

John Fox is a certified poetry therapist and associate adjunct professor at the California Institute for Integral Studies in San Francisco, California. He also teaches at the Institute for Transpersonal Psychology and John F. Kennedy University in the Bay Area. He is the author of *Finding What You Didn't Lose: Expressing Your Truth, Creativity Through Poem-Making* and *Poetic Medicine: The Healing Art of Poem-Making*. His work is featured in the PBS documentary, *Healing Words: Poetry & Medicine*. He offers workshops throughout the United States and the world.

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Registration: Whole weekend: \$250; Friday only: \$25. For more information and to register, please contact Marna Hauk at earthregenerative@gmail.com or (503) 771-0711.

At the Bend in the River, a talk by John Fox: Friday, September 27, 7 - 9 pm, Multnomah Friends Meeting House, 4312 S.E. Stark St., Portland; workshop intensive Saturday, September 28, 9:30 am - 5 pm, and Sunday, September 29, 9:30 am - 1 pm, at Peg Edera's Summerlin House.

Reserve your place by sending in this registration form and a check for \$250 (\$25 for Friday only) payable to The Institute for Poetic Medicine, sent to: Marna Hauk, PO Box 14194, Portland, OR 97293. Three sliding scale scholarships are available. Please contact Marna to apply by August 15.

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the Institute for Earth Regenerative Studies



At the Bend in the River

A Weekend Retreat Space for Poem-Making
with John Fox, CPT

Friday Evening Talk at Stark Street Friends Meeting House
Saturday and Sunday at Peg Edera's Summerlin House

A Place for Gathering, Listening, Paying Attention,
Slowing Down and Silence

September 27-29, 2013 | Portland, Oregon

REGISTRATION FORM

Name: _____

Address: _____

City/State/Zip: _____

Phone: w () _____ h () _____

E-mail: _____

May we add you to our mailing list? yes no

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



Do you have the patience to wait
till your mud settles and the water is clear?
Can you remain unmoving
till the right action arises by itself?

~ from Tao Te Ching, 15

THIS MOMENT, THIS PERSON, THIS MEETING, THIS POEM

At the Bend in the River is a place of gathering and flow, community and creativity, a fresh shift in perception and a turning place: a surprise felt in the current. We approach all of these through the process of poem-making.

Over the course of this retreat we will:

- slow down, even allow for stillness, listen to our own flow
- place value on silence, in silence, hold silence as much as possible
- open to and connect with the poem and the person making the poem
- write as much as possible, without rush, feeling the river bend

See *Registration section on back for time and location details.*

LISTENING AND THE CURRENT OF CREATIVITY

Many people tell me that their experience of being listened to is the rarest thing of all. It would also be true then that listening itself is rare. Yet, if you have stopped to read this brochure and consider it for a moment, I would have a strong guess that you are sensitive to that meeting place of listening and being listened to. So while it may be rare to experience it, we know what it is when listening happens!

The most surprising part of listening is not what it does for someone else—it's what it does for the listener. Listening shows a person how to get out of their own way. By that, I mean through this practice of listening and poem-making, I am better able to stay fresh, while at the same time, I empty out!

Freshness makes my attention more vibrant. Emptying out releases me from a judging/ comparing mind so greater room is made for what I hear, for what I write, and can take to heart.

FRESH

*To move cleanly.
Needing to be nowhere else.
Wanting nothing from any store.
To lift something you already had and set it down in a new place.
Awakened eye seeing freshly.
What does that do to the old blood moving through its channels?*

~ Naomi Shihab Nye

“At a certain point you say to the woods,
to the sea, to the mountains, to the world,
Now I am ready. Now I will stop and be wholly attentive.
You empty yourself and wait, listening.”

~ Annie Dillard, *Teaching a Stone To Talk*