsed and maintained. He began to question this as a young teen, and he evolved to become an activist for racial equality and justice. Billings introduces each chapter with an account of his personal experiences and reflections. Then he presents relevant historical and contemporaneous information. The book will be especially helpful to readers who wish to gain a deeper understanding of white supremacist ideas and behavior.

Blow, Charles M. (January 26, 2021). *The Devil You Know, A Black Power Manifesto*. New York. HarperCollins.

Blow presents his vision, using history to make his case to consider a radical strategy for Black Americans to achieve power today.

Coates, Ta-Nehisi (2015). *Between the World and Me*. New York. Spiegel and Grau.

This book is presented as a letter to the author's teenage son. The writing is personal, poignant and effective as the author speaks about his childhood, adolescence and young adult years as a Black man in America. Coates raises important questions about prejudice and discrimination, questions that motivated me to embark on a journey of self-awareness and discovery in relation to race.

Coates, Ta-Nehisi (2017). *We Were Eight Years in Power: An American Tragedy*. New York. One World Publishing.

This is a collection of essays by the author. It was published in 2017, but the essays were written, one for each year of Obama's presidency, during the Obama administration. For each essay Coates has written what he calls "a kind of extended blog post, one that captures why I was writing and where I was in my life at the time." One of the essays, "The Case for Reparations," is widely disseminated independently and is seminal reading about the issue of reparations.

DiAngelo, Robin (2018). *White Fragility: Why It's So Hard for White People to Talk About Racism*. Boston. Beacon Press.

The author is white and writes about the reactions of white people as they learn more about the history and continued existence of discrimination against Black people. Her ideas about how whites can move forward in "seeing with new eyes" and in communicating with Blacks have become the foundation of much anti-racism training.

DiAngelo, Robin (June 2021). *Nice Racism*. Beacon Press.

The first three chapters of this book review the major ideas put forth in *White Fragility*. After that, DiAngelo elaborates upon those ideas and offers new concepts and specific guidelines related to whites understanding and interacting with Blacks. In her work as an equality, diversity and anti-racism trainer and consultant, DiAngelo speaks to large groups of employees of corporations where such training has been mandated. She has thus encountered a wide variety of attitudes. Her central thesis is that nice behavior of whites is no substitute for or indication of a genuine in-depth awareness and appreciation of Black lives.

Dyson, Michael Eric (January 17, 2017). *Tears We Cannot Stop*. New York, St. Martin's Press; 1st ed. The author's emotion about what it's like to be Black is felt. Dyson's prose allows you to walk in his shoes, seeing what he sees, experiencing what he experiences. He clearly depicts how different America is for Black Americans.

Glaude, Eddie S. Jr. (2020). *Begin Again: James Baldwin's America and Its Urgent Lessons for Our Time*. New York. Crown.

With enormous respect and incisive intelligence, the author has examined Baldwin's life and his writings and discussed his ideas in a historical and current context. Glaude explores Baldwin's shifts in emphasis, attitudes and philosophical alliances. Re: racism in America and its challenges for whites and Blacks, Baldwin was remarkably prescient. The fight for justice and equality continues.

Greenidge, Kerri K. (November 19, 2019). *Black Radical: The Life and Times of William Monroe Trotter*. New York. Liveright; 1st ed.

William Monroe Trotter, Booker T. Washington and W. E. B. Dubois knew each other, and each worked for Civil Rights in the early 20th Century. Their goal was the same; their approaches differed. Trotter believed the issue was systemic and could be changed only by Black people. His vision of Black Nationalism and his determined focus drove him and his work to create change.

Hall, Alvin (2023). *Driving the Green Book*. New York. HarperCollins Publishers.

Most of us first learned about the Green Book from the 2018 movie entitled *Green Book*. In *Driving the Green Book* Alvin Hall undertook a carefully researched automobile journey from Detroit to New Orleans to visit different towns and cities along the way that were designated in the Green Book as safe places where Blacks could eat, sleep, buy gas, and thus be able to continue their road trips. The book includes excerpts of interviews of individuals and family members who used the Green Book as a guide. The slice-of-life accounts, the descriptions of adaptations that travelers and hosts made, and reviews of the history and ramifications of segregation and racism offer the reader valuable insights into the challenging experiences that Black individuals and families endured. Their resilience was and still is (even on this journey there was worry) impressive.

Hinton, Anthony Ray (2018). *The Sun Does Shine*. New York. St. Martin's Press.

This is an amazing and inspiring memoir of a man who spent almost 30 years in prison, most of them on death row, for a crime he did not commit. With the help of the Equal Justice Initiative (EJI) and Bryan Stevenson, Anthony Ray Hinton was released in 2015. He has become an activist and an educator for the EJI.

Hobbs, Jeff September (2014). *The Short and Tragic Life of Robert Peace: A Brilliant Young Man Who Left Newark for the Ivy League*. Scribner.

This is a powerful true story written by the friend and Yale roommate of Robert Peace. Descriptions of the various environments in which this young man lived, of his family relationships, his friendships, his prodigious intellect, leadership qualities and physical capacities create memorable scenes and images. Many of Peace's experiences reflect the history, legacy, and existence of ongoing racism, unintentional and intentional. This is a moving and thought-provoking book.

Irving, Debby (2014). *Waking Up White, and Finding Myself in the Story of Race*. Elephant Room Press; Illustrated edition (January 9, 2014)

The author recounts her own journey from ignorance to awareness. This book is helpful for white people who are at the beginning stage of recognizing their own prejudices.

Kendi, Ibram X. (2019). *How To Be an Antiracist*. New York. One World.

This is an account of the author's journey and accumulating realizations re: racist ideas and behaviors. He explains what anti-racism is and why it is necessary for the shift towards genuine equality for all people of color. I found this book very helpful to my understanding of thought patterns that contribute to racism.

Kendi, Ibram X. and Keisha N. Blain February 2, 2021. *Four Hundred Souls: A Community History of African America 1619-2019*. New York. One World; 1st ed.

Told in five-year time frames by ninety Black writers, this is a linear compendium of the past four hundred years starting with the landing of the first enslaved African people up to the Trump years. The writings present the personal experiences enmeshed and entrapped in the economic, political, social and systemic policies and practices of White America.

Kivel, Paul (August 2017). *Uprooting Racism: How White People Can Work for Racial Justice*. Gabriola Island, BC, Canada. New Society Publishers, 4th ed.

This is a very comprehensive book! Although the author concentrates on racism against Blacks, he also discusses racism against Native Americans, Muslims, Jews and, occasionally, other cultural and religious groups. Different parts of the book may be more or less useful depending upon where you are in your journey towards and education about racial justice. The Contents section is extremely helpful for making choices in this regard and for reviewing subjects after an initial read. The questions posed at the end of each chapter are useful on an individual level and in working with groups. If you are action focused, you may find Part V, Fighting Institutional Racism, and the sections that follow, the most informative and compelling.

Lewis, John and Andrew Aydin and Nate Powell (August 3, 2021). *RUN, Book One*. New York. Harry N. Abrams.

This nonfiction graphic narrative style book is the follow up to *March*, which is the first and only comic style book to win the National Book Award. John Lewis recounts his memories and experiences of the reactionary racist violence that took place in the period just past the passage of the Voting Rights Act of 1965. In the struggle to advance systemic change to promote civil rights, he and other young Black and white activists worked together to advocate for equality for the Black Community. Many of these activists were in their post high school decade-some were still in school. All his narrative takes place within Lewis' involvement with the Student Nonviolent Coordinating Committee (SNCC) - from the time of his chairmanship to his leaving - as he said, "They left me. They took a different direction."

Livingston, Robert (2021) *The Conversation*. New York. Currency.

This book is extremely useful for people of all races who want to understand and address racism. The author, a social psychologist and university professor, cites many studies as well as personal experiences as he unpacks and explains human instincts and behaviors underlying racial bias. He speaks in ways that are comfortable even if the information he delivers is not comfortable. He offers suggestions for constructive communication and for enhanced self-awareness regarding racism. I highly recommend this book.

McGhee, Heather (2021). *The Sum of Us: What Racism Costs Everyone and How We Can Prosper Together*. New York. One World.

This is a wonderful book! It is extremely readable and well-researched non-fiction. The author covers just about all areas of life (education, real estate, employment/unions, etc.) showing with examples and details how racism has operated and how it has affected whites (and other races) as well as Blacks. In the last two chapters she offers valuable psychological ideas and understanding, and she gives examples of people of different races and classes working together to create change. She is realistic and also hopeful. I heartily recommend this book!

Meckler, Laura (2023) *Dream Town: Shaker Heights and the Quest for Racial Equity*. New York. Henry Holt and Co.

This well-researched study of the Shaker Heights school district's attempts to provide an integrated, equitable educational experience for all of its students over forty plus decades is forthright and courageous. The author, a product of Shaker Heights schools, has conducted many interviews. She strives to look at multiple aspects and angles of policies, adaptations of teachers and school administrators, attitudes of pupils and their families, and opinions of community residents. It becomes clear that the issues are complex, and all approaches are impacted by the racial disparities and biases of the wider community and world. The author does not shy away from reporting on conflict. She gives credits to those who have worked and continue to work towards the goals of racial equity and educational excellence. School teachers, administrators, staff and board of education members are among the many who will gain insight from reading this book.

Meade, Desmond (2020). *Let My People Vote: My Battle to Restore the Civil Rights of Returning Citizens*. Boston. Beacon Press.

This memoir is an accessible and compelling story. The author, a Black man with a history of drug addiction, homelessness, and time served for a felony conviction, takes a leadership role in the struggle to win the right to vote for returning citizens (aka ex-felons, note the impact of nomenclature) in the state of Florida. Though race is not the focus, it is a major factor in every step of his journey.

Menakem, Resmaa (2017). *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies*. Las Vegas. Central Recovery Press.

The author addresses racism from a trauma perspective and body centered psychology. He gives an excellent historical perspective of racism in America and how it got focused on Blackness. It also mentions the waves of immigrants who were not considered white as they arrived in waves from Europe such as Irish, Italian and Jewish bodies. It discusses how the lizard brain can result in physical manifestations which can cause others to feel unnamed fears as they react to your physical reaction. A section of the book is devoted to understanding and working with the police to effect much needed change in law enforcement systems and individuals.

Merritt, Tyler (2021). *I Take My Coffee Black*. Worthy. NY, NY.

Though this book carries the additional blurb, “Reflections on Tupac, Musical Theater, Faith, and Being Black in America”, it reads like a memoir. It is very entertaining, creative, honest, and poignant. The author, an actor, musician, comedian and activist, offers valuable insight into the experience of growing up and living while Black..

Natapoff, Alexandra (2018). *Punishment Without Crime: How Our Massive Misdemeanor System Traps the Innocent and Makes America More Unequal*. New York. Basic Books.

This book is an accessible, thorough, and very well documented examination of the misdemeanor system portion of the United States criminal legal system. Racism and discrimination against the poor and under-resourced are an inherent part of the disorganized and often unjust state, county and local court systems that are responsible for the application of state and local laws. Many of the offenses classified as misdemeanors are minor, petty and without victims, but the often-lifelong repercussions of arrest and frequent incarceration for inability to pay fines can be brutal and disastrous for those, innocent or guilty, who are arrested. In addition, the system has resulted in plea bargains which require pleas of guilty when that is not the case. This not only affects the future of the accused, but also undermines the concepts of guilt and innocence. The misdemeanor system is, tragically, not a system that reliably delivers justice. Thankfully, the author has suggestions for change.

Oluo, Ijeoma (2019). *So you want to talk about race*. Cypress, CA. Seal Press.

This book offers a Black perspective about attitudes towards and communication with Black people. With concern, openness and humor, the author touches on a range of issues that include privilege, microaggressions, touching a Black person’s hair, and feelings of a white person who has been called a racist. The writing is clear, direct and valuable for anyone who wants to better understand, connect, and communicate with Black individuals.

Pellegrino, Robert L. (2015). *I See Color: Identifying, Understanding and Reducing Our Hidden Racism: A White Perspective*. New Haven. Design Monsters.

This account of the author’s increasing awareness of his own racism and the ways he challenged and reduced it is helpful reading for those who are beginning on their own journeys of self-awareness. Pellegrino repeatedly makes the point that white individuals who grow up in America inevitably have racist attitudes. Such attitudes are inescapable. They may be conscious or unconscious. Most importantly, they can be recognized and changed.

Rothstein, Richard (May 2017). *The Color of Law: The Forgotten History of How Our Government Segregated America* New York. Liveright Publishing Corporation.

This is an important and impactful book! It is a telling of how, since the Civil War, local, municipal, state and federal government laws, policies and practices have mandated, fostered and otherwise contributed to racial segregation in all parts of the United States. Such officially sanctioned segregation is called de jure and is distinguished from de facto segregation, which is segregation that exists but is not officially sanctioned. The author illustrates over and over that de jure segregation has harmed the safety, security, development and advancement of Blacks in all areas of life. Residential segregation has been a primary value reinforced by governmental policies and decisions, many of which have included the explicit and/or implicit sanctioning of violence. The author, through extensive research indicated by copious notes at the end of the book, convincingly makes the point that segregation in our country is not primarily de facto, as many insist, but is largely de jure. The clarity of this argument can open the way for action.

Smith, Clint (2021). *How the Word Is Passed: A Reckoning with the History of Slavery Across America*. Boston. Little, Brown and Company.

This book is amazing! The author visits six sites in the US (one is Monticello) and one site in Africa which are connected to slavery in different ways. He skillfully interviews people who are visiting and/or working at each site. He weaves in history and his emotional reactions. His facts are documented, he is supremely aware of biases and challenges (his own and others'), and he is unfailingly respectful. There is much to be learned from this absorbing and beautifully written book!

Stevenson, Bryan (2014). *Just Mercy: A Story of Justice and Redemption*. New York. Spiegel & Grau. This book, like the movie upon which it is based, is the author's account of his legal work which led to the founding of the Equal Justice Initiative (EJI), an organization that is dedicated to defending the poor, the wrongly condemned, and those who may have been denied a fair trial. I have enormous respect for the author and for the EJI.

Tatum, Beverly Daniel (2017). *Why Are All the Black Kids Sitting Together in the Cafeteria?: And Other Conversations About Race*. New York. Basic Books.

This is the most academic of the books I have read. Originally published in 1997, it was updated by the author in 2017; the update is titled Prologue. I found the subsequent sections of the book more informative (because I was familiar with many of the events described in the Prologue), and I especially valued learning about child and adolescent development and white and black identity development. The Contents contains brief, useful descriptions of what is addressed in each chapter.

Tubbs, Anna Malaika (February 2, 2021). *The Three Mothers: How the Mothers of Martin Luther King, Jr., Malcolm X, and James Baldwin Shaped a Nation*. New York. Flatiron Books.

The author gives voice and recognition to Mothers, Black Mothers. Tubbs gives tribute to and describes these three mothers, each faced with the triple ordeals of being Black, being a Black female, and being a Black mother. She describes the impact Alberta, Berdis, and Louise had on the development of their sons; Martin Luther King, Jr., James Baldwin, and Malcolm X. She describes how these women, despite living in the context of systemic and stereotypic responses to Black women, had the strength, courage and resolve to raise three pivotal Black men who, each in his own way, brought about change in our country. She references the mothers of the men's mothers and how their values and behavior played out and were carried forward as their daughters' raised their sons.

Way, Elizabeth (Editor) (August 26, 2021). *Black Designers in American Fashion*. London. Bloomsbury Visual Arts. paperback, 1st ed.

The essayists take the reader and connect the threads from the "anonymous histories" of West African and enslaved African American sewers, weavers and their fabrics to the 19th, and 20th century Black designers, most of whom were not acknowledged. A number of Black American designers in the post-Civil Rights era of the late 1960s-1980s are highlighted as they seized the fashion industry's attention and set local, national and international fashion. Some of the designers during that time frame were more than annoyed at being labeled "Black designers" as white designers were referenced as "designers". In the background of the book is an example of systemic racism within one industry, and its effects on the people who work in it. A common background theme for each of the designers is that they learned their skills at very early ages watching their mothers, grandmothers, or aunts as they sewed at home.

White, Richard Antoine (2021). *I'm Possible: A Story of Survival, a Tuba, and the Small Miracle of a Big Dream*. New York. Flatiron Books.

This is an inspiring, engaging memoir written by a Black man whose early years were marked by homelessness in the ghetto of Baltimore, and who has become a professor and the principal tubist in two orchestras. White credits many who helped him along the way, often by telling him, in no uncertain terms, to buckle down and work harder. He wonderfully articulates the challenges, angst, disappointments, joys, and rewards of his musical journey, most often as the only Black person in the classical music settings where he was trained and became highly accomplished. He loves what he does. He is committed to passing his enthusiasm and knowledge on to others and to bringing more Black individuals into the world of classical music.

Wilkerson, Isabel (2011). *The Warmth of Other Suns: The Epic Story of America's Great Migration*. New York. Random House.

This book tells the history of the migration of Blacks from southern to northern states from approximately 1915 to 1970. Focusing on three families, it is a very readable, expansive and well researched account of the lives of so many Blacks who move north in an effort to escape racial indignities and to preserve and better their lives.

Wilkerson, Isabel (2020). *Caste: The Origins of Our Discontents*. New York. Random House.

A masterful and very well researched discussion of caste systems. The author writes about caste in India and relates/compares that to the Nazi regime and to the way blacks are viewed and treated in America. The sections on the psychological underpinnings of white privilege and white supremacy offer the most thorough explanations I have yet heard for these attitudes and behaviors.

CHILDREN'S BOOKS:

Hazzard, Ann, Celano, Marianne and Collins, Marietta. (2018). *Something Happened in Our Town*, Magination Press.

This is the story of two families, one white, one Black and their discussions of a police shooting of a Black man in their community. The book is targeted for 4–8-year-olds, the language is age appropriate, the message positive about including kids who are different from themselves in ways racial and other. The book is written by three psychologists and includes a section at the back with questions children may have and suggestions for parents on discussing them. It provides an excellent resource for young children and for their parents.

Kendi, Ibram X. Illustrations by Lukashovsky, Ashley. (2020). *Antiracist Baby*. New York. Penguin Random House LLC.

This brightly illustrated picture book raises important issues in a rhyming format. Illustrations of primarily Black babies and families are bold and colorful depicting love and caring. While the book seems to focus on “baby,” the concepts of racism, society, culture, equity, and institutional policies are more suited for an older child who can discuss the concepts with his parents and learn from such a discussion. There are instructions for teachers and parents at the end of the book that focuses on the child who can talk about issues. The book could be a platform to begin a discussion about racism with children. It encourages the reader to call out racist behavior and racist policies. “No one will see racism if we only stay silent. If we don’t name racism, it won’t stop being so violent.” Ages 5-12 due to the content complexity.

Katz, Karen (1999). *The Color of Us*. New York, NY, Henry Holt and Company.

A tasty tale of a young girl who would like to draw a self-portrait. This happy picture book showcases the many shades of ‘the skin we are in’ and labels those skin hues with beautiful colors found in yummy foods and nature’s beauty. Bold illustrations celebrate diversity with a child’s open-hearted sensibility and a mother’s love. Ages 2-8.

Saad, Layla (2022). *Me and White Supremacy: Young Readers' Edition: Become an Antiracist Changemaker*. Naperville, Illinois. Sourcebooks.

Saad encourages and guides her reader on their path to antiracism. Admitting we all make mistakes and advising how to grow from them, she helps the reader to explore subjects of white supremacy, racism, antiracism, cancel culture, allyship, and accountability. It’s a book about growth: self-growth and helping others to grow. Recommended ages: 10-16 years. Grade level: 5-12.

Madison, Megan and Ralli, Jessica. Illustrations by Roxas, Isabel. (2021) *Our Skin: A First Conversation About Race*. New York. Rise x Penguin.

This book, recommended for children ages 3-5, starts with delightful illustrations and commentary about the many skin tones of people and the idea that skin color is on the surface and does not indicate who a person is on the inside. It shifts to a description of race and racism, age-appropriate and true, with a “telling it like it is” approach which might feel jarring to some readers. It ends with discussion of the ways we can all work for racial justice. The main theme of the book is that conversation between adults and children about race is essential in order for society to achieve racial justice. A very valuable part of the book is the “Continue the Conversation” section which follows the text. It offers guidance to parents and other adults about aspects of child development and about how to have these important conversations.

ARTICLES (magazine, newspaper, etc.) and Poetry

Nikole Hannah-Jones. 1619 Project. August 14, 2019. New York. *The New York Times*, *The New York Times Magazine*.

On August 18, 2019, the entire *New York Times Magazine* presented and was devoted to The 1619 Project. The Project’s name and date of publication were in commemoration of the landing of a ship near a coastal port of the colony of Virginia; the ship carried the first 20 enslaved Africans who were, in turn, sold to the colonists. The 1619 Project is comprised of articles, essays, poems, artwork, and photographs by many prominent, mainly Black, writers and artists. It includes significant historical information. There have been some criticisms (*NY Times Magazine* 12/29/19 “The Thread” and *NY Times Sunday Review* 10/11/20 “The 1619 Chronicles” by Bret Stephens) which are interesting also. The link below is for this article.

Click [here](#) for the link to this article.

158 Resources to Understand Racism in America

These articles, videos, podcasts and websites from the Smithsonian chronicle the history of anti-Black violence and inequality in the United States. Click [here](#) for the link.

“Kamala Harris, Mass Incarceration and Me” by Reginald Dwayne Betts. Click [here](#) for the link.

The Case for Reparations by Ta-Nehisi Coates. Click [here](#) for the link.

Let America Be America Again by Langston Hughes. Click [here](#) for the link.

Just Walk on By: Black Men and Public Spaces. Click [here](#) for the link.

The Deep Roots of the Racial Wealth Gap - and How We Undo It. Click [here](#) for the link.

MOVIES:

1. *Just Mercy* (2019) Warner Bros. Producer; Gil Netter. Release date; September 6, 2019. Stars; Michael B. Jordan, Jamie Foxx, Brie Larson.
Based on Bryan Stevenson’s book *Just Mercy* (2014). The film displays the imbalance and absence of justice in the American justice system for Black members of our country, and Stevenson’s commitment to address these wrongs.
2. *Between the World and Me Documentary*. Director; Kamilah Forbes. Release date; November 21, 2020. Multiple well-known actors; Mahershala Ali, Angela Bassett, Ta-Nehisi Coates, Angela Davis, Phylicia Rashad etc.
Based on Ta-Nehisi Coates book (2015). A sense of the totality of racial inequality is created when many voices of well-known stage and screen actors speak Coates’ words/experiences.
3. *Small Axe*, directed by Steve McQueen (2020)
Five-part series on Prime about life in London’s West Indian neighborhoods from 1968 to 1985. Each episode reveals daily oppressions of institutional racism and the struggles against it.
4. *Ma Rainey’s Black Bottom*. Director; George C. Wolfe. Producers; Denzel Washington, Todd Black. Release date; November 25, 2020. Actors; Viola Davis, Chadwick Bosman, Glynn Turman, Colman Domingo, Michael Potts.
Vivid portrayal of racism and internalized racism as shown in a blues singer and her group recording an album in the 1920’s.

VIDEOS:

Finding Myself in the Story of Race

This is a video by Debby Irving, author of *Waking up White*.

<https://www.youtube.com/watch?v=oD5Ox5XNEpg>

Brown Eyes and Blue Eyes Racism Experiment Children Session

This video was filmed in 1964 in the teacher's third grade classroom.

<https://www.youtube.com/watch?v=oGvoXeXCoUY>

The Assaulted Sense of Self

This video is by Black psychologist, Dr. Ken Hardy, who has worked for many years as a family therapist and as an interpreter to people of all colors about the psychological ramifications and effects of being Black in America. <https://www.youtube.com/watch?v=i26A5oe>

4+ minutes on the power of two words, White and Black: [Click here for Mohammed Ali Video](#)

Uncomfortable Conversations with a Black Man

This is the first of eight (as of 4/2021) videos in which Emmanuel Acho talks to and with whites about being Black in America. Acho is comfortable addressing challenging topics and eager for there to be conversation even if there are differences.

<https://www.youtube.com/watch?v=h8jUA7JBkF4>

Microaggressions in Everyday Life

Derald Wing Sue, Professor of Psychology at Teachers College at Columbia University has fueled research on microaggressions for twenty years based on his own experiences as a Chinese American from Portland. In this video he highlights microaggressions and microaggression interventions.

<https://www.youtube.com/watch?v=okE-5eg7ARc>

Microaggression in the Classroom

20 min. Mostly college students talking about different experiences of microaggressions with a professor, categorizing different types of microaggressions. Seems to be made for a teaching audience but useful to watch. <https://youtu.be/ZahtlxW2CIQ>

Eliminating Microaggressions

~ 9 min. TEDx talk defines microaggression, provides examples, and ends with some tips on how to avoid microaggressions.

<https://www.youtube.com/watch?v=cPqVit6TJjw>

Microaggression: "No, You can't Touch my Hair"

16-minute powerful TEDx explanation with audience participation of a too common experience.

<https://youtu.be/OLQzz75yE5A>

How Racism Makes Us Sick

https://www.youtube.com/watch?v=VzyjDR_AWzE

ORGANIZATIONS and INSTITUTIONS

1. Ferguson Library
<https://www.fergusonlibrary.org>
2. Domus Kids
<https://www.domuskids.org>
3. Interfaith Council of Southwestern Connecticut
<https://www.interfaithcouncil.org/>
4. Temple Emanu-El Streiker Center
<https://www.emanuelnyc.org/streickercenter/>
5. AJC Westchester/Fairfield (American Jewish Center)
<https://www.ajc.org/westchester>
6. SPLC (Southern Poverty Law Center)
<https://www.splcenter.org/>
7. URJ (Union for Reform Judaism)
<https://urj.org/>
8. RAC (Religious Action Center of Reform Judaism)
<https://rac.org/issues/racial-justice/racial-justice-campaign>
9. Stand Together Against Racism (S.T.A.T.), based in New Canaan
<https://www.star-ct.org/>

