

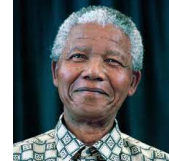
A.T. Ariyaratne



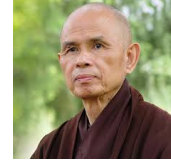
Mubarak Awad



Jane Goodall



Nelson Mandela



Thich Nhat Hanh

## Study Circle: Lessons on Life, Love and Courage

We long for heroes and have too few. Nelson Mandela is said to be the closest thing the world has to a secular saint. In January we will look at his life as seen through the eyes of his close, personal friend, Richard Stengel, former editor of *Time Magazine*. Stengel has distilled countless hours of intimate conversation with Mandela into fifteen essential life lessons, and recounts moments in which “the grandfather of South Africa” was tested and shares the wisdom he learned. In February we will continue to look at other cultural heroes who have walked in the footsteps of Mahatma Gandhi.

### January

*Mandela’s Way: Fifteen Lessons on Life, Love and Courage.*

Author: Richard Stengel

*In Africa there is a concept known as Ubuntu—the profound sense that we are human only through the humanity of others; that if we are to accomplish anything in this world, it will in equal measure be due to the work and achievements of others. —Nelson Mandela*

Jan 4 Chapter 1: Courage is not the Absence of Fear

Jan 11 Chapter 3: Lead from the Front

Jan 18 Chapter 4: Lead from the Back

Jan 25 Chapter 7: Seeing the Good in Others

### February

*In the Footsteps of Gandhi: Conversations with Spiritual Social Activists*

Author: Catherine Ingram

*The men and women who speak to us in the pages of this book have each been willing to see light in darkness. Their lives show us that in both hard and good times, love is the only power that matters.*

—Catherine Ingram

Feb 1 A.T. Ariyaratne, Sri Lanka

Feb 8 Mubarak Awad, Palestine

Feb 15 Jane Goodall, England

Feb 22 Thich Nhat Hanh, Vietnam