



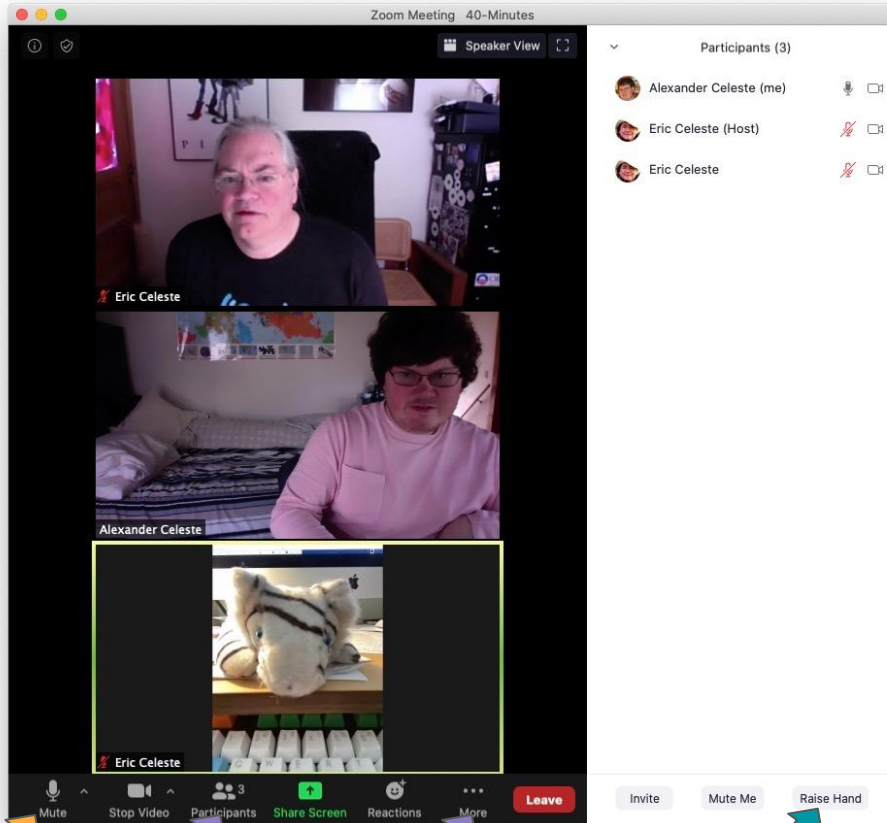
# Racial Healing and Challenges in a Time of Covid and Protests

Community Assembly

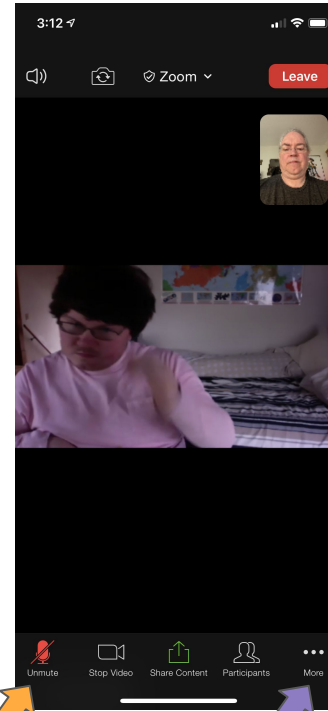
12 September 2020



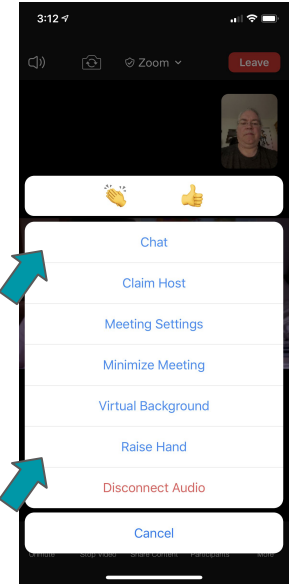
We are recording this meeting.



Mute



Mute



When dialed in by phone  
\*6 to mute/unmute  
\*9 to raise/lower your hand

Sara Thomsen

By breath, by blood, by bo - dy, by

The first line of music is written on a single staff in treble clef, with a key signature of three sharps (F#, C#, G#) and a 4/4 time signature. It contains eight measures of music, each with a single note on a half note: G4, A4, B4, C5, B4, A4, G4, and F#4.

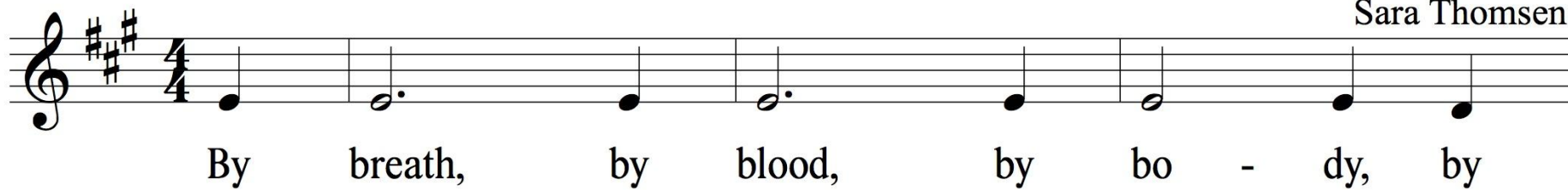
spir - it. We are all one.

The second line of music is written on a single staff in treble clef, with a key signature of three sharps (F#, C#, G#). It contains five measures of music: a half note G4, a quarter note A4, a quarter note B4, a half note C5, and a half note G4. The lyrics "spir - it." are aligned with the first two notes, "We" with the third, "are" with the fourth, and "all one." with the fifth. A fermata is placed over the final note G4.

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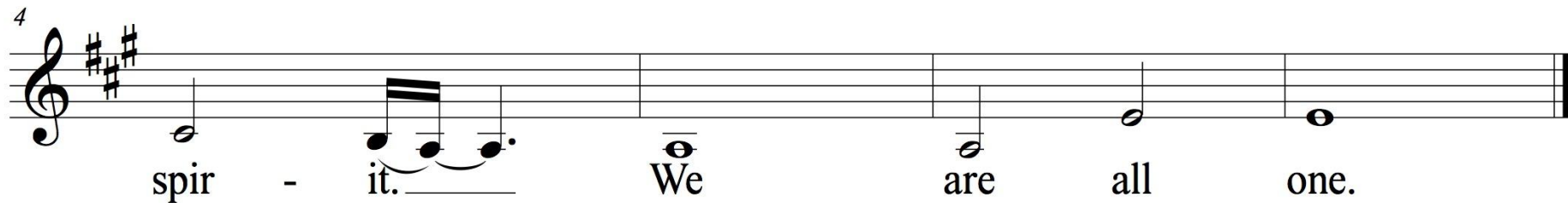


Sara Thomsen



By breath, by blood, by bo - dy, by

The first line of musical notation is on a treble clef staff with a key signature of three sharps (F#, C#, G#) and a 4/4 time signature. It contains eight measures of music, each with a single quarter note. The notes are G4, A4, B4, C5, B4, A4, G4, and F4.



spir - it. We are all one.

The second line of musical notation is on a treble clef staff with a key signature of three sharps (F#, C#, G#). It contains five measures of music. The first measure has a quarter note G4. The second measure has a quarter note A4, a quarter note B4, and a quarter note C5 beamed together. The third measure has a quarter note B4. The fourth measure has a quarter note A4. The fifth measure has a quarter note G4. The piece ends with a double bar line.

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Morning Wisdom from Fr. Bryan Massingale  
and the Letter to the Romans





*Silent Reflection*



Sara Thomsen

By breath, by blood, by bo - dy, by

The first line of music is written on a single staff in treble clef, key of A major (three sharps), and 4/4 time. It consists of eight measures. The notes are: G4 (quarter), A4 (half), B4 (quarter), C5 (half), B4 (quarter), A4 (half), G4 (quarter), and F#4 (quarter). The lyrics are placed below the notes: "By breath, by blood, by bo - dy, by".

spir - it. We are all one.

The second line of music is written on a single staff in treble clef, key of A major, and 4/4 time. It consists of five measures. The notes are: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter), and F#4 (quarter). The lyrics are placed below the notes: "spir - it. We are all one.". The word "it." is underlined, and "We" has a horizontal line above it.

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# Racial Healing and Challenges in a Time of Covid and Protests

Community Assembly

12 September 2020



The Community Assembly promotes new ways of engaging with each other, partners, experts, and those directly impacted by social justice issues in order to:

- **develop and strengthen relationships** among persons who intentionally live the CSJ mission;
- **understand and support** the unique ways individuals and groups are **living the mission**;
- engage in **significant dialogue** around the Acts of Chapter;
- **educate ourselves** about emerging needs and resources and
- **take action** for justice and ministry within our local communities and the larger world.

The **Justice Commission**, **Ministry Commission**, **Relationship and Association Commission**, and **Acts of Chapter** committee help the Community Assembly Planning Committee shape the arch of the Assemblies.

This year we have committed to **focusing on Racial Justice** through the lens of our Acts of Chapter.

## Acts of Chapter 2019

Striving to be beacons of hope, we commit to:

- Respond to the **crisis of Earth** and global warming,
- Deepen **awareness of our complicity** and work toward dismantling interlocking systems of oppression,
- Articulate and **authentically live our vows** in ways that witness and speak to today's realities,
- **Walk with women** as we claim our voice and work toward an inclusive church and society,
- Use our collective voice to **accompany others in speaking their truth.**

Our agenda today:

- 9:00 am — Opening Prayer and Welcome
- 9:15 am — **Minnesota Healing Justice Network**
- 10:00 am — Small group breakouts
- 10:20 am — Reporting back
- 10:30 am — **Racial Assessment Working Group Update**
- 10:50 am — Announcements
- 10:55 am — Closing Prayer





# MN Healing Justice Network

The **Minnesota Healing Justice Network** is a collaborative network of over 100 community healers, bodyworkers & birthworkers, therapists & herbalists, artists & educators, nurses & more centering the **wellness of Black and Brown families** through mutual aid, health equity, and solidarity.

Sarah White  
Aisha Wadud  
Ihotu Jennifer Ali

[www.mnhealingjustice.com](http://www.mnhealingjustice.com)



Questions to consider in your small group...

- What are **your reactions** to the story you just heard?
- How ready are we **to be changed**?
- What can we do to **support this work**?

Please note the number of your breakout room and choose someone in your group to report out to the whole group when your breakout room number is called.



The **Relationship and Association Commission** meets on the first Thursday of the month 4:30-5:30 pm. Presently we have three subcommittees that report to the Commission.

- **Create a communication plan** for social media production and distribution to tell the CSJ story to various diverse audiences.
- **Nurture relationships** through our St Kate's connections and work with St Catherine University's Center Spirituality and Social Justice.
- **Strengthen and support new and emerging relationships** and racially diverse partnerships and relationships.

Please consider joining the Relationship and Association Commission or suggesting a name of someone who you think would be interested in being part of this important work. Contact **Andrea Tande** by email at **[aptande@csjstpaul.org](mailto:aptande@csjstpaul.org)** or by phone at **651-690-7055**.



The **Community Assembly Planning Committee** meets on the first Wednesday of the month at 5 pm.

We have three open seats and welcomes anyone participating in this assembly to volunteer, Sisters, Consociates, Friends of St. Joseph, St. Joseph Workers, or Partners in Mission.

Please let us know of your interest or suggestions at  
**[csjassembly@googlegroups.com](mailto:csjassembly@googlegroups.com)**

— No \_\_\_\_\_ shame, no \_\_\_\_\_ blame,

The first line of musical notation is on a single staff in treble clef with a key signature of two sharps (F# and C#) and a common time signature (C). It begins with a whole rest. The melody consists of two phrases: the first phrase has notes G4, A4, B4, C5, and B4; the second phrase has notes G4, A4, B4, C5, and B4. The lyrics "No \_\_\_\_\_ shame, no \_\_\_\_\_ blame," are positioned below the notes, with horizontal lines under "No" and "blame,".

— no \_\_\_\_\_ guilt, — on - ly \_\_\_\_\_ love! —

The second line of musical notation is on a single staff in treble clef with a key signature of two sharps (F# and C#) and a common time signature (C). It begins with a quarter rest. The melody consists of two phrases: the first phrase has notes G4, A4, B4, C5, and B4; the second phrase has notes G4, A4, B4, C5, and B4. The lyrics "— no \_\_\_\_\_ guilt, — on - ly \_\_\_\_\_ love! —" are positioned below the notes, with horizontal lines under "no", "guilt, —", "on - ly", and "love! —".

Wade in the water

Wade in the water

Children wade, in the water

God's gonna trouble the water



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