

# Seven Gifts: Poetry As a Pathway for Renewal

FACILITATED BY JOHN FOX, PPM AND NANLEAH MICK

DECEMBER 6TH - 8TH, 2019

*Poetry is a life-cherishing force.*

~ Mary Oliver

Poetry and poem-making provides a perspective and a felt experience that can be recognized and received as a gift. These gifts are accessible in the midst of living this life, with its sorrow and joy, travail and adventure, the daily experience of being human and a deeper spiritual current that speaks to a greater mystery.

## Seven Gifts

*Discovery of meaning and connection.*

*A way to sharpen the practice of mindfulness.*

*Poetry-as-Healer encourages embodiment.*

*Poem-Making invites play and imagination.*

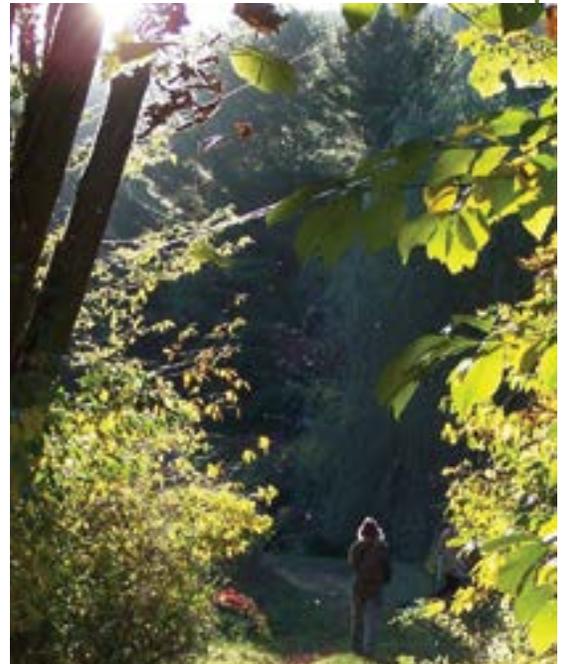
*A way of asking questions, where a question is not in search of an answer. Questions ask to be held.*

*Relationships infused with compassion, vulnerability and courage.*

*The gift shared with another.*

John and NanLeah will offer gentle, evocative, and poignant writing prompts that reveal these gifts to us. The intention of this retreat is to serve as encouragement and catalyst for your personal journey. We offer this space for you to slow down, reflect, and receive the gift of poetic medicine during the holiday season.

No prior experience with poem-making is necessary and "beginner's mind" is welcomed among all participants.



*John Fox is the most sensitive and effective teacher of poetic medicine I know. He listens to both poem and person deeply, and he is a master at guiding others.*

Cortney Davis  
Redding, CT

## Public Talk/Mini-Workshop

Friday, December 6th, 7 - 9:30pm  
Friends Meeting House  
4312 Southeast Stark St, Portland

## Weekend Retreat

Saturday, December 7th, 10am - 5pm  
Sunday, December 8th, 9:30am - 12:30pm  
Peg Edera's Summerlin House

## Contribution

Friday Workshop - \$25; Friday Talk & Weekend Retreat - \$220

Early bird discount of \$20 off the Weekend Retreat for those registering by October 15th.

Bring a friend to receive a \$5 discount per ticket (\$40 for 2 on Friday or \$430 for 2 for the Weekend Retreat).

Three partial scholarships offered; apply by November 1st. Contact Marna for more information.

Friday Talk is open to all. Registration is limited to 15 for the Weekend Retreat. Reserve your spot!

A portion of the proceeds from Friday will be donated to Write Around Portland.

**For more information: Marna Hauk at [earthregenerative@gmail.com](mailto:earthregenerative@gmail.com) or (503) 771-0711**

Click [HERE](#) to register online.



**John Fox** is a poet, educator, and author. His books include, *Finding What You Didn't Lose: Expressing Your Truth and Creativity through Poem-Making* (1995) and *Poetic Medicine: The Healing Art of Poem-Making* (1997). His work is featured in the 2008 PBS documentary *Healing Words: Poetry & Medicine*. John has taught as associate adjunct professor in California at Institutes and Universities over the last 25 years. He is President of The Institute for Poetic Medicine, a nonprofit, which provides poetry-as-healer to marginalized communities and people across the United States.

**NanLeah Mick** is training to become a Practioner of Poetic Medicine, currently in the practicum phase of IPM's certification program. She is a poet and photographer who fuses her photos and poems to create what she lovingly calls "poetography." Her work has been featured in Mason County Panorama, Mason County Writes, SimplyEfje.com and artella-land.com. She makes her home on the Olympic Peninsula in Washington state.



*She who would do good to another must do it in Minute Particulars: general Good is the plea of the scoundrel, hypocrite, and flatterer, for Art and Science cannot exist but in minutely organized Particulars.* ~ William Blake