



### Registration

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

### Accommodations

#### IF YOU REGISTER BEFORE DECEMBER 1, 2017

Private room \$ 498  
Shared room \$ 458  
Commute \$ 418

#### IF YOU REGISTER ON OR AFTER DECEMBER 1, 2017

Private room \$ 598  
Shared room \$ 558  
Commute \$ 518

### 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.



338 Plush Mill Road  
Wallingford, Pennsylvania  
Ext. 137, 610-566-4507  
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February 17-19, 2018 (Saturday, 9 am to Monday, 5 pm)

## Tribe of the H.E.A.R.T.

### Retreat for Nurture, Reflection and Joy

Rooted in the principles of the H.E.A.R.T.,\* this Saturday to Monday retreat with Dr. Amanda Kemp is for those deeply engaged in anti-racism work, have read Amanda Kemp's book, *Say the Wrong Thing: Stories and Strategies for Racial Justice and Authentic Community*, and/or have participated in one or more of Amanda's classes or programs. [\*Hold space for transformation; Express yourself; Act with intention (driven by vision); Reflect on yourself. Trust the process.]

This retreat is a time for you to take a step back from the work you have been doing – whether it's in your community, your religious group, school or family. Get grounded in your vision of transformation. Reconnect with the love that is at the center of all justice work. Nurture your body with mindful movement, healing sound, and liberatory touch. Re-experience the joy of passionate creative community. Emerge replenished and even more capable to hold the ground of both Love and Justice.

**Dr. Amanda Kemp** is a racial justice and mindfulness mentor. Author of *Say the Wrong Thing: Stories and Strategies for Racial Justice and Authentic Community*, she has been called a master teacher, having helped over 25,000 people build their capacity to practice self-compassion and self-critique. Her H.E.A.R.T. Method for Racial Justice and Mindful Living has been adopted by teachers from grade 6-college levels. Dr. Kemp is a Visiting Scholar in Africana Studies at Franklin & Marshall College and a graduate of Stanford and Northwestern Universities. Her TEDxtalk, "[How to Have a Voice and Lean in to Conversations about Race](#)," was recently released. She regularly mentors educators and leaders via her Compassionate Change Makers Program and online classes. Visit [www.dramandakemp.com](http://www.dramandakemp.com).



# PENDLE HILL

A Quaker Study, Retreat, and Conference Center