



Thank you for joining us for our second UR on the Move event - a virtual 8.46 mile bike ride in support of Venture North. Through this event, we not only want to raise funds for Venture North to continue in their commitment to equity in North Minneapolis, but also want to bring awareness to the heartbreaking reality of racial and economic inequity that still exists today.

Why a 8.46 mile bike? Because in the months since the tragic death of George Floyd, 8:46 has become a rallying cry for those seeking racial justice across the country. May it serve as a reminder of the disparities that still exist in our community and that we have much work to do to address these systemic injustices.

How to use this guide: Along the route - stop & reflect on the following thoughts and questions. If you are with others, take a moment to discuss. Note to Parents: This is just a guide... please use your discretion and feel free to skip or modify based on the ages of your kids.

Start

Before your feet are even on the pedals, get your feet on the ground and root yourself to this place, this moment, this time in history. Four-hundred years of inequality. Three months since the death of George Floyd. Take three deep breaths. What led or prompted you to move your body today? What does this distance mean to you? Take a moment to set an intention. The word intention is derived from Latin *intendere* or *intentio*, which means both “stretching” and “purpose.” How might this stretch you beyond the place you are currently - possibly toward a different state of mind, a new action, or a new commitment to working toward a more just world.

Halfway

Pause for a moment and consider these statistics: The Twin Cities are home to some of the nation’s biggest racial disparities. In 2018, the median black family income was \$36k while a typical white family would earn \$83k. That \$47k difference is one of the largest in the nation. About 25% of black families own a home - one of the lowest black homeownership rates in the US. In contrast, 76% of white families own a home ([source](#)). MN ranks 7th in the nation for public education, yet experiences a 23% HS graduation gap between white students and students of color, making it the worst in the nation ([source](#)). What is most surprising about these statistics? How might this shift your understanding or commitment to equity?

Finish!

You made it! Consider closing out this time by watching/listening to the music video of [Black Lives Matter by Dax](#) in a moment of bearing witness to the cry for justice. Now return to your breath. This time consider inhaling and exhaling as a form of breath prayer. Breathe in a phrase/word (generally in the form of turning to God) and breathe out the second phrase/word (request or need). Here are a few ideas: Breathe in Jesus, breathe out let me feel your love. Breathe in Loving God, breathe out make me an instrument of your peace. Breathe in Merciful God, breathe out forgive me today. After 3-4 deep breath prayers, return to your intention. How might your intention propel you to taking one next step beyond this virtual event? The next page is filled with resources, ideas, and next steps.

UR ON THE MOVE

Resources & Next Steps



PRAY

O God - we have been irresponsible by what we have done, as well as by what we have left undone. We have abandoned the way of peace. We have been impatient when we were unwilling to be persistent. We have been apathetic in our privilege, and insincere in our advocacy. Forgive us for all our failings, that we may be restored to the loving and compassionate beings that you created us to be. May it be so. Amen

(adopted from [a Prayer of Confession](#))



LEARN

While it is impossible to lay out all the possible opportunities for learning in this guide - we did want to include a few:

- If you have not already - check out [1619 - a New York Times audio series](#) hosted by Nikole Hannah-Jones.
- [Watch 13th](#) which explores the "intersection of race, justice, and mass incarceration in the US.
- [Watch Just Mercy](#) - a film based on the powerful and thought-provoking true story of young lawyer Bryan Stevenson and his history-making battle for justice.
- If you are looking for an opportunity to take a deeper dive, consider subscribing to [Anti-Racism Daily](#). Each day, learn how practices embedded in our politics, criminal justice system, and workplaces enforce systemic oppression - and what you can do about it.
- For parents - if you have not already - listen to this segment from [NPR: Talking Race With Young Children](#). Books and other media are a great way to open the door to conversation. Here is one [helpful resource](#) from Common Sense Media.



DONATE

Venture North is always looking for gently used bikes. If you have a bike to share - stop by Venture North between 10-5 on any Thursday - Saturday.

SUPPORT

Venture North is a program of [Redeemer Center for Life](#). RCFL is a Black-led inclusive development non-profit on the Northside. One fun way we can support their work is joining their upcoming Virtual Gala, on Saturday, September 12 at 7 pm. During this free online event, you will have an opportunity to learn more about RCFL's work and mission in North Minneapolis, hear stories from program participants, and invest in the future of this important racial justice work.

[RSVP or learn more here!](#)



AND DON'T FORGET...

If you haven't already - we would love for you to snag a photo. Tag us on social media [@urminneapolis](#). And if you share proof of your completed bike (through the Strava app or social media), UR will make a \$10 donation to Venture North for each participant!

