

Hey y'all

We recorded this episode a couple weeks ago, but we wanted to add a statement to acknowledge the current events around the murder of George Floyd. We are not a huge platform, but we want to do what we can to amplify and validate Black voices. It felt insensitive and wrong to air this episode without such a statement, and though we are not experts on the nuances of racial oppression in the United States, there is no doubt that now is the time to stand with and support our Black community.

If you are looking for ways to help, please consider donating to any or all of these charities:

- [Minnesota Freedom Fund](#)
- [Black Visions Collective](#)
- [Atlanta Solidarity Fund](#)
- [George Floyd Memorial Fund](#)
- [Louisville Community Bail Fund](#)
- [I Run With Maud Fundraiser](#)

We will provide links to all of these on our resources page for this episode.

If you are a white listener, and feeling confused or conflicted about the protests happening around the country, please consider reading and following these excellent Black writers. Again, we will link to all of these people on the resources page.

- [Roxane Gay](http://www.roxanegay.com/) (<http://www.roxanegay.com/>)
- [Eugene Robinson](#) ([twitter](#))
- [Colbert I. King](#) ([twitter](#))
- [Bree Newsome Bass](#)
- [Tressie McMillan Cottom](#) ([twitter](#))
- [Mikki Kendall](#) ([twitter](#))
- [Jamelle Bouie](#) ([twitter](#))

We talk a lot on this podcast about communication. A big part of that is listening. Take the time to educate yourself and try to be open to the experiences and struggles of others. Remember that if you're a white listener, this is not about you. This is a time to listen and learn and support our fellow citizens.