

Grace has been defined as the outward expression of the inward harmony of the soul.

-William Hazlitt

March Reflections

by Stephan McLaughlin

Recovery: Resentment

The Big Book of Alcoholics Anonymous says that resentments are one of the biggest causes of alcoholism. Resentments can be toxic to our relationships with others and also to our relationship with ourselves. There is a powerful saying in the rooms (of AA) that "holding a resentment is like drinking poison ourselves while hoping the other person is going to die!"

So what is a resentment? There are many definitions and my belief is that they show up in people's lives in very unique ways. Simply stated, for me, a resentment is holding onto anger around being hurt! In healthy relationship terms, a resentment develops out of my perception of being hurt by someone or something. On a basic level I get hurt or perceive I am hurt, and I then experience feelings of anger, shame and/or fear. For some reason, usually because I become defensive, destructive or distant, the experience does not get resolved in a healthy way.

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

Online Calendar



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.

High School Art Show Opening

March 4

7 - 9pm

[Shainberg Gallery](#)

The MJCC Shainberg Gallery is excited to announce the first High School Art Show. The MJCC has reached out to area high schools and invited them to participate by choosing their art students and their work. The work will either be exhibited for show only or available for sale that will be the decision of the young artist. The show will open on Thursday, March 4th and run through March 25th.

Inside Islam: What a Billion Muslims Really Think

March 6

7pm

[University of Memphis Rose Theater](#)

Inside Islam is a new documentary film from Unity Productions Foundation. It explores the expertly gathered opinions of Muslims around the globe as revealed in the world's first major opinion poll, conducted by Gallup.

Gallup researchers began by asking questions on every American's mind such as *What did Muslims think about 9/11? Who are the extremists and how do Muslims feel about them? What do Muslims like and dislike about the West? What do Muslim women really want?* Admission is free - RSVP now! For more information visit memphisinsideislam.eventbrite.com.

Spike Lee Speaks at U of M

March 17

7pm

[University of Memphis Rose Theatre](#)

Producer and director Lee will speak on the image of black America and politics of film and media. This is a free event. For more information, call 501.952.4772.

Cultural Sensitivity Workshop

March 20

9am - 3pm

[The HART Center](#)

Cultural Sensitivity will look at various cultures in our community and explore methods for interacting with each according to their customs and traditions. You will have a chance to speak about direct contact with other cultures and how you found your way into or shut out from them by your awareness or lack thereof. Cost for the workshop is \$40 for 6 continuing education contact hours. For more information contact Jane Abraham at 901.726.4213.

Creativity, Equality, and Possibility Weekend

March 26-27

[Prescott Memorial Baptist Church](#)

Join Prescott Memorial Baptist Church, Tennessee Equality Project and God Lens for a weekend of celebrating the arts. Richard Lou, chair of the Art Department at the University of Memphis, will have visual art on display and the celebration will begin on Friday with Christian singer/songwriter Kim-Char Meredith followed by dinner and Elaine Blanchard performing her solo show, "For Goodness Sake." Saturday, participants will choose from four workshops offered. Enjoy the entire weekend for a suggested donation of \$35.00 or \$25.00 for Friday only. For more information, contact Elaine Blanchard at 901.725.9310 or RevElaine@comcast.net.

Vanderhaar Symposium

April 15

7pm

[University Theater, Christian Brothers University](#)

Attend this annual symposium on peace, justice, and Catholic social teaching in memory of CBU professor Gerard Vanderhaar. Featured Speaker Joan Chittister, OSB. Author of 42 books and one of the great contemplatives of our time, Sr. Joan Chittister, OSB is Co-Chair of The Global Peace Initiative of Women Religious and Spiritual Leaders, and directs numerous organizations and committees involved in peacemaking. Plan now to hear this internationally renowned speaker. For more information, visit gvanderhaar.org.

Community Conversations Featuring Daniel Goldhagen

April 22

7-9pm

[University of Memphis Fogelman Executive Conference Center](#)

Join us for a Community Conversation with Dr. Daniel Jonah Goldhagen, author of *Worse Than War: Genocide, Eliminationism, and the Ongoing Assault on Humanity*. Both his book and the documentary film based on his book, get to the heart of the phenomenon, genocide, that has caused more deaths in the modern world than military conflict. Goldhagen traveled around the world to interview perpetrators and survivors, peasants and politicians, those seeking to obscure the truth and those devoted to uncovering it. He explores the anatomy of genocide-explaining why genocides begin, are sustained, and end; why societies support them; why they happen so frequently; and how the international community should and can successfully stop them. This event is free of charge; however, seating is limited. To RSVP visit facinghistory.org.

Andean Awakening Tour of Machu Picchu, Sacred Valley & Lake Titicaca, Peru

July 14-28

Come and experience Peru from the viewpoint of spiritual teacher, author and shaman Jorge Luis Delgado.

Embrace the three Inca principles of life, Munay, Llancay, and Yachay. Munay is the Law of Love; unconditional love and compassion for everything that surrounds us. Llancay is the Law of Service; working and creating through the expression of your gifts as the ultimate service to the Divine. And Yachay is the Law of Wisdom; connecting with your inner spiritual or authentic self and knowing all is One. For more information, visit divineadventures.org or contact Junia Gail Imel at 303.349.2044 or junia@DivineAdventures.org.