

JANUARY 2022

Media Meditation

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

ROMANS 7:22-24

For I take delight in the law of God, in my inner self, but I see in my members another principle at war with the law of my mind, taking me captive to the law of sin that dwells in my members. Miserable one that I am! Who will deliver me from this mortal body?

JANUARY 8-10: GERMAN COAST UPRISING

The 1811 German Coast uprising was a revolt of enslaved Black people, led by Black Catholics, in parts of the Territory of Orleans from January 8 - 10, 1811. The slave insurgency was the largest in U.S. history.

Click here to learn more (12 min video):

[The Louisiana Rebellion of 1811: Crash Course Black American History #12](#)



JANUARY 9: DR. ARTHUR G. FALLS'S PASSING

Dr. Arthur Grand Pre' Falls (December 25, 1901 - January 9, 2000) was an African-American physician and activist based in Chicago. In 1925, he became the founder of the city's first Catholic Worker.

Click here to learn more about Dr. Falls and his legacy (5.5 min read):

[A lonely prophet falls in Chicago | National Catholic Reporter](#)



JANUARY 16: WORLD RELIGION DAY

The National Spiritual Assembly of the Bahá'is of the United States initiated World Religion Day in 1950. The day is intended "to spread awareness and knowledge of the thousands of religions practiced in the world today, and a sharing of tolerance and understanding between people of all faiths."

Click here to read more (2 min read):

[World Religion Day](#)



JANUARY 26: KOBE BRYANT'S PASSING

In tribute to his wife, Bryant had a tattoo inked on his right bicep featuring her name, a crown, angel wings, and Psalm 27. The psalm opens this way: "The Lord is my light and my salvation — whom shall I fear? The Lord is the stronghold of my life — of whom should I be afraid?"

Click here to read more (3 min read):

[Kobe Bryant: 'Man of Faith'](#)



REFLECT:

- Am I still as passionate about antiracism as I was in the summer of 2020?
- What have I done to learn about the full history of the Black struggle against White supremacy?
- Am I ready to hear about Black anger about White complacency? If not, why? What can I do to more effectively listen?
- How can I learn about Black Catholic figures in the Civil Rights movement?
- How do I view other religions? Do I view them from a potential place of racism?
- Was I aware that Kobe Bryant was Catholic? If not, did that change my opinion of him? If it did change my opinion of him, why did it?