

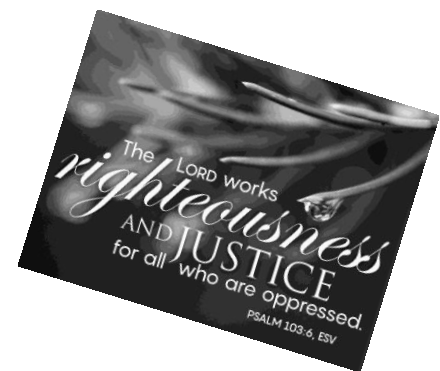
January

2021

Epiphany and Time after Epiphany – 21 Days of Racial Equity Challenge

21 Days of Racial Equity Challenge

The new year is a wonderful opportunity to renew one's focus on health and wellness and develop new healthy habits. This includes renewing one's commitment to one's neighbor and their health and wellness. Racial justice is systemic to the physical, emotional and spiritual health and wellness of any community. Join the 21 days of Racial Equity Challenge and challenge yourself to do one thing each day to develop your awareness and understanding of how power, white supremacy, oppression and equity intersect in America.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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3	4 Listen to a podcast at Do the Work	5 Listen to a brief speech by Dr. James Cone	6 Check out a performance at Alvin Ailey	7 Listen to short NPR interview on race and immigration	8 Visit your library online or Amazon books and read Ibram X. Kendi's work .	9 Listen to a NYT 1619 podcast .
10 Listen to a sermon by Rev. Dr. Marcus D. Crosby	11 Watch the Test Your Awareness: Do the Test video	12 Listen to Rev. William Barber	13 Read Quinn Norton's essay on whiteness	14 Connect with Black Women's Blueprint	15 Discover Dr. Eddie Moore's work behind the 21-day equity habit challenge	16 Watch Bryan Stevenson's TED talk
17 Discover Richard Allen and the history of the AME Church	18 Attend Lower Bucks Co. Multifaith Ministerium - MLK event	19 Listen to The Urgency of Intersectionality	20 Explore collections at nmaahc.edu	21 Read The Case for Reparations	22 Check out content at The Root	23 Read Cheryl Harris' Whiteness as Property
24 Worship online at a historic black church	25	26	27	28 Attend the NIOT Anti-Racism and Implicit Bias Training on Zoom Register here	29	30
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