

Journeys in the Spirit



WHAT IS BLACK HISTORY MONTH?

People from African and Caribbean backgrounds have been a fundamental part of British history for centuries. Black History Month celebrates the vast contribution of Black men, women and children to British society; contributions that have been long overlooked. This month-long celebration recognises the events and people who have shaped and continue to shape our society. Black History Month gives us all the opportunity to celebrate the impact of black heritage and culture. It's also an opportunity for people to understand more about the effects of racism and how to challenge negative stereotypes.

Watch and read

A&Q 16

Do you welcome the diversity of culture, language and expressions of faith in our yearly meeting and in the world community of Friends? Seek to increase your understanding and to gain from this rich heritage and wide range of spiritual insights. Uphold your own, and other yearly meetings in your prayers.

Blue Peter has commissioned some special poems by black spoken word artists to celebrate black history. Listen [here](#) to inspiring and important words from young black poets.



'I wanted to see picture of children that looked like me'

Manchester Quaker, Ella Otomewo's poem "Zig Zag"

<https://www.bbc.co.uk/cbbc/watch/blue-peter-black-history-month->

There are many examples of good books available to share with children. Floella Benjamin's autobiography "*Coming to England*" is the inspiring true story of her journey from Trinidad, to London as part of the Windrush generation. This condensed version for younger children is beautifully illustrated. You could read the book or watch the story being read by David Olusoga: <https://www.youtube.com/watch?v=8Wmvmk4RJ8dA>



David Olusoga has written Black and British - an illustrated history. This is a children's edition of the bestseller Black and British and is a good starting place for learning about Black History Britain.

Here are 20 more inspiring reads to share with children:

<https://thegreenparent.co.uk/articles/read/20-books-for-kids-black-history-month#>

In response to not being able to find any children's books which represented her family, CBBC's Gemma Hunt has released a diverse reimagining of the stories of Jesus.



'As a child, your own experience of life is all you know. So, if you're not seeing your life reflected in what you're reading and watching on TV, it might lead you to question the life that you have and feel like your experience is not normal compared to the rest of the world. It's so important for children to feel part of things – we all just want to feel like we belong'.

Emily Beater for The Faith® magazine

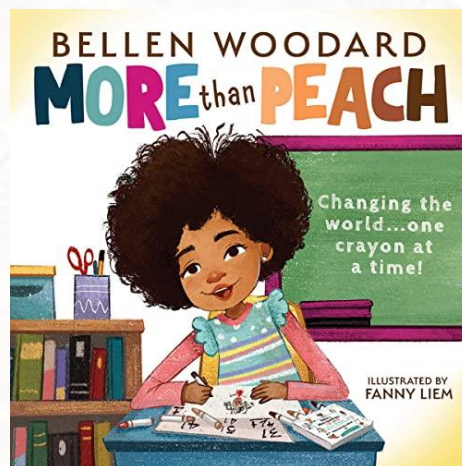
<https://www.keepthefaitth.co.uk/2022/05/29/mixed-race-cbbc-star-writes-diverse-bible-stories/>

Inspire



Another inspirational story to share is from the World's 1st Crayon Activist. Bellen Woodard, a nine year old girl who finally got the world to stop thinking of the peach coloured crayon as the 'skin – coloured' crayon. Read about Bellen and the effect she had here: <https://www.morethanpeach.com/>

Bellen has also written her story and in it includes a guide to help children make change in their own communities.



Colours of the World crayons are available from Hobbycraft:

<https://www.hobbycraft.co.uk/> and art supplies from Baker Ross:

<https://www.bakerross.co.uk/catalogsearch/result/?q=skin%20tone>

Sing together

Stand By Me | Playing For Change:

<https://www.youtube.com/watch?v=Us-TVg40ExM>

Everyday People:

<https://www.youtube.com/watch?v=q4UWvcZn5U>

More playing for change songs:

<https://www.playingforchange.com/videos>

Reflect

'If we cannot end our differences, at least we can help make the world safe for diversity'.

John F Kennedy Living our Beliefs

