

StirFry Seminars & Consulting

August 2010

Asking the Hard Questions & Hearing the Answers

By Lee Mun Wah

I began writing the book, *Let's Get Real — What People of Color Can't Say & Whites Won't Ask*, as a way to dispel some of our fears when asking the hard questions about racism that keep us apart. I believe that inherent in each of the questions asked in the book are our fears about hearing the answers; they might provoke deep emotions such as anger, hurt and grief.



However, if we are ever going to heal as a nation, then we must find a way to engage one another in a more intimate and honest conversation about what separates and divides us. We cannot heal if we close our eyes to the wounds that many folks have to endure each day and fail to understand the effect that this has on their sense of safety and trust that things will ever change in their lifetime or for their children.

These questions beg to be answered, and that is why this book is so important. If these issues are not talked about or answered, one day the anger and the hurt from all those thousands of slights and insults that were never dealt with will explode into something way more physical – into a violence fueled by hatred and hopelessness.

So, the challenge of this book is really about what it will take for us to begin this conversation. How willing are we to stay in the room, to speak our truths and to hear the truth, even if it differs from our own? And, in that discourse, are we willing to reflect, be curious, take responsibility and be open to change personally and institutionally? Respect and understanding of diversity issues are simply words until they are practiced and integrated into the very fabric of our workplaces and communities, relationships, attitudes and behaviors. They inextricably bind us to our destiny as a nation. Will we be separate, unequal and divided or will we work together by honoring and recognizing the beauty of our differences and the contributions of everyone? The choice is ours and the moment is not tomorrow, but, today... with those we love and with those we have been taught to fear. Martin Luther King, Jr. was right when he said in 1968:

“We must learn to live together as brothers and sisters or we will perish together as fools. We are tied together in a single garment of destiny, caught in an inescapable network of mutuality. And whatever affects one directly affects us all indirectly. For some strange reason I can never be what I thought I ought to be until you are what you ought to be. And you can never be what you ought to be until I am what I ought to be.”

FALL 2010 RELEASE !!!

Let's Get Real—What People of Color Can't Say & Whites Won't Ask
by Lee Mun Wah

Find Lee Mun Wah on Facebook!

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StirFry Calendar

August 3, 2010 Louisville, KY	<i>If these Halls Could Talk: A Program to Deal with Bullying in our Schools</i> NASRO School Safety Conference / Open to the Public
August 4, 2010 National Harbor, MD	Cultural Competency for Advanced Practitioners & Social Service Leaders FFTA Conference / Open to the Public
August 9, 2010 Berkeley, CA **	The Art of Embracing Change Open to the Public
August 12, 2010 Milwaukee, WI	A Cross Gender/Race Conversation in the Workplace Workshop & Let's Get Real About Racism in the Child Welfare System The Color of Child Welfare Summit / Open to the Public
August 18, 2010 Oroville, CA	Cultural Competency for Educators Not Open to the Public
August 26, 2010 Newark, CA	Creating Community & Resolving Conflicts in a Diverse College Environment Not Open to the Public
August 27-29, 2010 Berkeley, CA **	Mindfully Resolving Conflicts for Diversity Issues: Part Two Open to the Public
September 13, 2010 Berkeley, CA **	The Art of Embracing Change Open to the Public

*** Held at the Quan Yin Training Center, 2311 8th Street, Berkeley, CA*

For more information, registration and links to conference workshops, visit <http://www.stirfryseminars.com/events>

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Enter Coupon Code SUMMER upon online Check Out at www.stirfryseminars.com/store.

Let's Get Real: Unlearning Racism Retreat

Facilitated by Lee Mun Wah

Sept 24-26, 2010

Friday 2 pm until Sunday 2 pm

Quan Yin Training Center • 2311 8th Street, Berkeley, CA

There is so much that is unsaid in this country about race issues. In this retreat we will explore a variety of ways to have this dialogue on race and racism that will lead to a more intimate and honest conversation and relationship with each other. This retreat is about confronting some of the issues that keep us all from talking to one another about race/racism. It is also about discovering new ways to begin that conversation, how to create a bridge to talk about our differences, exploring what opens us up and what closes us down, and finally, 101 ways to become Culturally Competent in our relationships and workplaces.

For More Information: 510.204.8840 ext. 101
or www.stirfryseminars.com