

# StirFry Seminars

In June 2007, Rainbow Markell and Lee Mun Wah did a series of six workshops and trainings in Bermuda for the community and other social agencies. It was a breathtaking experience, with each workshop even more emotional and touching than the last one. During the visit, Mun Wah was interviewed for the television and several newspapers. One of the highlights of the trip was a visit and photo op with the Premier and other ministers of state. Rainbow and Mun Wah felt like royalty. StirFry Seminars is now in the process of setting up our first International Training Center in Bermuda! It was all quite an adventure, full of many moving stories and new possibilities. Here are some of the letters we received from a few of the participants:

*"The open communication that was shared and heard with the break away and larger group sessions provided a foundation in my mind for a non-threatening environment and a better understanding of others' perspectives and experiences with racism. These experiences it seems so often reside within us, without discussion, without listening or understanding...For me personally, I came to the forum thinking I was enlightened and understanding on the issues of racism. I also believed that I was untouched and that I had minimally experienced the direct or indirect impact of racism. Following the forum I can say that I leave with a new and better understanding of the need to continue listening, communicating, looking inside myself and getting more involved in the ongoing dialogue on this issue."*

Jim Ivey  
Chief Operating Officer,  
Atlantic Partners Limited

*"I continue to be amazed at how quickly you are able to create an aura in the room that encourages trust and sharing and, particularly, at how the dialogue touches off emotions that were previously buried and unrecognized. It has been an amazing week."*

Craig Morfitt  
Inspector, Bermuda Police Service



*"My four days with Lee Mun Wah and Rainbow Markell were life altering for me. I experienced a huge aha moment during the "Undoing Racism" workshop when I heard Mun Wah say that "the legacy of racism is benefiting from it....My life of white privilege immediately took on a whole new meaning and I felt grief, shame, embarrassment, confusion and clarity all at once. I feel now, more than ever, that I have a huge responsibility to use my privilege to contribute toward healing racial wounds. I really get why I am so drawn to this work in a whole new way."*

Ruthie Outerbridge  
Program Director, Spirit Quest

## July Worldwide Celebrations

World Population Day; Independence Day (United States); Dominion Day (Canada); Bastille Day (France); Egyptian National Day; Ethiopian National Day; Spain's National Day