

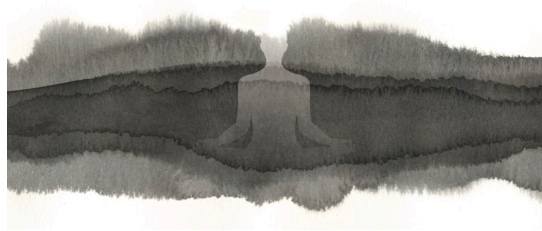


# mindfulmembers



## MINDFUL OF RACE

Understanding &  
**Transforming**  
Habits of  
Harm



RUTH KING

# Mindful of Race Daylong September 2, 2017

Through the lens of the Vipallasa Sutta and periods of walking and guided meditation, we will understand the dynamics of racial suffering and cultivate compassion that liberate heart, mind, and community. This daylong retreat will debut the Spring 2018 release of my new book: *Mindful Of Race Understanding & Transforming Habits of Harm* (Sounds True).

**What:** Mindful of Race Daylong with Ruth King  
**When:** September 2  
**Where:** Park Road Baptist Church, Milford Chapel, 3900 Park Road, Charlotte, NC 28209  
**Time:** 9:30 AM to 4:00 PM  
**Other:** \$45 on line; \$55 at door

[www.RuthKing.net](http://www.RuthKing.net)