



My Wish for 2022

Lots of feelings came up for me this morning as I was watching the ending to the film, *Castaway* with Tom Hanks. The ending is so touching as he has to let go of the woman he loved and their dreams of being together...a lot like my journey of trying to come back after my mom's death. I guess that moment in 1985 will always be with me, walking alongside of who I used to be and all that happened to me afterwards. Each step has been a miracle of sorts....one that leaves me with a sense of wonder at how I got here...how I survived and how it was that I was given another chance to live life again, not the same, but differently.

For a long time, during those three years, I was simply a shell of myself walking around... not really alive and not quite ready to die...just trying to just make it through another day. Reminding myself to eat, to go to work, to drive home, and then to sleep again. Each day was this same repetition for three long years. At night I kept having the same horrible nightmares: trying to save my mother, but each time having her die painfully in my arms.

When I look back on those dark and painful times, I think I am reminded of where I feel we are today as a nation. I feel like we are no longer a semblance of who I thought we were as a country and as a people. We are separated by our fears and our hatreds, our tears and our rage at all the injustices that go unseen and ignored. How each day we hear of yet another shooting, another lie, another story of how the poor and sick are being shamed and blamed for choosing to live this way. I keep wondering...what has happened to our compassion and caring, our prayers and our sense of community that we so fervently preach from the safety and

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sanctity of our religious pulpits? Why have those words on each police car: Serve and Protect that now make us wonder: Who are they serving and protecting?

Each generation has its horrifying moments in history: the Civil Rights and McCarthy era, the burning of communities of color in Tulsa, Oklahoma and throughout California, the Holocaust, the burning of Chinatowns, the Japanese Internment, the trail of tears of the First People, the George Floyd murder and the hate killing of Matthew Shepherd, Vincent Chin, Robert F. Kennedy and Dr. Martin Luther King, Jr. are just a few painful glimpses into our long violent history of hate and fear.

And so, as this year is about to expire, I have this message to share...a fervent prayer whispered out of fear it will not be heard or believed:

To my ancestors and to yours...I ask for their forgiveness for breaking our promises: to take good care of each other, to share what we have and to take good care of the land.

A participant in one of my workshops said to me: "I want you to address me by my proper pronoun, not because it is important to me, but because it is also important to you."

You see, there is no 'cancel culture' just doing what is right and decent for all of us: for our children, our families, our communities, and the next generation. We each are just passing through this world, however brief. As someone once shared with me: There are two important moments in our lives: the day we were born and the day we find out why.

So, my prayer and hope for 2022 is that we come together, in peace and with love in our hearts. Remembering that when one of us falls, we all fall. And when one of us rises, we all rise.

Isn't that how it was *supposed* to be?



StirFry 2022 Workshop Schedule

Our 2022 Workshop Schedule is now online, with exciting options for everyone, no matter what your experience level.

And remember to look for the schedule for the **Tea Time with Lee Mun Wah 2022**

**See the full schedule of StirFry Workshops
at stirfryonline.com**

UPCOMING STIRFRY WORKSHOP

WHEN A DISCRIMINATORY INCIDENT OCCURS

Saturday January 22, 2022 • 9am - 3pm Pacific
\$265 (price includes required materials/shipping)

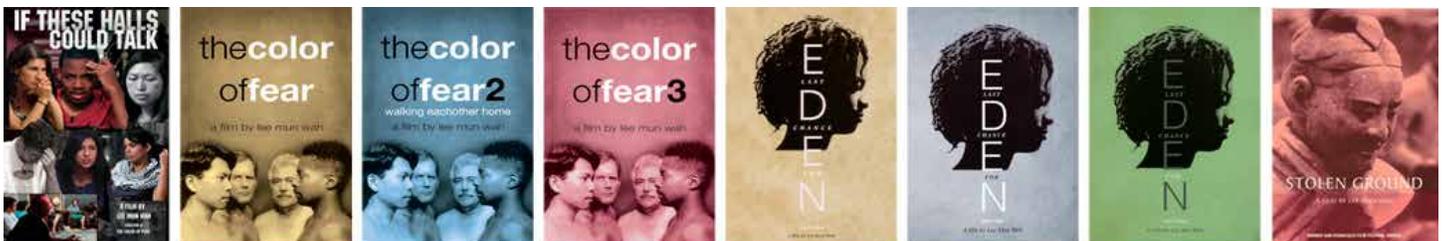
Facilitated by Lee Mun Wah

Often, discriminatory incidents and lawsuits emerge from environments where diversity issues are seldom discussed and where cultural differences are “celebrated” but not practiced or represented. During this workshop, we will explore how to create a culturally competent and sensitive community that is able to embrace and respond to diversity.

Participants will:

- Understand how one’s personal and community history affects one’s self esteem and sense of safety
- Learn ways to respond with honesty and compassion when a conflict occurs that involves a diversity issue
- Create a sense of community and understanding among a diverse culture of people
- Learn how to ask meaningful and intimate questions of individuals from diverse cultures
- Understand how differences (i.e. racial, gender) can affect relationships, communications & behaviors
- Discover how to observe and make use of the intent and impact of all of our communications
- Learn the art of listening and responding cross-culturally

See the full schedule of **StirFry Workshops**
including *Tea Time with Lee Mun Wah*
at stirfryonline.com





NEW IN 2022

Mindful Facilitation Mastery Series

Saturday dates in 2022:

January 29 • February 26 • April 30 • May 14

July 30 • September 24 • November 5

8:30 am - 12:30 pm Pacific Time

\$175 per session • Facilitated by Lee Mun Wah & Co-Facilitator

This Mindful Facilitation Mastery Series is an online training series that takes place on Saturdays throughout 2022. Each session will be using filmed vignettes and role plays to enhance your mindful facilitation skill sets. Each training will feature issues such as: What to Do When a Discriminatory Incident Occurs, How to Create Community, How to Have Courageous Conversations in the Classroom and Workplace, How to Facilitate Conflicts, and the Intersection of Mindful Facilitation and Group Process. You can attend one or all of them. The choice is yours.

We will utilize a myriad of vignettes dealing with race, gender, class, physical impairments, and BIPOC issues. In addition, the last part of each session will be reserved to work on private vignettes that participants are having difficulty with or need guidance on from the group's vast wisdom and experience.

Vignettes and role plays will be drawn from Lee Mun Wah's films: *Stolen Ground*, *The Color of Fear*, *Last Chance for Eden*, *If These Halls Could Talk* and from his writings: *The Art of Mindful Facilitation*, *What Stands Between Us* and *Let's Get Real*.

Between sessions, participants will have the option to meet in groups to discuss suggested topics and as a way of creating a sense of community and support for each other.

Prerequisite: Must have attended Mindful Facilitation workshops: Beginning, Intermediate and Advanced levels.

Maximum: 25 participants • *Online Only (Zoom)*



SATURDAY MORNINGS 9:00AM - 10:30AM (PACIFIC TIME)

February 5, 2022 - March 26, 2022 - April 9, 2022 - May 21, 2022

June 25, 2022 - July 23, 2022 - August 20, 2022

September 10, 2022 - October 22, 2022 - November 19, 2022

Registration Fees: \$50/session price - If you register for 3 or more sessions: each session is \$25

Registration Information at stirfryonline.com