

*Our goal is to create a beloved community and this will require a qualitative change in our souls as well as a quantitative change in our lives. Dr. Martin Luther King Jr.*

Dear HEAL Friends,

April is the 40<sup>th</sup> anniversary of the death of Dr. Martin Luther King, Jr. There are many local events this month, more than we can fit onto our email newsletter. You can find more events on our [online calendar](#) as well as by clicking through the links in this email. If there is anything we have missed, please let us know because, as always, we update our online calendar throughout the month.

To print or view the newsletter online, [click here](#).

### **40th Anniversary of Dr. King's Death at the Civil Rights Museum**

April 2-5

National Civil Rights Museum

Memphis will remind the world of what it calls "The Man, The Mission, The Movement," the 40th anniversary of the 1968 death of Dr. Martin Luther King Jr., including the first convention of Rev. Al Sharpton's National Action Network outside New York. For a complete list of events, visit the National Civil Rights Museum [website](#).

### **40 Years: Honoring Dr. King's Legacy**

April 1-10

We Are the Beloved Community is sponsoring several events to honor the memory and legacy of Dr. King. For a list of events, visit their website, [wearethebelovedcommunity.org](#).

### **National Action Network Convention**

April 2-6

[The Peabody Hotel](#)

The annual national convention of Rev. Al Sharpton's National Action Network meets at The Peabody with guests scheduled to include Harry Belafonte, comedian Mo'Nique and the widow of civil rights activist Medgar Evers, Myrlie Evers-Williams. For more information, visit [nationalactionnetwork.net](#).

### **Green for All Presents: The Dream Reborn**

April 4-6

[Cook Convention Center](#)

For details visit [dreamreborn.org](#).

### **Common Ground**

Common ground starts with six weeks of discussion about race and community and then it truly begins with action plans developed by the participants to make our community better for people of all color, in specific, measurable, tangible ways. This is a 6 week commitment beginning in April with opportunities to participate again in June. For more information, visit [commongroundmemphis.org](#).

### **Cultural Awareness Circles**

April 8, 15, 22

7:30-9:30 pm

April 26

1-3 pm

Mankind Lodge ([map](#))

Cultural Awareness Circles are a safe place and time to focus on cultural issues and isms that exist in our lives and communities. The ultimate goal is to promote learning, healing and growth between people, communities and cultures. The last Tuesday meeting of the month will be devoted to the discussion of the book *The Gender Knot* by Dr. Alan Johnson. For more information, call 901.870.8696 or email [info@healfoundation.org](mailto:info@healfoundation.org).

### **Mindful Communication Reading Group**

April 10 and 24

6:30-8 pm

2754 Lombardy ([map](#))

Come join us as we Build Community while reading Parker Palmer's *The Active Life*. This seminal book engages the Spirit and Truth of the Active Life. What spiritual sources can we draw on to receive guidance for--and from-- our lives in the world of action? *The Active Life* is Parker J. Palmer's deep and graceful exploration of a spirituality for the busy, sometimes frenetic lives many of us lead. Telling evocative stories from a variety of religious traditions, including Taoist, Jewish, and Christian, Palmer shows that the spiritual life does not mean abandoning the world but engaging it more deeply through life-giving action. He celebrates both the problems and potentials of the active life, revealing how much they have to teach us about ourselves, the world, and God.

Please bring a copy of *The Active Life* which can be purchased at any local bookstore and read chapter 1 before coming. This group will meet every two weeks. For more information or to rsvp, contact Jean Handley at 901.722.8619 or [jeanhandley@bellsouth.net](mailto:jeanhandley@bellsouth.net).

### **Vanderhaar Memorial Symposium**

April 10

7-8:30 pm

[Christian Brothers University](#), Canale Arena

The Third Annual Vanderhaar Symposium will focus on the relevance of Dr. Martin Luther King's legacy in the twenty-first century. Rev. Bryan Massingale, S.T.D. will speak on "Dr. Martin Luther King's Vision and Practice: His Legacy, Present Struggles and Future Hopes."

### **Introduction to Meditation**

April 11-13

[Evergreen Yoga](#) and [Midtown Yoga](#)

An Om Yoga Weekend Workshop for Beginning & Experienced Meditators Alike. You've heard how mindfulness can improve the quality of your life... now experience it for yourself in this rare opportunity to learn from two highly-regarded teachers in the Shambhala tradition. David Nichtern and Ethan Nichtern (father and son) are known for their clear communication about mindfulness meditation. Their interactive weekend workshop introduces you to the many facets of mindfulness meditation. The 4 sessions, taught over the course of the weekend, will consist of discussion of mindfulness techniques, benefits of meditating, when/where/how to practice mindfulness, walking & moving meditation, and seated practice. Cost of Workshop: \$180 for the weekend workshop or you can register for each individual session at \$55 per session. For more info, contact Leah at [info@evergreenyogamemphis.com](mailto:info@evergreenyogamemphis.com) or [sarla@midtownyoga.com](mailto:sarla@midtownyoga.com).

**Sonia Nazario**

April 13

3-5 pm

[Christian Brothers University Theatre](#)

Facing History and Ourselves and The Allstate Foundation present this event as part of a series of community-wide dialogues across the U.S. Prominent scholars, authors, filmmakers and policy leaders will speak and participate in discussions about civic engagement, individual and collective responsibility, and tolerance. For more information visit [facinghistory.org](http://facinghistory.org).

### **Africa In April honoring the Gambia**

April 17-20

Robert R. Church Park, Downtown Memphis

This is a unique event that focuses on bringing African dignitaries, ambassadors, and culture to the Memphis Community on an annual basis. This years festival incorporates two components, training and networking. For more information on this 4 day event, visit [africainapril.org](http://africainapril.org).

### **Tear Down the Walls**

April 17

7 pm

Hope Presbyterian Church

Join us for an extraordinary Interfaith, Multi-cultural, community-wide gathering of adults, teens, kids, community choirs, musicians, featured soloists, civic and human rights leaders. For more information, visit [hopepres.com](http://hopepres.com).

### **Healing of the Races**

April 18

Healing of the races is one day set aside to begin a conversation of healing in our wounded city. The Rev. Dr. James Forbes of New York City and the Rev. Dr. C.T. Vivian of Atlanta, along with concerned community leaders, will assist us as we come together as a community of character to remember the past and look to the future. A future where a 'Healing of the Races' will become, not only a dream, but a reality. For a schedule of events, visit [healingoftheraces.org](http://healingoftheraces.org).

### **Servant Leadership Banquet**

April 18

6:00 - 8:00 pm

Caritas Village ([map](#))

Come and join us for a Pot Luck dinner and fellowship. Participants from various classes will share their stories.

### **Father Simon Harak**

April 19

4:30 pm

Binghampton United Methodist Church

Father Simon Harak will preach at Binghampton United Methodist Church 258 N. Merton.