



Start using your new perspective. Try it out. Be curious. Tolerating distress and discomfort of growth is a practice that never ends, and you will never reach your potential as an anti-racist without growth.

# GROW.

Be curious. What are you learning? Look for the "Yes, and..."



# LISTEN.

# SIT.



When you feel the distress of a growth opportunity, it's time to practice. Stay put, stay open. Suppress the urge to leave, or fix things.



What does this have to do with anti-racism?!

It wasn't easy. Your dream of becoming a tall tree, branches reaching to the sky and rooted deep into the earth meant you had to grow beyond the confines of yourself. It was painful. It was uncomfortable. If you're lucky, it will happen again, and again.

## ACT

on what you learned in this zine

## JOIN

virtual meetings & events

## DONATE

to deepen our learning



WHITE FOLKS ANTI-RACISM CAUCUS

<https://wfarcaucus.org>

## GROWTH TOLERANCE

# WHAT THE FARC!?

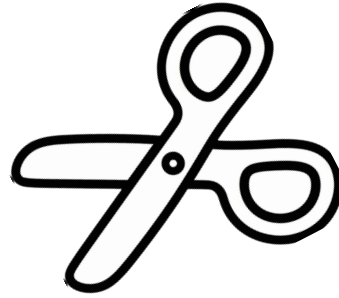
WHITE FOLKS ANTI-RACISM CAUCUS  
(PRACTICING IN HIV SPACES)

Imagine you are a seed. Safe, dreaming of one day being what you were meant to be (a tree or perhaps a squash).



...You grow

# WFARC Zines



## Why Are We Making Zines?

The White Folks Anti-Racism Caucus (WFARC) have been working to make HIV spaces safer for our Black and Brown siblings. We are working on ourselves because we know we have done harm. We also want to get more white folks to do anti-racism work with us.

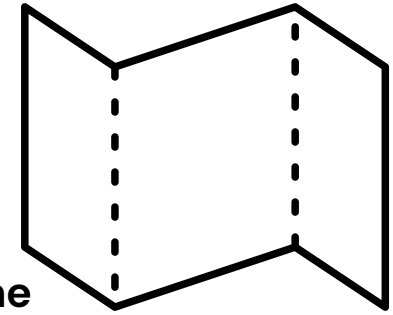
### You can help!

**Act** There are a lot of white people to reach! We would appreciate you sharing our zines far and wide. Act on something you learned from one of our zines. There is no change too small. Every tweak gets us closer to liberation for all.

**Join** We would love for you to join us in this work. The White Folks Anti-Racism Caucus meets every other Thursday via zoom. We also hold public education sessions from time to time. Request to join our listserv at [barb@pwn-usa.org](mailto:barb@pwn-usa.org).

**Donate** We are raising funds to help further our work. We value the insight and benefit from the lived experiences of people of color and we are committed to pay for that expertise. If you agree and have the means, please consider making a donation. You can use the QR code on the back of any of our zines.

## Instructions: How to Make Your Zine



### Step 1

Print out your zine at 100% (no scaling) on letter size paper.

### Step 2

Fold the paper in half longways, following the line. Unfold it.

### Step 3

Fold the paper in half sideways, following the lines. Fold it again in half sideways.

### Step 4

Unfold everything. You should see 8 rectangles.

### Step 5

Fold the paper sideways again.  
Cut ONLY the center fold halfway (dashed line)

### Step 6

Unfold slightly, then push the two sides inward to form a small book. Fold it flat — now you have your fanzine!

### Step 7

Enjoy your zine!