



Autumn Lecture Series

a Story Medicine Fundraiser

When the Wound Becomes a Gift

We all carry our stories within us. When we use them for stewing, ranting or giving up, we get stuck in this gooey energy and wonder why we cannot move forward. Our Indigenous ancestors knew that the stories of humanity, of the human condition, would heal the earth and the world. During these days of contagion, we have had to forego our annual Gala Fundraiser, the financial life-blood of Story Medicine Worldwide and its healing work. Instead, we are offering this Lecture Series with presentations by two artists and two scientists, all Story Medicine Certified Facilitators. Join us in interactive explorations of how story can guide us through the deep troubles of our times.

Each Lecture Topic will be in two parts, Monday nights, 6:30-7:30.

- * Crazy Idea — My Journey from Silence to the Stage: September 28th & October 5th**
- * Coming Home to Your Self—Embodying the Wisdom of Your Story: October 19th & 26th**
- * The White Problem in America: November 9th & 16th**
- * From Land to Mouth—Finding Your Food System Story: Nov. 30th & Dec. 7th**

Crazy Idea — My Journey from Silence to the Stage

with Ellane Chandler



Have you ever longed to venture beyond your comfort zone, bringing something you have created out to be seen and heard? Is there a poem, play, song, dance, work of art—something you want to show brewing within—and is there also fear and trepidation at the very idea of showing it?

In the first hour I will tell you my story of passing through years of silence, afraid to do what I most wanted to do – writing and theatre – then finding the courage to get back onstage and produce a solo performance of original work (an endeavor I fondly referred to as “my crazy idea”).

In the second hour, we will have exercises and discussion that will inspire your first step on your own creative journey. What you create for performance and exhibition not only opens the road for you, but can light the way for others, and contribute to healing on many levels.

Ellane Chandler studied writing at The Evergreen State College in Olympia, Washington, and has been active with Story Medicine since its Asheville inception in 2011. Ellane is especially fascinated with how things grow, evolve, and heal. As a Certified Story Medicine Facilitator, she also loves planting the seeds for lively discussions and writing with incisive questions and prompts.

Monday, September 28 & October 5. 6:30–7:30
SMLS-EC: suggested donation of \$25 or more*

Coming Home to Your Self — Embodying the Wisdom of Your Story

with Dr. Brian Lumb



In this presentation you will deepen your awareness of your body as a resource for ease, energy, safety, and connection to what is true and real for you. Dr. Brian will guide you through a process of connecting with your body to locate places that are alive, vital and free and allow them to inform places of pain, disconnection, and trauma. Your body is wise

and holds the story of the unresolved past. These places, which we know about through pain, are awaiting a proper homecoming.

In the first hour, we will talk about what coming home to your body means and why most people aren't Home.

In the second hour, we will explore ways in which to “Come Home” to your body and you will get to experience what that is AND have tools to continue your exploration and Homecoming on your own.

Dr. Brian T. Lumb, doctor of Chiropractic, is committed to his life's passion and purpose of assisting people to BE who they truly are and bring their unique gifts to the world. He has experience working with thousands of people for over two decades helping his clients transform their trauma and stress into ease, vitality, and fulfillment.

<https://nourishflourishnow.com/about/our-team/dr-brian-t-lumb/>

Monday, October 19 & 26. 6:30–7:30
SMLS-BL: suggested donation of \$25 or more*

***No one will be turned away. Any contribution is gratefully received.**

The Autumn Lecture Series will be held via the Zoom interactive platform. There is no additional cost to you to participate via Zoom.

Links to the lectures will be provided following registration.

\$1.00 minimum processing fee for registration.

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more on the next page....

The White Problem in America

with Chris Wells

As novelist and essayist Arundhati Roy proclaimed in March, the global pandemic is a portal.



We are in a time of unveiling, where systems, policies, and beliefs are laid bare and are being called into question. In this moment of possibility or stagnation, what role do white folk have in dismantling systems of oppression while not falling into the trap of centering themselves in movement work?

Pulling from multiple sources including work within Story Medicine for Racial Healing, these two interactive lectures, with a title borrowed from a 1965 issue of *Ebony* magazine, will attempt to look honestly at the historic path we have tread to this moment. Designed to question the narrative of whiteness in the United States and examine its impact on our society and our selves, these talks will not be designed for comfort nor easy answers, but with the hope that de-centering whiteness as a construct offers all of us new possibilities.

In the first hour, we will be examining how we have learned US history and how facing the reality of the past will reshape our identities.

In the second hour, we will focus on the work of white people going forward.

A public school teacher for over two decades, **Chris Wells** was first exposed to critical theory through the work of Paulo Friere and the Pedagogy of the Oppressed Conference. Chris started working within the Story Medicine community in the spring of 2017 and soon after began exploring how we carry systems of oppression in our hearts and minds. Working in education, while raising two young people with his wife, has led Chris to believe that we must allow children a sense of self that is more than what we now have. Chris is a Certified Story Medicine Facilitator.

Monday, November 9 & 16. 6:30–7:30
SMLS-CW: suggested donation of \$25 or more*

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From Land to Mouth— Finding Your Food System Story

with Laura Lengnick



Growing, preserving, preparing and sharing our favorite foods cultivate meaningful connections in our own lives, tie us to family traditions, and invite us into the cultures of other peoples and places. Eating connects us in an intimate way to both the land and the people that feed us. What do you know about this land

and these people? Where is your food grown and whose hands care for it on the farm and beyond? How do your choices in the super-market shape their world and yours? These questions take on new importance amidst a pandemic that shines a light on the lives of the essential workers that make our good life possible.

In the first hour, we will explore the land and the people who produce your food and the nature of our food system relationships to help you get started thinking about your own food story.

In the second hour, you will be invited to read from your food story as part of a discussion on what we can do to cultivate more equitable food system relationships.

Laura Lengnick is an award-winning soil scientist who has explored food system sustainability for more than 25 years as a researcher, educator, author, activist and farmer. She is founder and principal consultant at Cultivating Resilience, LLC, an Asheville-based firm that works with organizations of all kinds to integrate resilience thinking into operations and strategic planning. Laura began her Story Medicine journey with a Racial Healing course in the fall of 2017 and was certified as a Story Medicine Facilitator two years later. You can learn more about Laura and her work at www.cultivatingresilience.com.

Laura was interviewed recently and spoke of Story Medicine, racism and food system relationships. You can read the interview at <https://medium.com/presencing-institute-blog/the-three-rules-of-resilience-b76df13fa2d2>

Monday, November 30 & December 7. 6:30–7:30
SMLS-LL: suggested donation of \$25 or more*

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