

HEAL February 2010

Loving is not just looking at each other, it's looking in the same direction.
-Antoine de Saint-Exupéry

February Reflections

by Stephan McLaughlin

From the Archives:

The Importance of Black History

A friend of mine asked me what I thought about an article he read that questioned the fairness and necessity of Black History Month. Do we really still need it? Why do we need a special history month for any group or part of our society? At some point will we have a Latino History Month?

My response has been sensitized with my newly acquired awareness around some of these 'issues' and '-isms.' By doing personal growth work around my own white privilege and racism, I am more acutely aware than ever before of the painful and discriminatory imbalance in the way history has been taught in our country. Since the first black slaves were brought to America over 500 years ago, we have primarily had White History, All Year, Every Year in our schools, textbooks and courses.

To read more, [click here](#).

Online Calendar



Because February is a busy month for community events, the newsletter will contain abbreviated information! Please [click here](#) to view the online calendar for more details. Thank you for continuing to send us your events.

The HEAL Community Calendar is updated regularly so be sure to check the Calendar for new events throughout the month! Submit events to info@healfoundation.org. To be in the monthly newsletter, all events must be submitted by the first day of the month. All other events will be added to the online community calendar as they are received.

Community Events

Shake Yourself Loose Meditation

Tuesdays
7pm - 8pm

[LifeLink Church](#)

Free weekly meditation group that also features discussions on different form of meditation. Meets on the third floor every Tuesday at LifeLink Church. For more information contact Greta at shakeyourselfloosemeditation@comcast.net.

Chinese New Year Festival at the University of Memphis

February 13

University of Memphis Rose Theater

Stage performances 2-4pm and 7-9pm. For tickets, call 901.340.9688 or email ticket@gmuca.org.

Introductory Taiji Pushing Hands Workshop

February 14

2-5pm

[Bryan Campus Life Center, Rhodes College](#)

Practicing specialized exercises from taijiquan, participants will develop tactile awareness and sensitivity, and gain skill in being rooted, balanced and centered physically, mentally and emotionally when confronted by external forces. No prior experience is necessary. \$20 workshop fee. For more information, email Milan.Vigil.

Back to Basics: A Reenactment of a 1940s Beginner AA Meeting

February 17
9:30am-3:00pm

[A Bridge to Recovery Southaven](#)

This is the way they used to orient people to 12 step recovery. In just 4 hours you can get a fantastic overview of the steps, how they are connected to the Big Book, and how it all comes together in AA. Facilitated by Carver Brown of Pine Grove Treatment Center in Hattiesburg, MS. No Charge for Workshop (Lunch available for \$10)

RSVP with Stephan McLaughlin at 901-870-8696 or Angie Garrett-Farrar at 662-280-5758.

Life Coaching Workshops with Cynthia Schulz

Wednesdays in February

9:30am

[The Memphis Jewish Community Center](#) announces Life Coaching Workshops with Cynthia Schulz as a part of their Center for Adult Learning! Cynthia Schulz of "Soar Creative Coaching...Lift by Design TM" has years of experience in corporate training as well as Life Coaching. The fee is \$45 per workshop for members of the JCC and \$60 per workshop for non-members. It is a requirement for attendees to pre-register and complete a simple form prior to the day of the workshop and will be limited to 15 participants. Each workshop will focus on a different subject. To register please call the MJCC at 901.761.0810 or register online at jccmemphis.org.

**Trinity Institute 2010 National Theological Conference
Building an Ethical Economy: Theology and the Marketplace
Memphis regional viewing and conference event**

February 19-20

[St. Mary's Cathedral](#)

For more information about the national conference, please visit www.trinitywallstreet.org/institute or contact Noel Schwartz at 901.378.9349 or nschwartz@aol.com.

Door of Hope Community Writers Retreat

February 19

9:30-3:30

[Door of Hope](#)

The day-long Retreat will be held at the Door of Hope with half-hour workshops featuring local writers, such as documentation David Wayne Brown, columnist Wendi Thomas, poet Pat Crocker and others. The fee is \$50 for the day, which includes lunch and an opportunity to be published in The Advocate. Space is limited. Call 525-6199 or email prewritte@bellsouth.net to sign up or for more information. Proceeds from the Retreat will further the purposes of the Door of Hope, a support center for men and women who have known homelessness, and those who still do.

MidSouth Sanctuary Metaphysical/Holistic Fair

February 20-21

[First Congo](#)

Readers, aura camera, crystals and other merchandise for purchase, mediumship, authors, energy healing, essential oils, and more!

Speakers all day both days beginning on the hour. Contact Mary Ellen Smith at info@midsouthsanctuary.com, 901.278.0098.

Sundays@Three

February 21

3pm

[Benjamin Hooks Central Library](#)

Live entertainment at its best on select Sundays. 'Round three o'clock the quiet of the Library is replaced with the sounds of music, dance and theatre. Feb 21 Celebrate Chinese New Year with an elaborate costume and pageantry showcase tribute to the "Year of the Tiger." Admission is free. To learn more, call 901.415.2726.

[Volunteer Expo](#)

February 25

[Oak Court Mall](#)

Learn about lots of unique opportunities and other ways to make a difference in our community. Visit with

representatives from more than 80 nonprofit organizations and find the perfect fit for you or your group. Discover opportunities to give as little as two hours or as much as two years. This event is FREE and open to the public. For more information contact Traci Allen at 523-2425 ext. 208 or tallen@volunteermidsouth.org.