



Welcome to **Week 5 of Cultivating Justice: A Quest Toward Racial Equity**. You have listened to the experiences of others, developed a vocabulary to promote antiracist initiatives, deepened and applied your knowledge in specific contexts, and located local programs, organizations, businesses, and resources working to promote racial justice in our communities. It is time to take action.

Welcome: Watch this [video by Abraham Funchess](#), the Executive Director of the The Waterloo Commission on Human Rights. In this video, he calls you to action and offers some ideas for how you can get started.

MISSION: Visit the “[Act](#)” page on the Quest website. Take note of ways you can take action to promote racial justice.

CONTEMPLATE: Consider the following quotation from Tre Johnson in the essay, [When Black People are in Pain, White People Just Join Book Clubs](#):

“The right acknowledgement of black justice, humanity, freedom and happiness won’t be found in your book clubs, protest signs, chalk talks or organizational statements. It will be found in your earnest willingness to dismantle the systems that stand in our way—be they at your job, in your social network, your neighborhood association, your family or your home. It’s about investing in them and in our businesses, education, political representation, power, housing and art.”

What emotions does this quotation spark? What can you learn from those feelings? What is the role of book clubs, protest signs, chalk talks, and organizational statements? What is the role of this Quest? How can you transform these things into action?

COMMUNITY ASSIGNMENT: Take action. Host a Gather to Grow Story Circle. Download and put to use the policy bias/inclusion checklist, the economic inclusion toolkit, or the Centre for Global Inclusion booklet. Lead efforts in your spheres of influence to examine, alter, and implement antiracist policies and practices.

1. Brainstorm a list of actions you can take to promote racial justice.
 - a. Examine your list. Circle one action you can easily take today. Do it. Consider how you can make this action a regular practice.

- b. Then, circle the three actions on your list that would make the biggest impact. Of those three, choose an action to focus on this week. What is the first step you can take to implement this change? Set a goal to accomplish this step this week and then make a plan for taking the next steps.
 - c. If you are in a Quest small group, share your lists with one another. How can you support each other in taking action? How can you build on each other's strengths and community connections to accomplish your goals?
 - d. If you are completing the Quest independently, make a list of people who can support you in your goals.
2. What types of actions do you find easiest to implement? What types of actions are the most difficult? What prevents us from taking action? How can we remove or move past those barriers?