

Dear UPC Community and Sojourners,

As the UPC Mission, Outreach, and Justice (MOJ) Committee and Session strive to realize the Matthew 25 commitment to dismantle structural racism within our church and the broader community, MOJ is sharing some reference materials that UPC Staff and members of our committee have found personally helpful in their quests to become antiracist and to participate in the Black Lives Matter movement. We have noted which resources have been specially recommended by a member of UPC Staff or one of the members of our committee, and we have included additional actions for your consideration. Feel free to peruse these resources as you feel led.

Books for Adults– Consider ordering from a [Black-owned bookstore](#) if you can!

- [Afropessimism](#) by Frank B. Wilderson, III. [***Andy Hull's pick.*]
- [White Fragility: Why It's So Hard for White People to Talk about Racism](#), by Robin DiAngelo. [***Matt Piper's & Melinda Louden's pick.*]
- [How to be an Anti-Racist](#), by Ibram X. Kendi. [***Gail Raney's pick.*]
- [So You Want to Talk about Race](#), by Ijeoma Oluo. [***Gail Raney's pick.*]

Books for Children, as recommended by *UPC Children Center Director, Cindi Catlin Gaskins*– Consider ordering from a [Black-owned bookstore](#) if you can!

- [Amazing Grace](#), by Mary Hoffman
- [Last Stop on Market Street](#), by Matt de la Peña
- [More More More Said the Baby](#), by Vera Williams

Articles & Websites–

- [Black Mental Health Matters: Mental Health Issues Facing the Black Community](#) from Sunshine Behavioral Health
- ["How to be A Good White Ally, according to Activists"](#) from Vox [***Sol Center Director, Dawn Martin's pick.*]
- ["Becoming Trustworthy White Allies"](#) from Yale University [***Sol Center Director, Dawn Martin's pick.*]
- ["Talking to Children about Racial Bias"](#) from HealthyChildren.org [***UPC Children Center Director, Cindi Catlin Gaskins's, pick.*]
- Cary Clack, a reporter for the *San Antonio Express News*, wrote an opinion piece in June 2020: ["What is heritage if not truth to history?"](#)
- The National Museum of African American History & Culture is a Smithsonian Institution, and it has numerous [excellent resources available online](#), including [Talking About Race](#).
- The Presbyterian Church (USA) has compiled a list of reading resources for all ages, [here](#).
- Additional resources for parents and children on race can be found:
 - <https://www.pbs.org/parents/thrive/childrens-books-about-race-and-diversity>
 - <https://www.embracerace.org/resources/20-picture-books-for-2020>

Video & Podcast-

- The University of Texas at Austin's Division of Diversity and Community Engagement program's "History of the Black Experience," by Dr. Leonard N. Moore. Recordings found [here](#). [***Gail Raney's pick.*]
- Brené Brown's podcast conversations with authors and activists, on "Unlocking Us." [Warning: some moderate cursing is involved with these podcasts, which may not be suitable for all listeners.] [***Melinda Louden's pick.*]
 - Brené with Austin Channing Brown, on *I'm Still Here: Black Dignity in a World Made for Whiteness*. ([listen here](#))
 - Brené with Ibram X. Kendi on *How to Be an Antiracist*. ([listen here](#))
 - Brené has also curated a list of antiracism resources, [here](#).
- "[Living in My Skin](#)" Documentary: Chronicling life as a Black man and boy in San Antonio [***Andy Hull's pick.*]

You can also:

- Find a list of Black-owned restaurants and businesses in your area to patronize: [here is a list for San Antonio](#).
- Learn about efforts to increase Black voter turnout and to fight voter suppression: [blackvotersmatterfund.org](#) Learn more about initiatives to decrease police violence, like [8cantwait.org](#)* and [campaignzero.org](#). [**Four out of eight of the "8 Can't Wait" measures have been adopted by SAPD.*]