

Caring for Mixed Folks during the Holidays

Do you know Mixed students going home for Thanksgiving and/or Christmas? Here are some realities, conversation starters, and prayer points you can use when discussing the holidays with Mixed students (and faculty members), whether you live near their campus or in their hometown.

If you're monoethnic, hopefully this will give you insight to the Mixed experience. If you're Mixed, hopefully this will help you strategize as you care for Mixed folks—including yourself!

Reality: Not everyone goes home to family for the holidays

Conversation Starters:

- Are you going home to be with family? (If no, why not? Where will you go instead?)
- Have you thought about being Mixed much before? About your Mixed family?
- Are there good parts to being with your family for the holidays?
- What do you find challenging about going home? Do you have anyone to pray with?

Prayer Point:

Lord, we pray for a sense of safety and belonging.

Reality: Questions of identity and ethnicity can be uniquely complicated at home

Conversation Starters:

- Which family will you be with? Is one group more honored than another?
- Do you have siblings, cousins, etc. that experience the family differently? Do you feel looked down on and/or over-celebrated, because of your appearance? How do you cope with racism from people that love you, especially in a Mixed family?
- Do you have any ways in which you express (as a family or self) the joy of being Mixed? (for example: celebrating with a variety of foods, in different languages, various styles of relaxing/playing, etc.)

Prayer Point:

Lord, we pray for healthy relationships that come from true repentance and love.

Reality: Thanksgiving is complicated, and Christmas is tricky

Conversation Starters:

- How does your heritage play into/connect with gospel truths about the holidays?
- For Thanksgiving, how do you navigate the complicated aspect of a family-centered holiday that negatively stereotypes Native culture (especially if you're Native)?
- For Christmas, how do you respect other religions that might be part of your family, and/or fight against majority-culture expectations of uniformity?

Prayer Point:

Lord, show us how to celebrate your goodness in spirit and in truth.