



# *Martin Luther King*

## *Quiet Day of Reflection*

Monday, January 18, 2016, 9:00 a.m.—3:00 p.m.

### **Howard Thurman: Mystic and Prophet for Civil Rights**

On this day dedicated to reflecting on the life and work of Dr. Martin Luther King, we will quietly ponder the ministry of his spiritual mentor, Howard Thurman (1899-1981). As a mystic, theologian, and spiritual adviser to Dr. Martin Luther King, Jr., Thurman possessed the uncanny and prophetic ability to make a connection between silence and the scrutiny of one's inner life with social justice work. He encouraged Dr. King and other organizers of the Civil Rights Movement to examine their inward journeys and to use nonviolent responses to what was often very violent confrontation. Thurman chose to engage in work that would serve all people and to use the contemplative experience as a path to peace, joy, and power. He wrote about this desire -- especially for oppressed people -- in *Jesus and the Disinherited*, a book that Dr. King carried with him whenever he marched. Throughout this quiet day, we will witness with readings and silence how the contemplative practices Thurman promoted can be employed to free ourselves and others.

Join us for light breakfast fare at 9am; the program will begin promptly at 9.30am and finish at 3pm. To Register go to [www.ignatiushouse.org](http://www.ignatiushouse.org)

## **Ignatius House Jesuit Retreat Center**

~ 6700 Riverside Dr. NW ~ Atlanta, Georgia 30328 ~ 404-255-0503 ~



Lerita Coleman Brown, is a spiritual companion/director, writer, workshop leader, and speaker. A graduate of the Spiritual Guidance Program at the Shalem Institute, Lerita writes about and promotes contemplative spirituality in everyday life, the life and work of Howard Thurman, and uncovering the peace in one's heart on her website ([peaceforhearts.com](http://peaceforhearts.com)), Facebook page (peaceforhearts) and on Twitter (@peace4hearts).

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