



What feelings arise in your body when you envision yourself engaged in the racial justice and healing mission of becoming Beloved Community?

First step in healing- One of the first steps in healing is being able to recognize and name the emotions and feelings (joy, sadness, trust, fear, surprise, disgust, anger, and anticipation) that are taking place in the body during various environments or situations. Naming feelings eases the nervous system by giving recognition to what the body is experiencing. Dr. Daniel Siegel, executive director of the Mindsight Institute coined the phrase; **Name it to frame it**, to help us remember the purpose behind this important body awareness skill.

Why are we asking you to name your feelings around your engagement in racial justice work within yourself and the church?

- To begin the inward journey of making connections with your body and its signals when it comes to talking about race, racial justice and healing.
- To collectively name the feelings that we hold that are behind the work of racial justice and healing.
- To start to change the historical stigmatization of talking about feelings that leads to further oppression and passing down of trauma.

What are we going to do with the feelings we gather?

- Combine the feelings in a collective list to pray for their transformation within us to bravely and vulnerably do the work Jesus has asked for us to do in creating the Beloved Community.
- Collectively acknowledge and honor our array of feelings at the beginning of this transformational work of racial justice and healing within ourselves, our families, our home churches and the Episcopal Church of Minnesota.

Activity:

1. Present participants with the question; **What feelings arise in your body when you envision yourself engaged in the racial justice and healing mission of becoming a Beloved Community?**
2. Give them time to check in with their body and the list of emotions and sensations handout attached
3. Have them free write all that comes up for them on the enclosed cross.
4. After reflection time invite participants to read from their cross what came up to give voice and prayer to these collective emotions
5. Close with reading of Jericho road and Martin Luther King prayer enclosed.

Emotions & Feelings List

Accepting / Open

Calm
Centered
Content
Fulfilled
Patient
Peaceful
Present
Relaxed
Serene
Trusting

Aliveness / Joy

Amazed
Awe
Bliss
Delighted
Eager
Ecstatic
Enchanted
Energized
Engaged
Enthusiastic
Excited
Free
Happy
Inspired
Invigorated
Lively
Passionate
Playful
Radiant
Refreshed
Rejuvenated
Renewed
Satisfied
Thrilled
Vibrant

Angry / Annoyed

Agitated
Aggravated
Bitter
Contempt
Cynical
Disdain
Disgruntled
Disturbed
Edgy
Exasperated
Frustrated
Furious
Grouchy
Hostile
Impatient
Irritated
Irate
Moody
On edge
Outraged
Pissed
Resentful
Upset
Vindictive

Courageous / Powerful

Adventurous
Brave
Capable
Confident
Daring
Determined
Free
Grounded
Proud
Strong

Worthy Valiant Connected / Loving

Accepting
Affectionate
Caring
Compassion
Empathy
Fulfilled
Present
Safe
Warm
Worthy

Curious

Engaged
Exploring
Fascinated
Interested
Intrigued
Involved
Stimulated

Despair / Sad

Anguish
Depressed
Despondent
Disappointed
Discouraged
Forlorn
Gloomy
Grief
Heartbroken
Hopeless
Lonely
Longing
Melancholy
Sorrow
Teary
Unhappy

Upset Weary Yearning Disconnected / Numb

Aloof
Bored
Confused
Distant
Empty
Indifferent
Isolated
Lethargic
Listless
Removed
Resistant
Shut Down
Uneasy
Withdrawn

Embarrassed / Shame

Ashamed
Humiliated
Inhibited
Mortified
Self-conscious
Useless
Weak
Worthless

Fear

Afraid
Anxious
Apprehensive
Frightened
Hesitant
Nervous
Panic
Paralyzed

Scared Terrified Worried

Helpless
Sensitive

Grateful

Appreciative
Blessed
Delighted
Fortunate
Grace
Humbled
Lucky
Moved
Thankful
Touched

Guilt

Regret
Remorseful
Sorry

Hopeful

Encouraged
Expectant
Optimistic
Trusting

Powerless

Impotent
Incapable
Resigned
Trapped
Victim

Tender

Calm
Caring
Loving
Reflective

Self-loving Serene Vulnerable Warm

Stressed / Tense

Anxious
Burned out
Cranky
Depleted
Edgy
Exhausted
Frazzled
Overwhelm
Rattled
Rejecting
Restless
Shaken
Tight
Weary
Worn out

Unsettled / Doubt

Apprehensive
Concerned
Dissatisfied
Disturbed
Grouchy
Hesitant
Inhibited
Perplexed
Questioning
Rejecting
Reluctant
Shocked
Skeptical
Suspicious
Ungrounded
Unsure
Worry

Body Sensations

Achy
Airy
Blocked
Breathless
Bruised
Burning
Buzzy
Clammy
Clenched
Cold
Constricted
Contained

Contracted
Dizzy
Drained
Dull
Electric
Empty
Expanded
Flowing
Fluid
Fluttery
Frozen
Full

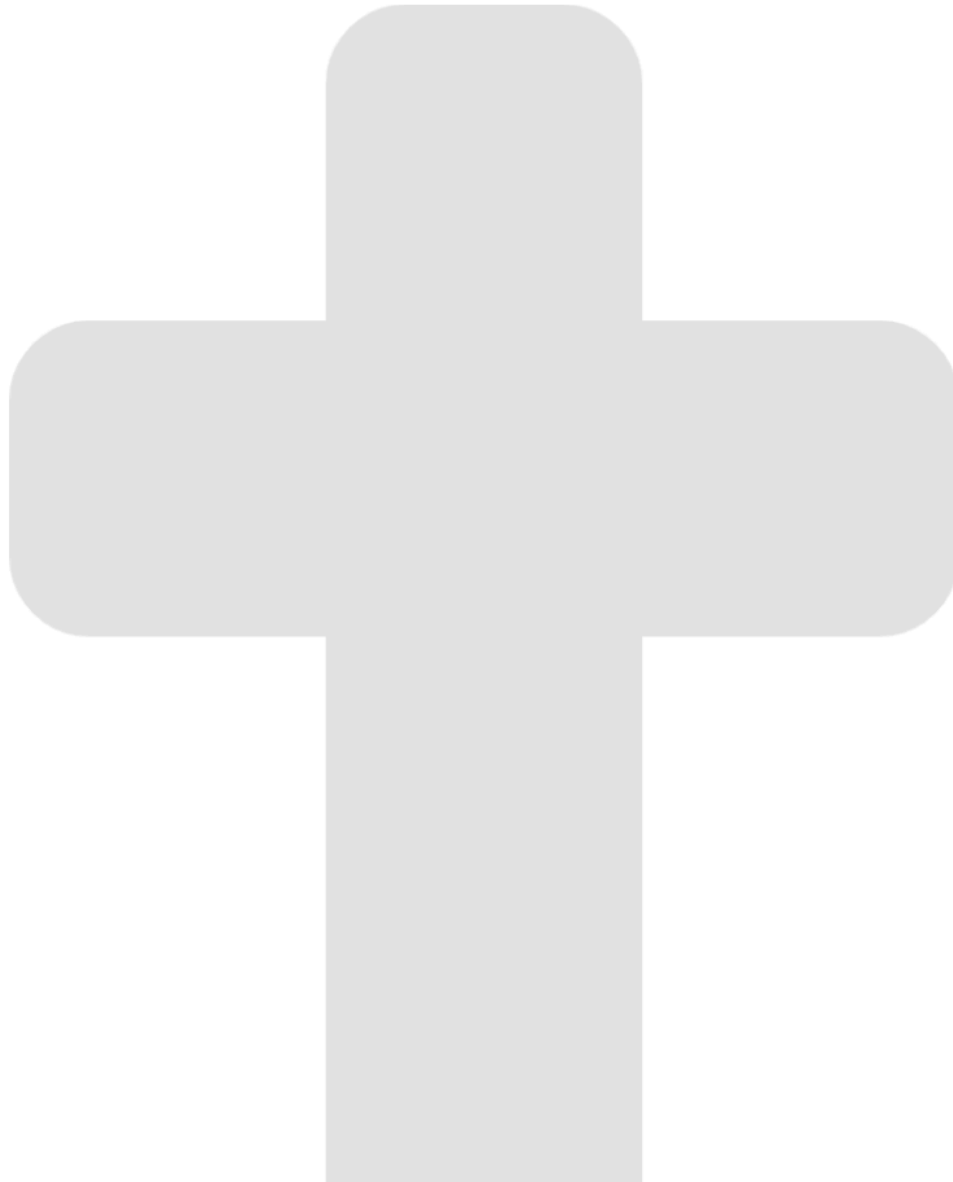
Gentle
Hard
Heavy
Hollow
Hot
Icy
Itchy
Jumpy
Knotted
Light
Loose

Nauseous
Numb
Pain
Pounding
Prickly
Pulsing
Queasy
Radiating
Relaxed
Releasing
Rigid
Sensitive
Settled

Shaky
Shivery
Slow
Smooth
Soft
Sore
Spacey
Spacious
Sparkly
Stiff
Still
Suffocated

Sweaty
Tender
Tense
Throbbing
Tight
Tingling
Trembly
Twitchy
Vibrating
Warm
Wobbly
Wooden

Reflection and Connection: We welcome you to write on the cross all those feelings and sensations that arise when envisioning yourself engaged in the racial justice and healing work of Becoming Beloved Community.



Holy Spirit, bless the feelings and sensations that ebb and flow from our community as we journey the path of creating Beloved Community. May feelings that block forward movement be transformed to manifest Your peace, love, and freedom for all, here on earth. - Amen

Jericho Road

A true revolution of values will soon cause us to question the fairness and justice of many of our past and present policies. We are called to play the Good Samaritan on life's roadside, but that will be only an initial act. One day we must come to see that the whole Jericho road must be transformed so that men and women will not be constantly beaten and robbed as they make their journey on life's highway. True compassion is more than flinging a coin to a beggar; it is not haphazard and superficial. Compassion sees that an edifice that produces beggars needs restructuring. A true revolution of values will soon look uneasily on the glaring contrast of poverty and wealth.

Let us pray: (read together)

Ever present God, you called us to be in relationship with one another and promised to dwell wherever two or three are gathered. In our community, we are many different people; we come from many different places, have many different cultures. Open our hearts that we may be bold in finding the riches of inclusion and the treasures of diversity among us. We pray in faith.

Martin Luther King Jr.