

# 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, compassionate, and wakeful lives.



**WHEN:** Weekly on Thursdays

Eastern time: 6:00 - 8:00 p.m.

Central time: 5:00 - 7:00 p.m.

Mountain time: 4:00 - 6:00 p.m.

Pacific time: 3:00 - 5:00 p.m.

### 2023 FALL DATES:

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

**PROGRAM PREREQUISITES:** This program is for white-identified individuals, and by application only. A suggested regular mindfulness practice can be of support.

**REGISTRATION: Registration closes Thursday, August 31, 2023**

**Contact:** Nancy Zegarchuk at: [rmawa4@gmail.com](mailto:rmawa4@gmail.com) for application, and to schedule facilitator meeting to discuss program parameters. Registration complete and space reserved once: all paperwork received, facilitator meeting completed, and payment accepted. Zoom link sent prior to first session.

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

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

**Financially secure:** US\$ 375. I am comfortably able to meet my basic needs\*.

**Financially stretched:** US\$ 275. I may stress meeting basic needs\* and regularly achieve them.

**Financially stressed:** US\$ 150. I stress meeting basic needs\* and 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>.

**PROGRAM LOCATION:** Via Zoom video platform. Free download at: <https://zoom.us>

**FACILITATORS:** Holly Nelson-Johnson, MSN, APN, FNP-BC; Judith Bernstein, PsyD, MA; Susan Clarion, MATS, BSN, RN; Michele Zukerberg, MF, BS. Nancy Zegarchuk, program manager. Our team has been offering programs for over twenty-five years including Mindfulness-Based Stress Reduction, Interpersonal Mindfulness, Insight Dialogue, and Social Justice/Race Equity programming.

**“(We) are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly.” Reverend Martin Luther King, Jr.**