

“I chose to run for president at this moment in history because I believe deeply that we cannot solve the challenges of our time unless we solve them together, unless we perfect our union by understanding that we may have different stories, but we hold common hopes; that we may not look the same and we may not have come from the same place, but we all want to move in the same direction – toward a better future for our children and our grandchildren.”

– Barack Obama

Building Communication and Connection

The documentary series, *Obama: In Pursuit of a More Perfect Union* covers some of the most challenging and important issues our nation struggles with, such as race, racism, and economic inequality.

These topics can evoke strong emotions and reactions, and when approached in a respectful manner, can fuel constructive conversation about the future of our nation. Every person will see the film and lessons through a lens that is influenced by their own identity and background.

How do you define your identity? What does identity mean to you?

Have you ever experienced a situation where your racial or ethnic identity seemed to contribute to a problem or uncomfortable situation?

Have you ever felt “different” in a group setting because of your race/ethnicity? How did this affect you?

Have you ever witnessed someone being treated unfairly because of their racial or ethnic identity? If so, how did you respond? How did it make you feel?

Racial healing is an ongoing process, supportive of wholeness in individuals, communities and societies. It benefits all people because, regardless of background, we live in and are impacted by the narratives and conditions present throughout this increasingly interconnected world. This process provides opportunities to acknowledge the tremendous damage inflicted by individual and systemic racism. When grounded in empathy and oriented toward equity, it has restorative potential to affirm the inherent value of all people.

Adapted from:

https://healourcommunities.org/wp-content/uploads/2018/12/NDORH_ConversationGuide_2019_V6_12-10-18-FINAL_proofed.pdf

<https://cmsimpact.org/wp-content/uploads/2016/08/breaking-the-silence-resource-guide.pdf>