

The privilege of a lifetime is being you you are. -Joseph Campbell

Dear HEAL friends,

February is a month rich in opportunities to learn about all the wonderful cultures around us! We at HEAL are looking forward to Black History Month, mardis gras, and the lunar or Chinese New Year as just a few of the vehicles we are planning to use to educate our children and our selves in the beautiful people, foods, and histories of the world. Most notably, there are numerous events around Black History Month. We have several listed in this newsletter and our calendar, but please allow us to link to the National Civil Rights Museum [events page](#). There are many events this month and extending into the rest of the year that range from exhibits to story time. We are fortunate to have such a resource in our city and encourage all of our friends to take a tour, especially if it would be a first or the first in many years.

As always, our newsletter can be found online and our calendar is updated throughout the month as events come to our attention. Please send us any events, conferences, or workshops that you will be sponsoring or attending and we would love to promote it as our service to the community.

Events

Cultural Awareness Circles

February 5, 12, 26

7:30-9:30 pm

February 2

1-3 pm

[Mankind Lodge](#)

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.

Black History Month Lectures: James Cone

February 6

7:30 pm

St. John's UMC ([map](#))

Memphis Theological Seminary will bring **James Cone** to Memphis for Black History Month. Call Rhonda McCarty at 334-5841 for more information.

Calvary's Lenten Preaching Series and Waffle Shop

February 7- March 14

Calvary Episcopal Church ([map](#))

During the season of Lent, the people of Calvary Episcopal Church in downtown Memphis invite you to enjoy the Lenten Preaching Series and Waffle Shop, which begins Thursday, February 7, and runs through Friday, March 14. A wide variety of presenters will speak from 12:05-12:40 p.m., each weekday and from 6:30-7:30 p.m. each Wednesday evening. Lunch will be available at the Waffle Shop each day of the series from 11:00-1:30. If time is limited and you would like to enjoy both the series and the Waffle Shop, "Lunches to Go" orders may be placed in Calvary's Great Hall from 11:30 to noon and picked up after the speaker's presentation.

Free parking and shuttle service will be available each day of the series from St. Mary's Episcopal Cathedral, 692 Poplar Ave. Shuttle vans will leave every ten minutes from 11:00 until 2:00. Parking spaces (\$5) in the Best Park lot behind Calvary will be reserved each day until 11:00. For more information about the Series, Waffle Shop, or parking, please visit the [Calvary website](#) or call Calvary at 525-6602.

Black History Series: Hope for the Journey, Jesus and the Architects of the African American Culture

Sundays in February

9 and 11 am

Fellowship Memphis Community Church

The pastors at the Fellowship focus on African American Culture in this sermon series. For more information on this series, visit fellowshipmemphis.org.

Mindful Communication Reading Group

February 14 and 28

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.

Community Building Retreat: Wilder Group

February 16, 17, 18

This three-day off-site workshop will use experiential techniques to familiarize the participants with the community-building process that will prepare the way for circles of trust. During the Community Building workshop, participants are gathered together over the course of three days for a total of 24 hours to work on a single goal, namely to become an authentic community. A community is a group of people who, in spite of the individual differences in their backgrounds and experiences, have been able to overcome and accept their differences, and are able to communicate openly and honestly and to work effectively together for the common good.

Seminar Mark Curriden and Hon. Bernice B. Donald: Contempt of Court

February 20

12-2 pm

The Peabody Hotel ([map](#))

Author and speaker Mark Curriden and Hon. Bernice B. Donald will present a seminar for Black History Month. Exactly a century ago, the case of a young black man from Chattanooga, Tennessee, dramatically changed the state and federal court systems as we know it today. Indeed, it redefined the practice of law. The amazing story of Ed Johnson, and his two lawyers was buried in dusty old law books. But, thanks to Mark Curriden's book, *Contempt of Court: The Turn-of-the-Century Lynching that Launched a Hundred Years of Federalism*, the events of 1906, 1907 and 1908 come alive. This is a continuing legal education program that you do not want to miss! For registration and other information, visit the [Memphis Bar Association](#) website.

Bridges Peacejam

February 23-24

Rhodes College

The work of Nobel Peace Prize Laureate **Rigoberta Menchu Tum** from Guatemala will be the focus of the upcoming [BRIDGES PeaceJam](#) Mid-South Conference. In addition to her presence at the conference, she will give a public talk at the University of Memphis at 4 p.m. on **Friday, Feb. 22**. Visit the Bridges website for more information.

A Talk with Erin Gruwell and Maria Reyes

February 28

7 pm

Crichton College ([map](#))

Erin Gruwell, the teacher portrayed in the film *Freedom Writers* and co-author of *The Freedom Writers Diaries*, will talk about reaching teen students from

undeserved and often violent communities with literature such as *Anne Frank: The Diary of a Young Girl* and *Zlata's Diary: A Child's Life in Sarajevo*. A booksigning to follow; Davis-Kidd will be onsite to sell books. This event free, community event is being co-sponsored by Facing History and Ourselves, Mid South Reads and the Commercial Appeal. RSVP's are not necessary. For more information, visit the [Facing History Website](#) or call Susan Snodgrass at 901-452-1776, ext. 224 or susan_snodgrass@facing.org.

Mindful Communication Workshops

March 1 and 2

4:00-6:30 pm

contact Jean Handley for location details

March 5 and 6

4:00-6:30 pm

Midtown Chiropractic ([map](#))

This workshop teaches simple communication tools to create positive connections with family, friends, colleagues, and others. The revolutionary nonviolent communication process is both simple and challenging to use and can transform your relationships at home and at work. Facilitated by Jean Hanley of Turning Point Partners. Total Cost is \$60 for both sessions, \$100 for partners attending together. For more information, contact Jean at 901.722.8619 or jeanhandley@bellsouth.net.