

I am a part of all that I have met. --Alfred Lord Tennyson

Dear HEAL Friends,

It looks like the year is off to a great start! January and February were big months in the Midsouth for community events and March and April look like they will be full of opportunities to learn, grow, and participate. Please be sure to check out our [online calendar](#) because it is updated regularly. To submit events, simply email the information to info@healfoundation.org. The HEAL newsletter is also available for download at our website, healfoundation.org.

Cultural Awareness Circles

March 4, 18, 25

7:30-9:30 pm

March 22

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 Workshop

March 8 and 9

4:00-6:30 pm

Midtown Chiropractic ([map](#))

This workshop teaches simple communication tools to create positive connections with family, friends, colleagues, and others. The revolutionary nonviolent communication process is both simple and challenging to use and can transform your relationships at home and at work. Facilitated by Jean Hanley of Turning Point Partners. Total Cost is \$60 for both sessions, \$100 for partners attending together. For more information, contact Jean at 901.722.8619 or jeanhandley@bellsouth.net.

Mindful Communication Reading Group

March 13 and 27

6:30-8 pm

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.

Calvary's Lenten Preaching Series and Waffle Shop

February 7- March 14

[Calvary Episcopal Church](#)

During the season of Lent, the people of Calvary Episcopal Church in downtown Memphis invite you to enjoy the Lenten Preaching Series and Waffle Shop, which begins Thursday, February 7, and runs through Friday, March 14. A wide variety of presenters will speak from 12:05-12:40 p.m., each weekday and from 6:30-7:30 p.m. each Wednesday evening. Lunch will be available at the Waffle Shop each day of the series from 11:00-1:30. If time is limited and you would like to enjoy both the series and the Waffle Shop, "Lunches to Go" orders may be placed in Calvary's Great Hall from 11:30 to noon and picked up after the speaker's presentation.

Free parking and shuttle service will be available each day of the series from St. Mary's Episcopal Cathedral, 692 Poplar Ave. Shuttle vans will leave every ten minutes from 11:00 until 2:00. Parking spaces (\$5) in the Best Park lot behind Calvary will be reserved each day until 11:00. For more information about the Series, Waffle Shop, or parking, please visit the Calvary website or call Calvary at 525-6602.

Rose Creek Village Performs

March 8

7pm

Caritas Village ([map](#))

For more information call 327-5246.

"Race In Media" Panel Discussion

March 11

5:30-7:30 pm

Benjamin L. Hooks Central Library

Featuring Memphis Flyer editor Bruce VanWyngarden, Commercial Appeal editor Chris Peck, Tri-State Defender editor Karanja Ajanaku, and WMC-5 producer Emily Greene at Benjamin L. Hooks Central Library 3030 Poplar Memphis (Midtown) 415-2700.

An Interfaith Celebration to Continue Dr. King's Work for Living Wages

March 13

7 pm

Centenary United Methodist Church

Dr. James Lawson, clergy leader in the 1968 sanitation workers' strike, will be the keynote speaker for "An Interfaith Celebration to Continue Dr. King's Work for Living Wages." For more information visit midsouthinterfaith.org.

Memphis Fitness Show

March 27

12-6 pm

Horizon Center ([map](#))

Help cure the Memphis Lifestyle Crisis! Find out more information on Memphis sports, indoor and outdoor activities, classes and gyms at this free and open to the public event. For more information, contact Alexandra Turner at 901.628.4114 or memphisact@aol.com.

Major League Baseball Civil Rights Game

March 29

4 pm

AutoZone Park

The Civil Rights Game featuring the Chicago White Sox vs. New York Mets at AutoZone Park will follow with a dinner to recognize civil rights sports pioneers.

40th Anniversary of Dr. King's Death at the Civil Rights Museum

April 2-5

National Civil Rights Museum

Memphis will remind the world of what it calls "The Man, The Mission, The Movement," the 40th anniversary of the 1968 death of Dr. Martin Luther King Jr., including the first convention of Rev. Al Sharpton's National Action Network outside New York. For a complete list of events, visit the National Civil Rights Museum [website](#).

National Action Network Convention

April 2-6

The Peabody Hotel

The annual national convention of Rev. Al Sharpton's National Action Network meets at The Peabody with guests scheduled to include Harry Belafonte, comedian Mo'Nique and the widow of civil rights activist Medgar Evers, Myrlie Evers-Williams. For more information, visit nationalactionnetwork.net.

Introduction to Meditation

April 11-13

[Evergreen Yoga](#) and [Midtown Yoga](#)

An Om Yoga Weekend Workshop for Beginning & Experienced Meditators Alike. You've heard how mindfulness can improve the quality of your life... now experience it for yourself in this rare opportunity to learn from two highly-regarded teachers in the Shambhala tradition. David Nichtern and Ethan Nichtern (father and son) are known for their clear communication about mindfulness meditation. Their interactive weekend workshop introduces you to the many facets of mindfulness meditation. The 4 sessions, taught over the course of the weekend, will consist of discussion of mindfulness techniques, benefits of meditating, when/where/how to practice mindfulness, walking & moving meditation, and seated practice. Cost of Workshop: \$180 for the weekend workshop or you can register for each individual session at \$55 per session. For more info, contact Leah at info@evergreenyogamemphis.com or sarla@midtownyoga.com.

Sonia Nazario

April 13

3-5 pm

Christian Brothers University Theatre

Facing History and Ourselves and The Allstate Foundation present this event as part of a series of community-wide dialogues across the U.S. Prominent scholars, authors, filmmakers and policy leaders will speak and participate in discussions about civic engagement, individual and collective responsibility, and tolerance. For more information visit facinghistory.org.

Servant Leadership Banquet

April 18

6:00 - 8:00 pm

Caritas Village ([map](#))

Come and join us for a Pot Luck dinner and fellowship. Participants from various classes will share their stories.