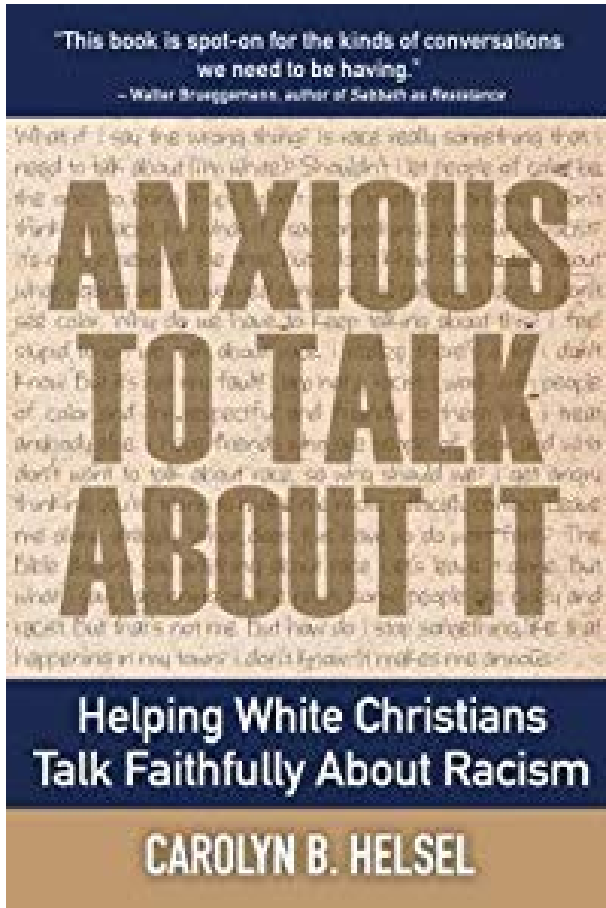


Anxious to Talk about It: Helping White Christians Talk Faithfully about Racism



Goodreads Rating:	3.80
ISBN13:	9780827200722
Author:	Carolyn B Helsel
ISBN10:	0827200722
Pages:	128
Published:	February 13th 2018 by Chalice Press

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"Wait...

We're talking about what? I'm not so sure I want to do that." When it comes to discussing racism, many white people are overwhelmed with anxiety, leading to a fight-or-flight response. In *Anxious to Talk About It*, pastor and professor Carolyn B. Helsel draws on her successful experiences with white congregations to offer us tools to embrace and explore these anxious feelings. Through the sharing of our stories, new insights on racial identity, and spiritual practices to help you engage racial justice concerns prayerfully, you'll begin to overcome your anxiety and learn to join conversations with fear, more compassion, and more knowledge of self, others, and the important issues at stake. Helsel's words and guidance will inspire you to receive the gifts that come through these difficult conversations and point to how you can get further involved in the important work around race relations. While *Anxious to Talk About It* can be read alone, reading it with a group is strongly recommended to help deepen and broaden the discussion, integrate the material and practice with others. Free Study Guide available at www.chalicepress.com.