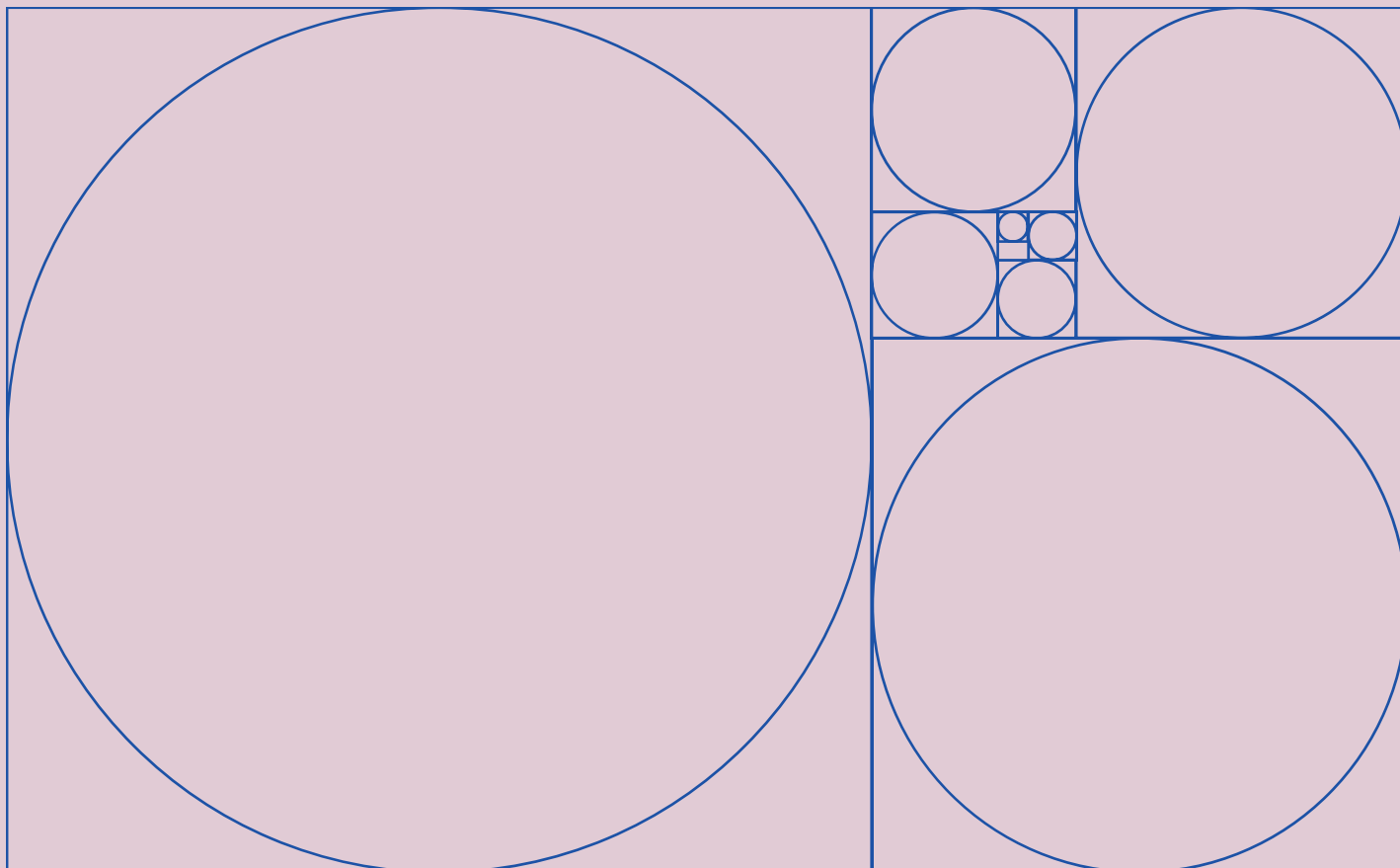




**FRIDAY FELLOWSHIP**

**CLASS OF 2023-2025**

SEMINAR III READING GUIDE



william c. friday fellowship  
for human relations

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CLASS OF 2023-2025

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**SEMINAR III**

**JULY 18-21, 2024**

**TRINITY CENTER**

**PINE KNOLL SHORES, CARTERET COUNTY, NC**



Dear Class Members of 2023-2025 William C. Friday Fellowship for Human Relations,

How are you? I hope this moment is holding you well with all that you need.

Indeed, as always, there is much happening within and around us: constant change and deep suffering; and at the same time, much hope and celebration alongside awe and joy. I continue to find wild delight in the bustle and bursting of natural life during this growing season: evening chats amongst the Barred owls in my neighborhood, the wooshing rush of the Eno River as it carves its path anew, fresh zinnia seedlings plotting their ascent, green figs sweetening as they soak up the sun. It all reminds me that growth and change are inevitable. Life will find its way.

What are you tending to lately? As time unfolds and we inch our way closer to our third seminar in July, what changes are taking place within, near, and farther away from you?

Like those that preceded it, the enclosed reading guide is intended to offer you a space to reflect on the lessons, connections, and wonderings of your fellowship experience. The reading guide accompanies the shared readings and reflects curricular themes that will shape Seminar III invitations. You are welcome to use this guide however it best serves you. Pages 3-5 outline specifics for suggested reading; links are embedded throughout and are also included in the references on the last page.

When we arrive at the Trinity Center in Carteret County, it will have been six full months since we gathered together. Undoubtedly, there have been changes within and amongst us, as individuals and as a collective. We also will have reached a middle place of sorts: Seminar III marks the halfway point of your fellowship journey. Although we'll gather together again at another one of North Carolina's watery edges, this time we'll be on higher ground: in between the sea level at the Eastern 4-H Center and that of being on the mountain at Wildacres Retreat.

What does being in the middle mean to you? As a middle child and Libra (sun) myself, I find middle-ness to be a recurrent theme in my own life. In her book, *Living Beautifully*, Pema Chödrön writes of 'staying in the middle' (pp. 49- 58) as a practice of 'simmering': " We allow ourselves to wait, to sit patiently with the urge to act or speak in our usual ways and feel the full force of that urge without turning away or giving in.

Neither repressing or rejecting, we stay in the middle between the two extremes, in the middle between yes and no, right and wrong, true and false... It helps us develop trust in ourselves--trust that we can experience the edginess, the groundlessness, the fundamental uncertainty of life and work with our mind, without acting in ways that are harmful to ourselves or others” (p. 49).

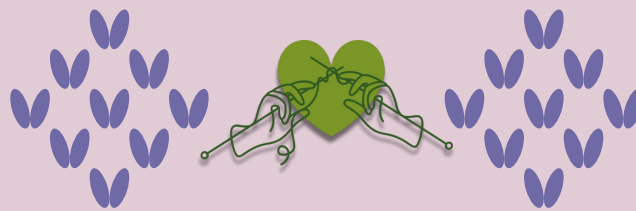
I appreciate Chödrön’s focus on not harming ourselves or others when staying in the middle. What, then, does it mean to care? How do we return again and again to a compassionate practice of being, doing, and thinking in service of caring for all?

Each writer behind Seminar III’s readings takes up this inquiry regarding care, transforming harm to care, albeit from differing viewpoints, lived experiences, and approaches. In addition, we will have the great honor of welcoming two Fellow Guest Faculty: Faith Patterson (Class of 2017-2019) and Dr. Ryan Emanuel (Class of 2020-2022). Their presence, experiences, and stories will further support us to meaningfully weave together topics reflected here in your reading guide and themes from our first two seminars.

In the meantime, as always, I am a phone, text, or email away should you have any questions, concerns, or celebrations to share.

My sincerest and warmest wishes to each of you over the coming two months.

with much care,  
Beth



## **Seminar I**

Being and Becoming

Introductions

*From where and  
who do you come?*

## **Seminar II**

Awareness:

Pivot from lens to mirror and shift from an external focus that limits our perception to one of honest self-reflection

Practice: Reflection

*How do we practice  
clarity of truth?*

## **Seminar III**

Connection:

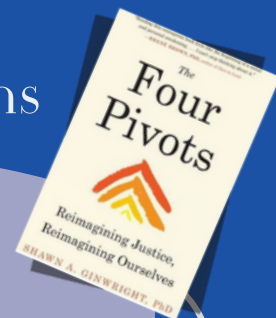
Pivot from transactional to transformative relationships--build connections that leverage our shared humanity for collective care and compassion

Practice: Care

*How do we cultivate transformational  
connections within collective care?*

# pivot 2

## from transactional to transformative connections



### *Suggested Reading*

*Belonging*  
(pp. 91-110)

*snippets*

“Practicing belonging is perhaps one of the most radical acts of justice simply because it pulls the blanket off and reveals the hidden ways that capitalist culture, white supremacy, and individualism govern the very logic of how we imagine and think about social change” (p. 108).

*Care*  
(pp. 111-127)

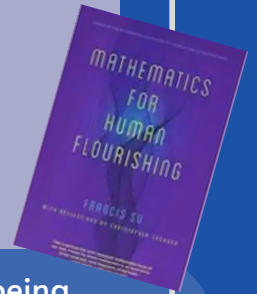
“Our movements for justice are fundamentally about how we collectively have concern and empathy for one another. Care is our collective capacity to express concern and empathy for one another” (p. 121).

*Vulnerability*  
(pp. 129-147)

“We all have stories that can heal ourselves and our society; we just need the time and space to share them... You’ll find, if you really listen, stories of raw vulnerability that can connect with your own story of joy, pleasure, sadness, and disappointment. These are the things that make us human, and if we make space enough in our lives to listen, we can find the real secret to our own transformation, which is of course the only real way we can change the world” (pp. 146-147).

*Suggested Reading*

*snippets*



*Chapter 1:  
flourishing  
(pp. 1-16)*

“Human flourishing refers to a wholeness--of being and doing, of realizing one’s potential and helping others do the same, of acting with honor and treating others with dignity, of living with integrity even in challenging circumstances” (p. 10).

*Chapter 9:  
power  
(pp. 128-146)*

The writer Andy Crouch offers this definition: Power is the ability to make something of the world... the ability to participate in the stuff-making, sense-making process that is the most distinctive thing that human beings do” (p. 130).

*Chapter 12:  
community  
(pp. 186-200)*

“We spend time in communities to enjoy math because, as Bill Thurston said (in response to a person who worried that they would never do anything original in math), the real satisfaction is in the learning and sharing” (p. 189).

*Chapter 13:  
love  
(pp. 201-215)*

“Wouldn’t it benefit us to learn from those persons most different from us, to honor their ideas, to have a posture of humility and not arrogance toward the experiences that they bring?” (p. 207).

*epilogue  
(pp. 216-224)*

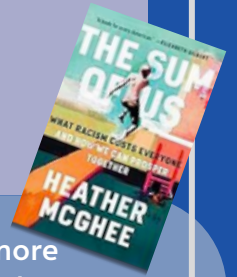
“Chris: It definitely takes more than mere concentration. Mathematics takes creativity. Francis: Yes, and indeed, exploration stimulates creativity” (p. 217).

*2 chapters of  
your choice!*

*“There may be a Christopher or a Simone already in your life. You can mutually encourage each other” (p. 224).*

## *Suggested Reading*

## *snippets*



*Chapter 1:  
An Old Story: The  
Zero-Sum Game  
(pp. 1-16)*

“Today, the zero-sum paradigm lingers as more than a story justifying an economic order; it also animates many people’s sense of who is an American, and whether more rights for other people will come at the expense of their own” (p. 9).

*Chapter 2:  
Racism Drained  
the Pool  
(pp. 17-40)*

“There is such a strong cultural prohibition on being racist that it’s important to look at what voters feel and perceive, not just what they say. Race isn’t a static state; it’s better understood as an action, and one of its chief functions is to distance white people from people who are “raced” differently” (p. 36).

*Chapter 3:  
Going Without  
(pp. 41-66)*

“Our research showed that color-blind approaches that ignored racism didn’t beat the scapegoating zero-sum story; we had to be honest about racism’s role in dividing us in order to call people to their higher ideals” (p. 64).

higher education (pp.41-48) | healthcare (pp. 49-63)

*Chapter 4:  
Ignoring the Canary  
(pp. 67-102)*

“Maynard and the Tomlins’ suit for deceptive, unfair, and excessive fees and breach of fiduciary duty to the borrower prevailed in 2000, with a settlement of about \$10 million. “So borrowers all over North Carolina got checks, thanks to Janice and Isaiah,” Maynard said with pride”” (p. 100).

*Chapter 5:  
No One Fights  
Alone  
(pp. 103-138)*

“In order to keep what Du Bois called a psychological wage, white workers needed not to contest too strongly for more material wages. To fight for a fairer system, the working class would have needed collective action, which has always been in tension with the pull of American racism” (p. 124).

*Chapter 6:  
Never a Real  
Democracy  
(pp. 139-166)*

“The big-money campaign finance system is like so much of modern-day structural racism: it harms people of color disproportionately but doesn’t spare non-wealthy white people; it may be hard to assign racist intent, but it’s easy to find the racist impacts” (p. 161).

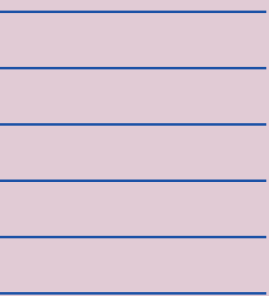
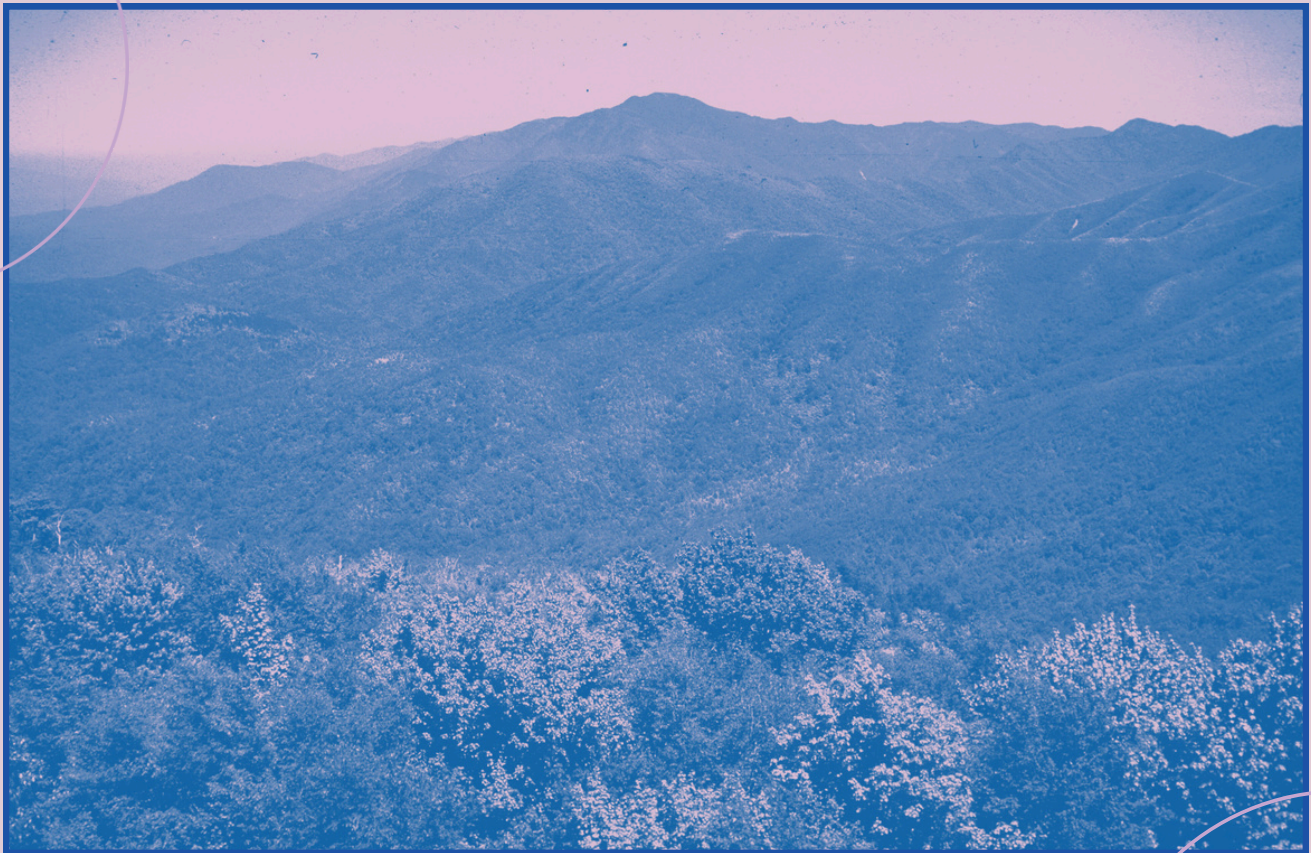
LEADERSHIP MARKED BY

REFLECTION,

DIALOGUE, AND

WORKING ACROSS

DIFFERENCE





*Connecting to NC:  
Pauli Murray Center in  
Durham (link)*

What is made possible through reading a singular story?

What is made possible through differing perspectives of the same story?

What is made is possible through a collection of stories?

What is made possible through reading as a collective?

What questions or curiosities does our collective reading raise?

What limitations surface for you, individually? For us, as a collective?

How do our collective questions shape our ideas about leadership?



# Four Pivots

making meaning: questions during reading

WHAT OR WHOSE  
STORY DID YOU FIND IN  
THE TEXT?

WHOSE VOICE IS  
REFLECTED IN THE TEXT?  
ARE MULTIPLE  
PERSPECTIVES PRESENT?

WHAT TOOK YOU BY  
SURPRISE?

# Four Pivots

making meaning: questions during reading

HOW DO YOU  
NAVIGATE CONFUSION  
WHEN ENCOUNTERING  
SOMETHING  
UNFAMILIAR WHILE  
READING?

HOW DOES COMMUNITY  
SHOW UP IN THE TEXT?

ARE THEMES OF CHANGE  
OR TRANSFORMATION  
PRESENT IN THE TEXT?

# Four Pivots

making meaning: questions during reading

WHAT CURIOSITIES  
DOES THE TEXT STIR UP  
FOR YOU?

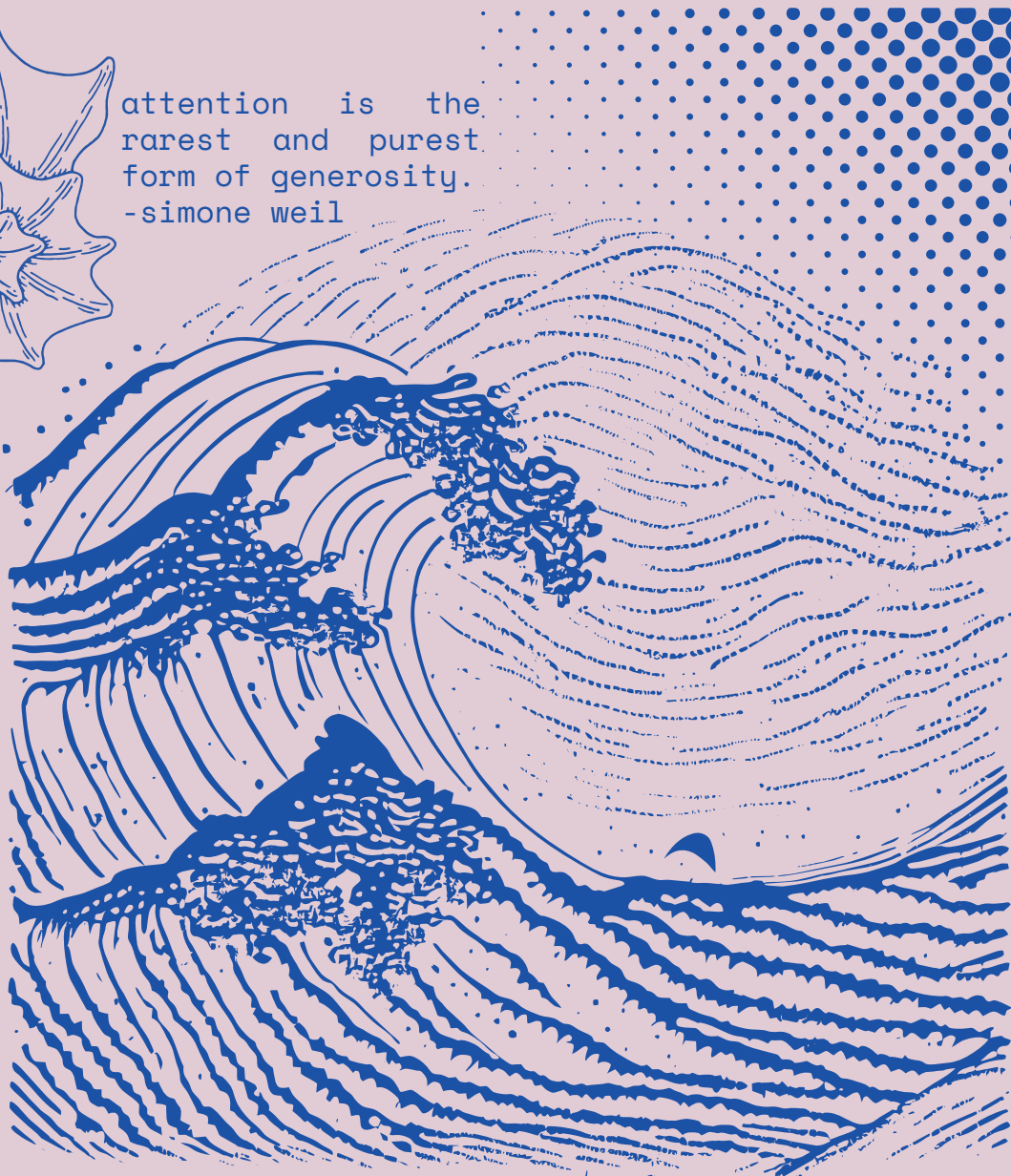
HOW DID IT FEEL TO  
BEGIN READING? WHAT  
ENERGY OR FOCUS DID IT  
TAKE TO COMPLETE THE  
TEXT, IF YOU DID? WHAT  
DID IT REQUIRE OF YOU  
TO FINISH READING?

WHAT ARE YOU LEFT  
WONDERING?





attention is the  
rarest and purest  
form of generosity.  
-simone weil



# COMMUNITY

# COLLECTIVE CARE

When I travel to these places, I speak their names out loud. The past few centuries have been tough on these lands and waters, and in my imagination, they take comfort in hearing their proper names spoken with a sense of familiarity. Colonized places give us a flipped sense of what is familiar and what is exotic; and it can be hard to remember that Bath, New Bern, and Raleigh are foreign names in these lands. - Ryan Emanuel, *On the Swamp: Fighting for Indigenous Environmental Justice* (p. 30)



# The Sum of Us

turning to the text: questions before reading

What curiosities are you bringing to the text?

What assumptions are you bringing to the text, and from where do those assumptions come?

What are you hoping to learn from this text?



## making meaning: questions during reading

What or whose story did you find in the text?

Whose voice is reflected in the text? Are multiple voices or perspectives present?

What took you by surprise?

How do you navigate confusion when you encounter something unfamiliar?

How does community show up in the text?

Are themes of change or transformation present?

What questions or curiosities did the reading stir for you?

How did it feel to begin reading? What energy or focus did it take you to complete the text? What did it require of you to finish reading, if you did?

What are you left wondering?



# The Sum of Us



## remembering connections: questions before; during; after reading

In what ways does the text connect and/or contrast with your life story?

How does the text shape your ideas about leadership?

What ideas or themes might the text offer for North Carolina?  
North Carolinians?

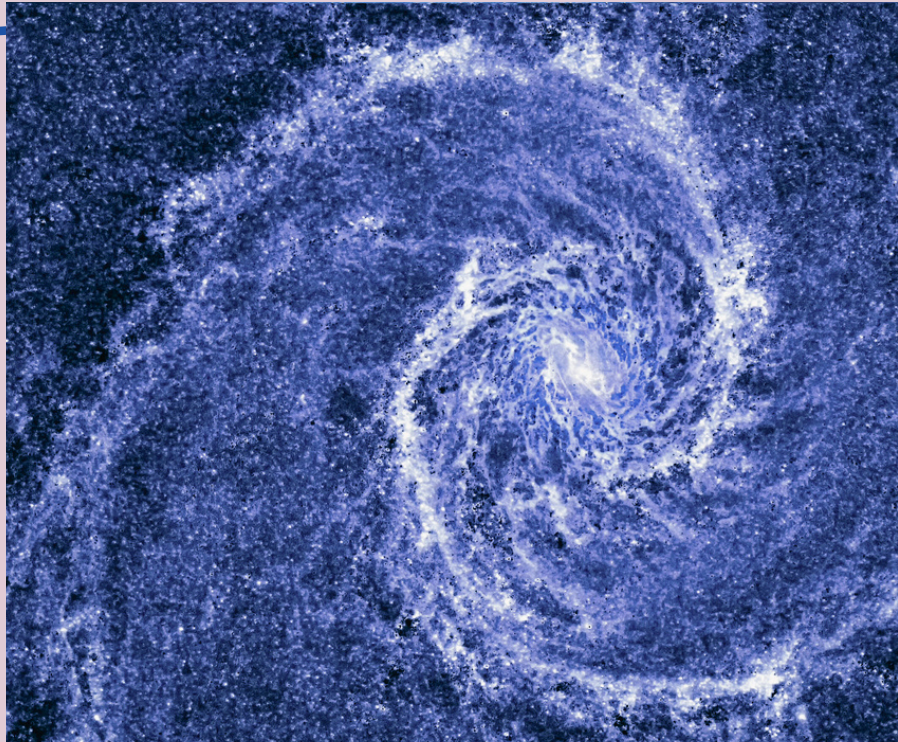
What will you carry with you from this reading?

What might you need to know, do, or have next?

## Committing to Take Care of One Another:

Taking the...vow to help others implies that instead of holding our own individual territory and defending it tooth and nail, we become open to the world that we are living in. It means we are willing to take on greater responsibility, immense responsibility. In fact, it means taking a big chance.

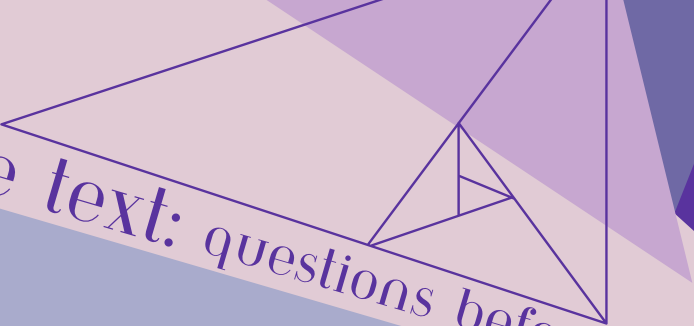
-Chögyam Trungpa Rinpoche,  
Pema Chödrön, *Living Beautifully* (p. 59)



**Since colonization has produced fragmentation and dismemberment at both the material and psychic levels, the work of decolonization has to make room for the deep yearning for wholeness, often expressed as a yearning to belong, a yearning that is both material and existential, both psychic and physical, and which, when satisfied, can subvert and ultimately displace the pain of dismemberment. -M. Jacqui Alexander, *Pedagogies of Crossing* (p. 281)**

# Mathematics for Human Flourishing

turning to the text: questions before reading



What curiosities are you bringing to the text?

What assumptions do you bring to the text, and from where do those assumptions come?

What are you hoping to learn from this text?



# Mathematics for Human Flourishing



## making meaning: questions during reading

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What or whose story did you find in the text?

Whose voice is reflected in the text? Are multiple voices or perspectives present?

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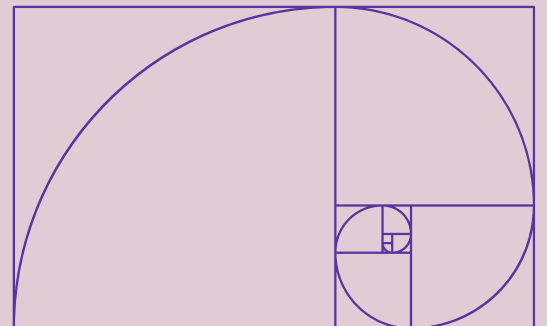
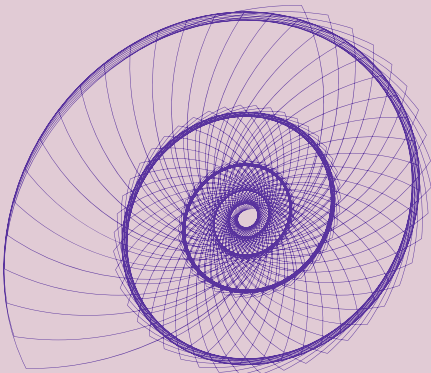
How did it feel to begin reading? What energy or focus did it take you to complete the text? What did it require of you to finish reading, if you did?

What are you left wondering?

# Mathematics for Human Flourishing

## remembering connections: questions before, during, after reading

<p>In what ways does the text connect and/or contrast with your life story?</p>		<p>What will you carry with you from this text?</p>
<p>How does the text shape your ideas about leadership?</p>	<p>What ideas or themes might the text offer for North Carolina? North Carolinians?</p>	<p>What might you need to know, do, or have next?</p>



mathematics for human flourishing

## discussion & resources

100 open-ended discussion questions  
(enlarging the set of questions in the book's appendix)  
plus additional resources for each chapter.

Carl Olsen design these chapter icons. Click to navigate quickly to chapter headings.



**Discussion & Resources | Mathematics for Human Flourishing**

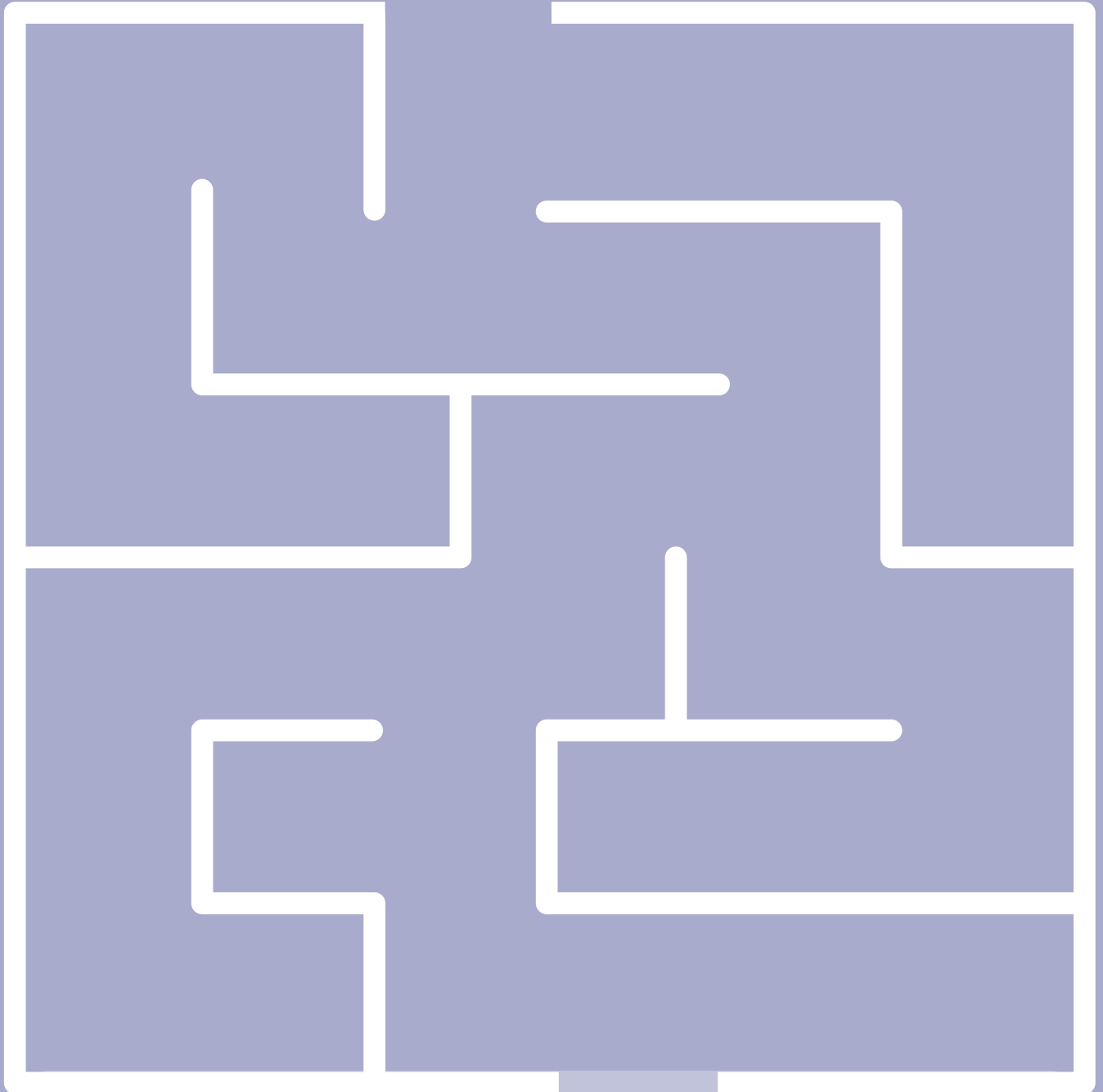
100 open-ended discussion questions plus additional resources for each chapter.

For further  
Reflection  
and Action,  
Resources  
and  
Discussion  
Questions,  
[click link here](#)

LIFE IS ABOUT RHYTHM.  
WE VIBRATE, OUR HEARTS PUMPING  
BLOOD. WE ARE A RHYTHM MACHINE,  
THAT'S WHAT WE ARE.  
-MICKEY HART



**OTHER NOTES, QUOTES, IMAGES TO REMEMBER...**





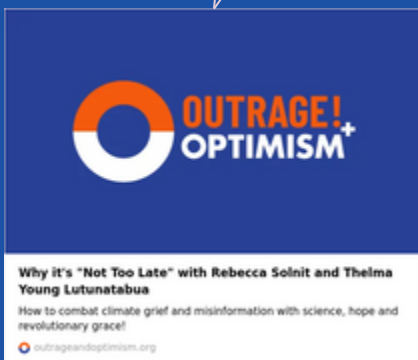
**NC Department of Environmental Quality  
2022 Report on NC Barrier Island ([link](#))**

# FURTHER CONNECTIONS



**Colette Pichon Battle — On Knowing What We're Called To**  
The stories we must tell as the places we come from transform around us. The courage we're called to. And love as life force and fuel.  
The On Being Project

**On Being Podcast episode ([link here](#)):  
Colette Pichon Battle, On Knowing  
What We're Called To**



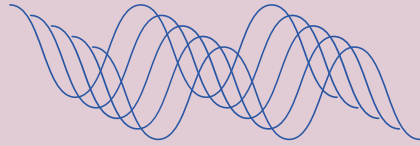
**Podcast episode ([link here](#)):  
Rebecca Solnit and Thelma  
Young Lutunatabua on  
climate change and hope**



**Not Too Late**  
Not Too Late is a project that aims to provide useful perspectives and information to those who care about climate - and move them from despair to possibilities  
nottoolate

**Not Too Late website  
([link here](#)) on climate  
hope and action**

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Summer Reading Collection Guide (2023)

<https://cdn.ymaws.com/www.fridayfellowship.org/resource/resmgr/202325fellowship/summer2023readingguide.pdf>

Seminar II Reading Guide (2024)

<https://cdn.ymaws.com/www.fridayfellowship.org/resource/resmgr/202325fellowship/202325ffseminar2readingguide.pdf>

