

Gratitude is not only the greatest of virtues, but the parent of all the others.
Cicero

Dear HEAL Friends,

This year has certainly flown and we are now facing the beginning of the holiday season! We hope that everyone has a fantastic Thanksgiving. We are certainly thankful for our friends both old and new and for the support that you all have provided for us this year. From the launch of [Seeking Self](#) to the wonderful Gandhi-King Conference on Peacemaking, this year has been full of highs and learning experiences. Thank you for the role you have played in our lives!

Please note that the Seeking Self library event has been rescheduled for a later date. Information on our holiday promotions and events will be available soon.

As always, don't forget that we update our [online calendar](#) as information comes available. If you have any upcoming events or corrections to current ones, please send them to info@healfoundation.org or fill out our [information form](#).

Community Events

Circle Meetings

November 6 and 20

7 pm

6563 Elmore Ridge Lane ([map](#))

Thunderbird Clan Circle Meetings are about prayer, community, songs, and teachings from Gary Adler Fourstar. For more information, contact Kay at 901.239.6724.

Cultural Awareness Circles

November 8, 13, 20

7:30-9:30pm

November 17

1-3pm

Mankind Lodge, 2477 James Road ([map](#))

Cultural Awareness Circles are a safe space and time to focus on cultural 'issues' and 'isms' that exist in our lives and communities. We will be drawing experience, strength and hope from many programs, books and ideas from around the country for dealing with a variety of challenges facing communities. There is also a recent consensus of the group around doing personal growth work in the circle on an as needed basis. The ultimate goal is to promote learning, healing and growth between people, communities and cultures. For more information, call 901.870-8696 or email info@healfoundation.org.

Community-Building Circle Workshop, Jean Handley and Jerry Hampton, co-facilitators

November 27-29

This three-day off-site workshop will use experiential techniques to familiarize the participants with the community-building process that will prepare the way for circles of trust. During the Community Building workshop, participants are gathered together over the course of three days for a total of 24 hours to work on a single goal, namely to become an authentic community. A community is a group of people who, in spite of the individual differences in their backgrounds and experiences, have been able to overcome and accept their differences, and are able to communicate openly and honestly and to work effectively together for the common good.

Space is limited so register by November 15. Contact Jean Handley for detail and registration at 901.722.8619 or jeanhandley@bellsouth.net.

Jean Handley: Fusion

November 3-25

Lulalyn Gallery, 1859 Madison ([map](#))

HEAL collaborator Jean Handley uses multiple raku firings in this new series of hand-built tile wall pieces. Fusion looks at how creativity links her ceramic work and her professional work as a facilitator for social justice. For more information, call 901.278.0111.

Snapshots of Taiwan

November 4-December 2

Reception November 9, 6:30-9pm

Germantown Performing Arts Center

Photography on display by local martial artist Milan Vigil.

The Hoxie 21 Story

November 9

The Caritas Village ([map](#))

Fayth Hill Washington talks about her 4th grade experience during the 1955 Hoxie School District 46 Desegregation. For more information, call 901.327.5246.

It's Time To Stop the Crime Citywide March & Prayer Vigil

November 9

3:00pm

Southside Park

For more information, visit wmctv.com.

Alternative Christmas Market

November 10 and 11

Noon-4pm

[Trinity United Methodist Church](#)

Crafts from [Ten Thousand Villages](#) include baskets, household and garden items, jewelry, toys, musical instruments, textiles, Christmas ornaments and nativities, and many others!

Seminar Series with Ping Zheng Chen

November 8

5:30-7pm

[Aikido at the Center](#)

Yang style Taiji quan (\$20) Forms correction

Prerequisite: Current class member or attended the last Yang style Tai Chi seminar.

November 9

7pm-9pm

[The Sanctuary](#)

Chinese and Tibetan Spiritual Alchemy (\$20)

November 10

[Pho Da Buddhist Temple](#)

10am - 12pm

Chan/Zen Meditation

2pm - 4pm

Yi Jin Jing & Yi Jing Jing

4:30pm - 6:30pm

The Way of "Marrow" Washing" (Inner Body)

[Visit Enlightened Martial Studies for more info.](#)

November 11

[Aikido at the Center](#)

10am - 12pm

Spinal Qigong

1:30pm - 3:30pm
Acupressure for Cancer Prevention

For more details on this seminar series, visit [Memphis Internal Arts](#) or contact Chuck Sullivan at 901.338.1635 or Sully19@juno.com.

Multicultural Breakfast

November 14

7:30am

Holiday Inn University of Memphis

Join Leadership Memphis and [Diversity Memphis](#) and other organizations, for this first Multicultural Breakfast. A featured speaker will talk about aspects of Multicultural Memphis. Open to the public, \$50 per person, RSVP to office@diversitymemphis.org. For more information, contact Jim Foreman at 901.405.9555.

Multifaith Prayers for Peace

November 18

3pm

[Rhodes College](#)

This annual event at Rhodes intentionally brings together student groups (religious and cultural) and multiple faith communities in Memphis to share a variety of prayers, readings, song, dance and other expressions of peace. For more information email diaan@rhodes.edu.

Workshops with Gary Fourstar

November 30-December 2: Discovering Allies, Guides, and Helpers

[The HART Center](#), 1384 Madison

Friday 7-10pm, Saturday 9am-7pm, Sunday 10am-5pm. This event is \$250 and provides 21 contact hours. For more information, contact Jane at jane@thehartcenter.org or 901.828.1332. To schedule a session with Gary, contact Kay at 901.239.6724.