

A Message from the Race & Equity Task Force:

Our hearts break with the news of the fatal shootings in Atlanta, which we recognize as part of a larger pattern of increased violence and racism against Asian Americans. While the pain and grief of this latest tragedy are fresh, racism and violence towards Asian Americans are as old as the foundation of white supremacy that our country was built upon. Words and statements are not enough to counteract systems that continue to perpetuate violence. Today we ask all members of the Seattle Presbytery community to take action, to stand in solidarity with our Asian American siblings in our churches, schools, neighborhoods, and communities. Please take time to look through the list of resources and ways to advocate, act, and learn and choose some way to act in this time of tragedy. Invite others in your circle to join you. Be bold and sacrificial, in accordance with Christ's bold and sacrificial love for all humanity.

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RESOURCES TO RESPOND TO ANTI-ASIAN VIOLENCE

Resources found from Brittany Packnett Cunningham @mspackyetti on Instagram and Stop AAPI Hate.

TAKE CARE OF YOURSELF

- Mental Health Resources
 - Crisis Line 1-800-273-TALK, for Asian Languages 1-877-990-8585
 - [Unity Collective Counseling](#) is a Seattle-area non-profit providing inter-sectional care and counseling for AAPI people and other marginalized groups
 - [Racial Trauma Toolkit by Boston College](#)
 - [A Directory of Asian, Pacific Islander, and South Asian American \(APISAA\) Mental Health Therapists](#) in Washington state
 - @SubtleAsianMentalHealth on Facebook is offering free 1-1 Supportive Listening Sessions

ADVOCATE

- Be a vocal supporter of Ethnic Studies in your local school district and educational institutions to better understand the centuries of violence the Asian American and Pacific Islander communities have experienced in the US.
- Contact your local government officials and ask what they are doing to address anti-Asian sentiment

ACT

- Support local Asian-owned businesses
- Reach out and check in with Asian American friends and family
- Visit stopaapihate.org
 - to report an act of hate towards the Asian American and Pacific Islander communities. Reporting these incidents will help in developing policies to advocate for
 - [Safety tips for those experiencing or witnessing hate](#)
 - Donate to enable Stop AAPI Hate to track and respond to the surge in racism and xenophobia
- FREE Bystander Intervention Trainings & Guide at www.ihollaback.org
- Support [Red Canary Song](#), a grassroots organization that aims to advocate for migrant sex workers, support migrant leadership, and fight against unjust policies

- Donate and support Asian-American Non-Profits:
 - [Asian American Advancing Justice](#)
 - [National Asian Pacific American Women's Forum](#)

LEARN

- Learn how anti-Asian sentiment is showing up in our community ([KIRO news](#) March 16, 2021)
- Books to Read
 - *Interior Chinatown* by Charles Yu
 - *The Joy Luck Club* by Amy Tan
 - *Know My Name: A Memoir* by Chanel Miller
 - *Minor Feelings: An Asian American Reckoning* by Cathy Park Hong