



Season of Nonviolence 2025

Week 10

Addressing Racism Through Nonviolent Action

“Nonviolence means avoiding not only external physical violence but also internal violence of spirit. You not only refuse to shoot a man, but you refuse to hate him.”

Martin Luther King, Jr.

To our friends on the journey of the nonviolent Jesus,

Efforts to eradicate diversity in our country are violence against individuals and society. Targeting DEI initiatives is a covert form of discrimination that impacts black and brown communities more widely than other races. By banning books and controlling education, those in power seek to rewrite our American history. Racism is often called America’s original sin, and unfortunately, our country has fallen ever more profoundly and overtly into this sin.

In the Know:

Racism in Milwaukee: How it Affects Our Community

UNDERSTAND & COMBAT THE 4 LEVELS OF RACISM

Racism is unfair treatment based on race rooted in oppression and privilege. Racism is about dynamics of power at 4 levels: internalized, interpersonal, institutional, and systemic. Even though all levels interact, understanding the differences between them can be the first step to eradicating the challenges they cause in our everyday lives.

 Internalized Racism	Negative beliefs and stereotypes based on race within an individual Examples: Negative self-talk because of your race	Opposition Tactics: Separate oppression & self, foster awareness of the impact of racism on the self
 Interpersonal Racism	When biases are demonstrated through discriminatory actions between individuals Examples: Racial slurs, stereotypes, exclusion based on race	Opposition Tactics: Educate self & others, support advocacy efforts
 Institutional Racism	Inequitable practices in institutions (government, schools, businesses) Examples: Unfair hiring, racial profiling (police), unequal access to healthcare	Opposition Tactics: Reflect on company/school practices, support DEI activities and policies
 Systemic Racism	Discrimination and inequity ingrained in societal & social practices Examples: Inequitable school funding, redlining, racial wage gaps	Opposition Tactics: Voting, Civic Engagement

Multilevel Impact of Racism



What does Scripture say?

Rescue those being led away to death; hold back those staggering toward slaughter. If you say, "But we knew nothing about this," does not he who weighs the heart perceive it? Does not he who guards your life know it? Will he not repay each person according to what he has done?
(Proverbs 24:11-12)

"Whoever loves God must love his brother."
(1 Jn 4:21)

What does the Catechism of the Catholic Church Say?

"Every form of social or cultural discrimination in fundamental personal rights on the grounds of sex, race, color, social conditions, language, or religion must be curbed and eradicated as incompatible with God's design."

Catechism of the Catholic Church for the United States of America © 1997, United States Catholic Conference, Inc. CCC, 1993

A Quiz!

[What do you know about racism?](#)

A Non-violent Hero Addressing Racism: Emmanuel Acho



"Racism is not a virus of the body; it is a virus of the mind, and unfortunately, it can be lethal. But you cannot fix a problem that you do not know you have. And if "ignorance is bliss," in this case, bliss has caused bondage and pain for others. But there is a fix. We can all access the life-saving medicine that will cure the world's most ailing, long-lasting pandemic. But in order to access it, we're going to have to have some uncomfortable conversations." Emmanuel Acho

Emmanuel Acho is a Nigerian-American born in 1990 to Igbo immigrants. He started his career as a college and NFL football player. Using his platform, Emmanuel has educated us about racism

experienced by multiple ethnicities in our current reality. His passion for social justice gives him a courageous and unhindered voice against current racist onslaughts. He has authored [several books](#), including *Uncomfortable Conversations with a Black Man*, *Uncomfortable Conversations with a Black Boy*, and, most recently, *Uncomfortable Conversations with a Jew*. In response to the murder of George Floyd, he started the [video series Uncomfortable Conversations with Emmanuel Acho](#).

Who to Contact to Stand in Solidarity in Milwaukee:

[Rid Racism in Milwaukee](#) is a Metro Milwaukee-based coalition of individuals and organizations dedicated to building allies and change agents and dismantling all forms of racism and racial inequities through education, dialogue, and action.

[MICA](#) brings together people of faith from Milwaukee and around the state to look at ways we can stand together against efforts to roll back equity and inclusion efforts, including limiting schools' ability to teach the whole truth about race and the role racism has played in our past and present.

[GMS Anti-Racism Team](#) aims to dismantle racism by creating and deepening a culture of resistance to racism through organizing and training among the ministries of the ELCA. (Evangelical Lutheran Church in America).

Active Non-Violence Opportunities:

Easy: Visit the [America's Black Holocaust Museum](#) with someone who has never been there. Take time to read the exhibits and discuss the history of racism in our city.

A Bit More: Search for and [patronize black-owned businesses](#) such as [Tricklebee Cafe](#).

All In: [Project 1619](#) illuminates the legacy of slavery in the contemporary United States, and highlights the contributions of Black Americans to every aspect of American society. Spend time on this interactive website, then download the [5 Calls](#) app. Spend a few minutes daily contacting your representatives about legislation that opposes DEI initiatives and other active topics targeting races inequitably.

Tomorrow is the day!

Join us for the concluding event of the Season for Nonviolence on Friday, April 4, 2025, from 6:15 p.m. to 8:15 p.m. in the hall at OLOL. We will view a short film and discuss the issues raised through our exploration of the Season for Nonviolence.

Lord, make me an instrument of your peace: where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Amen