



THE UNITY TABLE

Partner's
Training
Guide

f.a.q

Unity Table Frequently Asked Questions

Can we meet via zoom, google meet or any other type of digital platform?

Yes.

Do you have a virtual connection guide?

No.

Can we meet more often than 5th weekend?

Yes.

Should you expect other's to change their mind about race?

No, the only mind you can change is your own.

How do I find people who don't look like me to join me at The Unity Table?

Start with your community such as neighbors, co-workers, local churches, etc

What if I do not feel safe at my Unity Table?

Please remove yourself immediately

How long do you suggest we meet during our Unity Table gathering?

Minimum of 1 hour

How many people do you suggest?

No larger than a group of 12 people

How long should you stay with your group?

Suggest committing to a minimum of 1 year (avg 4 meetings per year if meeting every 5th weekend)

Should you meet the opposite gender alone in the name of the Unity Table?

Not recommended

What if I want to start a the Unity Table at my church, school, or non-profit how do I get more information?

Please signup by visiting www.unitytable.com and signup



Unity Table

vision

Communities are healed and restored from racism and injustices one table at a time.



mission

To create opportunities for intentional conversation and ultimately meaningful relationships. To establish a rhythm of learning and broadening perspectives with an appreciation of our individual uniqueness and a goal of oneness in Christ.



Unity Table Partners



Who: Anyone that wants to host a Unity Table.

What: Unity Table Book Training When: Every 5th Weekend of the Month

How: Attend Training Training Sessions (content provided)

Where: Recommend Public Dining (when season is ready)

When: Suggested hosting ever 5th weekend of month (defined as 5th weekend if weekend includes a Sunday)

Stay Connected: Social Media Engagement (share your posts/testimonies)

Feedback: Quarterly Surveys (each table invited to complete a survey)

Setting the Table



Setting the table requires work. If we want to have a great experience, we need to do some work ahead of time to prepare our hearts, our minds and even the physical environment for a great conversation.

Prepare your heart for the conversation.

When dining out, split the tab.

Set a specific time to begin and end.

Prepare your mind for the conversation.

Recognize that it is a process and will take time to build relationships.

Be thoughtful of the words you use.

Recognize the experience will not be easy and will take courage.

Listen first to gain the right to be heard.

Be patient when others are speaking.

Remove distractions.

Remember the goal. Be prepared to give and receive grace.

Give others the benefit of the doubt.

Find common ground.

Educate yourself to be supportive not defensive.

Be sure to give others the opportunity to share.

THE UNITY TABLE prep

To be prepared to host a Unity Table, be sure to have the following items.



LISTEN

Actually listen! Try rephrasing their statements to make sure that you understand.

BE GRACIOUS

Strive to be the most gracious person at the table.

BE SELF-AWARE

Know how you feel about the topic of discussion.

POSITIVE ATMOSPHERE

Create an inclusive atmosphere by having an open and positive posture.

PRAY

Pray, pray and pray some more. What are you praying for? You are praying for grace and empathy.



THE UNITY TABLE checklist

To be prepared to host a Unity Table, be sure to have the following items.

Bible

The Word of God is our guide. Either printed or digital, have the Bible available to support the experience.

Leader's Guide

Have a Leader's Guide available for every person who will participate as a leader in the session.

Participant Guide

Have a participant guide available for every person if you are conducting in-person sessions. If the session is digital, provide the digital "fillable" version of the guide.

Videos

Have access to the session-specific video. If you are conducting a virtual session, it is helpful to have dual monitors when you share your screen to play the video.

Pens, highlighters

If the session is being conducted in person, have pens and highlighters available for the students. Use proper hygiene protocols if planning to re-use the items.



Unity Table Conversation Guidelines

The topic of the Unity Table is challenging and provocative for many individuals. The conversations at the Unity Table may evoke strong emotions and reactions from participants. It is important that Unity Table hosts are prepared to ensure the safety of participants and integrity of the discussion.

Please be sure to:

- Host your table in a public place.
- Listen carefully and intently.
- Seek first to understand, then to be understood.
- Take ownership of your statements by using “I-Statements”
- Use each other’s name during the dialogue.
- Respect each other’s attempt to share and receive information.
- Be mindful of communication styles/language that may be a barrier.
- Create a safe place to have discussions.
- Allow one person to speak at a time, without interruption.
- Avoid side bar conversations.
- Keep discussions focused.
- Ask questions and answer questions honestly and respectfully.
- Acknowledge the acceptance of ground rules.



Unity Table Engagement Guidelines



(For additional guidelines, refer to the resource: *The Unity Table: Setting the Table.*)

1. What should I do if a participant becomes angry?

If a participant becomes angry, the Unity Table Host should attempt to address the situation using the following guidelines:

- 1) Use a calm voice.
- 2) Acknowledge the emotions using the phrase, "I hear that you feel upset/frustrated/hurt by _____."
- 3) Redirect the participant, using the phrase, "How do we move forward?"
- 4) Avoid accusatory statements, especially those that begin with "You _____".

2. What should I do if a participant begins to cry?

If a participant begins to cry, the Unity Table Host should acknowledge the emotions created by the conversation. Helpful phrases include:

- "I understand that this is painful."
- "I realize that talking about this can be difficult." or
- "I know this feels uncomfortable".

3. What should I do if a participant becomes verbally abusive or aggressive?

If a participant uses abusive or aggressive language, the Unity Table Host should remind the participants of the Unity Table guidelines - **SUBJECT: Unity and Understanding**

If the participant persists with abusive language after a verbal warning, the host should ask the participant to leave the Unity Table.

The host should report the incident to _____ for follow-up.

4. What should I do if a participant begins to focus on a social issue, like the Black Lives Matter movement or politics?

If a participant begins to focus on a social issue, then the Unity Table host remind the participants of the Unity Table guidelines - **SPIRIT: Christ-centered vs Cause-centered.**

Consider using phrases like:

- "It's important to focus on what brings us together" or
- "Let's talk about what we agree on."

5. What should I do if two or more participants have a disagreement that cannot be overcome?

If participants have a disagreement that cannot be overcome, then the Unity Table host should help them acknowledge their impasse.

Helpful phrases include:

- "We may not all agree on everything, but we can agree that _____", or
- "Let's focus on the topics that unify us".

6. What should I do if a participant monopolizes the conversation?

If a participant is over communicating or monopolizing the conversation, thank them for their enthusiasm and invite others to participate.

"Thank you for your enthusiasm. Let's share the fun and hear from another participant."

Unity Table Framework

What you can expect...

As you prepare to set your Unity Table, these three ideas should serve as the framework for your time around the table.



The STYLE

Family Style



When looking for a place to have a Unity Table Talk, find a restaurant or location that is conducive for conversations. Find ways to keep everything communal and familial. It might be sharing dishes that are your specialty, part of your family or part of your culture - however you want to frame the meal, but the style of the table should be familial. Initially, it's probably best to keep the group to a size that fits around one table. You may even use food and traditions to spark conversation and learn which things among the group are common and which are unique.

The SUBJECT

Unity & Understanding



Sometimes it will feel awkward. Sometimes it will feel natural. Press through anyway! This table is about an intentional pursuit of unity by broadening our culture and personal understanding. It's listening, engaging in dialogue and asking questions. This is not a Bible study, political platform or a small group meeting. The actual topics may vary between personal awareness, headlines, work experiences, family life, misconceptions or questions you've always wanted to ask. It may even help to decide on two or three topics to discuss during your time together before you sit down so everyone knows beforehand what might be discussed. Clearly this will require a lot of grace and forgiveness - we might say the wrong things, ask the wrong question, or not give the right answer. Cover this time in prayer. Ask God for his divine wisdom and navigation so the experience is fruitful.

The SPIRIT

Christ-Centered VS.
Cause-Centered



The gospel is the epitome of reconciliation and restoration. This is where we are ultimately trying to point people. This table is not driven by the movement or "cause" of the day. It's driven by the gospel of Christ. When the gospel is fully embraced and lived out, it will compel us to respond to the issues in our culture. Our goal is to establish a lifestyle on cross-ethnic conversations and relationships. Movements will come and go and headlines will change, but the gospel still is the only thing that can change hearts. This table is missional. At the end of the day, we are gently and compassionately asking how these discussions will change the way we live out the gospel. One we can share what we have learned at the table with others within a gospel framework, we will not identify the gospel as only a soul issue, but also a social issue.





The Unity Table

five sessions

01

RACE AND PRIVILEGE

In this session you will learn ways to approach current cultural topics that have polarizing viewpoints.



02

LOVE HAS NO LIMITS

In this session, we set out to define our neighbor and the Biblical principle of limitless love.



03

THE ROAD TO RESTORATION

This session explores having a Gospel centered approach to cultural tensions. It is the concept of being passionate and principled.

04

WHEN SILENCE SPEAKS

This session highlights the tale of two quarantines. It offers insight into the intersection of race, work, and home.



05

ACTIVIST VS. RECONCILER

In this session we explore the ministry of reconcilers verses the behaviors of an activist. It offers the importance of knowing the difference between caring about the issue and caring about the people.



Race & Privilege



Race & Privilege conversation guide



Video



Content Exploration



Fellowship

Begin each session with prayer. Ask for a volunteer. If no one volunteers, you lead the prayer.

Have attendees check in. Depending on the size of the group, you may have everyone check in or randomly select a few to check in sharing their name and church. You can also choose something fun for them to share. As an example, they can share their favorite vacation.

Watch the session-specific video. (See video guide for specifics)

Select an ice-breaker from the ice-breaker catalog found in the resources page on the Unity Table website. Follow the instructions provided on the ice-breaker.

Be prepared to encourage participation.

Discuss the date and time for the next connection and any activities that should happen in between.

End each session with prayer. Ask for a volunteer. If no one volunteers, you lead the prayer.



Race & Privilege

Learning Objectives

PURPOSE | To learn ways to approach current cultural topics that have polarizing viewpoints.



The participants will gain insight for some of the common responses to polarizing topics in our society.

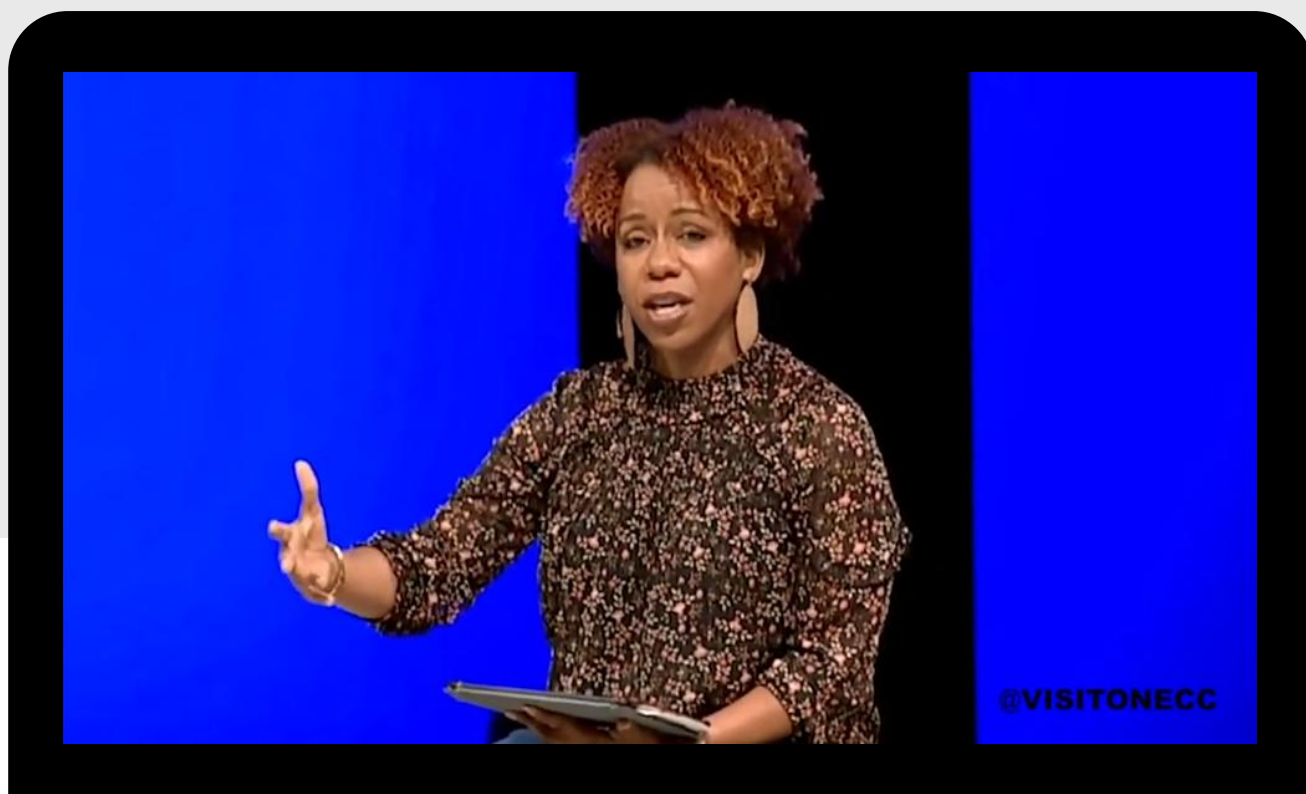
The participants will understand the relevant historical impact in current culture.

The participants will understand that our opinions begin from a place of self-centeredness and our ability to show empathy begins with matters that impact us.

The participants will understand that history is not a weapon but is a way to frame current situations.

That participants will understand that uninformed action is unhealthy.

Race and Privilege video guide



"I want to feel your pain where you are."

Length of video is 8:31

If you are in person, play the video on a device that everyone can see and hear well.

If it is a Zoom session, be sure your video is in full-screen view and verify your sound before you share your screen to play the video. If you are meeting in a restaurant, be sure participants have access to a device and earbuds. Have the QR Code and video link options available for participants to view on their individual device simultaneously.

Set up the video

Sample statement: "We are going to watch a 8 minute and 31 seconds video titled "Race and Privilege". After the video, we will have a guided conversation about the video."



Race & Privilege

YOUR THOUGHTS | YOUR REACTIONS | YOUR RESPONSE

Write down how you would have responded if someone asked you one of these questions or made one of these comments before you watched "Race and Privilege"

Don't all races and all lives matter?

Be prepared with your response to the question. Invite someone to share their response.

If no one shares, provide your response and share the key points in the video. Be authentic and open. If someone shares, be sure to thank them for sharing their thoughts; whether or not you agree with their point of view.

Be mindful if the same individuals volunteer to speak. Thank them for their eagerness to share while stating the desire to hear from others. If no one steps forward invite them to share their response.

Doesn't all crime and sin matter? Why don't you react the same way to abortion or child abuse?

Be prepared with your response to the question. Invite someone to share their response.

If no one shares, provide your response and share the key points in the video. Be authentic and open. If someone shares, be sure to thank them for sharing their thoughts; whether or not you agree with their point of view.

Be mindful if the same individuals volunteer to speak. Thank them for their eagerness to share while stating the desire to hear from others. If no one steps forward invite them to share their response.

Why do we keep bringing up the past?

Be prepared with your response to the question. Invite someone to share their response.

If no one shares, provide your response and share the key points in the video. Be authentic and open. If someone shares, be sure to thank them for sharing their thoughts; whether or not you agree with their point of view.

Be mindful if the same individuals volunteer to speak. Thank them for their eagerness to share while stating the desire to hear from others. If no one steps forward invite them to share their response.



Race & Privilege

YOUR THOUGHTS | YOUR REACTIONS | YOUR RESPONSE

Write down how you would have responded if someone asked you one of these questions or made one of these comments before you watched "Race & Privilege"

Instead of talking, let's take action.

Be prepared with your response to the question. Invite someone to share their response. If no one shares, provide your response and share the key points in the video. Be authentic and open. If someone shares, be sure to thank them for sharing their thoughts; whether or not you agree with their point of view. Be mindful if the same individuals volunteer to speak. Thank them for their enthusiasm to share while stating the desire to hear from others. If no one steps forward invite them to share their response.

I'm not a racist and I'm not privileged.

Be prepared with your response to the question. Invite someone to share their response. If no one shares, provide your response and share the key points in the video. Be authentic and open. If someone shares, be sure to thank them for sharing their thoughts; whether or not you agree with their point of view. Be mindful if the same individuals volunteer to speak. Thank them for their eagerness to share while stating the desire to hear from others. If no one steps forward invite them to share their response.

Race & Privilege

YOUR THOUGHTS | YOUR REACTIONS | YOUR RESPONSE



DON'T ALL RACES AND ALL LIVES MATTER?

This is absolutely true but there is an insensitivity to this kind of response. When a friend calls and says her child has autism, we don't say, "all special needs children matter." We say, "I want to feel your pain where you are."

We have to recognize that all races and all lives matter, however we're in a cultural context that is unique. When we say "black lives matter" we must understand the long-term, systematic, dehumanization of black people.

WHAT IS YOUR REACTION TO THIS?

Invite a participant to read the statement. After the statement is read, provide the participants with 5-7 minutes to write their reaction in the space provided in their printed or digital workbook.

Be prepared with your reaction to the statement and share if there are no participants who desire to share.

Remember, this is their reaction. Be sure that everyone understands the environment of open-sharing. When someone shares, thank them for sharing.

Race & Privilege

YOUR THOUGHTS | YOUR REACTIONS | YOUR RESPONSE



**AREN'T ALL SINS BAD?
DOESN'T ALL CRIME MATTER?
WHY DON'T WE REACT THE
SAME WAY TO ABORTION?
WHY DON'T YOU SPEAK
AGAINST CHILD ABUSE WITH
THE SAME PASSION?**

The difference is abortion and child abuse do not create a divide in the church like race issues do.

The church does not unilaterally recognize the harmful effects of slavery and racism today. Therefore, African Americans feel the need to defend the validity of their pain.

WHAT IS YOUR REACTION TO THIS?

Invite a participant to read the statement. After the statement is read, provide the participants with 5-7 minutes to write their reaction in the space provided in their printed or digital workbook.

Be prepared with your reaction to the statement and share if there are no participants who desire to share.

Remember, this is their reaction. Be sure that everyone understands the environment of open-sharing. When someone shares, thank them for sharing.

Race & Privilege

YOUR THOUGHTS | YOUR REACTIONS | YOUR RESPONSE



WHY DO WE KEEP BRINGING UP THE PAST?

The past really wasn't that long ago. Many of us have parents who lived through the Civil Rights Era where segregation was a way of life.

Like a doctor who must obtain a medical history before they can determine a prognosis, we cannot diagnose our current conditions until we know our history.

It is extremely dangerous and unhealthy to try to patch up a problem today without understanding the relevance of the past.

WHAT IS YOUR REACTION TO THIS?

Invite a participant to read the statement. After the statement is read, provide the participants with 5-7 minutes to write their reaction in the space provided in their printed or digital workbook.

Be prepared with your reaction to the statement and share if there are no participants who desire to share.

Remember, this is their reaction. Be sure that everyone understands the environment of open-sharing. When someone shares, thank them for sharing.

Race & Privilege

YOUR THOUGHTS | **YOUR REACTIONS** | YOUR RESPONSE



I'M TIRED OF TALKING, LET'S TAKE ACTION!

Try to give those who are tired some grace. The constant trauma can take a toll on African Americans.

African Americans feel pain collectively more than most cultures. Every conflict is felt personally.

It may be difficult but African Americans must show grace and continue to forgive as Jesus did.

WHAT IS YOUR REACTION TO THIS?

Invite a participant to read the statement. After the statement is read, provide the participants with 5-7 minutes to write their reaction in the space provided in their printed or digital workbook.

Be prepared with your reaction to the statement and share if there are no participants who desire to share.

Remember, this is their reaction. Be sure that everyone understands the environment of open-sharing. When someone shares, thank them for sharing.

Race & Privilege

YOUR THOUGHTS | YOUR REACTIONS | YOUR RESPONSE



I'M NOT A RACIST AND DON'T EXPERIENCE PRIVILEGE. I'VE NEVER DONE ANYTHING RACIST.

You don't have to individually commit an action to be able to benefit from it.

You don't to individually commit an action to be able to take some ownership either.

As Americans, we have benefited from the egotism, capitalism and greed of our country. Whether or not we have done it directly, we have benefited from it. When confronted we should not say, "Well, I did not kill anyone overseas! " While that is true, we must still own the benefits we received as Americans.

WHAT IS YOUR REACTION TO THIS?

Invite a participant to read the statement. After the statement is read, provide the participants with 5-7 minutes to write their reaction in the space provided in their printed or digital workbook.

Be prepared with your reaction to the statement and share if there are no participants who desire to share.

Remember, this is their reaction. Be sure that everyone understands the environment of open-sharing. When someone shares, thank them for sharing.

Race & Privilege

YOUR THOUGHTS | YOUR REACTIONS | YOUR RESPONSE



1

Encourage participants to make challenging choices. Invite someone to share a choice they made - excluding the name. Focus on why they chose the person rather than focusing on the person selected.

Be prepared to share one of your selections.

Write down the names of three people of a different race that you feel safe talking with about issues of race and discrimination. Pray and look for opportunities to start a healthy dialogue.

2

3

Race & Privilege

YOUR THOUGHTS | YOUR REACTIONS | YOUR RESPONSE



1

Invite a few to share how they plan to take the initiative to understand someone from a different culture.

Be prepared to share one of your selections.

Write down three ways you will take the initiative to understand someone from a different culture.

2

3

Race & Privilege

YOUR THOUGHTS | YOUR REACTIONS | **YOUR RESPONSE**



Take some time to write down new things you've learned about the history of civil rights in America.

Encourage participants to share resources. If they read an article, book, or watch a video that helped them learn more information about the history of civil rights in America, invite them to share the resources with you.

If you receive any resources, email the content to Unitytable@onechurchhome.org. The email subject should read Learning and Development so that it can be properly assigned.

The team will review the content and upload it to the resources page on the Unity Table website.



stay connected

We would like to learn more about your experience and please share how this guide has transformed your perspective on race and reconciliation. We encourage you to keep in touch by following us on social media, provide feedback, and visit our website for additional information.

This guide is intended to provide guidance ONLY. We encourage you to continue the transformation of racial reconciliation by continuing to make the Unity Table a part of your individual or family culture.

Here are a list of additional resources to support you along your journey to racial reconciliation: such as the link to the Unity Table (black and white book) on the back, and the link to the upcoming book.

If you feel lead to get involved on a much larger scale to carry out the mission and vision of the unity table we want to hear from you please email at unitytable@onechurchhome.org or if you local church, school, or organization wants to get more material on starting the Unity Table vision please visit www.unitytable.com and sign up today.

Resources and Updates: Unity Table Website

 www.unitytable.com



Share your thoughts & ideas

 Survey

Share your Unity Table Experiences

 Facebook

 Instagram



Love Has No Limits



Love Has No Limits

conversation guide



Video



Content Exploration



Fellowship

Begin the session with prayer. Ask for a volunteer. If no one volunteers, you lead the prayer.

Have attendees check in. Depending on the size of the group, you may have everyone check in or randomly select a few to check in sharing their name and church. You can also choose something fun for them to share. As an example, they can share their first job.

Watch the session-specific video. (See video guide for specifics)

Select an ice-breaker from the ice-breaker catalog found in the resources page on the Unity Table website. Follow the instructions provided on the ice-breaker.

Be prepared to encourage participation.

Discuss the date and time for the next connection and any activities that should happen in between. Assign participants to watch the next video in advance due to the length. (17:45)

End the session with prayer. Ask for a volunteer. If no one volunteers, you lead the prayer.

Love Has No Limits

Learning Objectives

PURPOSE | To define our neighbor and the Biblical principle of limitless love.



The participants will understand the love limit of "**WHO.**"

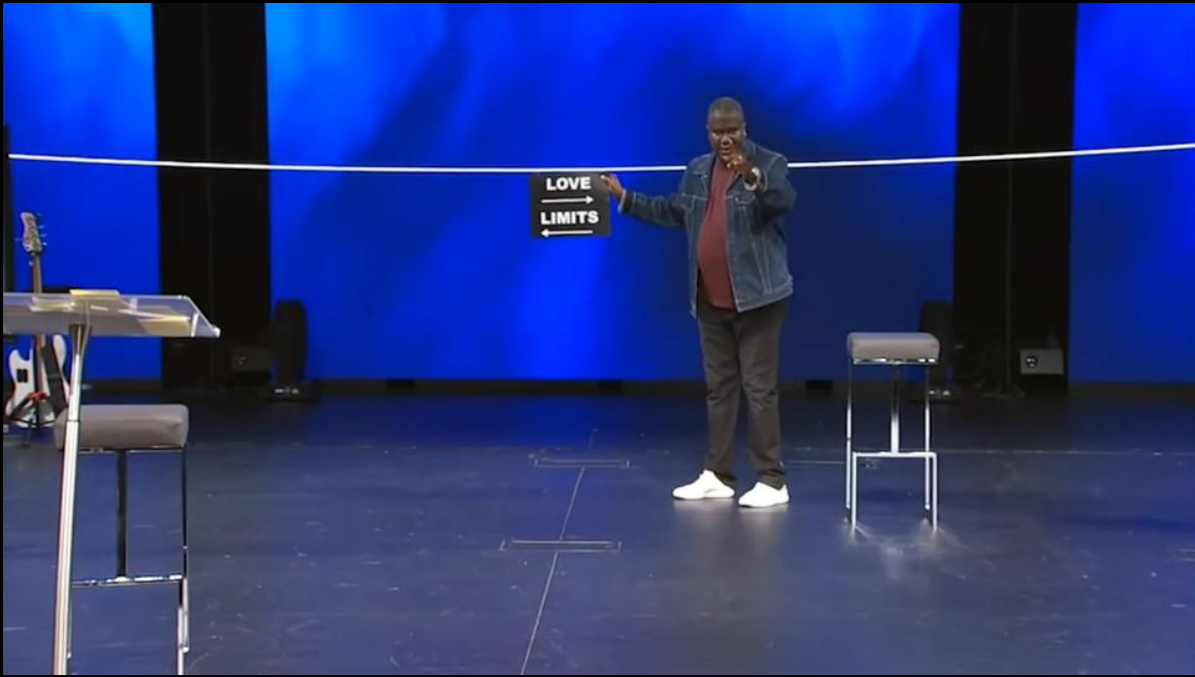
The participants will understand the love limit of "**WHAT.**"

The participants will understand the love limit of "**HOW MUCH.**"

The participants will understand that Christ does not have love limits.

Love Has No Limits

video guide



"Does your love have a limit?"

Length of video is 9:24

If you are in person, play the video on a device that everyone can see and hear well.

If it is a Zoom session, be sure your video is in full-screen view and verify your sound before you share your screen to play the video. If you are meeting in a restaurant, be sure participants have access to a device and earbuds. Have the QR Code and video link options available for participants to view on their individual device simultaneously.

Set up the video

Sample statement: "We are going to watch a 9 minute and 24 second video titled "Love Has No Limits". After the video, we will have a guided conversation about it."



Love Has No Limits

YOUR THOUGHTS | YOUR REACTIONS | YOUR RESPONSE

Have participants read Luke 10:30-37. You can choose one or several volunteers. Once the verses have been read, complete the exercise on the next page.

LUKE 10:30-37 NASB

30 Jesus replied and said, "A man was going down from Jerusalem to Jericho, and fell among robbers, and they stripped him and [a]beat him, and went away leaving him half dead.

31 And by chance a priest was going down on that road, and when he saw him, he passed by on the other side.

32 Likewise a Levite also, when he came to the place and saw him, passed by on the other side.

33 But a Samaritan, who was on a journey, came upon him; and when he saw him, he felt compassion,

34 and came to him and bandaged up his wounds, pouring oil and wine on them; and he put him on his own beast, and brought him to an inn and took care of him.

35 On the next day he took out two denarii and gave them to the innkeeper and said, 'Take care of him; and whatever more you spend, when I return I will repay you.'

36 Which of these three do you think proved to be a neighbor to the man who fell into the robbers' hands?"

37 And he said, "The one who showed mercy toward him." Then Jesus said to him, "Go and do the same."



Love Has No Limits

THE LEVITE | THE PRIEST | THE SAMARITAN

Now that you have read Luke 10:30-37, put yourself in the sandals of each character and describe what each of them were feeling, thinking, and the motivation behind their actions. How would they justify their actions?

Thoughts

Invite participants to share their thoughts. Be prepared to share your thoughts about the thoughts of the Levite if no one shares.

Feelings

Invite participants to share their feelings. Be prepared to share your feelings about the thoughts of the Levite if no one shares.

Motivation

Invite participants to share their motivation. Be prepared to share your feelings about the motivation of the Levite if no one shares.

Justification

Invite participants to share their justification. Be prepared to share your feelings about the justification of the Levite if no one shares.

Love Has No Limits

THE LEVITE | THE PRIEST | THE SAMARITAN

Now that you have read Luke 10:30-37, put yourself in the sandals of each character and describe what each of them were feeling, thinking, and the motivation behind their actions. How would they justify their actions?

Thoughts

Invite participants to share their thoughts. Be prepared to share your thoughts about the thoughts of the the Priest if no one shares.

Feelings

Invite participants to share their feelings. Be prepared to share your feelings about the thoughts of the Priest if no one shares.

Motivation

Invite participants to share their motivation. Be prepared to share your feelings about the motivation of the Priest if no one shares.

Justification

Invite participants to share their justification. Be prepared to share your feelings about the justification of the Priest if no one shares.

Love Has No Limits

THE LEVITE | THE PRIEST | THE SAMARITAN

Now that you have read Luke 10:30-37, put yourself in the sandals of each character and describe what each of them were feeling, thinking, and the motivation behind their actions. How would they justify their actions?

Thoughts

Invite participants to share their thoughts. Be prepared to share your thoughts about the thoughts of the the Samaritan if no one shares.

Feelings

Invite participants to share their feelings. Be prepared to share your feelings about the thoughts of the Samaritan if no one shares.

Motivation

Invite participants to share their motivation. Be prepared to share your feelings about the motivation of the Samaritan if no one shares.

Justification

Invite participants to share their justification. Be prepared to share your feelings about the justification of the Samaritan if no one shares.

Love Has No Limits

YOUR THOUGHTS | YOUR REACTIONS | YOUR RESPONSE

When your love has limitations, what are you limited by? The Who, the When, or the How Much? Share an experience when you showed limitless love in each of the love limit categories below.



1

WHO

Be prepared with an example of your limitless love in the WHO love limit.

2

WHEN

Be prepared with an example of your limitless love in the WHEN love limit.

3

HOW MUCH

Be prepared with an example of your limitless love in the HOW MUCH love limit.

stay connected

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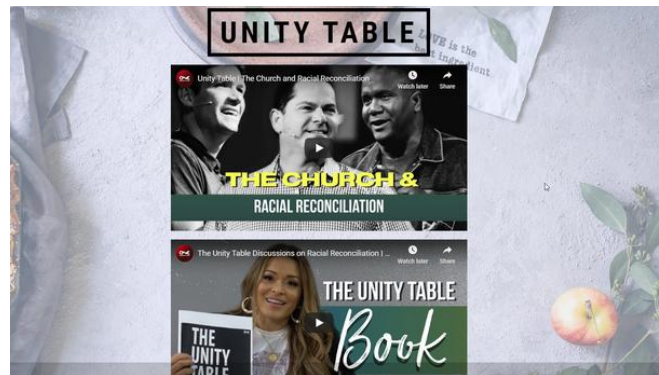
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The Road to Restoration



The Road to Restoration

conversation guide



Video



Content Exploration



Fellowship

Begin the session with prayer. Ask for a volunteer. If no one volunteers, you lead the prayer.

Have attendees check in. Depending on the size of the group, you may have everyone check in or randomly select a few to check in sharing their name and church. You can also choose something fun for them to share. As an example, they can share their favorite book or movie.

Watch the session-specific video. (See video guide for specifics)

Select an ice-breaker from the ice-breaker catalog found in the resources page on the Unity Table website. Follow the instructions provided on the ice-breaker.

Be prepared to encourage participation.

Discuss the date and time for the next connection and any activities that should happen in between.

End the session with prayer. Ask for a volunteer. If no one volunteers, you lead the prayer.



The Road to Restoration

Learning Objectives

PURPOSE | To explore the requirements of authentic restoration.



The participant can define the requirements of restoration: 1)action, 2)uncomfortable connection, 3)proper perspective, 4)resources, and 5)influence.

The participant can identify specific, Christ-centered actions that move toward restoration in his/her own life.

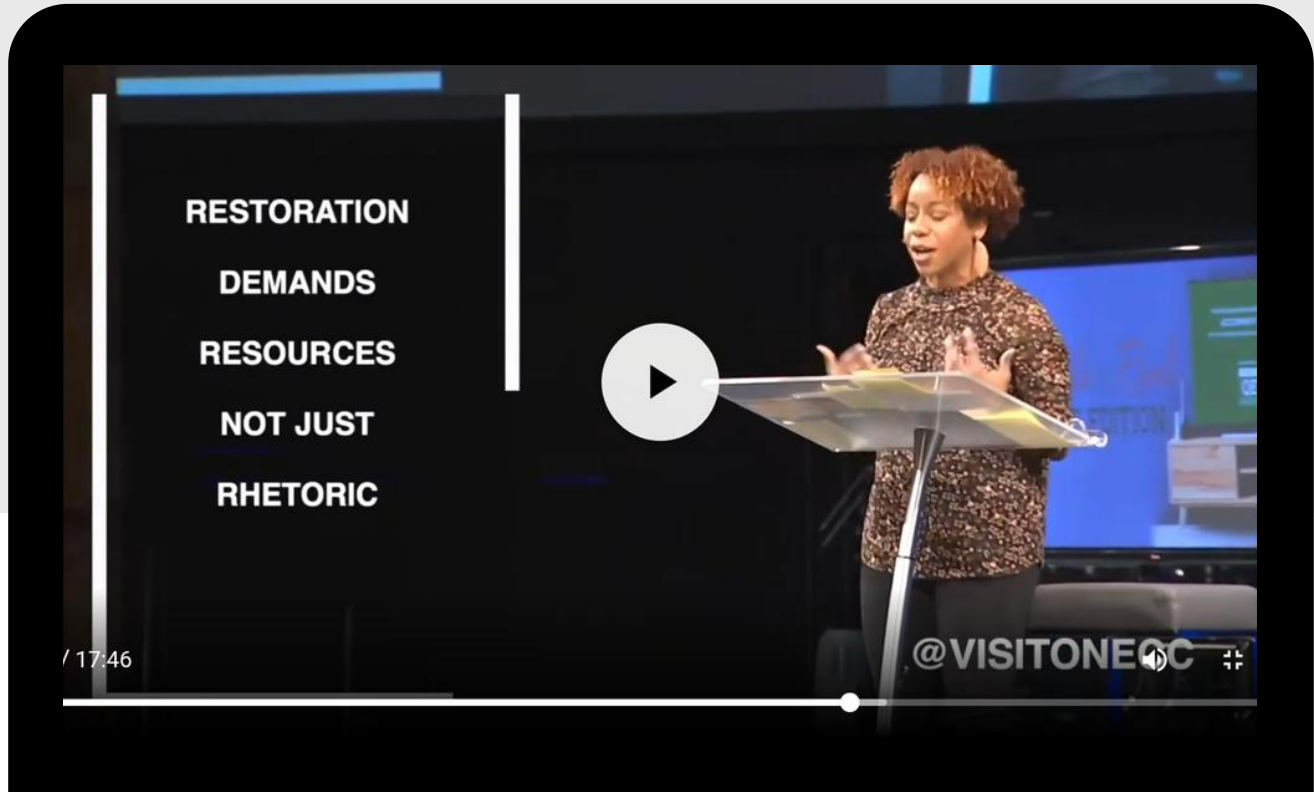
The participant can explain why restoration requires connections that are uncomfortable.

The participant can explain how perspective relates to restoration.

The participant can identify resources in his/her life that can be used in restoration.

The participant can identify circles of influence in his/her life in which the work of restoration needs to begin.

The Road to Restoration video guide



"Action must be informed and God-centered."

Length of video is 17:46

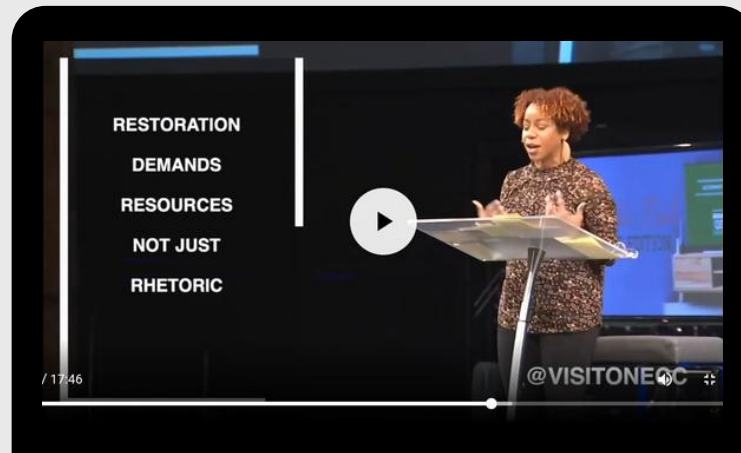
Viewing the Road to Restoration video was assigned during the last session. To get everyone on the same page and to ensure the major principles of the video were captured, provide an overview of the video. You can begin by engaging the participants and asking them the key components that stood out to them. Use the video overview to share any concepts that haven't been presented by the participants.

Set up the video

Sample statement: "We are going to watch a 17 minutes and 46 second video titled "The Road to Restoration". After the video, we will have a guided conversation about it."

The Road to Restoration video overview

Based on the passage about the Good Samaritan from Luke 10, the video was recorded on May 31, 2020, at One Community Church, Plano, Texas. The speaker, Jada Edwards, addresses restoration.



- 1 Restoration requires action. As Christ followers, we need to act in love. We need to check our hearts as we engage with social issues. We can be involved in organizations, post on social media, and exercise our civil rights, but we need to ensure we are driving people toward the Gospel. Our action should be an invitation to reconcile rather than a condemnation or place to vent our anger.
- 2 Restoration requires uncomfortable connection. We must be willing to engage with people who do not look like us and learn about cultures that are new to us. If the people and culture are comfortable to us, then those relationships do not need restoration. Those are not the relationships that are broken. To reconcile, some people may need to address anger, frustration, and impatience. Others may need to address fatigue, shame, guilt, and apathy. Both groups must embrace the discomfort of restoration.
- 3 Restoration requires proper perspective. We must be aware that our individual perspective can hinder our understanding of others' perspectives. In the parable of the Good Samaritan, the Samaritan had to climb down from his donkey to aid the injured man. In our society, both groups must be willing to sit down and share in the process of restoration together.
- 4 Restoration requires resources, not just rhetoric. In the parable of the Good Samaritan, the Samaritan shared his wine and his oil. The wine was to disinfect the wounds, and the oil was to soothe the pain. We must be willing to share our resources to help others, not just our words. These resources may include our money, time, and connections.
- 5 Restoration requires our influence. We must provide the people in our lives with a Christ-centered approach to restoration. Some people may have families that have action-oriented, frustration-filled responses to current events. Others may have families that are resistant to the idea that racism exists today. Both groups must work towards changing hearts in their immediate circles by pointing them towards a Christ-centered approach.

The Road to Restoration

YOUR THOUGHTS | YOUR REFLECTIONS | YOUR RESPONSE



Instruct participants to read each statement or question and list behaviors that they can respond with to each scenario.

How do you keep from losing your temper when you get weary of people not understanding your world view?

Answers may vary. Participants may include responses like praying, reading their Bibles, talking with friends, disengaging, and walking away. Encourage participants to be honest- there is no right answer.

- _____
- _____
- _____

How do you respond when you are in racial conversations that don't really connect with you?

Answers may vary. Participants may include responses like disconnecting, becoming frustrated, and changing the subject. Encourage participants to be honest- there is no right answer.

- _____
- _____
- _____

How can you make it easier for people who are curious to ask questions focused on race or culture?

Answers may vary. Examples include being patient, offering self as a resource to individuals with questions, understanding another's perspective may be different, and engaging with people of a different race. Encourage participants to be honest. Focus on techniques that facilitate difficult conversations like listening, staying calm, and being patient.

- _____
- _____

What things can you do to shut these types of questions down, and instead encourage healthy conversation?

Answers may vary. Examples include becoming angry, reacting negatively to another's perspective, failing to engage with people of different races, and disengaging with difficult conversations. Encourage participants to be honest and self-reflective.

- _____
- _____

The Road to Restoration

YOUR THOUGHTS | YOUR REACTIONS | **YOUR RESPONSE**

Spend time this week reflecting on the following:

Set aside some time to dwell with God asking Him to search your heart and reveal to you the places that need a change of perspective. Ask Him to help you see people and situations as He sees them.

This is a home assignment that the participants will complete before the next gathering.

Think about an uncomfortable connection you should make and agree to start working toward restoration. After searching your own heart for the exact nature of your wrongs in the situation . Schedule a time for an open and honest discussion.

This is a home assignment that the participants will complete before the next gathering.

Consider the resources you should set aside in order to be of practical help to someone. This could include financial resources as well as your time and influence.

Invite the participants to consider ways to use their resources to help someone.



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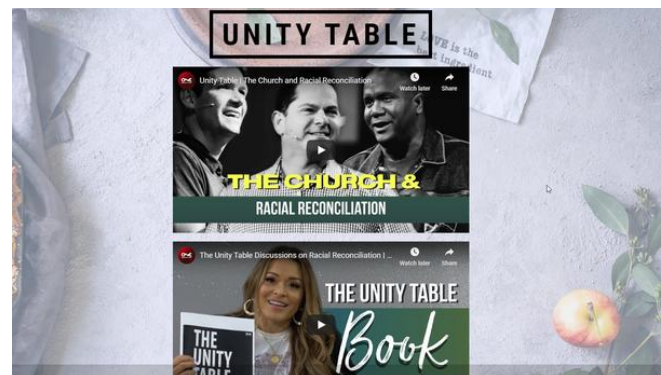
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When Silence Speaks



When Silence Speaks

conversation guide



Video



Content Exploration



Fellowship

Begin the session with prayer. Ask for a volunteer. If no one volunteers, you lead the prayer.

Have attendees check in. Depending on the size of the group, you may have everyone check in or randomly select a few to check in sharing their name and church. You can also choose something fun for them to share. As an example, they can share their hobby or favorite sport.

Watch the session-specific video. (See video guide for specifics)

Select an ice-breaker from the ice-breaker catalog found in the resources page on the Unity Table website. Follow the instructions provided on the ice-breaker.

Be prepared to encourage participation.

Discuss the date and time for the next connection and any activities that should happen in between.

End the session with prayer. Ask for a volunteer. If no one volunteers, you lead the prayer.

When Silence Speaks

Learning Objectives

PURPOSE | To explore how the pandemic and racial tensions have affected different groups of people.



The participant can describe ways in which people were affected differently by the pandemic and racial tensions of recent events.

The participant can identify personal feelings related to recent events and the source of these feelings.

The participant can identify ways that he/she can express empathy and compassion to others, particularly those of opposite experiences during the pandemic and racial tensions of recent events.

When Silence Speaks

video guide



"If your Black colleague seems ok, chances are they aren't?"

Length of video is 6:24

If you are in person, play the video on a device that everyone can see and hear well.

If it is a Zoom session, be sure your video is in full-screen view and verify your sound before you share your screen to play the video. If you are meeting in a restaurant, be sure participants have access to a device and earbuds. Have the QR Code and video link options available for participants to view on their individual device simultaneously.

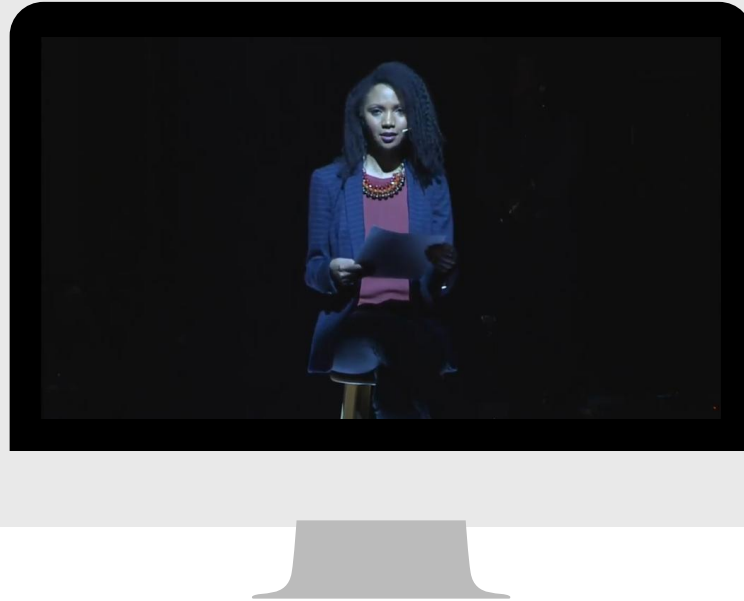
Set up the video

Sample statement: "We are going to watch a 6 minutes and 24 second video titled "When Silence Speaks". After the video, we will have a guided conversation about it."



When Silence Speaks video overview

The video was recorded on June 6, 2020, by Courtney Gilmore at One Community Church, in Plano, Texas.



As an open letter about the experiences of black individuals in the workplace, it addresses how the pandemic and shutdown combined with racial tensions to create an overwhelming burden for black coworkers. The letter highlights that this burden may be misunderstood and often hidden from non-white colleagues.

Scriptures to Read

YOUR THOUGHTS | YOUR REACTIONS | YOUR RESPONSE

Invite volunteers to read each scripture. invite participants to share what the scripture means to them.

1

Isaiah 1:17

Learn to do good; seek justice, correct oppression; bring justice to the fatherless, plead the widow's cause.

2

**Zechariah
7:9-10**

9 "Thus says the Lord of hosts, Render true judgments, show kindness and mercy to one another, 10 do not oppress the widow, the fatherless, the sojourner, or the poor, and let none of you devise evil against another in your heart."

3

**Proverbs
31:8-9**

8 Open your mouth for the mute, for the rights of all who are destitute. 9 Open your mouth, judge righteously, defend the rights of the poor and needy.

4

**Jeremiah
22:3**

Thus says the Lord: Do justice and righteousness, and deliver from the hand of the oppressor him who has been robbed. And do no wrong or violence to the resident alien, the fatherless, and the widow, nor shed innocent blood in this place.

5

Micah 6:8

He has told you, O man, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

6

**Matthew
7:12**

So whatever you wish that others would do to you, do also to them, for this is the Law and the Prophets.

When Silence Speaks

YOUR THOUGHTS | **YOUR REACTIONS** | YOUR RESPONSE

Write down how you would have responded

Which one of these quotes was hardest for you to hear? Why?

Answers may vary and may include references to how difficult black coworkers have found the pandemic and how uneven the burden feels for some individuals. Encourage participants to be honest and share their reactions.

Which one resonates with you the most? Why?.

Answers may vary and may include references to feeling similarly in terms of pain, frustration, and difficulties with being honest with coworkers.

When Silence Speaks

YOUR THOUGHTS | YOUR REACTIONS | YOUR REFLECTIONS

Write down how you would respond to the following questions based on the video *When Silence Speaks*.

After you listened to this letter, how did it make you feel? Were you angered, saddened, uncomfortable, guilty, or surprised? Why?

Encourage participants to reflect on their emotional reactions to the video. Answers may vary depending on the individual. Encourage the participants to explore the cause of their emotions by answering the question, "Why?"

Over the last couple of months, what has been the hardest thing for you with regards to social injustice?

Answers may vary. Encourage participants to listen respectfully to others and focus the discussion on the feelings created by recent events. If participants digress into a discussion of cause-related topics, be sure to focus them on their personal experiences, thoughts, and feelings.

What frustrates you the most about all that is happening right now?

Answers may vary and may include difficulties with communicating with others about personal experiences, feeling blame, and lacking an actionable response. Be sure to focus the conversation on personal feelings rather than the events themselves.

How do you keep from stuffing your emotions inside until you explode or sounding off so regularly that you are labeled a complainer?

Answers may vary and may include stress relievers like exercising, talking to a friend, or praying.

When Silence Speaks

YOUR THOUGHTS | YOUR REACTIONS | YOUR REFLECTIONS

Write down how you would respond to the following questions based on the video *When Silence Speaks*.

How is hearing an open letter like this helpful to you? How did this letter help you see things differently?

Answers may vary and may include feeling less alone and having better understanding. The perspectives may be very different and reflect that some individuals feel like the letter speaks about their own experiences while others are hearing this perspective for the first time.

During the pandemic, has it been easier or harder to feel empathy for those who have it worse than you?

Participants may respond very differently depending on their pandemic experiences. Some may talk about economic difficulties and lost jobs. Others may feel luckier than their friends and coworkers. The ability to feel empathy may be increased or decreased during recent months.

What is the proper response?

Empathy and compassion are important components of love. Loving our neighbor requires us to adapt to their perspective. Encourage participants to discuss how to do this. Examples may include contributing time or resources to help others in greater need, supporting local businesses, and reaching out to friends and neighbors.

Before the tragic death of George Floyd, did you feel that race relations in America were getting better or worse?

Answers may vary depending on individual experiences. Some participants may have experienced significant racism in the years before the death of George Floyd, while others may have had the belief that racism does not exist. Encourage participants to share experiences respectfully and listen to each other.

When Silence Speaks

YOUR THOUGHTS | YOUR REACTIONS | **YOUR RESPONSE**

Write your own letter expressing how you feel. Do not give it to anyone. Instead turn it into a prayer back to God.

A large rectangular area with a light orange background, containing 25 horizontal dashed lines for writing.

Take a day to meditate quietly. Shut down all media outlets and give yourself some time to process, pray, grieve, and lament over the things you have seen, expressed, and felt.



stay connected

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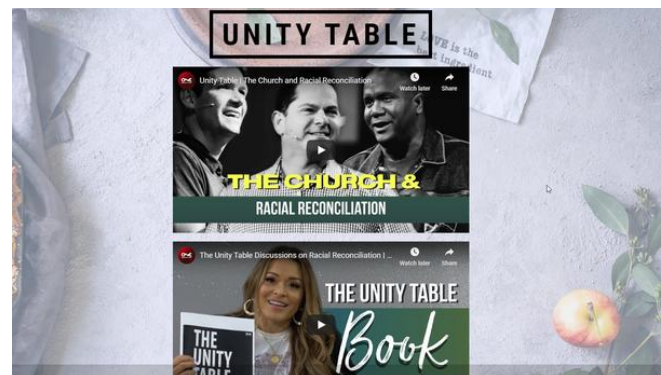
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Activist Versus Reconciler



Activist Verses Reconciler

conversation guide



Video



Content Exploration



Fellowship

Begin the session with prayer. Ask for a volunteer. If no one volunteers, you lead the prayer.

Have attendees check in. Depending on the size of the group, you may have everyone check in or randomly select a few to check in sharing their name and church. You can also choose something fun for them to share. As an example, they can share their favorite vacation.

Watch the session-specific video. (See video guide for specifics)

Select an ice-breaker from the ice-breaker catalog found in the resources page on the Unity Table website. Follow the instructions provided on the ice-breaker.

Be prepared to encourage participation.

Discuss the date and time for the next connection and any activities that should happen in between.

End the session with prayer. Ask for a volunteer. If no one volunteers, you lead the prayer.

Activist Verses Reconciler

Learning Objectives

PURPOSE | To explore the ministry of reconciliation as it pertains to Christians today.



The participant can explain the difference between activism and reconciliation.

The participant can describe vertical (between God and man) and horizontal (between different individuals) reconciliation.

The participant can explain that reconciliation includes 1) truth, 2) a cost, and 3) forgiveness.

The participant can begin to explore relevant ways to begin the ministry of reconciliation in his/her own life.

Activist Versus Reconciler

video guide



"God is not colorblind nor does He want me to be colorblind."

Length of video is 8.41

If you are in person, play the video on a device that everyone can see and hear well.

If it is a Zoom session, be sure your video is in full-screen view and verify your sound before you share your screen to play the video. If you are meeting in a restaurant, be sure participants have access to a device and earbuds. Have the QR Code and video link options available for participants to view on their individual device simultaneously.

Set up the video

Sample statement: "We are going to watch a 8 minutes and 41 second video titled "Activist Verses Reconciler". After the video, we will have a guided conversation about it."



Activist Versus Reconciler video overview

The video was recorded by Bryan Loritts on June 6, 2020, at One Community Church.



The video compares and contrasts activism and reconciliation. Activism is concerned with issues and targets a specific “what”. Reconciliation is concerned with people and targets a specific “what and how”. Based on 2 Corinthians 5:18-19, the ministry of reconciliation begins with 1) acknowledging our sin by speaking truth. Reconciliation also involves 2) a cost and 3) forgiveness. These three steps can be painful and difficult but are essential to authentic reconciliation.

Scriptures to Read

YOUR THOUGHTS | YOUR REACTIONS | YOUR RESPONSE

Invite volunteers to read each scripture. Invite participants to share what the scripture means to them.

1

**Revelation
5:9**

And they sang a new song, saying, "Worthy are you to take the scroll and to open its seals, for you were slain, and by your blood you ransomed people for God from every tribe and language and people and nation,

2

**Revelation
7:9**

After this I looked, and behold, a great multitude that no one could number, from every nation, from all tribes and peoples and languages, standing before the throne and before the Lamb, clothed in white robes, with palm branches in their hands,

3

**Psalms
139:13-14**

For you formed my inward parts; you knitted me together in my mother's womb. 14 I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.

4

**2 Corinthians
5:18**

All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation;

Activist Versus Reconciler

YOUR THOUGHTS | YOUR REACTIONS | YOUR REFLECTIONS

Write down how you would respond to the following questions based on the video Activist versus Reconciler.

What are some ways that we can celebrate our differences and not see them as points of conflict?

Encourage participants to think of specific differences that can be celebrated. Examples include language, food, and holidays/celebrations.

Why is being “colorblind” not the goal of reconciliation? What is the flaw in this idea?

Being colorblind is an avoidance of our differences rather than acknowledgement and acceptance. Racial reconciliation can not be achieved by pretending there are no differences between races. Being colorblind eliminates the variety of our world and robs us of the richness of our multicultural experiences.

In 2 Corinthians 5, as Christians we are all given the ministry of reconciliation. What does this mean to you? How does it affect how you deal with people of different cultures?

Answers may vary. The ministry of reconciliation includes both vertical reconciliation between God and man and horizontal reconciliation in broken relationships between mankind. Examples may include mentoring and discipling other Christians, engaging with ministry to the needy in the community, and reaching the unchurched. As Christians, our work with horizontal and vertical reconciliation must extend to all people groups.

What does it mean to speak the truth to those who are culturally different from you? Have you done this successfully?

Answers may vary. Encourage participants to provide specific examples. Speaking the truth to those who are culturally different means courageously acknowledging sins and sharing experiences in a way that seeks to forgive and be reconciled to others.



Activist Versus Reconciler

YOUR THOUGHTS | YOUR REACTIONS | YOUR REFLECTIONS

*Write down how you would respond to the following questions based on the video **Activist versus Reconciler**.*

Reconciliation means that you must forgive others how offend you and you must listen when others tell you that you have offended them. Which one is easier for you to do? Why?

Encourage participants to identify which one is easier and explore the reason. Forgiving others is difficult because it requires us to work through our pain. It is more than avoiding or ignoring the pain and anger we feel. Acknowledging how we have hurt others is also difficult, because we must admit our own sins, even when it is difficult to understand how those sins have affected others.

What does true reconciliation look like to you?

Answers may vary. Highlight that true reconciliation involves authentic communication and forgiveness.

Who do you need to reconcile with? What do you need to do to be reconciled?

Answers may vary. Personal examples may include neighbors, coworkers, family members, and friends. Steps toward reconciliation may include contacting individuals, writing a letter, saying a prayer, and identifying persons to forgive.

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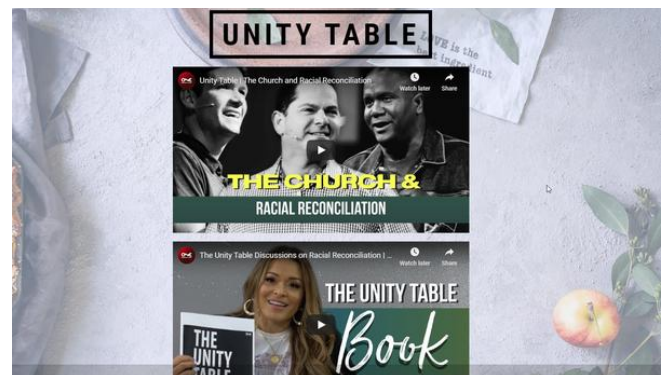
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Thank you