

Journeys in the Spirit



Black History Month

October 2023

Black history is OUR history and a steppingstone for our future. We must be connected to our past in order to change our future."
Chandelis R. Duster

October is Black History Month in the UK, an event celebrated nationwide for over 30 years and originally established to celebrate the significant contributions made by individuals with African and Caribbean heritage to the country. This year's theme is [Saluting Our Sisters](#).

As children learn about Black History Month in school, they might feel excited to share their new knowledge with others. You can seize this opportunity to share stories and



news by starting with one of the many books available at The Quaker Bookshop, the local

library, or any bookstore. The [Quaker Bookshop](#) produces a 'Books of the Month for Children and Young People' newsletter and October's highlights books for Black History Month. [Sign up for this here](#)

Black Liturgies

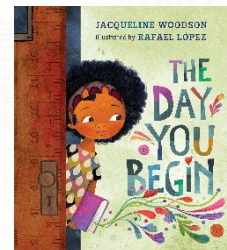
Cole Arthur Riley, a writer, liturgist, and speaker, has created Black Liturgies as a space that combines spiritual practice with Black emotion and literature. Find the project on [Instagram](#), [Facebook](#) or [here](#).

Reading = Hope x Change

Stories have the power to transform lives by inspiring, challenging, and informing people. Stories give children language they may not have had before.

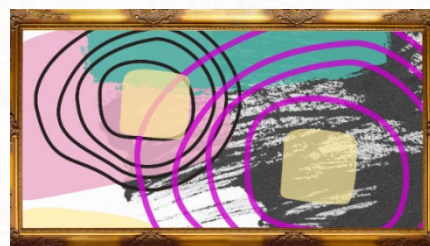
Jacqueline Woodson, an author of more than 30 books, puts black children and teenagers at the centre of their own stories. [Here](#) is an interview with Jacqueline, where she shares her inspiring journey towards writing. She talks about her hopes for change and the power of stories [here](#).

Jacqueline is best known for her book memoir, [Brown Girl Dreaming](#), suitable for children age 10 and up. She has written many more picture books suitable for younger children and [The Day You Begin](#) A story that inspires children to find the beauty in their own lives and share that joy with the world.



Make some Art

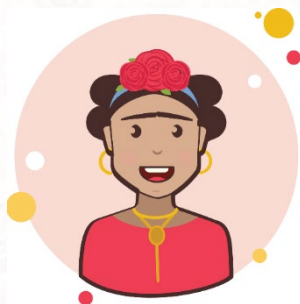
Lubaina Himid is a British artist born in Zanzibar in 1964 and now living and working in Preston, Lancashire. She played a key role in the Black Art movement in the UK during the 1980s and still creates activist art exhibited in galleries across Britain and worldwide. Lubaina won the Turner Prize in 2017.



Paintings have the power to tell stories, and Lubaina's artwork often features a narrative. Her inspiration is drawn from her mother's passion for textiles, the stories she has read, and her observations of the world around her. [Use paints](#) and collage to create stories in art with the children and read about Lubaina on [Tate Kids](#).

Ready. Set. Craft.

[This site](#) shows how to make a collage to celebrate our uniqueness. Gather recycled materials to make self portraits with the children.



Find Out

Thinking of this year's Black History theme 'Saluting our Sisters' are there women of colour in your locality that have contributed to history? Do some research with the children and share with others in your meeting.

Music

Many of us have heard of [Samuel Coleridge Taylor](#), the Victorian composer. *'He was a total genius – a bit like Prince, but for late 19th-century London rather than 1980s California'* ([Lenny Henry for the Guardian](#)) You may not know that his children Haiawatha Coleridge-Taylor and [Avril Coleridge Taylor](#) were also composers. Read how Lenny discovered the music of Coleridge-Taylor and how it inspired him to unpack the stereo type often associated with classical music.

Music can lift our spirits. Listening to music can change our mood, decrease anxiety, and depression, and even reduce stress.

Pharrell Williams wrote "[Happy](#)" for the movie Minions in 2013, and it quickly became a sensation. It has since become the soundtrack for many uplifting moments.

Talk with the children about their favourite music. Do they know who wrote it? How does it make them feel when they hear it? Listen to different genres and styles of music together and notice the emotions evoked by the different tunes.

Tastes in music are as individual as we are. Many people can feel closer to God, the light through music. Play a piece of music and sit quietly with the children. This might be a quiet, reflective piece or a magnificent uplifting composition!

Question Ball

When we spend time getting to know each other, and having fun, we build community. Play the game, Question Ball where everyone stands or sits in a circle. One person starts by throwing a ball to someone and asking a simple question, e.g. 'what is your favourite song?'. The other person catches the ball and answers, before throwing it to someone else with their own question. Each time, the ball should be thrown to someone who hasn't had it before.

How can we make the meeting a community in which each person is accepted and nurtured, and strangers are welcome? Seek to know one another in the things which are eternal, bear the burden of each other's failings and pray for one another. A&Q 18

