

HEAL Newsletter for March 2009

Hate begets hate; violence begets violence; toughness begets a greater toughness. We must meet the forces of hate with the power of love. Dr. Martin Luther King, Jr.

March Reflections

The Importance of Black History by Stephan McLaughlin

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.

[click here to read more](#)

Community Events

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.

White Privilege Conference

Taking Responsibility: Awareness, Healing, and Social Change

April 1-4

Hilton Memphis

The 10th Annual White Privilege Conference (WPC) serves as a yearly opportunity to examine and explore difficult issues related to white privilege, white supremacy and oppression. WPC provides a forum for critical discussions about diversity, multicultural education and leadership, social justice, race/racism, sexual orientation, gender relations, religion and other systems of privilege/oppression. WPC is recognized as a challenging, empowering and educational experience. The workshops, keynotes and institutes not only inform participants, but engage and challenge them, while providing practical tips and strategies for combating inequality. For more information on the White Privilege Conference, [visit their website](#).

Calvary Lenten Preaching Series

February 26-April 3

Monday-Friday 12:05-12:40 pm

Wednesday 6:30-7:30 pm

Calvary Episcopal Church, 102 N. Second St.

For over eighty consecutive years during the season of Lent, Calvary Episcopal Church has hosted a preaching series featuring inspiring and diverse speakers. Through the Series, which is free and open to the public, Calvary provides numerous opportunities for spiritual renewal and growth, and a deeper

relationship with God. And, of course, the famous Waffle Shop will be open for lunch each day. For more information and a complete list of speakers and dates visit www.calvaryjc.org/news/lentenseries.htm.

Eckhart Tolle Silent Meditation

March 19

7-9 pm

The HART Center, 1384 Madison, Ave.

Ken Armstrong will lead a silent group according to the guide given at eckharttolle.com. This will include a silent meditation for 10 minutes, watching a DVD of Tolle talking about his spiritual teachings (an hour to an hour and a half) and closing with 10 minutes meditation. A donation of \$5 is suggested. For more information, contact Ken at celto38@hotmail.com.

Selling Yourself in the Workplace with Sizzle

March 22

2:30 pm

Memphis Jewish Community Center

This workshop with Cynthia Schulz will be offered over three Sundays starting March 22. Whether you are entering the workforce for the first time, returning to the workforce or making a career change, this workshop is for you! Learn how to make a lasting first impression and master image and body language. Focus on resume writing, networking and following up as well as the Art of the Interview. All workshops are \$12 for MJCC members and \$15 for non-members. For more information, contact Amy Israel at 901.761.0810 or aisrael@jccmemphis.org.

Women, Money and Cheesecake

March 24 9:30-10:45 am or March 29 10:30 am-12:00 pm

Memphis Jewish Community Center

This is a relaxing and interactive workshop that helps identify and then break down the myths about why many women do not feel comfortable when it comes to talking about money. Participants will explore the basics and identify strengths that will move them forward. All workshops are \$12 for MJCC members and \$15 for non-members. For more information, contact Amy Israel at 901.761.0810 or aisrael@jccmemphis.org.

Redemption 2009 with Phyllis Schirer

March 27-28

Cook Convention Center

Redemption 2009 is a catalyst event to bring together women across the Memphis metropolitan and unite them across racial, economic and denominational barriers to seek God and to transform our city for Christ. For more information on this free event, visit redemption2009.com or call 901.255.8113.

The Story Connection: Nurturing Our Lives with Stories A Retreat with Story Sharing and Yoga

March 27-29

St. Columba Episcopal Retreat Center

Why do we tell stories and what delights us when a story is well told? We are all storytellers and every life has its hopeful beginning, fascinating conflicts and peaceful resolution. We're all born and we all die. The story takes shape in the middle. In this retreat, participants will share their stories to discover and honor their own essential truths. They will increase confidence in their own creative gifts and take charge of their future stories, shaping decisions and adding deeper meaning and context to the stories of their lives. For more information, call 901.725.9310

Community Conversations featuring Marjorie Agosin

April 2

7 pm

White Station Middle School

Marjorie Agosin is an award-winning poet, human rights activist and the Luella LaMer Professor in Latin American Studies at Wellesley College. She has authored more than twenty books of poetry and memoir and has edited numerous anthologies dedicated to human rights in Latin America, Latin American women writers, and Latin American Jewish culture and experience. Among other topics, Ms. Agosin will speak about her experiences with Chilean women who protested against the terror of Pinochet's regime by creating arpilleras, colorful tapestries which documented the loss of their fathers, husbands, and sons who were "disappeared" under the dictator's rule. This event is free and open to the public.