



Say the Wrong Thing:

FEBRUARY 24-26, 2017

Strategies of the H.E.A.R.T. for Racial Justice and Authentic Community

Registration

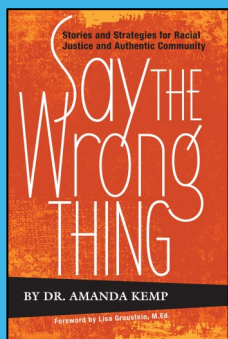
Visit www.pendlehill.org,
or call Ext. 137 at 610-566 4507
or 800-742-3150 (toll-free in US)

Accommodations

Private room **\$495**
Shared room **\$405**
Commute **\$285**

Travel

Pendle Hill is just fifteen minutes from Philadelphia International Airport, and twenty minutes outside the city. The campus is near the Wallingford train station. Take the SEPTA Media/Elwyn line from Philadelphia and call for a pick-up.



To read a full biography of Amanda, and purchase a copy of her book visit dramandakemp.com.

A weekend workshop with Amanda Kemp

- ◆ *Are you afraid of saying the wrong thing?*
- ◆ *Are you frozen by guilt and fear of causing harm?*
- ◆ *Do you find yourself exhausted and anxious as a person of color frequently in predominantly white settings?*
- ◆ *Do you yearn for authentic connection and communication about racial justice within and across racial lines?*

There is widespread agreement that national dialogue and conversations about the effects of systemic racism are critically important to healing our polarized and racially divided society. Despite that consensus, many of us shy away from the necessary conversations. This workshop will stretch and support you so that you can initiate and participate difficult conversations while staying grounded, open, and connected to your intention. Rooted in the five strategies of the H.E.A.R.T. approach, you will build your capacity to:

- ◆ Hold space for transformation;
- ◆ Express yourself
- ◆ Act with intention (driven by vision)
- ◆ Reflect on yourself
- ◆ Trust the process.



We will use a variety of small group exercises, mindfulness and self-compassion techniques, and artistic expression, as well as film clips and readings.

By the end of the weekend you will be able to have uncomfortable conversations to further racial justice and oneness; break through your own sticking points; practice hearing and giving authentic feedback from a place of love; and connect systemic racism with everyday resistance.

338 Plush Mill Road
Wallingford, Pennsylvania
Ext. 137, 610-566-4507
www.pendlehill.org



PENDLE HILL
A Quaker Study, Retreat, and Conference Center