

# Truth Commission Assessing Race Equity (T-CARE) 2023

## Courageous Agreements Litany

- **We affirm inherent worth and dignity.**
  - o Breathe in and know that you are fearfully and wonderfully made
  - o breathe out and let go of inferiority and superiority
- **We will listen to understand**
  - o Breathe in and still your mind and heart
  - o Breathe out and let go of judgment
- **We will take responsibility**
  - o Breathe in and know your own power and impact
  - o Breathe out and stop hiding behind your intent
- **We will Make Room for Diverse Voices**
  - o Breathe in and welcome uniqueness
  - o Breathe out and let go of conformity
- **We will Embrace Ambiguity**
  - o Breathe in beautiful uncertainty
  - o Breathe out and let go of need for control
- **We will Preserve Integrity of Stories**
  - o Breathe in the honor of receiving stories
  - o Breathe out and let go of ownership
- **We will Show up for one another**
  - o Breathe in presence: you are here
  - o Breathe out and let go of distractions
- **We will be Courageously Present**
  - o Breathe in kindness
  - o Breathe out and let go of niceness
- **We will Ask for a Sacred Pause when needed**
  - o Breathe in abundance of time
  - o Breathe out and let go of expectations
- **We will Step up and step down**
  - o Breathe in to listen
  - o Breathe out to speak
- **We Commit to reconciliation in Christ**
  - o Breathe in and hold on
  - o Breathe out and let go