

September Reflections

Stephan's Reflections piece is on hiatus until our November newsletter. As a result of the recent economic fluctuations, Stephan has been tending to his financial house in his other life as an investment manager. He asked us to pass on his greetings and invitation to come see everyone at HEAL at these upcoming events. In the meantime, visit our blog at healmemphis.blogspot.com (or go to our [website](#) and look under the Community heading) to view Stephan's most recent blog post.

Newsletter

Peace is not merely a distant goal that we seek, but a means by which we arrive at that goal.
Martin Luther King, Jr.

Our website is currently being revamped! Visit us at healfoundation.org and see our new, easier to navigate menu. More changes are coming soon.

To submit events to our regularly updated [online calendar](#), email info@healfoundation.org.

[View online or download.](#)

Author Events

Episcopal Bookshop Open House

October 14

Episcopal Bookshop, 672 Poplar Avenue

Stephan McLaughlin will participate in the Open House at the Episcopal Bookshop after lunch Tuesday, October 14. The Episcopal Bookshop is located at 672 Poplar Avenue. For more information, visit ebookmemphis.org.

Stephan McLaughlin leads the Episcopal Bookshop Book Club

October 29

12:15 – 1:30 pm

Episcopal Bookshop, 672 Poplar Avenue

Stephan will lead a discussion of his book *Seeking Self*, an inner journey to healthy relationship. Full of rich and wise quotes and brief personal reflections, the book is intended to be a gentle guide toward finding love and understanding the loving nature of self. For more information visit, ebookmemphis.org.

Community Events

Featured Event: 2008 Gandhi-King Conference on Peacemaking

October 17-18

Christian Brothers University

2008 plenary speakers include: Amy Goodman of Democracy Now!, Father Roy Bourgeois of SOA Watch, Reverend Lennox Yearwood of Hip Hop Caucus, civil rights activist Ruby Nell Sales, and Gandhian scholar Michael Nagler.

The two-day conference is entitled "Continuing the Dream...Constructing the World House". The conference will focus on practical ways we can each build the 'world house' that Dr. King referred to as the next step in creating the beloved community. Our house will be built on three pillars; nonviolence, social justice, and community building. All plenary speakers, workshops, paper presentations, dialogue sessions, panel discussions, and film presentations will fall under one of these pillars.

Register online and get more info about the conference at www.GandhiKingConference.org.

Featured Event: Mindful Communication Workshop

October 11 and October 18

4 pm – 6:30 pm

In this workshop participants will learn (by experience) simple communication tools to create positive connections with family, friends, colleagues, and others. The Mindful Communication skills will help each participant understand others better, to listen well, and to express 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 relationships at home and at work.

\$60 for both sessions (\$100 for partners coming together). For more information, visit evergreenyogamemphis.com or email info@evergreenyogamemphis.com.

One Day Retreat on the Enneagram and the Labyrinth

October 4

10 am – 4 pm

The Episcopal Bookshop, 672 Poplar Avenue

The Episcopal Bookshop will offer a one-day workshop on using the Enneagram and the labyrinth to enhance self-awareness and to enrich our spiritual journey. No prior experience with the labyrinth or the enneagram is necessary. The workshop will combine individual reflection, meditation, lecture and movement. Tuition is \$29. Please bring a sack lunch. Beverages will be provided. Please register by calling The Episcopal Bookshop at 527.5684. For more information visit, ebookmemphis.org.

Lunch at Caritas

October 9

11:45 am – 1:00 pm.

Caritas Village, 2509 Harvard

Join Servant Leadership Memphis for lunch at Caritas Village where we will continue our discussion about what we as servant leaders can do to help heal the planet and this community. For more information, visit servantleadership-memphis.org.

Full Moon Meditation

October 14

6:07 pm

Join the HART Center for an expression of gratitude and love through a meditation for abundance that connects hearts to the moon and the earth and back to hearts. Be part of establishing a direct connection within this triangle of love. Your energy is appreciated even if you are unable to attend. If you are unable to attend find a quiet place and join our energy Triadic. For more information, contact jane@thehartcenter.org.

Voices: Women's Reflections of the Memphis Civil Rights Movement

October 16

7:30 pm

Brooks Museum of Art

The Brooks hosts Facing History and Ourselves to present this moving documentary, created by local Facing History students, about the Civil Rights Movement from a woman's perspective. A discussion panel including some of the women in the film will follow. Please visit facinghistory.org for more information.

Multicultural Breakfast

November 13

7:30 am

Location TBA

Join Leadership Memphis and Diversity Memphis and other organizations, for this second Multicultural Breakfast. A featured speaker will talk about aspects of Multicultural Memphis. This year's topic will be education. Open to the public, \$50 per person, RSVP to office@diversitymemphis.org. For more information, contact Jim Foreman at 405.9555 or visit diversitymemphis.org.