1. It is very important to acknowledge and accept this moment of pain and grief that emerges from centuries of protest and resilience. Honor your pain. It is priceless.

2. Amazingly, pain can lead to power; it is transformative. From Emmett Till as catalyst for civil rights to George Floyd as catalyst for global outcry, transformation is in our midst.

3. The Paraclete (Holy Spirit) is the constant that comforts, inspires, protects and liberates.