

Who Might Attend

We welcome anyone looking for an enriching way to begin this autumn season. We also welcome people in: therapeutic professions, pastoral care, medicine and healthcare, the arts, community building, women's issues, child and elder care, education, and anyone interested in raising awareness about the living earth. No previous experience with poetry is necessary.

About the Presenters

Birch Dwyer facilitates expressive arts circles incorporating poetry, prose, and art. **Peg Edera** is a Spiritual Director, poet and a Quaker who facilitates retreats weaving together writing, meditation and the labyrinth. **John Fox** leads global encounters with poetic medicine and is passionately committed to helping people discover their healing poet. **Marna Hauk** is a PhD candidate in Sustainability Education who catalyzes earth regenerative creativity and the cultivation of earth empathy.

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Registration: Fee is a sliding scale of \$35-90 if registering by August 15th. After August 15th, fee is \$45-100. Participants self-select fee on the sliding scale. Registration is first registered, first choice for breakouts. We will be sharing lunch together on site as part of the retreat experience. Either bring a brown bag lunch or add \$10 if you would like to order a Grand Central lunch to be delivered to the site.

Please send registration form with fee to P.O. Box 14194, Portland, Oregon 97293. Checks can be made out to Institute for Poetic Medicine. Four work scholarships available; please apply via email or phone by July 31st. Registrations and questions can be directed to Marna at earthregenerative@gmail.com or 503-771-0711.

REGISTRATION FORM

Name: _____

E-mail: _____ Phone: (____) _____

Address: _____

City/State/Zip: _____

Breakout Choices: *Indicate your preferences with 1, 2, and 3.*

Poetry as Provision: Poetry/Body (B. Dwyer) Poetry as Healer (J. Fox)
 Keeping the Flame: Poetry/Prayer (P. Edera) Seed: Regenerative Earth Creativity (M. Hauk)

Check if you'd like to order lunch: (please enclose an additional \$10).

Amount enclosed: _____

May we add you to our mailing list? yes no

If already on our mailing list, is this a new mailing address? yes no

A Portland event sponsored by
the Institute for Poetic Medicine and
the Institute for Earth Regenerative Studies

Poetry's Healing Harvest

A day-long northwest poetic medicine
retreat to refresh, revitalize, and
deepen during autumn's golden light
with Birch Dwyer, Peg Edera, John Fox,
and Marna Hauk

Thursday, September 26, 2013

9:30 am - 4:30 pm

Friends Meeting House
4312 S.E. Stark Street
Portland, Oregon



What We Intend, What We Will Offer

As collaborators of this day-long symposium weaving together poetry, prayer, sacred body and earth, we will bring to you our rich and varied life-long passions—which all have the capacity to evoke, nurture and bolster wholeness. Throughout the day we will use dialogue and spacious listening, poem-making and poem-sharing as ways to learn from and connect with one another.

Morning Themes

Our morning session will include a shared exploration of these passions: body & the sacred, the earth & poetry as healer. This morning exploration will invite us to name each of these with clarity and also, with a creative exchange of ideas and feelings, to imagine and find their empowering synthesis.

Afternoon Practice

After lunching together, we will break into topic teams for deeper contact and practice. You can choose the topic/theme that is most significant for you at this time. Birch, Peg, John, and Marna will be supporting active engagement of their theme. See breakout topics on facing page.

Late Afternoon Closure

We will round out the afternoon by gathering again together. We'll sit in a circle and connect insights from our time harvesting poetry's gifts as provisions for the journey towards winter.

..... BREAKOUT TOPICS

Poetry as Provision: How Poetry Can Nurture Your Relationship with Your Body

Can poetry help to heal our relationship with our bodies? If we drink in poems, will this nourish a kinder relationship with our closest home? In our small circle, we will read poems about the body together and then have a chance to write and share our own.

Facilitator: Birch Dwyer

Keeping the Flame - Kindling Our Poetic Connections to the Sacred

What are the poems that warm you now for solace in hard times, for delight? These are words we carry with us that connect us to what is Holy in our lives. What are your words to write into prayers that you can carry with you into the season ahead?

Facilitator: Peg Edera

Poetry as Healer

A safe, supportive environment for writing poems that reveal feelings, distill meaning, shore up your ability to respond to difficulties in a way that sensitivity becomes a strength. Poetry guides us ever so gradually toward insight, integration and wholeness.

Facilitator: John Fox

Becoming the Seed - Regenerating Earth Creativity

We will share and write poems inspired by the Gaian rhythms of harvest and decay as our planet tilts. The tenderness and care of shedding and distillation prepare us for autumn's planetary in-breath. What wisdom is being distilled in me for harvest by the living earth?

Facilitator: Marna Hawk

Weave real connections, create real nodes, build real houses.
Live a life you can endure: Make love that is loving.
Keep tangling and interweaving and taking more in...
for every gardener knows that after the digging, after the planting,
after the long season of tending and growth, the harvest comes.

~ Marge Piercy