

2023 White Awareness: Relational Mindfulness and Race Equity Anti-Racism Education in an Online Mindful Learning Community

The “White Awareness: Relational Mindfulness and Race Equity” program integrates the spiritual practice of mindfulness and anti-racism education. Within a dedicated community, we explore what it is to be white, while learning to pay attention in the present without judgment. Through present moment awareness, we may better understand the impact of racism and cultural conditioning. We cultivate respect and kindness towards all beings in order to live connected, and wakeful lives.



WHEN: Thursdays, 5:00 - 7:00 p.m., C.S.T.

Orientation: Thursday, September 14

Session 1: Thursday, September 21

Session 2: Thursday, September 28

Session 3: Thursday, October 5

Session 4: Thursday, October 12

NO CLASS, October 19

Session 5: Thursday, October 26

Session 6: Thursday, November 2

Session 7: Thursday, November 9

Session 8: Thursday, November 16

PREREQUISITES: This program is for white-identified individuals, by application only. A regular mindfulness practice can be of support, all beginners welcomed.

REGISTRATION: Registration closes Thursday, August 31, 2023

Contact: Nancy Zegarchuk at: rmawa4@gmail.com for application, and to schedule a facilitator meeting to discuss program parameters. Registration complete and space reserved once: all paperwork received, facilitator meeting completed, and payment accepted.

****Class size limited, early registration suggested.****

PROGRAM FEE: Sliding scale, no one turned away for lack of funds.

Financially secure: US\$ 375. Comfortably able to meet my basic needs.

Financially stretched: US\$ 275. May stress meeting basic needs & regularly achieve them.

Financially stressed: US\$ 150. Stress meeting basic needs & sometimes can't achieve them.

*Basic needs: food, shelter, medical care, clothing, and transportation. Forty percent of proceeds will be donated to the Equal Justice Initiative at: <https://eji.org>.

FACILITATORS: Holly Nelson-Johnson, MSN, APN, FNP-BC has offered programs at Old St. Patrick's since 2006. She is a Family Nurse Practitioner, Mindfulness-Based Stress Reduction (MBSR), an Interpersonal Mindfulness, and Insight Dialogue teacher. Our White Awareness team has been offering programs for many years including: MBSR, Interpersonal Mindfulness, Insight Dialogue, and Anti-Racism/Race Equity programs.



CONTACT: Nancy Zegarchuk program manager at: rmawa4@gmail.com for information; or Holly Nelson-Johnson: hjohnson@icloud.com or www.mindfulnessforliving.org

“(We) are caught in an inescapable network of mutuality...whatever affects one, affects all.”

Reverend Martin Luther King, Jr.