

*Ring out the old, ring in the new,
Ring, happy bells, across the snow:
The year is going, let him go;
Ring out the false, ring in the true.
~Alfred, Lord Tennyson, 1850*

Our holiday promotion has been extended! Visit [our bookstore](#) to purchase any of our books for only \$10 each.

To view this newsletter online, [click here](#). Email your events to info@healfoundation.org. Our [online calendar](#) is updated regularly.

Mindful Communication Workshop

January 10

9 am-3 pm

Mid-South Peace and Justice Center, 1000 S. Cooper

In this workshop you will learn (by experience) simple communication tools to create positive connections with your family, friends, colleagues, and others. The Mindful Communication skills will help you to understand others better, to listen well, and to express your own needs and desires clearly.

Facilitator Jean Handley will introduce this way of being with each other that contributes to goodwill, mutual respect, and cooperation. Based on Marshall B. Rosenberg's work "Nonviolent Communication" and Thomas Gordon's "Effectiveness Training," this revolutionary process is both simple and challenging to use and can transform your relationships at home and at work.

This workshop is being offered on a donation basis. Email [Allison](#) to reserve your spot by Friday, January 9, at 10 am.

Cocoa Cookies and Classes

January 10

2-4:00 pm

[School of Servant Leadership](#) Building, 258 N. Merton

This is an opportunity to ask questions about the classes to be offered through the School of Servant Leadership for the Winter/Spring session. There will be hot cocoa and home made cookies, give aways and fellowship. For more information, call 901.320.7005.

27th Anniversary Celebration of the Mid-South Peace and Justice Center

January 15

6:30-9:00 pm

High Hall, BRIDGES, 477 N 5th Street

This celebration features keynote speaker Cindy Sheehan, a locally grown meal by chef Erik Waldkirch, the music of Andy Cohen and a performance by Playback Memphis. Tickets are \$35 per person or \$270 per table of eight and sponsorships and scholarships are available. For more information, visit midsouthpeace.org.

Intro to Meditation with Daniel LaMontagne

January 14

7:00 pm

[Whole Foods](#)

Learn the benefits of meditation at this free workshop.

Introduction to Insight Meditation

January 18-February 22

4-6:30 pm

[Eastern Sun Yoga](#)

This is a course designed primarily for those who are just beginning to meditate, but it will be helpful for those with more experience who want to learn more about this form of meditation. During each class, there will be periods of instruction, as well as meditation practice in a group setting. For more information, contact John Greer at jgreer@memphis.edu or 901.685.6985.

Blessed is the Match

January 25

7-9 pm

Beth Shalom Synagogue

This is a parent-student program exploring the topics of resistance and resiliency during the Holocaust. Blessed Is the Match is the first documentary feature about Hannah Senesh, the World War II-era poet and diarist who became a paratrooper, resistance fighter and modern-day Joan of Arc. With unprecedented access to the Senesh family archive, this powerful film chronicles the only military rescue mission for Jews during the Holocaust through the writings and photographs of Hannah and her mother Catherine. For more information, visit facinghistory.org.

The Trinity Institute Presents Racial Abundance: A Theology of Sustainability

February 6-7

St. John's United Methodist Church, 1207 Peabody Ave.

This Memphis partner site will rebroadcast the New York conference with local theological reflection groups. The fee is \$25.00 (to cover meals.) Join us for this challenging presentation and be a part of this discussion. Registration forms will be available soon. For more information, visit www.gslparish.com.

Global Goods Store

Saturdays and Sundays

[First Congo](#)

What's fair trade? It's an alternative way to shop. It's about making sure craftspeople in the developing world are paid wages that reflect the work they do. Fair wages. And it's about connecting to those people through the beautiful, environmentally-friendly, sweatshop-free products they create. For more information, visit fairtradememphis.com.