CHRIST
Lutheran Church

Resource Guide for Navigating Civic Anxiety

In a world where headlines shift by the hour and the weight of civic responsibility can feel overwhelming, it's not uncommon to experience a sense of unease, helplessness, or fear. Whether produced by political unrest, social injustice, environmental concerns, or the swift pace of change, civic anxiety can leave us feeling disconnected, helpless, and uncertain about how to engage meaningfully.

This resource guide was created to offer grounding, clarity, and empowerment. These resources can help you reconnect with your values, your voice, and your sense of agency.



Christ Lutheran Church
2011 Brandon Rd., SW
Roanoke, Virginia 24015
(540) 982-8334
https://christlutheranroanoke.org/

To view this resource guide online with additional resources, scan the QR code:

Staying Informed Without Overwhelm

In times of uncertainty or upheaval, staying informed can feel both essential and overwhelming. The constant stream of news and updates can feed our civic anxiety just as easily as it can ground us in reality. This section offers tools and approaches for engaging with information in a way that supports clarity, not chaos.

Tips for Healthy Media Consumption

- Set time limits for news intake
- Use news digests or weekly roundups
- Balance news with uplifting or solution-focused content

Media Sources:

- Cardinal News - Independent, nonprofit, nonpartisan news organization covering Southwest and Southside Virginia: https://cardinalnews.org/
- Roanoke Rambler - unbiased, factual independent online and investigative news site: https://www.roanokerambler.com/about/
- PBS News - centrist, public television news producer: https://www.pbs.org/newshour/press-releases/new-research-confirms-pbs-the-most-trusted-and-unbiased-source-for-news
- The Associated Press - independent, nonpartisan journalism: https://www.ap.org/about/
- ProPublica - public interest investigative journalism: https://www.propublica.org/
- BBC News - publicly funded, impartial, independent broadcaster in UK that covers world news: https://www.bbc.com/news
- Ground News - multiple perspective local and international news: https://ground.news/
- AllSides - balanced from all sides of the political spectrum: https://www.allsides.com/unbiased-balanced-news

Seeking an Outlet

Civic anxiety can build when we have no place to put the feelings it stirs such as frustration, fear, grief, or urgency. Without an outlet, these emotions can become heavy and isolating. Finding an outlet can transform anxiety into energy, clarity, and resilience.

Reflect on your values and what kind of outlet aligns with them. Match your outlet with your energy:

- For high energy, consider physical outlets like walking, dancing, or protest art.
- For low energy, consider quiet activities like stretching, writing, or listening to music.

Activity suggestions:

- Journaling or using a mood-tracking app can help clarify what's going on internally.
- Art, poetry, music, and storytelling are powerful ways to process complex emotions. You don't need to be "good" at it - just honest!
- Yoga, tai chi, or deep breathing can help regulate your nervous system.
    - Apps like *Insight Timer* or *Headspace* offer guided sessions.
- Connect with others - join a support group, attend a community event, or talk to a trusted friend. Shared experiences can reduce isolation and offer new perspectives.
    - Points of Diversity - nonprofit in SW VA that seeks to include all diversity living in the area: https://www.pointsofdiversity.org/
- Learn and reflect - reading books or listening to podcasts about resilience, activism, or mental health can be both validating and inspiring.
    - Roanoke Change Academy - reading series to strengthen advocacy efforts: https://bookcityroanoke.com/the-change-academy/
    - A list of recommended reading on racial injustice and racism can be found in the online version of this guide under "Additional Resources".
- Try a new hobby or volunteer opportunity. Explore local classes, workshops, or community projects.
    - Roanoke City Parks and Rec: https://www.playroanoke.com/
    - Roanoke County Parks and Rec: https://www.roanokecountyva.gov/2486/Things-to-Do
    - Volunteer Match connects residents with local nonprofits and civic projects: https://www.volunteermatch.org/search/orgs.jsp?r=10.0&l=Roanoke%2C+VA%2C+USA&o=distance
- Shop at a mercado, black-owned business, or an Asian grocer.
    - Black-owned business resources can be found in the online version of this guide under "Additional Resources".

Taking Action and Reclaiming Agency

Civic anxiety can leave us feeling overwhelmed, powerless, or disconnected in the face of social and political challenges. But advocacy, in the form of speaking up, organizing, and taking action, offers a powerful antidote. Advocacy isn't about fixing everything at once; it's about finding meaningful ways to contribute, connect, and care—both for your community and for your own well-being.

Civic Education and Engagement

- Civics for Democracy webpage: https://www.learningforjustice.org/civics-for-democracy
- Roanoke City Council Meetings: https://www.roanokeva.gov/2846/Council-Meeting-Agendas
- Roanoke Neighborhood Advocates: https://www.roanokeva.gov/1418/Roanoke-Neighborhood-Advocates

Faith-Based and Interfaith Advocacy

- Virginia Interfaith Center for Public Policy: https://virginiainterfaithcenter.org/
- Virginia Synod: https://vasynod.org/

Disability Rights and Inclusion

- The ARC (disability rights): https://thearc.org/about-us/mission-values
- The Disability Law Center of Virginia: https://www.dlcv.org/

Racial and Social Equity

- Standing for Equity in the Roanoke Valley (SERV): https://standing4equity.com/
- NAACP Roanoke Chapter: https://www.rrwilkinsonfoundation.org/roanokenaacp
- Roanoke Diversity Center: https://www.roanokediversitycenter.com/

Youth and Community Advocacy

- Youth Advocate Programs: https://www.yapinc.org/Get-Involved
- Boys and Girls Club of America: https://www.bgca.org/empowering-kids/youth-advocacy/

Refugee and Immigrant Support

- Resources to assist refugees: https://www.globalrefuge.org/
- Roanoke Refugee Partnership: https://www.roanokerefugeepartnership.org/
- Roanoke Asylum Seekers Support Network: https://www.rassn.org/
- AMMPARO (Accompany Migrants with Protection, Advocacy, Representation, and Opportunities): https://www.elca.org/our-work/relief-and-development/ammparo

Environmental Advocacy

- Sustainable Roanoke: https://www.sustainableroanoke.org/
- Beyond Plastics: https://www.beyondplastics.org/

LGBTQIA+ Rights and Legal Advocacy

- Transgender Law Center: https://transgenderlawcenter.org/
- National Center for LGBTQ Rights: https://www.nclrights.org/
- Equality Virginia (local advocacy organization): https://equalityvirginia.org/

Additional Resources

Online Resources for LGBTQIA+ Community:

- ELCA: https://www.elca.org/our-work/publicly-engaged-church/resources-for-the-lgbtqia-community
- GLAD: https://glaad.org/resourcelist/
- GLSEN (LGBTQ+ Student resources): https://www.glsen.org/
- Human Rights Campaign: https://www.hrc.org/resources
- National LBGTQ Task Force: https://www.thetaskforce.org/resources/
- The Trevor Project: https://www.thetrevorproject.org/resources/

Books, Online Publications, Podcasts, and Viewings on Racism:

An Incomplete List of Recommended Reading on Race in America Print:

- Alexander, Michelle: The New Jim Crow
- Angelou, Maya: I Know Why the Caged Bird Sings
- Baldwin, James: The Fire Next Time and I Am Not Your Negro
- Bald, Vivek: Bengali Harlem and the Lost Histories of South Asian America
- Ball, Edward: Slaves in the Family
- Brown, Adrienne Maree: Pleasure Activism: The Politics of Feeling Good
- Coates, Ta-Nehisi: Between the World and Me
- Colby, Tanner: Some of My Best Friends Are Black
- Ewing, Eve: Ghosts in the Schoolyard
- Foner, Eric: Reconstruction: America's Unfinished Revolution
- Forman Jr., James: Locking Up Our Own: Crime and Punishment in Black America
- Fullilove, Mindy Thompson: Root Shock: How Tearing Up City Neighborhoods Hurts America, and What We Can Do About It
- Haga, Kazu: Healing Resistance: A Radically Different Response to Harm
- Hahn, Steven: A Nation Under Our Feet: Black Political Struggles in the Rural South from Slavery to the Great Migration
- Halpin, Dennis Patrick: A Brotherhood of Liberty: Black Reconstruction and Its Legacies in Baltimore, 1865-1920. Purchase at https://www.upenn.edu/pennpress/book/15968.html
- hooks, bell: Homegrown: Engaged Cultural Criticism and Talking Back: Thinking Feminist, Thinking Black
- Hurston, Zora Neale: Their Eyes Were Watching God Gay, Roxane: Bad Feminist
- Gilmore, Glenda Elizabeth: Gender and Jim Crow
- Green, Kristen: Something Must Be Done About Prince Edward County: A Family, a Virginia Town, a Civil Rights Battle

- Irving, Debbie: Waking Up White, and Finding Myself in the Story About Race 2
- Isenberg, Nancy: White Trash: The 400-Year Untold History of Class in America
- Jacob, Mira: Good Talk
- Kendi, Ibram X.: How to Be an Antiracist
- Kendi, Ibram X and Gill, Joel Christian: Stamped From the Beginning: A Graphic History of Racist Ideas in America
- King, Martin Luther, Jr.: The Autobiography of Martin Luther King, Jr.
- Kozol, Jonathan: Savage Inequalities
- Lewis, John: The March trilogy and *Walking with the Wind
- Lorde, Audre: Sister Outsider
- Macy, Beth: Truevine
- McCall, Nathan: Makes Me Wanna Holler
- Metzl, Jonathan: Dying of Whiteness: How the Politics of Racial Resentment is Killing America's Heartland
- Muhammad, Khalil Gibran: The Condemnation of Blackness: Race, Crime, and the Making of Modern Urban America
- Oluo, Ijeoma: So You Want To Talk About Race
- Owens, Lama Rod: Love and Rage: The Path of Liberation Through Anger
- Rankine, Claudia: Citizen
- Roberts, Dorothy: Fatal Invention: How Science, Politics, and Big Business Re-Create Race in the Twenty-First Century
- Rothstein, Richard: The Color of Law: A Forgotten History of How Our Government Segregated America
- Samaran, Nora: Turn This World Inside Out: The Emergence of Nurturance Culture
- Stevenson, Bryan: Just Mercy: A Story of Justice and Redemption
- Tatum, Beverly Daniel: Why Are All the Black Kids Sitting Together in the Cafeteria?
- Walker, Alice: The Color Purple
- Ward, Jesmyn: The Fire This Time: A New Generation Speaks About Race
- West, Cornel: Race Matters
- Willkerson, Isabel: The Warmth of Other Suns: The Epic Story of America's Great Migration
- Woodley, Ken: The Road to Healing: A Civil Rights Reparations Story in Prince Edward County, Virginia
- X, Malcolm: The Autobiography of Malcolm X
- Zinn, Howard: A People's History of the United States

Online Resources:

- Araujo, Mike: By the Numbers: What Does It Mean to Be Black in RI? https://motifri.com/black-in-ri/?fbclid=IwAR3hUzeJRtoYHwGkW9UuOmDJh9VE_MycTtKPcdfEZjZ6E7D_hHX-32o5B0
- Biss, Eula: White Debt https://www.nytimes.com/2015/12/06/magazine/white-debt.html
- Coates, Ta-Nehisi The Case for Reparations https://www.theatlantic.com/magazine/archive/2014/06/the-case-for-reparations/361631/
- Collins, Cory: What Is White Privilege, Really? https://www.tolerance.org/magazine/fall-2018/what-is-white-privilege-really
- DuBois, Joshua: The Fight for Black Men https://www.newsweek.com/2013/06/19/obamas-former-spiritual-advisor-joshua-dubois-fightblack-men-237610.html
- Kendi, Ibram X: A Reading List for Ralph Northam https://www.theatlantic.com/ideas/archive/2019/02/antiracist-syllabus-governor-ralph northam/582580/
- Ko, Lisa: Harvard and the Myth of the Interchangeable Asian https://www.nytimes.com/2018/10/13/opinion/sunday/harvard-and-the-myth-of-theinterchangeable-asian.html
- McIntosh, Peggy: White Privilege: Unpacking the Invisible Knapsack http://www.racialequitytools.org/resourcefiles/mcintosh.pdf and White Privilege and Male Privilege https://nationalseedproject.org/white-privilege-and-male-privilege
- The New Progressive: The Ultimate White Privilege Statistics and Data Post: https://www.thenewprogressive.net/ultimate-white-privilege-statistics/
- The New York Times 1619 Project: https://www.nytimes.com/interactive/2019/08/14/magazine/1619-america-slavery.html
- New York Times: Two States, Eight Textbooks, Two American Stories: https://www.nytimes.com/interactive/2020/01/12/us/texas-vs-california-history-textbooks.html
- Park, Martha: Even the Dead Could Not Stay: An Illustrated History of Urban Renewal in Roanoke, Virginia: https://www.bunkhistory.org/resources/even-the-dead-could-not-stay
- Southern Poverty Law Center: Whose Heritage https://www.splcenter.org/20190201/whoseheritage-public-symbols-confederacy

Podcasts About Race:

- Another Round Code Switch (NPR)
- The Daily (The New York Times)
- Identity Politics Intersection (New Republic)
- More Perfect (RadioLab)
- The Nod Race Matters (NPR)
- The Stoop Through Line (NPR)
- Pod Save the People (Crooked Media)

- 1619 (New York Times)
- About Race (About Race Radio)
- Code Switch (NPR)
- Momentum: A Race Forward Podcast (Race Forward)
- Seeing White (Scene on Radio)
- Intersectionality Matters! by Kimberlé Crenshaw (Apple podcast)
- Race Traitor by Phoebe Unter (Sound Cloud)
- Irresistible (Irresistible Movements)
- The Nod (Gimlet)
- The Stoop (The Stoop)
- Identity Politics (Laeta Consulting)

Viewing:

- Ibram X. Kendi on the difference between “antiracist” and “not racist”: https://www.cbsnews.com/news/ibram-kendi-talks-how-to-be-antiracist/
- PBS: Africa’s Great Civilizations: https://www.pbs.org/show/africas-great-civilizations/
- PBS: Slavery By Another Name https://www.pbs.org/tpt/slavery-by-another-name/
- Movies:
    - Dark Girls
    - I Am Not Your Negro
    - Roots

Events:

- The National Antiracist Book Festival: https://antiracismcenter.com/national-antiracist-bookfestival/
- Virginia Festival of the Book: https://www.vabook.org/

References:

Blankenship, M. (n.d.) *An incomplete list of recommended reading on race in America.* Roanoke City Public Library https://roanokeartscommission.files.wordpress.com/2020/07/related-reading.pdf

The Coalition of Occupational Therapy Advocates for Diversity. (n.d.) https://www.cotad.org/resources

Black-Owned Businesses in Roanoke:

Restaurants, Bars, Caterers

- 2Chill Restaurant - restaurant & bar in Downtown Roanoke that also regularly hosts live music
- 213 LUX Lounge - restaurant & club in Downtown Roanoke
- B&M's Grill - restaurant on Melrose Ave. in Roanoke
- Bent Mountain Salsa - Roanoke County based salsa company
- Cakes by Kelsey - Franklin County based baker specializing in cakes, cupcakes, and other desserts
- The Canteen Queen - catering, meal prep, and grocery delivery services
- Caramels by Sam - caramels and caramel popcorn
- Caribbica Soul - Caribbean & soul food restaurant in Downtown Roanoke
- Cheesesteak Factory & JERK HOUSE - Jamaican & cheesesteak restaurant with locations in Salem & Roanoke
- Chef Claytor's Dream on a Plate - food truck/catering
- Country Barn Restaurant - southern-style restaurant in Rocky Mount
- The Crusty Bark - food truck in Roanoke
- Delicia's Gourmet Ice - flavored ice and snow cones
- Delish Sweets & Treats - custom dessert shop in Downtown Roanoke
- Dillon's Hot Dogs - hot dog restaurant on Williamson Road
- Doc's Soul Food - soul food restaurant in Downtown Roanoke
- Gina's "Food with Flavor" - comfort food restaurant in Salem
- Granny's Grill - restaurant in Vinton
- Hamm's Fine Foods - mobile food business and caterer
- Heavenly Foods - soul food restaurant in Roanoke
- Hot Dog Hut - hot dogs & burgers on Williamson Road
- Island Jerk - Jamaican restaurant on Melrose Avenue in Roanoke
- Lazy Bulldog Bistro & Food Truck - restaurant and food truck on Williamson Road in Roanoke that specializes in burgers
- Master Sergeant BBQ - BBQ food trailer and catering; based in Vinton
- Morning Brew Coffee Company - coffee shop in the Taubman Museum of Art
- Queen's Vegan Cafe - vegan company that specializes in prepared meals, catering, and special pop-up events
- Roasters Next Door Coffee - local award-winning coffee shop with locations in Wasena & Vinton
- Scoony's Seafood - seafood restaurant in Downtown Roanoke
- Screaming Vegan - vegan fast-food restaurant in Northwest Roanoke
- Sistaz of Soulfood - restaurant & catering company in Vinton
- Sweets by Shaneice - bakery in Downtown Roanoke specializing in custom cakes
- TJ's Backyard BBQ - BBQ restaurant on Melrose Avenue
- Vibez Lounge & Grill - restaurant & nightclub in Downtown Roanoke

Clothing, Apparel, Shopping

- Artistic Expressions - vendors at the Roanoke City Market who make jewelry, birdhouses, canes
- beYOUtiful Creationz - custom apparel, drinkware, gift baskets, art
- CTK Apparel - local apparel company
- Flycodes Apparel - athletic performance apparel company
- Flylife Clothing - custom design and apparel company
- Frank's Cool Stuff - comics, anime, cards & collectibles shop in Salem
- Her Perfect Day Boutique & Design Studio - women's clothing and custom design services
- Hmble Hstle Clothing Co - apparel line
- Lovelight Design Studio - graphic design and t-shirt collections
- Shades of Color - clothing & accessory boutique store in Downtown Roanoke
- She's International - boutique shop in Downtown Roanoke featuring hand-picked items from around the world
- Tree Fairfax - hand-crafted leather goods

Entertainment & Things to Do

- Harrison Museum of African American Culture - museum of African American culture & history; located in Center in the Square in Downtown Roanoke
- The VR Center - virtual reality gaming in Valley View Mall
- Pullin Drag Striper Guide Service - Captain Wendell Dudley offers guided charter fishing trips at Smith Mountain Lake

Fitness & Wellness

- Get Fit wit Nish - certified fitness instructor & trainer who also owns Lit & Fit Sculpt for body sculpting products
- Mish Moves Dance Company - youth dance company
- Roanoke Kung Fu Academy - classes for Ving Tsun Kung Fu combat
- Simply Fitness by Diane - certified health coach & trainer who offers health and fitness classes
- The Sweet Spot - Yoni Steams - holistic vaginal therapy for women
- TerraView Wellness - massage therapy & holistic bodywork at The Haven on 5th in Old SW

Beauty, Spa, Salons

- Black Diamond School of Beauty - cosmetology school
- Beauty Within Hair Salon - hair & salon services
- Brighter Image Day Spa - salon & spa on Williamson Road
- Feel Good Nation Ground Zero - hair salon & barbershop
- Fusions Salon - hair & nail salon in SW Roanoke County
- Gracefully Natural - holistic & healing natural products for women, located in Franklin County
- Hair Attitudes Salon - beauty salon in Salem
- Inspired to Enhance - beauty & grooming consultants
- Nu Look Health & Beauty Supply - hair and beauty supply store on Melrose Avenue

- NuGenesis Hair Salon - hair salon in Northwest Roanoke
- Nessy's Naturals - natural & organic products for hair, body and environment
- P.ZAZ Salon & Spa - hair and nail salon in Daleville
- Precision Cuts - barbershop in north Roanoke
- Proud Pop's Barbershop - barbershop in the Wasena neighborhood
- Revive Organic Salon - salon in Roanoke specializing in natural products
- True Craft Tattoo - tattoo shop in Downtown Roanoke

Services

- Addicted to Detail - automobile detailing service
- The Angle House - AirBnB in Rocky Mount
- Blue Ridge Senior Services - home care services for seniors in Roanoke and surrounding areas
- Boxy Swedish Car Center - mechanic in Downtown Roanoke who specializes in Volvo vehicles
- Buster's Detail Shop - auto detailing business in Vinton
- Colors VA - local publication focused on issues for communities of color
- Dyon's Barbershop - barbershop in North Roanoke
- Five Star Touring - tour & chauffeur services
- Hamlar-Curtis Funeral Home & Crematory - funeral services
- The Humble Hustle Company - non-profit organization that organizes fundraisers and meal programs, sells apparel, and hosts events
- Mojai Events - wedding & event planning
- The Roanoke Tribune - publication focused on news and history related to the black community
- Roava Digital Marketing - digital marketing agency
- S&S Handwash and Detail - car wash & detailing services
- Saunders LawnCare - lawn care services
- Serenity Funeral Home - funeral services
- Swain Lawn Care - lawn care services
- Taylor Tutoring Services - tutoring & educational services

Local Artists

- Ann Artist - audio & visual artist
- Ashley Rhame - author, poet
- Bryan Hancock - musician, poet, producer, member of Harvest Blaque
- Chris Tribble - SnapKraklePop Photography - photographer
- DJ CMilli - DJ services
- Dylan Dent - rapper, singer, song writer
- Harvest Blaque & Co. - hip-hop, blues, rock & soul
- JoJo Stockton & Solacoustix
- Kahlil Alexander - hip-hop/rap artist
- Macklyn Mosley - musician & singer/songwriter
- Marc Rainey - photographer
- Phillip Barrett Jr. - fine art photographer
- Poe Mack - hip-hop artist, DJ, producer

- Rich Milz - hip-hop/rap artist
- Taye the Truth - writer, hip-hop artist, musician
- Theodore Taylor III - illustrator
- T.J. Anderson III - author, poet, Hollins University professor
- TyTylerTy - poet & rapper

Reference:

Virginia's Blue Ridge (2020, June 11). *Black owned businesses in Virginia's Blue Ridge*. https://www.visitroanokeva.com/blog/post/black-owned-businesses-in-virginias-blue-ridge/