Cultivating Consciousness: Are You Complicit or a Coconspirator?
Complicity

Complicity is the state of being an accomplice, partnership or involvement of wrongdoing. This includes silence.

Coconspirator

The act of conspiring together. Associates are equally responsible for executing the plan. It is not an ally.
One Experience

On a major airline in the United States

Passenger A
Selected seat 3 months prior to flight

Passenger B
Changed seat at gate 20 minutes prior to flight
Equality is when a group of people are given the same resources or opportunity.

Equity allocates exact resources needed to achieve equal outcomes.
We must strive to do ordinary things extraordinarily well."
~Catherine McAuley

Spiritual Practice

Ideas...

Music
Journaling
Spend time outdoors
Be creative
## Becoming Anti-Racist

*is a spiritual pratice...*

<table>
<thead>
<tr>
<th>Practice</th>
<th>Pray/Meditate</th>
<th>Engage</th>
<th>Become</th>
</tr>
</thead>
<tbody>
<tr>
<td>A spiritual practice is a discipline of regular actions or activities performed to cultivate spiritual development or create spiritual experiences.</td>
<td>Use your preferred method of prayer to center yourself. Ask God for patience, greater understanding, the ability to listen, vulnerability, open mindedness and discernment.</td>
<td>Find your passion and get involved with a community working toward a more just world through advocacy, planning or supporting efforts. Use the gifts you have to become anti-racist.</td>
<td>Becoming anti-racist is ongoing forever work.</td>
</tr>
</tbody>
</table>
Becoming ...
Questions?

Let's talk about it…