

# WHO WE ARE



The AntiRacist table is a community space for all people committed to living with purpose and intention to shine a light on and dismantle hate, racism, and injustices in America. We work to cultivate a “living” daily practice where love is the root.

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30 DAY ANTIRACIST CHALLENGE  
ACCOUNTABILITY LETTERS  
MINDFULNESS AND COMMUNICATION  
RESOURCE EBOOK  
CONVERSATIONS AROUND THE TABLE



# PISCATAWAY LAND ACKNOWLEDGEMENT

WE RECOGNIZE THE ANACOSTAN PEOPLES'  
CONTINUING CONNECTION WITH THE  
LAND, TO THE WATER AND COMMUNITY  
WE PAY RESPECT TO THE EARTH WHOSE  
GENEROUS RESOURCES SUSTAIN US  
WE PAY RESPECT TO THE ENSLAVED  
AFRICAN PEOPLE OF THIS LAND WHO  
WERE BOUGHT, HELD AND SOLD HERE AND  
THEIR DESCENDANTS





“Prejudice is a burden that confuses  
the past, threatens the future, and  
renders the present inaccessible.”

Maya Angelou *All God's Children Need  
Traveling Shoes*





## Life Story

*“Our own life has to be our  
message”*

— Thich Nhat Hanh







*"This 30 Day Challenge is a great opportunity for learning some lesser known aspects of American history that have needed wider exposure for a long time, as well as a guide to self transformation around issues of race. Thank you to the creators of this program. It is sorely needed!"*



*"I've been doing this program and it is excellent. So wonderfully curated. And the mindfulness component! It is really great and I have already shared with our admin team. I am hoping to use it with our faculty. Wonderful work!"*



*"The writings, videos, people's responses are all moving, and hopefully moving us all to places where we can speak honestly with one another and begin to stand up for one another. Staying silent no longer can be a safe option. Black lives matter. Black lives have to matter."*



## Join The AntiRacist Table 30 Day Challenge!

Take a stand for humanity! Do you want to be part of the solution? Learn how to be an AntiRacist with our **FREE 30 Day Challenge**. The journey to cultivating a life committed to being AntiRacist is a lifelong pursuit that starts and ends with you. AntiRacism is an intentional daily practice that requires willpower, truth, love, and patience.

***The AntiRacist Table 30 Day Challenge is specifically curated to educate, to help people face and get past shame, anger, and blame, and to develop empathy—all key elements of creating an AntiRacist America.***

During the Challenge you will have opportunities to cultivate mindfulness and daily practices centered around equality, justice, and humanity as you integrate The AntiRacist Table Core Principles into your life. Engaging and interactive, the daily lessons infuse videos, readings, reflection, meditation, and other disciplines.

**The Challenge will push you to unlearn, reflect, self-educate, and develop awareness of existing oppression, racial beliefs, biases, and privileges.**

## ANTIRACIST TABLE CORE PRINCIPLES

- **Intention** – Set and live in the intention to cultivate an AntiRacist America and take action that dismantles racist policies.
- **AntiRacist** – Create AntiRacist policies and engage in the world as an AntiRacist.
- **Individuality** – See individuals as individuals– positive or negative qualities of the individual are not attributed to all.
- **Equality** – Hold all groups of people–race, color, ethnicity, gender, sexuality, religion, ability, age, and any intersectionality, as equal.
- **Empathy** – Cultivate empathy by rehumanizing the dehumanized.
- **Courage** – Put courage, compassion, and vulnerability over comfort.
- **Allies** – Recruit and support partners committed to AntiRacist work.
- **Humanity** – Take actions that support humanity.
- **Love** – Choose love and healing over fear and oppression
- **Educate** – Educate yourself and honor the history of others

# REGISTER FOR OUR UPCOMING EVENTS



**DR. PEGGY  
MCINTOSH**

## CONVERSATIONS AROUND THE TABLE

*join us*

as we talk about  
**Whiteness**

+

Unpacking the  
Invisible Knapsack

**February 9th**

**8PM(EST)**





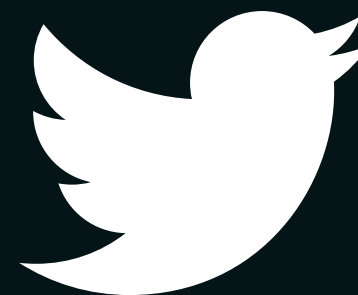


[www.TheAntiRacistTable.com](http://www.TheAntiRacistTable.com)

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