

**My father was a white and my mother was black. Them call me half-caste or whatever. Me don't dip on nobody's side. Me don't dip on the black man's side nor the white man's side. Me dip on God's side, the one who create me and cause me to come from black and white.**

**Bob Marley**

**We could all take a lesson from  
crayons, some are bright, some are  
dull, some beautiful, some ugly, and  
some have weird names. As different  
as they are, they all have to live in  
the same box ...**

**Kriston Morell**

**I swear to the Lord I still  
can't see Why Democracy  
means Everybody but me.**

**Langston Hughes,  
*The Black Man Speaks***

**Racial superiority is a mere  
pigment of the  
imagination.**



**~Author  
Unknown**



## **Oppression, Toil, Friendlessness:**

**Again I looked and saw all the oppression that was taking place under the sun:**

**I saw the tears of the oppressed—  
and they have no comforter;  
power was on the side of their oppressors—  
and they have no comforter.**

**2 And I declared that the dead, who had already died,  
are happier than the living, who are still alive.**

**Give up your violence and oppression and do what is just  
and right.**

**Stop dispossessing my people, declares the Sovereign LORD.**

[Ezekiel 45:8-10](#)

**"You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete."**

**-R. Buckminster Fuller**



**"But extreme poverty is not only a condition of unsatisfied material needs. It is often accompanied by a degrading state of powerlessness." —**

**Peter Singer from THE LIFE YOU CAN SAVE**

**When I despair, I remember that all through history the ways of truth and love have always won. There have been tyrants, and murderers, and for a time they can seem invincible, but in the end they always fall. Think of it - always.**

**Mohandas K. Gandhi**

**There can be no peace  
without reconciliation, no  
reconciliation without  
forgiveness, no  
forgiveness without giving  
up all hope for a better  
past.**

**Desmond Tutu**

**"Whites think because they hold us in their infernal chains of slavery, that we wish to be white...but they are dreadfully deceived — we wish to be just as it pleased our Creator to have made us."**

**David Walker's Appeal, In Four Articles**

**It's not about pain.  
Pain is just a byproduct  
of growth and a healing.**



**“Whites are taught to think their lives are morally neutral, normative, average and ideal so that when we work to benefit others this can be seen as work which allows “them” to be like “us.”**



**Daddy taught me that racism was a sickness and to have compassion for racist whites as I would have compassion for a polio victim. Racism wasn't a problem with me, he told me, it was a problem they had.**

**Andrew Young**

**Racism is so universal in this country, so widespread and deep-seated, that it is invisible because it is so normal.**

**Shirley Chisholm**



**As nightfall does not come at once, neither does oppression. In both instances, there is a twilight when everything remains seemingly unchanged. And it is in such twilight that we all must be most aware of change in the air however slight lest we become unwitting victims of the darkness.**

**William O. Douglas, Justice U.S. Supreme Court**

**I also believe that it's almost impossible for people to change alone. We need to join with others who will push us in our thinking and challenge us to do things we didn't believe ourselves capable of.**

**■ Frances Moore Lappe**

**Collective fear stimulates  
herd instinct, and tends  
to produce ferocity  
toward those who are not  
regarded as members of  
the herd.**

**Bertrand Russell**

**We have flown the air like birds  
and swum the sea like fishes but  
we have yet to learn the simple  
act of walking the earth like  
brothers.**

**Martin Luther King Jr.**

**"A rattlesnake, if cornered will become so angry it will bite itself. That is exactly what the harboring of hate and resentment against others is - a biting of oneself. We think we are harming others in holding these spites and hates, but the deeper harm is to ourselves."**

**E. Stanley Jones**

**We learn to be racist, therefore  
we can learn not to be racist.  
Racism is not genetical. It has  
everything to do with power.**



**Jane Elliot**





**"the master's tools will never  
dismantle the master's house. The  
true focus of revolutionary change  
is never merely the oppressor  
situations which we seek to escape,  
but that piece of the oppressor  
which is planted deep within each of  
us, and which knows only the  
oppressors' tactics, the oppressors'  
relationships."**

**--Audre Lorde**

**"All the great family of mankind is bound up in one bundle. Rights are the same for one and all; when we aim a blow at our neighbors rights, our own rights are by the same blow destroyed."**

**Abby Kelly Foster**



**All humanity is one undivided and indivisible family, and each one of us is responsible for the misdeeds of all the others. I cannot detach myself from the wickedest soul." "It is easy enough to be friendly to one's friends. But to befriend the one who regards himself as your enemy is the quintessence of true religion. The other is mere business.**

**Mohandas K. Gandhi**

**Washing one's hands of the  
conflict between the powerful and  
the powerless means to side with  
the powerful, not to be neutral.**

**Paulo Freire**



**...power, by which bargains and proceedings, contrary to universal righteousness, are supported [this clause is not complete; it needs a verb]; and hence oppression, carried on with worldly policy and order, clothes itself with the name of justice and becomes like a seed of discord in the soul.**

**John Woolman (1720-1772).**

**Bigotry's birthplace is the sinister back room of the mind where plots and schemes are hatched for the persecution and oppression of other human beings.**

**Bayard Rustin**

**We will have to repent in this generation not merely for the hateful words and actions of the bad people but for the appalling silence of the good people.**

**-- Martin Luther King, Jr**

**There is a Christianity ... which takes off fetters instead of binding them on — that breaks every yoke — that lifts up the bowed down. It passes, link by link, until it finds the lowest link in humanity's chain — humanity's most degraded condition. It reaches down its arm and tells them to stand up.**

**Frederick Douglas, abolitionist leader**



**The hope of a secure and livable world lies with disciplined nonconformists who are dedicated to justice, peace and brotherhood.**

**Martin Luther King, Jr.**

**A rabbi asked his students when was it dawn, so that they could distinguish the light from darkness for morning prayers. One student replied, "When I can distinguish a goat from a dog?" "No," answered the rabbi. Another student suggested, "When I can distinguish a palm tree from a fig tree?" "No," the rabbi replied again. "Well, then, what is the answer?" his students pressed him. "Only when you can look into the face of every man and every woman and see your brother and sister have you seen the light."**

**"It demands great spiritual  
resilience not to hate the hater  
whose foot is on your neck, and an  
even greater miracle of  
perception and charity not to  
teach your child to hate."**

**James Baldwin**

**We are still conditioning people in this country and, indeed, all over the globe to the myth of white superiority. We are constantly being told that we don't have racism in this country anymore, but most of the people who are saying that are white. White people think it isn't happening because it isn't happening to them.**

**■ Jane Elliot**

**"Interdependency between women is a way to a freedom which allows the I to be, not in order to be used, but in order to be creative. Advocating the mere tolerance of difference between women is a total denial of the creative function of difference in our lives. Only within that interdependency of different strengths, acknowledged and equal, can the power be generated to seek new ways of being in the world, as well as the courage and sustenance to act where there are no charters. As women, we have been taught either to ignore our differences or to view them as causes for separation and suspicion rather than as forces for change. Without community there is no liberation, only the most vulnerable and temporary armistice between an individual and her oppression. Within the interdependency of mutual (non dominant) differences lies that security which enables us to descend into the chaos of knowledge and return with true visions of our future, along with the power to effect those changes which can bring the future into being."**

**Audre Lorde**

**YES, ALL LIVES  
MATTER**

**BUT WE'RE FOCUSED ON THE  
BLACK ONES RIGHT NOW, OK?**

**— BECAUSE IT IS VERY —**

**APPARENT**

**THAT OUR JUDICIAL SYSTEM  
DOESN'T KNOW THAT.**

**PLUS, IF YOU CAN'T SEE WHY WE'RE EXCLAIMING**

**#BLACKLIVESMATTER  
YOU ARE PART OF THE PROBLEM.**

All of us are enmeshed in the net of racism, whether we choose to be or not. But there is hope. Let me share an analogy with you.... Racism is very much like alcoholism. The alcoholic does not choose or intend to be an alcoholic ; neither you nor I choose or intend to be racists, or to benefit from a racist society. . Both are things that happen to us, though no choice of our own, without our intent. The alcoholic is not an wicked or evil person; neither are you and I... The illness of racism, like alcoholism, is not my fault; but it is my responsibility, I didn't cause it but I must and can control it.

In both cases – racism and alcoholism—the first step on the road to health is to acknowledge the reality , to stop making excuses, to stop denying it. We need to face the facts before we can cope with them. In both cases you're never fully cured; the alcoholic is always an alcoholic. And I really doubt, sadly, that those of us who grew up in a racist society can ever totally shed our unconscious racist attitudes. But we can take responsibility for our actions from now on.

Alison Oldham 1984  
from Plain Living, A Quaker Path to Simplicity by Cathrine Whitmire



*"Every great dream  
begins with a dreamer.  
Always remember,  
you have within you  
the strength, the  
patience, and the  
passion to reach for  
the stars to change  
the world."*

*~ Harriet Tubman*



A nation that  
continues year after  
year to spend more  
money on military  
defense than on  
programs of social  
uplift is approaching  
spiritual doom.

-Martin Luther King, Jr.

**When we say #BlackLivesMatter, we are speaking about the unique hardships that the Black community faces. We are speaking directly about a heritage that remains intact despite racist violence directed at us. To say #AllLivesMatter is an affront to Black heritage, people, and culture and does nothing but take away from the potent truth that the Black existence deserves ample recognition.**

**-Arielle Newton**



**There Are More Than  
1,181 Missing And  
Murdered Indigenous  
Women In Canada.**

**Native Americans  
Are More Likely To Be  
Killed By Police Brutality  
Than Any Other Ethnic  
Group In America.**

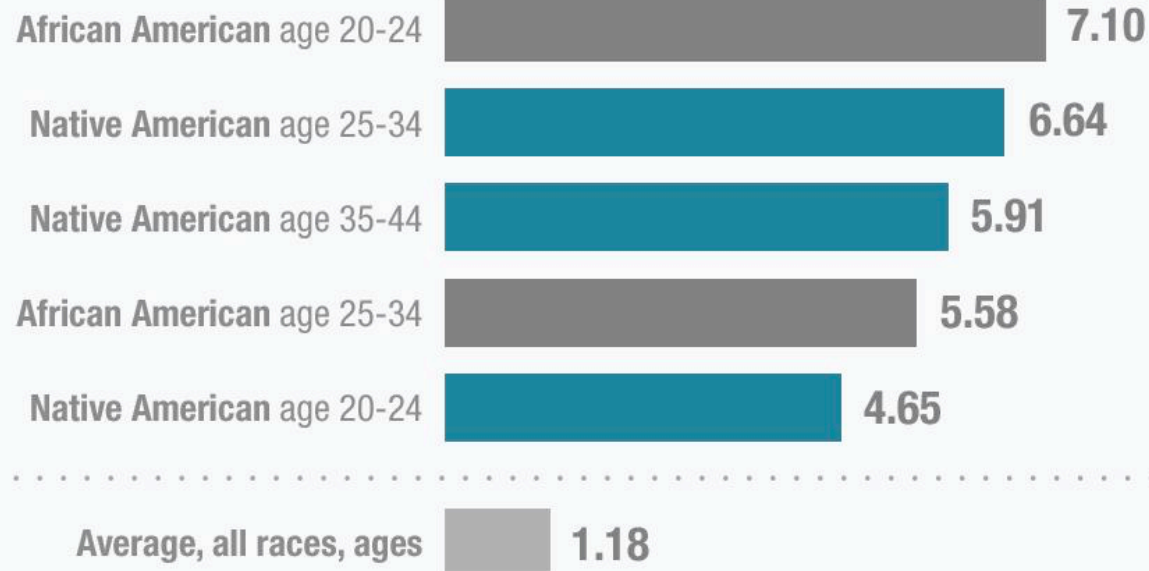
**#NativeLivesMatter**



**Native  
Lives  
Matter**

# TOP 5 GROUPS MOST LIKELY TO BE KILLED BY LAW ENFORCEMENT

per million population per year, 1999-2011



## Native Americans

are the most likely to be killed by law enforcement. With less than 1% of the population, Native Americans comprise nearly 2% of police killings

Source: Center for Juvenile and Criminal Justice

**I claim that human mind or human society is not divided into watertight compartments called social, political and religious. All act and react upon one another.**

**Mohandas K. Gandhi**

**No charter of freedom will be worth looking at which does not ensure the same measure of freedom for the minorities as for the majority.**

**Mohandas K. Gandhi**



**An error does not become truth by reason of multiplied propagation, nor does truth become error because nobody sees it.**

**Mohandas K. Gandhi**

**“Racism is man's gravest  
threat to man – the  
maximum of hatred for a  
minimum of reason.”**

**Abraham J. Heschel**





**But suppose God is black? What if we  
go to Heaven and we, all our lives,  
have treated the Negro as an inferior,  
and God is there, and we look up and  
He is not white? What then is our  
response?**

**ROBERT F. KENNEDY**



**“Let us all hope that the dark clouds of racial prejudice will soon pass away, and that in some not too distant tomorrow the radiant stars of love and brotherhood will shine over our great nation with all their scintillating beauty.”**

**Martin Luther King, Jr.**