

## Proposed Schedule: *My Grandmother's Hands* Book Discussion

### 7pm Via RBC Zoom

Proposed Format through Nov. 30:

1. Facilitator welcomes the group and invites people to share any initial thoughts.
2. Facilitator presents discussion questions.
3. Small groups go into breakout rooms to talk through the discussion questions.
4. Groups reconvene and share de-identified reflections from their small group discussions.

| <b>Date</b>                  | <b>Chapters</b>   | <b>Facilitator</b>     | <b>Notes</b>   |
|------------------------------|---|------------------------|--|
| <b>9/28/21</b>               | <b>Podcast:</b> <i>The Body Keeps the Score</i><br><b>Book:</b> pp. ix-xx in preface; Chapter 1 pp.3-26 | Cathy Baskin           | Podcast link:<br><a href="https://podcasts.apple.com/us/podcast/this-conversation-will-change-how-you-think-about-trauma/id1548604447?i=1000532955898">https://podcasts.apple.com/us/podcast/this-conversation-will-change-how-you-think-about-trauma/id1548604447?i=1000532955898</a> |
| <b>10/5/21</b>               | <b>Book:</b> Chs. 2-6 pp. 27-96   | TBD                    |  |
| <b>10/12/21</b>              | <b>Book:</b> Chs. 7-11 pp. 97-164   | Linda Hernandez-Giblin |  |
| <b>11/1 or 2 (election?)</b> | <b>Book:</b> Chs. 12-16 pp. 165-214   | Kay Tarazi             | Emphasize 15 or 16 depending on your body  |
| <b>11/9/21</b>               | <b>Book:</b> Chs. 17-20 pp. 215-260   | Geneva Pope            |  |
| <b>11/30/21</b>              | <b>Book:</b> Chs. 21-24 + Five Opportunities pp. 261-298; 305-309                                       | Sylvia Campbell        |  |
| <b>12/7/21</b>               | <b>Reflections/ Debriefing</b>  | Pastor Leah            | A time to reflect on our learnings and experiences, and how we have change during these weeks  |