

... a great power does not show strength by dominating or demonizing other countries.  
~President Barack Obama

## July Reflections

### *Creating More Healthy Global Community Relationships*

President Obama has recently given a series of very mindful and considerate speeches setting out a new and very different vision for relations with other countries and people.

Recently in Prague he put forth his ideas for a world free of nuclear weapons. His speech in Cairo a few weeks ago reached out not just to the leaders but to all Muslims in an attempt to establish a new intention by America to form better, stronger relationships with them and to work to address our differences and problems in constructive ways. Today, he spoke in Russia hoping to “reset” our strained relations with our longtime rival by setting aside old views and embracing new possibilities.

[To read more, click here to visit our blog.](#)

[To view the online calendar, click here.](#)

## Community Events

### **Grassroots Organizers Training for Power**

Thursdays, Beginning August 13

6-8pm

Mid South Peace and Justice Center, 1000 S. Cooper

G.O.T. Power is an eight-week intensive training in the fundamental skills of community organizing. The eight-week workshop series includes an introduction to direct action organizing which includes power analysis, strategic planning, public speaking, planning a variety of public events, fund raising for justice, working with local media, becoming your own media, coalition-building, and transforming conflicts. Each workshop is facilitated by community leaders highly experienced in that particular field. Over the course of eight weeks, you will learn directly from a variety of the Mid-South’s best organizers, outreach specialists, organizational planners and media people.

Contact the Mid South Peace and Justice Center and ask to register by calling (901)725-4990 or email [allison@midsouthpeace.org](mailto:allison@midsouthpeace.org). Participants must commit to attending all eight sessions. For additional details, visit [midsouthpeace.org](http://midsouthpeace.org).

### **Mindful Communication Workshop**

August 22

10-4:30pm

Evergreen Yoga

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. The workshop will cost \$60 for individuals and \$100 for partners, register early to reserve a spot. For more information, visit [evergreenyogamemphis.com](http://evergreenyogamemphis.com) or contact Jean Handley at [jeanhandley@bellsouth.net](mailto:jeanhandley@bellsouth.net) or 901.722.8619.

### **Shake Yourself Loose Meditation**

2<sup>nd</sup> and 4<sup>th</sup> Tuesday of every month

Union Avenue United Methodist Church

Free weekly meditation group that also features discussions on different form of meditation. Meets on the third floor every Tuesday at Galloway United Methodist Church. For more information contact Greta at [shakeyourselfloosemeditation@comcast.net](mailto:shakeyourselfloosemeditation@comcast.net).

### **Live, Love, Flourish with Sondra Ray**

July 17

7:30-9pm

The HART Center, 1384 Madison Avenue

Create abundance, prosperity, health, and fulfilling relationships no matter what the "Economy" and other outside forces appear to be doing! Spend the weekend with powerful teacher Sondra Ray to tune up your capacity to create the life of your dreams! Sondra is recognized throughout the world as a spiritual teacher, author of 17 books, lecturer, rebirther and healer. She will be joined by her husband Mark Sullivan, who will be painting during the workshop. His paintings will be auctioned at the end of the workshop. Cost is \$350. For more information, contact Saj Crone at 901.458.2999 or 901.210.8400 (cell) or visit [thehartcenter.org](http://thehartcenter.org).

### **Green Gardening Workshop**

July 19

2-5pm

Memphis School of Servant Leadership, 225 N. Merton

This workshop will feature theological reflections on faith and gardening as well as demonstrations on composting and rain barrel construction. Wear clothing that can get dirty and be sure to bring garden gloves and a bottle of water. Please call 901.320.7005 to reserve a place and visit [servantleadership-memphis.org](http://servantleadership-memphis.org) for more information.

### **Mind/Body Healing Community Meeting**

July 22

6:45 pm

808 River Park Drive

This meeting features guest speakers [Tammy Jo O'Neal](#), introducing the Traeger Approach Movement Education, and [Amsa Shepsu](#), presenting an "Introduction to Prosperity." For more information on the meeting, call Madge at 901.921.2059 or email at [madgebares@aol.com](mailto:madgebares@aol.com).