

## RISE Up in 2025: Healing the Heart of Democracy

- \* MMTCP (Mindfulness Meditation Teacher Certification Program) Alumni Association
- \* Center for Contemplative Practices at CSUSM (CA State University, San Marcos)
- \* TEL (Transformative Educational Leadership) Alumni Steering Committee

*Invite you to:*

### **RISE = Refuge and Inspiration Sangha for Educators**

Series of Five Sessions, January - May, is based on the work of Parker Palmer,



**Together**, we will explore ways how mindfulness may serve to keep our experiment of democracy alive- in our classrooms, staff rooms, school communities and other settings.

We will attend to both the Inner and Outer Games:

- How do we, as individual citizens and leaders, stay hopeful, resourced, inspired and engaged?
- How do we create spaces to facilitate others in cultivating their habits of heart in order to foster a more mindful, compassionate, thoughtful community and world?
- How do we remain faithful to speaking and listening in a way that takes us closer to truth; to the call of courage that summons us to be witness to the common good, even against great odds?

*“Many of us have a shared experience of heartbreak about the condition of our culture, society, body politic; A yearning for something better than divisiveness, toxicity, passivity, and powerlessness.*

*Within us is the courage to pursue that yearning, to hold life’s tensions consciously, until they break us open.*

*This shared heartbreak can build a footbridge of mutual understanding on which we can walk toward each other.*

*The broken-open heart is a source of power as well as compassion—*

*the power to bring down whatever diminishes us and raise up whatever serves us well.”*

*-Parker Palmer*



#### **Dates:**

Sunday, January 26 @ 9:00 – 10:30am PST; Noon-1:30pm EST

Wednesday, February 19 @ 4:00 – 5:30pm PST; 7:00-8:30 EST

Sunday, March 30 @ 9:00 – 10:30am PST; Noon-1:30pm EST

Wednesday, April 30 @ 4:00 – 5:30pm PST; 7:00-8:30 EST

Wednesday, May 7 @ 4:00 – 5:30pm PST; 7:00-8:30 EST

#### **Kindly rsvp:**

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Link: <https://us02web.zoom.us/j/6770705919>