

We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called "Opportunity" and its first chapter is New Year's Day. *Edith Lovejoy Pierce*

For last year's words belong to last year's language and next year's words await another voice. And to make an end is to make a beginning. *T. S. Eliot*

Dear HEAL Friends,

Welcome to 2008! We hope that you had a wonderful holiday! We thank all of you once again for the gracious support you have provided over the last year as we launched *Seeking Self* and moved into some new territory with the Cultural Awareness Circles and Community Building. We are looking forward to all of the new and wonderful people, events, and ideas that 2008 will bring.

As always, the newsletter will be available for download [online](#) and the [calendar](#) is updated frequently throughout the month. If you have any events to add to the calendar, please email sharaze@healfoundation.org.

Community Events

Living the Legacy of Nonviolence: Mid-South Peace and Justice Center Celebrates 26 Years

January 19

First Congregational Church ([map](#))

5-7pm Open House

7pm Anniversary Program

King's Unfinished Agenda: 1968-2008. Peace, Justice and Labor Rights with Michael Honey, author of *Going Down Jericho Road: The Memphis Strike, Dr. King's Last Campaign* and William Lucy, Secretary-Treasurer, AFSCME, AFL-CIO. All events are free and open to everyone. Visit midsouthpeace.org for more information.

Cultural Awareness Circles

January 8, 15, and 22

7:30-9:30 pm

January 12

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.

Mindful Communication Reading Group

January 17 and 31

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

Intro to Meditation

January 9

[Whole Foods/Wild Oats](#)

7 pm

Learn about meditation, its benefits and how it can help you with Daniel LaMontagne. Meditation can create

focus, relieve stress, generate balance and even lower heart rate. This is a free workshop.

Introduction to Insight Meditation Classes

Sundays beginning January 13 through February 24 (excluding February 3)

4-6:30 pm

[Eastern Sun Yoga Studio](#)

John Greer will teach a six week course designed for beginners and experienced meditators. Classes include instruction and a sitting practice. To register, email jgreer@memphis.edu or call 901.685.6985.