

# SAY THE WRONG THING STRATEGIES OF THE H.E.A.R.T. FOR RACIAL JUSTICE AND AUTHENTIC COMMUNITY WITH AMANDA KEMP, JANUARY 20-22, 2017

- Are you afraid of saying the wrong thing?
- Are you frozen by guilt and fear of causing harm?
- Do you find yourself exhausted and anxious as a person of color frequently in predominantly white settings?
- Do you yearn for authentic connection and communication about racial justice within and across racial lines?
- Would you like to be in a supportive spiritual space where you will be stretched into your higher and deeper self?

The standard cost for this program is \$250 and includes program, housing and meals. We have a sliding scale (\$160-\$360) and we encourage registrants to ask for additional scholarship funds as needed.

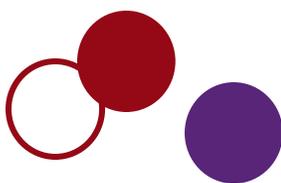
More information and registration form on reverse, or register at [www.woolmanhill.org](http://www.woolmanhill.org).

This workshop will STRETCH and SUPPORT you so that you can be in or initiate difficult conversations while staying grounded, open and connected to your intention. Rooted in the five Strategies of the H.E.A.R.T. articulated in *Say the Wrong Thing: Stories and Strategies for Racial Justice and Authentic Community*, participants will learn how to or build their capacity to:

- Hold space for Transformation
- Express themselves
- Act with Intention (driven by vision)
- Reflect on Themselves
- Trust the process

By the end of this weekend you will be able to have uncomfortable conversations to further racial justice and oneness; break through your stuck points; practice hearing and giving authentic feedback from a place of love; connect systemic racism with everyday resistance. This workshop will be especially helpful for teachers, youth workers or people of faith who want to step beyond critique to positive action.

*Dr. Amanda Kemp is the author of Say the Wrong Thing: Stories and Strategies for Racial Justice and Authentic Community and is a member of Lancaster (PA) Friends Meeting. Amanda helps school leaders and faith communities develop a racial justice lens and foster authentic unity. A Visiting Scholar at Franklin & Marshall College and a performing artist, she offers workshops, strategy sessions and performances that promote trust, self-awareness, and passion for racial justice and inclusive community. "Say the Wrong Thing and the Strategies of the H.E.A.R.T." programs help people integrate self-care and compassion into their daily struggles with micro-aggressions, racial stress, and conflicts.*



**WOOLMAN HILL**  
Quaker Retreat Center

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**COST & REGISTRATION**

The standard rate for this retreat is \$250, with a sliding scale of \$160-360. The fee includes program, lodging and food from Friday dinner through Sunday lunch. Commuter rate is \$160. Please pay what you can, encourage your faith community to financially support your participation if that is appropriate, and please ask if you need additional scholarship funds. A non-refundable deposit of \$50 is required to hold a space for a program. If you need to cancel, the deposit can be applied to a future workshop.

**ARRIVAL & DEPARTURE**

Plan to arrive after 4:30pm Friday evening, in time for dinner at 6:30. The workshop will end by 2pm on Sunday. We are centrally located in western Massachusetts, close to both I-91 and Route 2. For those arriving by car, we will send directions after you register. Please let us know if you'd be interested in carpooling. The nearest Amtrak train station is in Greenfield (MA). Vermont Transit and Peter Pan bus lines also stop in Greenfield, and Megabus stops in Amherst. Please contact us in advance to arrange a ride from these stations.

**ROOM & BOARD**

Our 19<sup>th</sup>-century farmhouse has hand-hewn beams and wide pine floors, with simple dorm-style lodging. The meetinghouse and the first floor of the main building are wheelchair accessible. We serve nourishing, primarily vegetarian, home-cooked meals and always offer a vegetarian option. Please let us know if you have any dietary restrictions. Part of the community building at each retreat includes the joyful sharing of meal chores and clean-up.

**WHAT TO BRING**

Please bring your own toiletries, towels, and bedding (sleeping bag or sheets and blankets or comforter). Pillows are provided. Be sure to bring seasonally appropriate clothes and comfortable indoor and outdoor footwear. You might also like to bring a flashlight, journal, musical instrument... Please do NOT bring pets or candles. We have limited internet access and cell phone reception. We encourage guests to consider whether cell phone or computer use will detract from their experience of being fully present, here and now.

**TO REGISTER ON-LINE for this program**, or for more details about our programs and facilities, please visit our website ([www.woolmanhill.org](http://www.woolmanhill.org)) OR fill out the information below and send it to the address above with a \$50 deposit made payable to Woolman Hill. The balance is due at the beginning of the workshop.

SAY THE WRONG THING, January 20-22, 2017		
NAME:		MONTHLY MEETING (if applicable):
E-MAIL:		PHONE: <span style="float: right;">Circle: home / work / mobile</span>
STREET ADDRESS: CITY, STATE, ZIP:		
Check if you wish: <input type="checkbox"/> NOT to share contact info with other participants. <input type="checkbox"/> NOT to be on our mailing list.		
ENCLOSED is \$_____. I plan to pay a TOTAL of \$_____ on the sliding scale. (\$250 standard, \$160 commuter, see above)		
<b>DIETARY NEEDS</b> <i>Please check any that apply:</i> <input type="checkbox"/> Vegetarian <input type="checkbox"/> Vegan <input type="checkbox"/> Gluten-free <input type="checkbox"/> No-dairy Other:	<b>HOUSING</b> <i>Please check any that apply:</i> <input type="checkbox"/> Commuting <input type="checkbox"/> Prefer main building <input type="checkbox"/> Prefer cabin <input type="checkbox"/> Light sleeper <input type="checkbox"/> Trouble with stairs <input type="checkbox"/> I snore <input type="checkbox"/> Need to be near bathroom Other:	<b>TRANSPORT</b> <i>Please check any that apply:</i> <input type="checkbox"/> Willing to offer ride(s) <input type="checkbox"/> Need ride <input type="checkbox"/> Willing to drive or ride <input type="checkbox"/> Willing to have my contact info shared <input type="checkbox"/> Would like public transport info Other: