

Stories that Hurt, Stories that Heal:

Internalized Racism



**Our celebration begins with
our diversity when we open
our minds and open our hearts.**



**I am destined to leave my
mark on the world!**

The third COR event of the year was held at St. Scholastica Academy in Chicago, IL on Wednesday, February 20, 2002. At the last COR event in December, we examined personal racism; we continued that examination during this COR Supper while also looking at internalized racism through personal stories of race and racism, our own and others.

The evening began with students playing "People Bingo" as a way to "break the ice" and to encourage students to mix with students from other schools. Students then joined in the opening prayer "I Celebrate Me." The keynote speakers, Saila Pilla, Chris Inserra and Iesha Scott - all members of the social justice singing group Voices - and Rosie Gianforte, social worker, provided students with definitions of internalized racism while sharing their own stories of how they internalized, or "learned and believed" racism and stereotypes about the groups they belonged to and how they overcame that internalized racism. Voices - know for the songs they bring forward from our social justice history and for the songs they write to further progressive causes-sang "Step by Step" by Pete Seger to encourage students to continue taking steps towards justice and the songs "Another Train" and "Can't Break My Spirit."

Students then moved to small groups in classrooms where they created their "Portrait of Self" in which they used words and/or pictures to describe how they see themselves and how they think others see them. Students shared those self-portraits and then a personal experience with internalized racism. Students then wrote down on an index card one way they would try to overcome internalized racism and then shared those strategies. At the end of small groups, students symbolized their commitment to work together to overcome internalized racism by tying their cards together in a long streamer, which they shared with the larger group before dinner. All groups tied their ribbon of index cards together; that very long ribbon was displayed in the cafeteria during dinner.

After dinner, students met in their school groups to write one additional line to the "I Celebrate Me" prayer, which they shared



We are changed! Expect others to treat us as we treat them



We are all unique and in God's eyes we are perfect!



during the closing prayer in St. Scholastica's Chapel.

This supper included students and faculty from 13 different schools in the Archdiocese. There were over 100 participants. The following schools were represented: De La Salle, Good Counsel, Hales Franciscan, Josephinum, Leo, Loyola, Mount Carmel, Nazareth, Notre Dame High School (girls), Queen of Peace, St. Laurence, St. Scholastica and Woodlands Academy



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We Celebrate our Cultural Knowledge



We celebrate the notion that we can all live as one



We accept ourselves for we are and not by what others think



**I celebrate my gift of individuality
as expressed in the beauty of creation**



**I will celebrate the differences
in ALL people and I will begin now.**



**I celebrate my life by living it
to the fullest. I am unique
and a child of God!**

