

Who Might Attend

We welcome anyone looking for enriching ways to begin the winter 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

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**, PhD completed her doctoral research in Sustainability Education and catalyzes earth regenerative creativity and the cultivation of earth empathy while designing programs in climate resilience.

Registration

Fee is a sliding scale of \$40-90 if registering by September 30th. After September 30th, the fee is \$45-\$105. Participants self-select fee on the sliding scale. Register early to ensure placement. We will be sharing lunch together on site as part of the retreat experience, and participants are to bring a brown bag lunch.

Registration can be completed online (preferred) via the following URL:

<http://www.earthregenerative.org/events2014stones.html>. If registering by post, send form with fee to P.O. Box 14194, Portland, Oregon 97293. Checks can be made out to Institute for Earth Regenerative Studies. Four work scholarships are available; please apply via email or phone by September 30th. Registrations and questions can be directed to Marna at earthregenerative@gmail.com or 503-771-0711.

Registration Form

Online reg preferred: <http://www.earthregenerative.org/events2014stones.html>

Name: _____

E-mail: _____ Phone: () _____

Address: _____

City/State/Zip: _____

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 Earth Regenerative Studies
and the Institute for Poetic Medicine

The Stones of Memory

A day-long northwest poetic medicine
retreat to remember, recognize, and
regenerate the wisdom of earth
through poem-making and
contemplative connection with
John Fox, Marna Hauk, and Peg Edera

Thursday, November 6, 2014
10am-3:30pm

Friends Meeting House
4312 SE Stark Street
Portland, Oregon



What We Intend, What We Will Offer

Wintertime – and stones -- can support and honor our deeper contemplations and in the slowing down natural to this season, begin to show us an inner stillness that revives our connection with the timeless.

Peg, Marna, and John bring both encouragement and firm support to help you articulate the strengths (gifts) you offer, a way for all of us to share this different richness together. Inspired by the beautiful work of Joanna Macy, we will offer you the chance to explore one of the three stones of memory. Breakout groups in the afternoon will arise on the day of the retreat.

The Flow of the Retreat

The first part of the retreat will allow us to come together in a kind of council that helps you set your intention and name that which matters to you. In the second phase of the retreat we will explore and write about a particular strength. In the latter third of the retreat, we will come back together and each have time to weave our work on these strengths (gifts) into a whole cloth.

Strengths you are born with...Embedded in the spark of our being, essential in the stones of soul, the strengths you were born with lie possible. How can we connect with our core strengths? How do we connect with the strengths of our ancestors? How can we recall our original wisdom?

Strengths won through hardship...How do the stones of memory and experience call us to honor tragedy and travail, grief and loss? That lived-through experience, that influences and informs the heft and weft of our being, that now weaves into our very marrowbone, what do they say to you? How do we honor strengths won through hardship?

Strengths to be discovered...The Earth, and the voices of the dreamtime & future, whisper with every move, breath, and touch of leaf, into our heart, at each new turn. What qualities of generosity or acts of daring are we being invited into as part of the birthing of the next life of the planet? Let us listen and feel through spacious deep time for the stones of regeneration, feel for the Earth's resilience, the turn and dance...

Go outside. Let yourself be drawn to a natural object – a stone, a plant, a tree. Let this life-form be your teacher. Watch and be with it. Let it tell you of three strengths that are yours: One is the strength you were born with. The second is the strength you have won through hardship. The third is the strength you will discover as you take part in the great turning.

- Joanna Macy

