

RACIAL AWARENESS AND MINDFULNESS | OCT. 15TH

Festival of the Arts



Racial Awareness and Mindfulness 2016

A mini-festival of the arts, healing, and justice intends to help people of good will reflect on the remaining reality of racism in our society through media and dance while providing practical approaches to addressing the reality of race and privilege and its systemic effects through experiential workshops for both African-American and white people leading to a facilitated conversation with those who want to take next steps in addressing the problems of race and violence in their local communities.

WORKSHOPS • FOOD • DRUMMING

SPOKEN WORD • DANCE • MUSIC

What: Mini Festival of the Arts, Healing and Justice

When: October 15, 2016, 10am - 4pm
Registration begins 9am

Where: Westminster Presbyterian Church
400 I St SW, Washington, DC 20024

LUNCH WILL BE PROVIDED!

<http://racialawareness2016.eventbrite.com>

RACIAL AWARENESS AND MINDFULNESS 2016:
A Mini-Festival of the Arts, Awareness, and Healing
SATURDAY, OCTOBER 15, 2016,
10:00AM-5:00PM

Opening Ceremony & Remarks 10:00AM-11:00AM—Loving-Kindness Meditation; Keynote Dialogue on “Internal and External Effects of Systemic Racism from the Particular Lens of White and Black”; Explanation: Why are we here? Why is this a “kairos moment?” Why does “Racial Awareness” matter to our uniting faith, our polarizing country, and our globalizing world? Where do we go from here?

Deepening Your Racial Awareness (improving your Racial Intelligence)

11:30AM-1:00PM	Howard Thurman, "Jesus as a Religious Subject not Object" with Alfonso Campbell III	Exploring Whiteness (Interplay)	Emotional Emancipation Circle	Embodied Racial Awareness (Interplay)	Language and Justice with Victor Hamel and Jay Losher	Where I'm From with Thembu Duncan (K-6)	Spoken Word w/ Tiana Meek ^ Blues w/ Memphis Gold ^ ^
Noon-2:00PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Blues...
2:00PM-3:30PM	“Violence and Nonviolence: Theories and Theologies” with Eleanor Abarno	Exploring Whiteness (Interplay)	Emotional Emancipation Circle	Embodied Racial Awareness (Interplay)	Language and Justice with Victor Hamel and Jay Losher	Where I'm From with Thembu Duncan (Grades 7-12)	5 Rhythms Dance with Victor Udoewa ^ Drumming Circle with Katy Gaughan

Lunch, Noon-2:00PM

Lunch will be provided. (Opportunities to create new friendships, network, and build partnerships)

Plenaries and Facilitations at Westminster Stage

3:30PM Facilitation: What did you learn today? How are you more “racially aware?”

4:00PM Facilitation: What one thing will you create in the next 12 months in response to what you have learned?

4:30PM Open-Air Ritual (Optional) & Pledge to “Love ourselves and our neighbors” through deeper racial awareness

Sponsors to date: Amidon-Bowen Elementary School, Black Presbyterians United, Black Women for Positive Change, Church of the Pilgrims DC, Faith in Public Life, Howard University School of Divinity, Iona DC,

NEXTChurch (PCUSA), PCUSA Office of Public Witness, Spiritual Directors of Color Network, Ltd., The National Capital Presbytery Source, Urban Ministry Network, Westminster Presbyterian Church DC

Keynoters

Katrina Browne, Producer/Director, PBS award-winning documentary “Traces of the Trade: A Story from the Deep North”

Erika Totten, Co-Director of DC Black Lives Matter and Founder/CEO, Unchained LLC

A dialogue between Katrina and Erika contrasting their experience of and their work on race in America as a white woman who uncovered her family’s legacy as the largest trans-Atlantic slave trader in U.S. history and a black woman now serving as Co-Director for Black Lives Matter in the nation’s capital and as a spiritual life coach and founder of her own private practice. WESTMINSTER STAGE

Circles

"Emotional Emancipation Circles" with Facilitators Charles J. Hicks II and Margaret Powell

In this workshop, participants will be introduced to or reconnect with Emotional Emancipation Circles (EECs). Participants in the EEC will learn how Black people in this self-help group work together to overcome, heal from, and overturn the root causes of the devaluing of Black lives. We will deepen our understanding of historical forces on our emotional lives, our relationships, and the well-being of our communities. AMIDON-BOWEN ES LIBRARY MEDIA ROOM

Interplay

There will be two workshops that are using similar techniques and are complementary. It is not redundant to attend both if it fits. By tapping into ‘embodied racial knowing’, participants will be invited to open their hearts and discover the deep wisdom of body, mind, and soul on matters of racial identity, racism, white privilege, listening to the ancestors, and creating transformation. The leaders will use InterPlay and Dance Exchange tools – highly accessible forms that do not require any particular experience or physical ability and that are a positive and grounding way to explore challenging topics.

1. Exploring Whiteness

Leaders: Klia Bassing and Cassie Meador

An interactive workshop for European Americans who wish to become better allies to people of color in the quest for racial justice and healing (which includes tuning in to one’s own humanity).

AMIDON-BOWEN ES GYM

2. Embodied Racial Awareness

Leaders: Katrina Browne and Kaira Jewel Lingo

An interactive workshop for people of all backgrounds to draw out your wisdom on what it takes to build trust and cultivate the healthy cross-racial relationships that are key for racial justice work and for healing.
AMIDON-BOWEN ES CAFETERIA

Workshops

Howard Thurman "Jesus as a Religious Subject not Object" with Alfonso Campbell III "Trey"

A discussion that explores Thurman's journey beyond the contours of American Christianity, and what does it truly mean to be "New Beings" in Christ. WESTMINSTER CONFERENCE ROOM

"Violence and Nonviolence: Theories and Theologies" with Eleanor Abarno

As racial awareness grows in us, so does sensitivity to the violence to which racial disparities often lead. How is violence seen as a form of protection and of cleansing? How is violence seen as an impediment to the peace and justice we so deeply desire? Let's share our experiences and our wonderings. WESTMINSTER CONFERENCE ROOM

"Language and Justice" with Victor Hamel and Jay Losher

When we say multilingual space, we don't just mean a space where many languages are spoken, but spaces where there is a commitment to equality among languages, as well as a resistance to the dominance of any one language in the room.

AMIDON-BOWEN ES ROOM

"Where I'm From..." with Thembu Duncan

Grades K-6 – 1 hour (morning)

Grades 7-12 – 1 hour (afternoon)

Students will participate in a poetry/monologue workshop based on the format of the George Ella Lyon poem "Where I'm From." A professional teaching artist will engage students in writing and performing original work that explores individual, family, and community identity.

AMIDON-BOWEN ES LIBRARY

Participants will share their writing during the closing event.

Westminster Main Stage

Storytelling with Pat Sloan

"THEY DID SO WE CAN." What does freedom mean to you? How far would you go to experience freedom?

Would you pray, lie, steal and/or kill? Travel with me as I tell our story. Remember, as an oral people we must tell our story so that we never forget the cost, the struggle, the pain, and the journey to our freedom.

Spoken Word with Tiana Meek, KaNikki Jarkarta, and Kelilah "Butterfly Free" Washington

Advancing social activism through rhyme, rhythm, and poetry.

Blues with Memphis Gold

Born in Memphis, Tennessee, in 1955, Memphis Gold, Chester Chandler was the thirteenth child of fourteen. His father also a musician introduced his son to the guitar at the tender age of 4. By the age of 8, he was a regular on historic Beale Street in Memphis where he played the guitar and danced for pocket change from the crowd. At the age of 12, his guitar skills were honed learning licks at the knee of legendary Delta picker and gospel player Reverend Robert "Tim" Wilkins. He has a host of brothers and relatives, who pastor churches within the Church Of God In Christ. As a matter of fact his fathers father, was one of the founders of the COGIC denomination in the 1800's. Chester is proud to say he is cousin of Pop/Gospel singer Denise Williams who co-recorded with singer Johnny Mathis, and also cousin of activist Dick Gregory.

5Rhythms Dance with Victor Udoewa

Often the source of our racial and ethnic strife is in the mind, in conceptions and preconceptions of the other. However, one of the fastest ways to still the mind is to move the body. Join us in this wordless, movement meditation practice as we take a soul journey to move the body in phases, thereby releasing the heart and freeing the mind, moving beyond tolerance of the other to celebration and love of our diversity.

Drumming Circle with Katy Gaughan

Drumming is an ancient form of communication found in almost every culture that offers a powerful experience of listening, connecting and collaborating through music, prayer and movement. Drums provided or bring your own. Join us!

Exhibit

The Nannie Helen Burroughs Project

with Lisa Jacobson

WESTMINSTER LAWN

Chaplains

Rev. Dr. Cameron Byrd, H.R. (Team Leader)
National Capital Presbytery
Howard University School of Divinity

Jenn Fredette, LPC, NCC, MA, M.Div
Center for Pastoral Counseling of Virginia

Rev. Dr. Carolyn Graham
The Elizabeth Ministry
Spiritual Directors of Color Network

Judith Hall
Center for Pastoral Counseling of Virginia

Rev. Catherine McCullough, MDiv, LCSW, Fellow AAPC
Center for Pastoral Counseling of Virginia

Elder Gloria Pendleton
National Capital Presbytery

Fran Zamore, ACSW, LCSW-C, LICSW
Bethesda MD

Volunteers

Fay Acker - registration
Larry Branch - setup/breakdown/transitions
Jennifer Butler - registration
Brian Hamilton - stage manager
Ruth Hamilton - at large
Sarah Diane Jones - registration
George Kerr - vendor/exhibit
Tiana Meeks - stage presentations
LaJuan Quander - communications/media
Bernard Stinson - setup/breakdown/transitions
Therese Taylor-Stinson - organizer
Glenn Zuber - organizer