

Faithfully Uncomfortable: A 21-Day Journey Toward Racial Equity

The Last Seven Words of the Unarmed: A Choral Meditation

The Seven Last Words of the Unarmed by Joel Thompson, sung by The University of Michigan's Men's Glee Club and orchestra, conducted by Dr. Eugene Rogers, is a deeply moving, 14-minute work.

Preparing to listen and respond prayerfully

- In order to be fully present to this powerful composition block out forty-five minutes of undisturbed time.
- Begin by slowly reading each of the “seven last words” several times. Be with each “last word” for a few minutes.
- Consider spending eight minutes and 46 seconds for this time of preparation.
- Listen to the performance on youtube:
<https://www.youtube.com/watch?v=zdNXoqNuLRQ>
- As you listen have the seven last words available.
- Following your experience with this choral work take some deep breaths and enter into silence. Notice if God seems to be wanting to say something to you through this experience.
- Consider spending some time journaling about this experience.
- To learn more about *The Seven Last Words of the Unarmed* spend some time with this website: <https://sevenlastwords.org/about/> You will find a variety of ways to explore this work under the Educational Resources listing.

The words for each of the seven movements in the work the last words of seven unarmed men whose stories we have experienced.

“Why do you have your guns out?” Kenneth chamberlain, age 66

“Why are you following me for?” Trayvon Martin, age 16

“Mom, I’m going to college.” Amadou Diallo, age 23

“I don’t have a gun. Stop shooting.” Michael Brown age 18

“You shot me! you shot me.!” Oscar Grant, age 22

“It’s not real!” John Crawford, age 22

“I can’t breathe.” Eric Garner, age 43

- Consider listening to this work several times during the 21-days.



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