



February 2021

SAY SOMETHING, AMERICA

Then they
came for **ME**
and there was **NO ONE LEFT** to speak for me.

-PASTOR MARTIN NIEMÖLLER

Recently, I was watching *We Are the Dream: The Kids of the Oakland MLK Oratorical Fest*, and in it, a young Muslim girl shares how she and her mother (both who were wearing hijabs) went to Pebble Beach, and a white woman yells out at her mother, “Watch out! She’s got a bomb!” The young girl relates that they weren’t as upset by what the woman shouted — because this was

not the first time they had experienced similar acts of fear from whites — but more by the silence of those who were witnesses: *No one said anything.*

Her words kept resonating all day in my ears and heart: *No one said anything.* On Dr. Martin Luther King, Jr.’s birthday, this documentary on his life showed the footage of their ‘60s marches through Selma and Montgomery. Huge crowds of white folks, men and women and children of all ages, with Confederate flags yelling the n-word and throwing things at the frightened, but brave marchers. In the film, one woman even spit in Dr. King’s face. As I watched, I was appalled by such a cowardly act of hatred and then with great sadness, I realized how those very same looks are still with us today. The fierce anguish on their faces reminded me of the recent January 6th white supremacist terrorist attacks on the Capitol. The hatred and violence is still here in 2021, and the silence of those who say nothing is just as deafening as it was back then. **So, what can be done to break the silence?**

Perhaps the words of a young black man, Amutabi Haines, best expresses what is needed:

“One time I visited the maximum security prison in Salem, and the first person I met was a black man in an orange jumpsuit sweeping, who with exuberance and a big smile, said: ‘How you doing brother?’ This happened over and over as I made my way through the prison. In a strange way it was the first and only time I felt like part of the critical mass anywhere in the whole state, and felt even the semblance of safety and care.

But, know that without justice, without equity, without honoring diversity and truly including us in the sharing of power, there will not be peace for anyone.

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You and your descendants will not know true peace and happiness, as long as systems that subjugate, enslave, and terrorize are allowed to survive and thrive here. That is a promise.

*And so, if you want to do something to end racism, stop the suffering of a crisis of imagination, a crisis of listening, a crisis of possibility... and meet me as someone who wants to live a fully expressed, safe, free and celebrated life in peace. **Meet me as the possibility I am.**"*

Lee Mun Wah

Upcoming StirFry Workshop

Let's Get Real: Unlearning Racism & Internalized Racism Friday Feb 19 - Sunday Feb 21, 2021

9am – 3pm

Facilitated by Lee Mun Wah

\$500 for all three days

There is so much that is unsaid in this country about race issues. In this retreat we will explore a variety of ways to have this dialogue on race and racism that will lead to a more intimate and honest conversation and relationship with each other. This retreat is about confronting some of the issues that keep us all from talking to one another about race/racism. It is also about discovering new ways to begin that conversation, how to create a bridge to talk about our differences, exploring what opens us up and what closes us down, and finally, 101 ways to become Culturally Competent in our relationships and workplaces.

Before we can truly become a multicultural nation, we must have a relationship based on respect and understanding, reflection and curiosity; where our differences and our similarities are embraced, valued and integrated into the very fabric of our workplaces, communities, schools and governmental institutions. It also means coming to an understanding that awareness and holidays are just the beginning.

What is required is an on-going dialogue and relationship with each other. I hope that you will join us in making this not only a better world for our children, but for ourselves – not by starting tomorrow, but by beginning that conversation today.

Participants will learn:

- 9 Healthy Ways to Communicate
- 101 Ways to Become Culturally Competent
- 21 Statements That Stop A Diversity Conversation
- The Art of Listening & Responding Cross-Culturally

Continuing Education Options*

*CEUs are available through St. Mary's College of California for all Berkeley, CA, workshops taught by Lee Mun Wah. Contact us for details. * Additional fees apply*

Register and Find More Info at stirfryonline.com

GET FULL DIVERSITY TRAINING IN 4 EFFECTIVE MODULES!

Cover all your learning objectives with our new program:

- MODULE 1: Creating Community in a Diverse Workplace
- MODULE 2: Let's Get Real: Courageous Conversations
- MODULE 3: Responding to a Discriminatory Incident
- MODULE 4: Conflict Facilitation Training

Time frame: Each module meets once or twice a month

Each session: 3 - 6 hours

Participant limit: 95

Location: Zoom or in person (when safe)

Learn more and contact us by email: anna@stirfryseminars.com or ellen@stirfryseminars.com

STIRFRY CALENDAR OF EVENTS

All events virtual until further notice

Tuesday February 16 – Thursday February 18

"The Color of Your Fear: Having a Courageous Conversation" Workshop Series, Part 1: Debrief The Color of Fear

San Francisco CA via Zoom

Not Open to the Public

Friday Feb 19 – Sunday Feb 21, 2021

Let's Get Real: Unlearning Racism & Internalized Racism

Online via Zoom

Open to the Public

Monday March 1 – Thursday March 4, 2021

"The Color of Your Fear: Having a Courageous Conversation" Workshop Series, Part 2: Focus on Communicating Across Differences

San Francisco CA via Zoom

Not Open to the Public

Wednesday March 3, 2021

"Belonging Within Our Walls" speaker series Part 2: What We Do Not See- Exploring What We Leave at the Door

South Puget Sound Community College Olympia WA via Zoom

Not Open to the Public

Friday March 5 – Saturday March 6, 2021

2-Day Certificate Program 2020-2021 Spring Retreat

Berkeley CA via Zoom

Not Open to the Public

For StirFry's complete Calendar of Upcoming Events,
please visit stirfryseminars.com/events

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LET'S GET REAL: What
People of Color Can't Say
and Whites Won't Ask
About Racism



THE ART OF MINDFUL
FACILITATION



The COLOR OF FEAR:
12 Years Later



THE PRACTICE OF
HONORING DIVERSITY
booklet



WHAT STANDS
BETWEEN US:

Racism Conversation Cards