

HEAL Newsletter for January 2010

January Reflections

by Stephan McLaughlin

One year of unfolding Self is worth more than 50 years of conventional living.
Don Jones from Wisdom for the Journey.

I love this way of looking at Self-development as an "unfolding," a gradual, intentional opening, healing and growing of a Self, one layer at a time until more is revealed. What a wonderful way to begin my new year. No resolutions or promises to break and fall, just an intention to explore and seek a deeper understanding of some essential questions like *Who am I?*, *Why do I do what do?*, *What do I need to be whole and happy?*, *What are my gifts* and *How can I contribute to the relationships in my life?*

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

We want to hear from you!

[Send us an email](#) and let us know what you want to see more of in our newsletter!

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.

Living the Legacy of Nonviolence: MSPJC Celebrates 28th Anniversary

January 15

6pm - 8pm

[BRIDGES](#)

A Grassroots Gala and Banquet Celebrating the 28th Anniversary of the Mid-South Peace and Justice Center featuring a program of art, music, inspiration, and action with keynote speakers:

Daphne McFerren, Director of the Benjamin L. Hooks Institute for Social Change, University of Memphis & Ken Reardon, Director of the Graduate Program in City & Regional Planning, University of Memphis. \$35 per ticket, \$270 for a table of eight. For more information visit midsouthpeace.org.

King Day 2010: Servant Leadership, Be the Change You Want to See in the World

January 16 - 18

[National Civil Rights Museum](#)

In the spirit of Dr. King's efforts to raise awareness of poverty and hunger, a Food Drive to collect non-perishable items will be held at the museum to benefit the Mid-South Food Bank. Bring bags of:

* Non-Perishable Items -- canned meats (tuna, stews, chili, Spam, soups), canned fruit & veggies, canned juices, and peanut butter. NO glass containers.

* Non-food items -- paper products, personal care items, laundry and cleaning products

* Money -- every \$1 dollar raised = \$3.70 Food Bank Dollars

MLK Youth Day

January 16

10am - 2pm

[National Civil Rights Museum](#)

Youth ages 3 to 10 are invited to come out and celebrate Dr. King's birthday. Youth and their families can take advantage of various activity stations. After youth complete a station, they will receive a clue. After collecting all the clues, youth will solve the mystery question and win a prize. This question will require youth to piece together the six key principles of nonviolence and connect nonviolence with its great practitioner, Dr. King.

King Day

January 18

8am - 6pm

[National Civil Rights Museum](#)

Macy's Activity Tent in the Courtyard will offer storytelling and activities for youth throughout the day with \$2 All-Day Admission. Events include:

Films in the Rose Room - "The Witness," 10 a.m.

"Our Friend Martin," (children's film) 11:30 p.m.

"The Witness," 1 p.m.

"Children's March," 2:30 pm

Watoto de Africa's Funzzies performs "Love Everybody: A Tribute to the Civil Rights Movement."

For more information, visit <http://www.civilrightsmuseum.org/kingday.htm>.

Pilgrimage of Hope for Memphis

January 18

10am - 7pm

[St. Mary's Cathedral](#), 700 Poplar Avenue

Join Holy Communion, St. Mary's Episcopal Cathedral, Memphis School of Servant Leadership, The Center for Transforming Communities, and BRIDGES on a city-wide pilgrimage of hope for Memphis to celebrate Martin Luther King, Jr. Day. The series of events includes: 10:00-12:00 viewing and discussion a powerful documentary about the Memphis Sanitation Workers, led by parishioner Tim Huebner (with lunch); 1:00-3:00 community building experience in Binghampton; and 6:00 interfaith worship at Church of the Holy Communion featuring BRIDGES youth, the Rev. Keith Norman of First Baptist Church-Broad and a litany of prayers. For more information, call 901.767.6987.

Intro to Meditation

January 19

7pm - 8pm

[Whole Foods](#)

Join instructor Daniel LaMontagne for a free introduction to meditation. See how meditation can help you accomplish your new years resolutions!