PRAYER ACTIVITY

Racism Healing Prayers

•Equipment

A human outline shape (as big as you can, you could do this on paper, a sheet)
Skin tone plasters (all colour skin types)
Pens

•Set up

You could do this on a wall, on a table or even on the floor.

Just make sure there is space to read and take time as well as enough space and plasters for the pupils you have coming in.

•Instructions

Black and Brown people have been treated so badly in the past and it hasn't stopped yet.

For White people in the UK lots of things are easier than for people from Black or Asian backgrounds. Some people call this 'White privilege' which simply means society works in a way that gives people some advantages when it comes to basic rights, benefits and opportunities just because they are White.

So, in the UK a White person is often more likely to get a job over a Black or Brown person, will find it easier to buy a house, and is more likely to be trusted by the police.

Read these five statements. How do they make you feel?

- More than a third of people from ethnic and religious minorities have experienced racially motivated physical or verbal abuse.
- People from Black groups are more than twice as likely to be unemployed than those of the White majority.

- Black people who leave school with A-levels typically get paid 14.3 per cent less than their White peers.
- Children from Caribbean families are more than three times as likely to be permanently excluded from school than the pupil population as a whole.
- Black or Asian people are more likely to feel unsafe at home or in their local area than White people.

[Source: https://www.equalityhumanrights.com/en/race-report-statistics]

Did you know in the supermarkets, Tesco was the first major supermarket to stock different skin tone plasters and that didn't happen until 2020!

Something as simple as a plaster was previously only made with white/lighter skin in mind.

So, you can see, there is a lot of work to be done in society. And a lot of healing is needed for Black and Brown people who have had to live through and navigate a world that didn't always see them as a priority.

Take a moment to think of someone you know that is Black or Brown or of mixed heritage. You may know them personally, through a friend of a friend, or they may be someone in a shop you go to, or you have seen in the media or maybe it's you and your family.

Picture them in your mind. If you want to, take one of the different skin tone plasters and write their first name on the plaster.

Pray for them, pray healing for their hearts where they have been repeatedly hurt. Pray healing for their bodies where they have carried long term sadness and trauma from culture and society. Pray whatever comes to mind for the person you have.

When you are finished, stick the plaster onto the giant human shape.