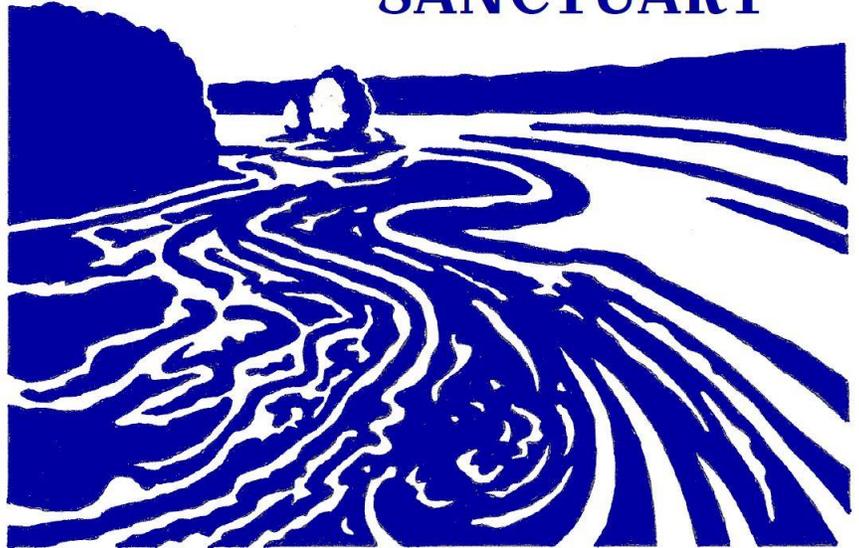


*Ebb and Flow
Reversing Falls
Sanctuary*

*Martin Luther
King
Special Edition
January 2021*

REVERSING FALLS SANCTUARY



Martin Luther King Day Observance

Reggie Harris and Rob Shetterly in Conversation on Zoom

Sunday, January 17 at 4 p.m.



Those who have attended events at the sanctuary will remember that this photograph by Jonathan Thomas graces the walls at Reversing Falls. It is always displayed prominently for our annual Martin Luther King, Jr. Day program.

This year, we will miss seeing it there as we miss being together in the building. But let us join virtually in the spirit of MLK with courage and conviction, to honor him in the struggle for justice and freedom for all in this perilous time.

In the months since the killing of George Floyd, many among us have addressed racism and racial injustice in various ways. Some of us are reading Resmaa Menakem's book, *My Grandmother's Hands*, which addresses the trauma of white superiority we all, red, yellow, brown, black, white, carry in our bodies. Last Tuesday we experienced the trauma of white superiority as a blow to our body as a people, as a nation, as a democracy. So, we have asked Reggie Harris and Rob Shetterly to address trauma, especially the way in which leaders of the civil rights movement, including Dr. King, transformed the racism they experienced in their own lives into the courage and determination to transform society.

Reggie Harris is a civil rights activist whose image is portrayed by Rob in the Americans Who Tell the Truth series. He is a singer/song writer of depth, power, and luminosity. On the AWTT website, Rob has written of Harris that it is his "mission to tell the stories about the legacy of race and racism in the United States and to teach people that they have the spirit, courage and decency to rise above it and heal." And Rob quotes Harris saying that the purpose of this work is to "...bridge the gaps between those on the left and right...between the unaware and the true believers...between the oppressed and the oppressors and...provide a basis for dialogue."



Rob Shetterly is not only a talented painter and essayist, he is an especially gifted interviewer. Rob's portrait series, Americans Who Tell the Truth, reminds us that America has always been in need of truth tellers, and that there have been, in very generation, Americans courageous enough to step forth and tell the truth to power. Rob's own mission to tell truth to power will be featured in a soon to be released film in Dick Kane's Maine Master's series.

We will be hosted by Hannah Cyrus, assistant director and reference librarian at Blue Hill Public Library. To join the event please click on the link in the email that accompanies this newsletter.

My Grandmother's Hands (Resmaa Menakem)

Outline of Readings and Practices ("meeting" every 2 weeks)

- Note:** Some of the practices listed below are followed by an asterisk (*). The * indicates practice sets that include activities unsafe to work on at this time due to Covid-19 precautions.
- Session 1:** Introductory material; Chapters 1-2
Reading: pp. ix – xx; 3-36
Practice: p. 24: body practice
pp. 30-35: body practices
- Session 2:** Chapters 3-5
Reading: pp. 37-86
Practices: pp. 49-50: questions to consider (opportunity to journal)
pp. 53-54: body and breath practice (invite presence of ancestor)
pp. 63-64: body practice
pp. 77-78: body practice
pp. 82-83: body practice (for African American readers)
- Session 3:** Chapters 6-9
Reading: pp. 87-133
Practices: pp. 93-95: body practices (for white and other non-Black readers)*
pp. 106-108: body practices (for white and non-white readers)
pp. 125-127: body and breath practices (first practice is for all readers; second is for law enforcement professionals)
- Session 4:** Chapters 10-12
Reading: pp. 137-175
Practices: pp. 141-146: body and breath practice (soul nerve)
pp. 155-159: body and breath practice (settling and safe guarding)
pp. 160-163: self-care growth routine
pp. 168-172: anchors to move through clean pain
pp. 173-174: body practice
- Session 5:** Chapters 13-17
Reading: pp. 177-233
Practices: Note: Chapters 15-17 are directed to specific readers.
pp. 184-186: Chapter 14: Body practices to do "with friends, family members, and others you know and trust" (Menakem, p. 182)*
pp. 191-196: Chapter 15: Mending the Black Heart and Body*
pp. 199-213: Chapter 16: Mending the White Heart and Body*
pp. 215-233: Chapter 17: Mending the Police Heart and Body*

Session 6: Chapters 18-24; Afterword; Five Opportunities for Healing and Making Room for Growth

Reading: pp. 237-306

Practices: This session covers Part III of *My Grandmother's Hands*, "Mending Our Collective Body". The focus is on bringing what we have learned through individual and small-group work to our collective work in and as a community.

Chapters The chapters in Part III address creating, transforming and reshaping cultures. 20-22 are directed to specific readers.

pp. 253-259: Chapter 20: Cultural Healing for African Americans

pp. 261-274: Chapter 21: Whiteness without Supremacy

pp. 275-285: Chapter 22: Reshaping Police Culture

The final body practice is on p. 290 and is directed to all readers.

Session 7: Group Zoom Session to celebrate the small-group work we have done, share experiences and talk about possibilities for cultural transformation in our circle of communities.

Sessions will begin in early February. Participants will receive a form on which to indicate the day and time that will work best for them and a question about whether they prefer to work in a dyad or a triad. To sign up email Connie Jenkins – cijenkins@midmaine.com or garyvencill@gmail.com

Treasurer's Report from Ralph Chapman

Balance Dec. 14, 2020		\$16,806.81
Donations	\$3,050.00	
Interest	.71	
Total deposits		\$3,050.71
Total Withdrawals	\$1,113.37	
Balance Jan.11, 2021		\$18,744.15



Light in the Darkness

Deb Bernal has sent these photos from her Winter Solstice Ceremony. The luminarias lining her walk promise a lighted path through this dark and perilous time. The assault on the capital building took place on Jan. 6. That is the Festival of the Epiphany in the Christian calendar, a festival of light.

Epiphany celebrates the wise men following a star to offer gifts and to worship at the cradle of the child the gospels call the Light of the World. There is an irony there, and perhaps there is hope.



Coming Events

Sun. 1/17, 4 p.m. Martin Luther King Day Commemoration

Mon. 1/18 and on Mondays to follow, 10 a.m. Chair Yoga with Daksha

Wed. 1/20 and on Wednesdays to follow, 2 p.m. Knit, Sew and Chat with Daksha

Thur. 1/21, and on Thursdays to follow, 3:30 p.m. Garden Talk with Daksha

[For all sessions with Daksha, contact: 326-0631 or janetlynn821@gmail.com]

Sun. 2/7, 4 p.m. Women's Circle

Mon. 2/8, 4 p.m. Board of Directors meets

Tue. 2/9, 4 p.m. Program Team meets

Events for this Moment

Fri. 1/15 Evening through Mon. 1/18, Free MLK Documentary Film Festival, “Where Do We Go from Here,” sponsored by the Martin Luther King Jr. Research and Educational Institute at Stanford University – registration required –

<https://events.stanford.edu/events/897/89775/> [not a hot link]

Mon. 1/18, A day of speakers sponsored by the NAACP in Maine. Google MLK Day

Mon. 1/18 until noon Wednesday 1/20. The National Campaign Against Torture calls folks to a National Prayer Vigil including prayer, fasting and visible signs of peace making.

Wed. 1/20, 12 noon, the Inauguration of Joe Biden as President and Kamala Harris as Vice President

Thur. 1/21. 12 noon, Valarie Kaur People’s Inauguration – www.thepeoplesinauguration.org
[not a hot link]

Photo Credits: Jonathan Thomas, Pat Wheeler, Deborah Bernal, Gail Vencill

Information: www.reversingfalls.org



Contributions and Donations are sent to:
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