

FEBRUARY 2022

Media Meditation

Recommit to antiracist work. Challenge yourself to take the time to watch these videos, read these articles, and reflect.

EXCERPT FROM "THE JESUIT GUIDE TO (ALMOST) EVERYTHING":

More often, Jesus condemns the "strong" who could help if they wanted, but don't bother to do so. In the famous parable of the Good Samaritan, those who pass by the poor man along the road are fully able to help him, but simply don't bother. Sin, in Father Keenan's words, is often a "failure to bother."

FEBRUARY 1: GREENSBORO SIT-IN

On February 1, 1960, Ezell Blair Jr., David Richmond, Franklin McCain, and Joseph McNeil sat down at the lunch counter at the Woolworth's in downtown Greensboro, where the official policy was to refuse service to anyone but White people. The four young men refused to give up their seats and remained until the store closed. They returned the next day; by February 5, around 300 students had joined the protest at Woolworth's, paralyzing the counter.

Click here to learn more (6.5 min video):
[Reflections on the Greensboro Lunch Counter](#)



FEBRUARY 3: FEAST DAY OF MOTHER MARY LANGE

Mother Mary Elizabeth Lange, O.S.P., was a Black Catholic religious sister who founded the Oblate Sisters of Providence, the first African-American religious congregation, in Baltimore. She was also the first-ever African-American Mother Superior, via the Oblates. The cause for her beatification was opened in 2004 and she is honored as a Servant of God.

Click here to learn more (2.5 min video):
[Mother Lange's Legacy](#)



FEBRUARY 14: BIRTHDAY OF FREDERICK DOUGLASS

Frederick Augustus Washington Bailey was born into slavery on the Eastern Shore of the Chesapeake Bay in Talbot County, Maryland. In his first autobiography, he stated: "I have no accurate knowledge of my age, never having seen any authentic record containing it." However, based on the records of Frederick's previous enslaver, historians determined he was born in February 1818. Frederick chose to celebrate February 14 as his birthday, remembering that his mother called him her "Little Valentine."

Click here to watch: (7 min video):

["What to the Slave is the Fourth of July?": Descendants Read Frederick Douglass's Speech](#)



FEBRUARY 23: PASSING OF AHMAUD ARBERY

On February 23, 2020, Ahmaud Marquez Arbery, a 25-year-old Black man, was the victim of murder in Satilla Shores, Georgia while he was out for a run. Three White men, Travis McMichael, Gregory McMichael, and William "Roddie" Bryan, pursued Ahmaud because they erroneously believed he had trespassed. They attempted to carry out a citizens' arrest, but instead committed a modern-day lynching. After Travis exited his vehicle and wielded a shotgun, Ahmaud tried to defend himself, but Travis fatally shot Ahmaud. On November 24, 2021, a jury found all three men guilty of murder.

Click here to read more (15 min read):
[Assumptions of White Privilege](#)



REFLECT:

- What nonviolent acts am I willing to do physically for the cause of antiracism?
- Who are the people in my community acting for racial justice? How do I honor or celebrate them?
- What am I going to do for the cause of canonization of Mother Mary Lange?
- How did Frederick Douglass's words in "What to the Slave is the Fourth of July" make me feel? How does it make me feel that his descendants reading the words today is still relevant? What will I do based on these reflections?
- Reflecting on Ahmaud Arbery: how diverse is my neighborhood? If it is not diverse, how did I end up here? Did that play a subconscious role in my decision to move here? How do I react internally when I see a person of color in my neighborhood?