

THIS FEBRUARY WE’RE OFFERING  
EXCITING OPPORTUNITIES TO EXPLORE  
BLACK HERITAGE AND PRACTICE  
ALLYSHIP ROOTED IN COMPASSION



PHOTO CREDIT (COVER AND ABOVE): CAROLINE YANG PHOTOGRAPHY

LET’S TALK  
CAREGIVING THROUGH COMMUNITY  
MONDAY, FEBRUARY 26, 2024  
RECEPTION 6PM; DISCUSSION 7PM

Join Penumbra for a fascinating conversation about the many different dimensions of caregiving. Explore interpersonal elements involved in major life transitions and learn about communal practices used to care for ourselves, each other, and our land. Facilitated by Wellness Director Camille Cyprian. This event begins at 6pm with refreshments and light bites, followed by a 90-minute presentation and discussion.

Panelists:  
Joy McAfee, Postpartum Doula  
Sandy Agustin, Death Doula  
Jeanelle Austin, Executive Director of the George Floyd Global Memorial  
Bridgette Kelly, Managing Director of RootSprings

THANK YOU TO OUR BLACK HISTORY MONTH SPONSOR

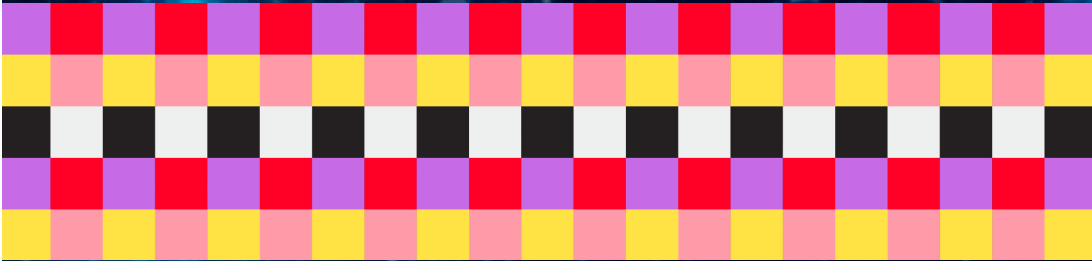


270 NORTH KENT STREET | SAINT PAUL, MN 55102

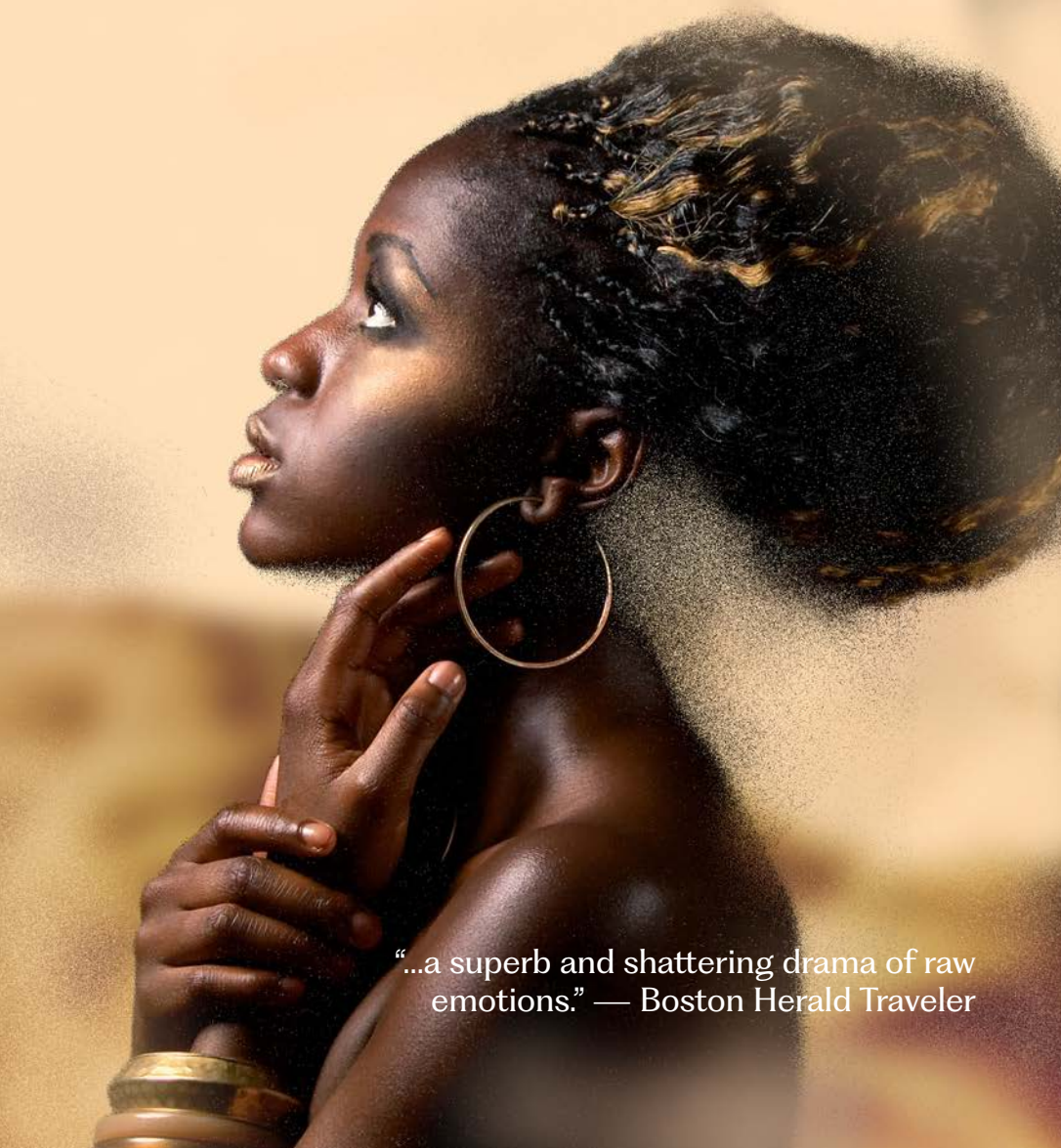
WINTER 2024



Celebrate  
Black History







“...a superb and shattering drama of raw emotions.” — Boston Herald Traveler

ALICE CHILDRESS’

# WINE IN THE WILDERNESS

DIRECTED BY LOU BELLAMY

FEBRUARY 22 - MARCH 17, 2024

A TIMELESS TRIPTYCH OF BLACK ART, CULTURE, AND IDENTITY REUNITES LOU BELLAMY, SEITU JONES, AND JAMES CRAVEN IN THIS RARELY SEEN PLAY BY ALICE CHILDRESS.

Celebrated playwright Alice Childress explores race in America through the lens of artist Bill Jameson during the Harlem uprising of 1964. Focused on his latest project depicting Black women, Jameson’s assumptions are challenged by an unexpected muse, leading to a humorous and heartfelt journey.

## HONORING THE EMOTIONAL, PHYSICAL, AND SPIRITUAL POWER OF BLACK CULTURAL EXPRESSION TO ADVANCE RACIAL HEALING

### FOSTERING ALLYSHIP

FRIDAY, FEBRUARY 9, 2024 AT 10AM

True compassion urges us toward action when others are suffering. It is an orientation, a frame of mind that influences behaviors, rather than a series of finite actions. This training focuses on strategies to support besieged communities and vulnerable individuals by deepening our historical analysis and leveraging our privilege to interrupt oppression. Everyone can be an ally for someone else. This workshop covers:

- Identity and social location work
- Understanding privilege and strategies to leverage it for social impact
- Trauma informed practices that can increase resiliency and regulation
- Powerful storytelling and expert facilitation

### RACIAL HEALING CIRCLES

#### BLACK COMMUNITY

SATURDAY, FEBRUARY 10, 2024 AT 12PM

#### WHITE ALLIES

SATURDAY, FEBRUARY 24, 2024 AT 12PM

Join us for our culturally specific Racial Healing Circles where you can start or sustain your healing journey. Each circle includes food, fellowship, facilitated conversation, and a wellness offering to support personal and collective transformation. Participation is free, but registration is required.

February 10 is an affinity space for those who racially identify as Black.

February 24 is an affinity space for those who racially identify as white.

PENUMBRATHEATRE.ORG | 651.224.3180

# EQUITY TRAINING

Penumbra has been on the leading edge of innovative and transformative solutions for equity work for over twenty years. We offer a holistic, integrated approach to racial healing that supports discovery, belonging, and reciprocity, while offering practical tools to support organizational and communal wellbeing.

## Belonging

Belonging is a fundamental human need and lifelong work.

As social creatures, human beings are biologically driven to create groups held together through attachment and identity. While this creates a sense of security for some, others may experience ostracization, prejudice, even exile. This training invites participants to contemplate how we can learn to belong to ourselves first, creating spaciousness and energy to help others belong, too.

## Allyship

Penumbra’s practice of allyship is rooted in compassion.

True compassion urges us toward action when others are suffering. It is an orientation, a frame of mind that influences behaviors, rather than a series of finite actions. This training focuses on strategies to support besieged communities and vulnerable individuals by deepening our historical analysis and leveraging our privilege to interrupt oppression. Everyone can be an ally for someone else.

### Each Module Includes:

- Compassionate, inclusive facilitation
- Wellness modalities designed to increase regulation and resiliency
- Artistic offerings and practices that open creative channels
- Tools and techniques that are adaptable to a wide variety of equity concerns
- 4 hours of tailored coaching from Penumbra for full day sessions

For more information, or to book an equity training workshop, visit us online at [penumbrateatre.org/equity](https://penumbrateatre.org/equity) or contact us at [equity@penumbrateatre.org](mailto:equity@penumbrateatre.org).

