

**WHAT IS OURS TO DO
TO BRING CHANGE
With Vaishali Mamgain
Sunday, March 14
Sunday Speaker 10:00 AM
Coffee Hour on Zoom following the service**



Join Vaishali as she shares with us how paying attention to our physical responses to events like the Capitol attack can help white people (like me, and like many of you reading this) better understand the experiences of Black-, brown- and queer- bodied folks. In a recent Op-Ed in the Portland Press Herald, she described a personal incident that happened to her at work a while back--one that would have been different had she been white--and noted, "As I watched the mostly white mob storm the Capitol, this and other humiliations resurfaced – viscerally." Rather than intellectualize these events, we can instead *feel* our reactions to them; from there, we can move toward exploration, awareness, and compassionate action in community with one another.

So, let's have the conversation with Vaishali: what is ours to do to bring change? Let's do it with joy; let's move with the spirit. Join her on the Coffee Hour on Zoom following the service.

Bio: Vaishali Mamgain received her PhD. in Economics from the University of North Carolina at Chapel Hill. She is Associate Professor of Economics at the University of Southern Maine and the Director of the Bertha Crosley Ball Center for Compassion. She credits her transition from "Economics" to "Compassion" to a research project where her goal was to see how refugees integrated into the labor market in Maine. This experience called upon her to bear witness to others' stories - to allow a knowing that is not purely cognitive, a knowing that is not focused on shaping data into a prepackaged model, and that is not fraught with the subject object dichotomy – the refugee as an object to be studied by a researcher who is "objective." This deep life changing experience, a gift given by the refugees who generously shared their story with her, changed her professional life. She no longer uses mathematical models alone, but primarily bases her research upon her meditation and compassion practice. In 2017 she completed a 3-year meditation retreat at Samten Ling Retreat Center in Crestone, Colorado. She now lives in beautiful, coastal Maine where she enjoys swimming in the sea, gazing at seaweed, running, hiking and cooking.