



### 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

Private room    \$ 495  
Shared room    \$ 435  
Commute    \$ 300

Fee covers food, lodging, and program

If you need financial assistance,  
please complete our online  
Financial Assistance Application.

### Travel

Pendle Hill is just 15 minutes from  
Philadelphia International Airport,  
and 30 minutes outside the city.  
We are 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  
610-566-4507, ext 137  
[www.pendlehill.org](http://www.pendlehill.org)

**FEBRUARY 28-MARCH 1, 2020 (Friday evening-Sunday lunch)**

## Mindfulness and White Privilege

*A seminar with Deborah Cooper and Pamela Freeman*

This seminar blends mindfulness practices with an engaged exploration of racial conditioning to help white people practice anti-racism with intention and self-understanding. Through this course, participants will:

- ♦ Learn how US racial history and government policies have shaped laws that have resulted in the systemic oppression of people of color;
- ♦ In a supportive environment, lessen the grip of anger, fear, and guilt, embracing discomfort to foster self awareness and honesty; and
- ♦ Become aware of white peoples' role in the construction and maintenance of oppression and explore ways to counteract this oppression in non-harming ways.

*This program is intended for white people, and this also excludes those of Asian or Native American heritage. It is also intended for those with some familiarity with mindfulness meditation practice. If you would like a refresher on that practice, one is available at 4:00 p.m. on Friday.*

**Deborah Cooper, M.Ed.**, former coordinator of the Friends Counseling Service, has been a counselor for 35 years. She has a private psychotherapy practice in Mt. Airy. Her chief interest for the last 14 years has been mindfulness meditation. She trained to teach mindfulness meditation at Jefferson, teaches several meditation groups, and sits a month-long silent retreat annually. She is a member of Germantown Monthly Meeting.

**Pamela Freeman, LCSW**, has been a psychotherapist for over 25 years, working with individuals, families, and couples. She is also a long-time social activist working on issues of gender, race, class, and antiviolence in many places around the country. A graduate of School of Playback Theatre and founder of Playback for Change in Philadelphia, Pamela also founded the Philadelphia Black Women's Health Project. A practitioner of mindfulness meditation, she co-leads the People of Color sit in Philadelphia and serves on the Insight Meditation Board of Directors.



# PENDLE HILL

A Quaker Study, Retreat, and Conference Center