

# Inspiring One Another to Continue Taking Steps Toward Justice and Peace



Western Washington Fellowship of Reconciliations's 20th. Annual Spring Assembly, Sat. April 14, 2018  
at Fauntleroy UCC Church, [9104 California Ave. SW, West Seattle.](#)

## SCHEDULE

### **9:00 am: Register in the Front Lobby:**

Just inside the door to the big room, see the easels listing the two morning workshops and two afternoon workshops supporting 2018's theme. Choose one workshop from each list. Notice their location. The Fellowship Hall is the "Big Room." The Lounge is next to it. Other Rooms are upstairs.

Put printed materials, petitions, etc. on the rectangular Information Tables in the middle of the room.

Post Announcements along the Announcement Wall between the Kitchen Area and the Stage. We won't announce these so browse them. Enjoy light refreshments while you meet with old friends and meet new ones.

**10:00-10:05 am: Welcome to the Assembly:** David Lambert welcomes you and provides information to help you enjoy today's activities.

**10:05-10:10:** Mike Yarrow Peace Fellow (MYPPF) members will lead a **meditation**.

**10:10-10:15:** Susan Donaldson will facilitate our **small group discussions** based on Assembly's theme.

**10:20: Small groups** gather in their locations and discuss until 10:40.

**10:45-12:15: Morning Workshops:** See next page for description of workshops.

**12:20-1:25: Catered lunch.** Enjoy discussion and luncheon music by members of the Tacoma Refugee Choir. Opportunity to browse Information Tables and Announcement Wall.

**1:30-3:00: Afternoon Workshops:** See back of page for descriptions.

### **3:05: Closing Circle in Big Fellowship Hall:**

What action proposals or follow-up requests, support, or collaboration from FOR members, local FOR chapters, WWFOR? We can share these at this time, then end today's activities singing a closing song.

**3:30: Adjourn:** If possible, stay a few minutes and help clean up. Thank you!

## Morning Workshops: 10:45-12:15

### 1. “Fighting Environmental Hopelessness: How to Effectively Act, Reach Out, and Work Together”

With several environmental problems feeling insurmountable before January 20, 2017, recent decisions by the political powers now heading our country have left many of us feeling depressed and downright hopeless when faced with challenges surrounding climate change, water rights, and the like. This workshop focuses on how to fight environmental apathy on an individual and institutional level, and examines ways and resources to help us all cooperatively push for positive change.

*Ashley Blazina is a Researcher in the School of Environmental and Forest Sciences at the University of Washington.*

**2. “Zero Tolerance and the School-to-Prison Pipeline”** “My experience with diversifying the cheer team empowered me to do more for minority students at Shorewood. With regard to discipline, the Zero-Tolerance Policy is disproportionately inflicted on male students of color, who lack guidance and staff representation. I approached a Morehouse College graduate to pitch my idea of creating a safe environment for male students of color. After months of planning, we organized monthly sessions, which I call Young Aspiring Men of Color (YAMOC) to emphasize my hopes for directing these young men towards success. YAMOC is a legacy I will leave at Shorewood for future generations, providing membership and support for those who seek it. I want to reduce the number of African-American students who end up behind bars, and instead get them behind desks at universities.” Lilly Luwam Gezai

*Fellow Shorewood High-School students Lilly Luwam Gezai and Gerum Zewdie recognize that while they, along with other people of color, are referred to as “minorities”, there is nothing minor about them! Their commitments to engage whatever community they happen to be part of urge them to be catalysts to encourage others to turn problems into possibilities and to inspire others to rise above stereotypes to fulfill their potential.*

## Afternoon Workshops: 1:30-3:00

**1. Ground Zero Workshop.** Members of the Poulsbo-based Ground Zero Center for Nonviolent Action ([www.gzcenter.org](http://www.gzcenter.org)) — an affiliate of the Nobel Peace Prize-winning organization ICAN (International Campaign to Abolish Nuclear Weapons) — will discuss the threat posed by nuclear weapons in the state of Washington, plans to “modernize” the nation’s nuclear arsenal, as well as the nuclear resistance activities of the Ground Zero Center. The workshop will include time for Q & A, discussion of nonviolent action and ways the public can become involved in countering the possession and use of weapons of mass destruction in the United States.

*Glen Milner is an anti-nuclear weapons activist and a researcher with the Ground Zero Center for Nonviolent Action. Elizabeth Murray is Member-in-Residence at the Ground Zero Center for Nonviolent Action in Poulsbo, WA. Her opinion piece: “With Nuclear Submarines in our Backyard, Isn’t It Time To Give Peace a Chance?” was published in the Seattle Times on October 10, 2017.*

**2. "Introduction to Mindfulness Based Stress Reduction (MBSR)"** is a 90-minute interactive session for participants age 14 and older. Dr Kim Holland will offer information on the scientific evidence for the health benefits of MBSR, introduce techniques that can be used right away to begin a practice in mindfulness and provide resources for those interested in further study.

*Dr. Kim Holland, Family Physician and co-facilitator of the 2016 Women of Color with Chronic Illnesses MBSR Class at Kaiser Rainier Medical Center. Dr. Holland was one of 4 Black teens who were shot in 1970 by a young white man during protests against police actions in New Bedford Massachusetts. She subsequently volunteered on the Boston BPP Sickle Cell Anemia Testing and Free Medical Clinic Programs. With the support of her community she returned to school eventually graduating from Boston University School of Medicine and the Group Health Cooperative Family Practice Residency. After working in community health centers in New Bedford MA and Holly Park, Seattle, she became a member of the Group Health Rainier Valley Medical Center family practice team. “In memory of Lester Lima and the man who shot him, mindful that the conditions that existed in 1970 are still operative, we offer an opportunity to seek personal wellbeing, health, justice and reconciliation in the daily practice of MBSR.”*