

Being A White Ally and Accomplice at Virtual GA

by Elka Carrier-Ladd
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Intentions

As a white person, I enter this space with these intentions:

- Each day is an opportunity for me to practice de-centering myself. It might feel uncomfortable – mostly because I am unaccustomed. But this is a gift. It is a spiritual practice in humility.
- I come into this space with an open beginner's mind. I will resist the urge to think I have any answers at all. No matter how much anti-racism and anti-oppression work I have done, I will return to this place of humility and openness.
- I am here to listen. I am here to witness. I am here to learn. This is not all about me.
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- When things come up that I feel the need to process out loud, I will seek out another white person to hold that space for me. I will bring it to a dedicated white caucus space. If I need to process more urgently, I will reach out to a white friend. I will ask Allies for Racial Equity (ARE) leadership to connect me to someone if I need that.
- If Black, Indigenous, and People of Color (BIPOC) share their thoughts with me in smaller groups or one on one, I will listen. I will honor my gratitude that I have been trusted and honored with their thoughts. I will hold that sacred space for them by affirming them and asking only truly open ended questions.
- If someone calls me in, I will listen closely, respond humbly and say thank you. I will recognize with gratitude that the person calling me in has extended emotional labor in order to stay in relationship with me. I will not make it about my shame or guilt. I will not attempt to receive comfort from the person I harmed. I will accept responsibility for my actions. I will bring my own processing to other white folks as I do the work of striving to stop harming my beloved siblings.
- If I witness microaggressions or other problematic things, I will speak up. I will take that burden off of our siblings of color whenever appropriate.
- I enter this space with gratitude, humility, willingness to learn and grow, and ready to do what I can to hold this space sacred.
- I know that despite these intentions, I may cause harm. If I do, I will take responsibility and strive to make amends. I will return to these intentions.