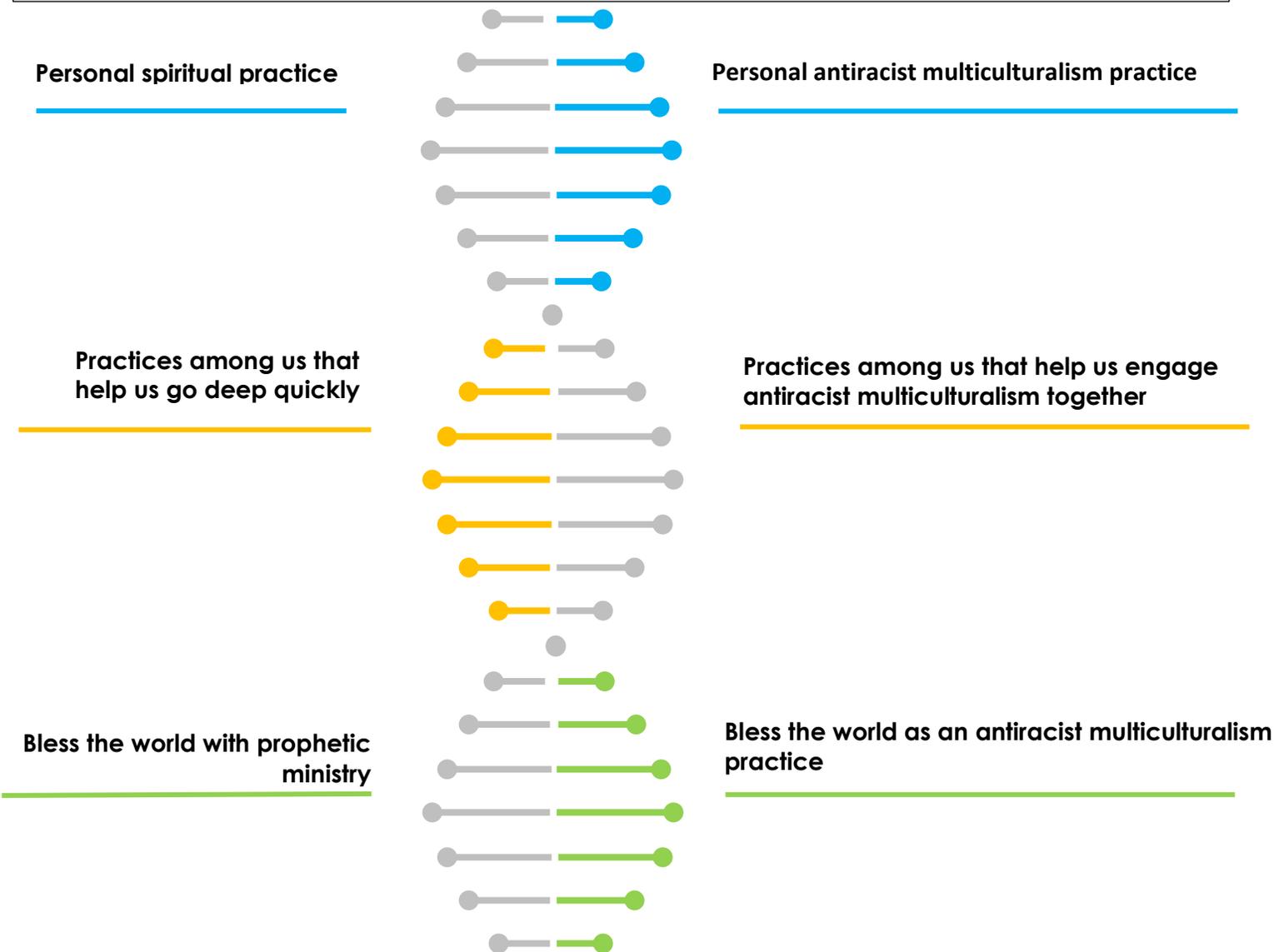


# Double Helix Model of Faith Formation and Antiracist Multiculturalism

As the Beloved Community Staff Team explored the intersection of faith formation and antiracist multiculturalism, we realized that the bonds between them are the strong bonds of a DNA double helix that build a life of faithful presence to ourselves, our religious community, and the world beyond our walls, particularly the oppressed and poor.

This handout invites you to begin building your double helix, exploring the gifts and growth available in the three sections of the DNA strand: personal practice within, practices among us that let us go deep quickly, practices that bless the world beyond. This page provides the basic model, page two provides example practices on both sides of the double helix, page three provides an example for a ministry team, page four is open for you to complete, and page five zeroes in on the *among* practice of chalice lighting.

How might you form the bonds of your faithful life and practice?



Sample practices on both sides of the double helix.



An example of filling in the right side of the helix. Here's how the Religious Education Ministry team might list its faithful commitments, as a ministry team, to antiracist multicultural growth.

### Personal spiritual practice

---

What personal practice(s) will help you as an individual to find and keep your balance?

### Practices among us that help us go deep quickly

---

How will you engage in the practices among, and build the capacity to go deep quickly with strangers?

### Bless the world with prophetic ministry

---

How will you take the compassion that arises from doing practices within and among and use it to bless the world?

### Personal antiracist multiculturalism practice

---

What personal practice(s) will your ministry team support in its members to help them integrate antiracist multiculturalism?

- We each complete our IDP and participate in ongoing accountability meetings.

### Practices among us that help us do antiracist multiculturalism together

---

What practices will your ministry team develop to help it shift both perspective and behavior toward more antiracist multicultural results?

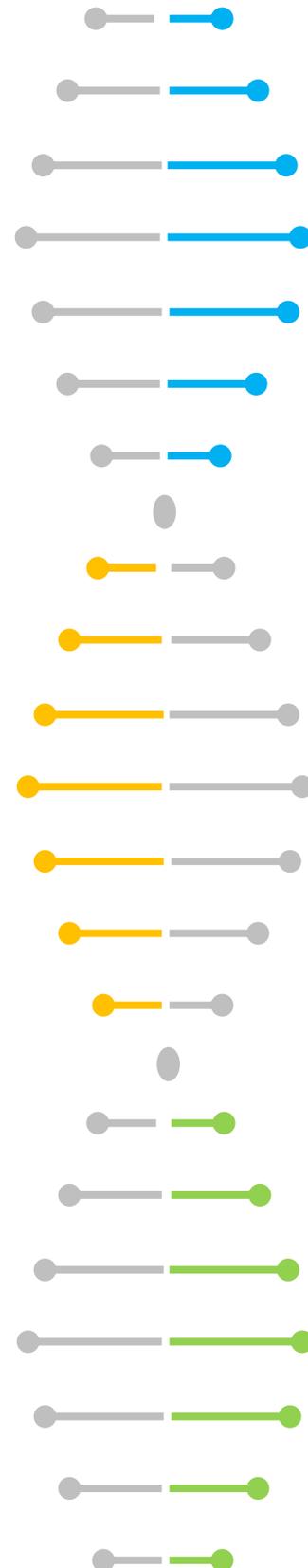
- Focus on the antidotes to perfectionism (one characteristic of white dominant culture from Tema Okun) and at the end of every meeting reflect on where those antidotes appeared.
- Our group is in Acceptance, so regularly ask if we're pushing ourselves to risk more connection across differences.

### Bless the world as an antiracist multiculturalism practice

---

How does your ministry area contribute to our efforts to advance Unity Church's antiracist multiculturalism Ends?

- Continue our multi-year curriculum review and development, shaping and advancing antiracist multicultural learning for children and families.
- During the interim year, reimagine teacher training to invite adult faith development leaders into an antiracist multicultural pedagogy.



Now, it's your turn. What, more specifically, as an individual and as a ministry team, are your faithful commitments to spiritual and multi-cultural, antiracist growth? See the next page for some ways to get started.

### Personal spiritual practice

---

What personal practice(s) will help you as an individual to find and keep your balance?

### Practices among us that help us go deep quickly

---

How will you engage in the practices among, and build the capacity to go deep quickly with strangers?

### Bless the world with prophetic ministry

---

How will you take the compassion that arises from doing practices within and among and use it to bless the world?

### Personal antiracist multiculturalism practice

---

What personal practice(s) will your ministry team support in its members to help them integrate antiracist multiculturalism?

### Practices among us that help us do antiracist multiculturalism together

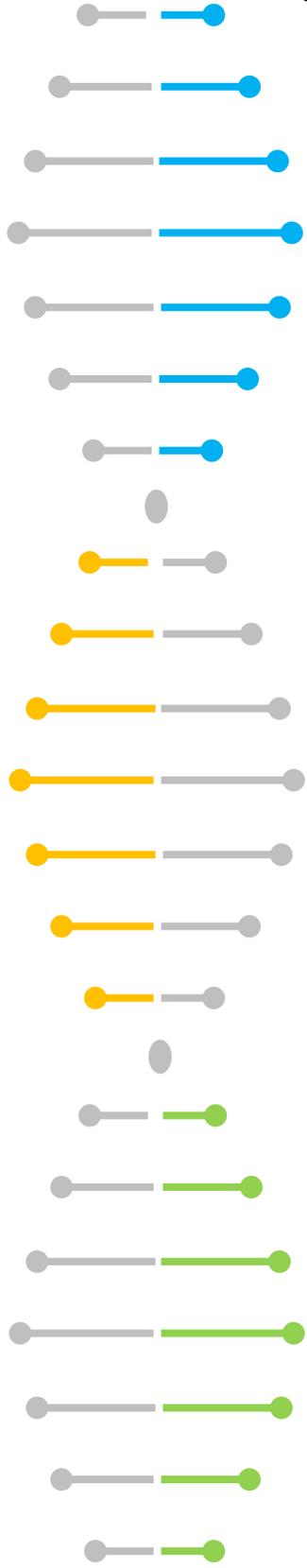
---

What practices will your ministry team develop to help it shift both perspective and behavior toward more antiracist multicultural results?

### Bless the world as an antiracist multiculturalism practice

---

How does your ministry area contribute to our efforts to advance Unity Church's antiracist multiculturalism Ends?



Filling out this double helix can feel overwhelming at first. We recommend you start small and with practices you already know. For example, take the among practice of lighting a chalice at the beginning of a meeting. Some questions to consider, on both sides of the double-helix:

- What is your group's chalice lighting practice, if you have one? Does it include a reading? A check-in? A sound or a chime?
- How does this practice affect you within?
- How does this practice help shape what happens among the group in your meeting?
- How does this practice help connect you to the work that you're doing?
- How could this practice prepare you for multicultural/anti-racism work as a group?

Then, add how you'll use chalice lighting as a faith formation and as a multicultural/anti-racism practice on both sides of the double helix.

What other well-known practices like chalice lighting might you add to this chart?

Where might you need new practices to complete the chart?