



## **Bread for the Journey: A Celebration of Poetry and the Human Spirit**

**Keynoter: Naomi Shihab Nye with Rick Benjamin, Judy Brown, John Fox, Michael S. Glaser, Jim Rogers, Evie Shockley, and others**

**September 30, 2015 to October 3, 2015**

Bread for the Journey 2015 offers a four-day gathering to celebrate both poetry and the human spirit. Our time together will encourage us to engage with poetry as a means of helping us better understand our lives and our world by inviting participants into a safe space where we can embrace poetry as a source of clarity and courage.

Bread for the Journey addresses our shared desire for meaning and beauty. It encourages us to experience poetry (as Robert Coles writes in *The Call of Stories*), as a friend to “offer us other eyes through which we might see and other ears with which we might make soundings.” Indeed, poetry can, as Lucille Clifton would claim, nurture us toward greater compassion and justice and love.

The program will engage participants in hearing, writing and sharing poetry as a dynamic way to reclaim the fertile ground of metaphor and image. At Kirkridge, we will meet in that place where mysteries and awe are given the attention and value they deserve. These four days will serve as a reminder that poetry, by aligning us with the power of the imagination, empowers us toward a vision of a better world, and more specifically, delivers a direct experience of the beloved community.

Through the use of such techniques as John Fox’s “Poetic Medicine” and Parker Palmer’s Courage and Renewal Circle of Trust, Bread for the Journey seeks to provide an experience with poetry that opens participants to being more compassionate, more generous and more present to themselves and others.

### Poets/facilitators

As the poet laureate of Rhode Island, Rick Benjamin is committed to the notion that poetry is both a wisdom medium and has the capacity to transform its practitioners. He is dedicated to building community through creative expression. More at: <http://rickbenjamin.org/>

Judy Brown is an educator, speaker, facilitator and poet. Her books include *A Leader’s Guide to Reflective Practice*, two collections of her poetry (*The Sea Accepts All Rivers* and *Simple*

Gifts), and most recently *The Art and Spirit of Leadership*. More at [www.judysorumbrown.com](http://www.judysorumbrown.com)

John Fox CPT, is the founder and president of the Institute for Poetic medicine. He has a passionate commitment to helping people discover their healing poet, the one that lives and breathes within each of us. More at: <http://poeticmedicine.org/>

Kathleen Glaser is a Center for Courage and Renewal facilitator, a Washington Post Distinguished Educational Leadership Award winner and a co-founder of the Chesapeake Public Charter School.. Her passion is creating trustworthy spaces for learning and community. more at [www.couragerenewal.org/](http://www.couragerenewal.org/)

Michael S. Glaser has edited three anthologies of poetry, published seven volumes his own work and served as Poet Laureate of Maryland. Most recently, he co-edited with Kevin Young the Complete Poems of Lucille Clifton. More at [www.michaelsglaser.com](http://www.michaelsglaser.com)

Naomi Shihab Nye gives voice to her experience as an Arab-American through poems about heritage and peace that overflow with a humanitarian spirit. She has been a Lannan Fellow, a Guggenheim Fellow, and a Witter Bynner Fellow. She received The Academy of American Poets' Lavan Award, and was elected a Chancellor of the Academy of American Poets. More at [www.poetryfoundation.org](http://www.poetryfoundation.org)

Jim R. Rogers A columnist for 19 years for the regional newspaper Parent News, Jim has published two books, *The Incredible Importance of Effective Parenting*, and free verse poetry *Starts And Stops Along The Way*. His latest collection of poems is *Looking Around*. More at: [www.stilllearning.org](http://www.stilllearning.org)

Renita Sheesley-Banks believes that singing, like nothing else, has the power to connect us to one another, heart to heart and soul to soul. In her workshops she has watched singing bring clarity, healing, joy and transformation.

Evie Shockley's latest book, *the new black* (Wesleyan, 2011), received the 2012 Hurston/Wright Legacy Award in Poetry. She published *Renegade Poetics: Black Aesthetics and Formal Innovation in African American Poetry* in 2011 and serves as creative editor on the Feminist Studies editorial collective, More at [www.poets.org](http://www.poets.org)

Bread for the Journey 2015 will be a four-day gathering to celebrate both poetry and the human spirit, encouraging us to engage with poetry as a means of helping us better understand our lives and our world by inviting participants into a safe space where we can embrace poetry as a source of clarity and courage to better understand the callings of our spirits and the importance of "showing up" in this world.

The program will address our shared desire for meaning and beauty, valuing poetry as a vibrant force that, as Robert Coles claims in *The Call of Stories*, can serve as a friend to not only "keep us company, but admonish us, point us in new directions, or give us the courage to stay a given course." Poems, indeed, "offer other eyes through which we might see and other ears with which we might make soundings." We hope participants will experience poetry's power, as Lucille Clifton would claim, to nurture us toward greater compassion and justice and love. Bread for the Journey, will engage participants in hearing, writing and sharing poetry as a dynamic way to reclaim the fertile ground of metaphor and image. This will be a time to deeply listen, to ask open and honest questions of ourselves and one another, to better understand ourselves and renew our spirit. At Kirkridge, we will meet in that place where mysteries and awe are given the attention and value they deserve. These four days will serve as a reminder that poetry, by aligning us with the power of the imagination, empowers us toward a vision of a better world, and more specifically, delivers a direct experience of the beloved community.

Through the use of such techniques as John Fox's "Poetic Medicine" and Parker Palmer's Courage and Renewal Circle of Trust, Bread for the Journey seeks to provide an experience with poetry that invites participants to new levels of compassion, generosity and presence..

-----

The cost of the four-day experience is \$795.00 including all meals and a double occupancy room.

### **Poets/facilitators**

As the poet laureate of Rhode Island, Rick Benjamin is committed to the notion that poetry is both a wisdom medium and has the capacity to transform its practitioners. He is dedicated to building community through creative expression. More at: <http://rickbenjamin.org/>

Renita Sheesley Banks believes that singing, like nothing else, has the power to connect us to one another, heart to heart and soul to soul. In her workshops she has watched singing bring clarity, healing, joy and transformation.

Judy Brown is an educator, speaker, facilitator and poet. Her books include A Leader's Guide to Reflective Practice, two collections of her poetry (The Sea Accepts All Rivers and Simple Gifts), and most recently The Art and Spirit of Leadership. More at [www.judysorumbrown.com](http://www.judysorumbrown.com)

John Fox CPT, is the founder and president of the Institute for Poetic Medicine. He has a passionate commitment to helping people discover their healing poet, the one that lives and breathes within each of us. More at: <http://poeticmedicine.org/>

Kathleen Glaser is a Center for Courage and Renewal facilitator, a Distinguished Educational Leadership Award winner and a co-founder of the Chesapeake Public Charter School. Her passion is creating trustworthy spaces for learning and community. More at [www.couragerenewal.org/](http://www.couragerenewal.org/)

Michael S. Glaser is a professor Emeritus at St. Mary's College of MD. He has edited three anthologies, published seven volumes his own work and served as Poet Laureate of Maryland. Most recently, he co-edited The Collected Poems of Lucille Clifton. More at [www.michaelsglaser.com](http://www.michaelsglaser.com)

Naomi Shihab Nye gives voice to her experience as an Arab-American through poems about heritage and peace that overflow with a humanitarian spirit. She has been a Lannan Fellow, a Guggenheim Fellow, and a Witter Bynner Fellow. She received The Academy of American Poets' Lavan Award, and was elected a Chancellor of the Academy of American Poets. More at [www.poetryfoundation.org](http://www.poetryfoundation.org)

A columnist for 19 years for the regional newspaper Parent News, Jim R. Rogers has published The Incredible Importance of Effective Parenting, and a book of poetry, Starts And Stops Along The Way. His latest collection of poems is Looking Around. More at: [www.stilllearning.org](http://www.stilllearning.org)

Evie Shockley's latest book is the new black (Wesleyan, 2011). She published Renegade

Poetics: Black Aesthetics and Formal Innovation in African American Poetry in 2011 and received the 2012 Hurston/Wright Legacy Award in Poetry. Shockley serves as creative editor on the Feminist Studies editorial collective, More at [www.poets.org](http://www.poets.org)