

# Week 8 Onsite Discussion Prompt

This week's discussion is a little different. We will be expanding beyond the onsite reflections to look at mindfulness and the systems at play in nonprofits and philanthropy.

## **Part I: Mindfulness Check In**

What mindfulness activity have you practiced since the last time we met? Are you able to consistently practice a mindfulness activity? What gets in the way? What might you change if you are not as successful as you'd like to be?

## **Part II: Nonprofit Funding in Oregon**

Explore the following links:

- [Grant Resources and FAQs](#)
- [Equity, Diversity and Inclusion](#)
- [Community Grants Programs](#)

## **Part III: Decolonizing Philanthropy**

Watch [Decolonizing Philanthropy](#)

For this week, Post to the forum:

- 2 things you learned and
- 1 thing that surprised you and
- 1 thing you would like to learn more about