

Spotlight on Pam Temple
2015 CFLA Graduate, Facilitator, Board Member

Has it already been two years? Has it really only been two years? So much has changed for me along that short piece of my life's road. I left some of my "stuff" in the dust, traded some of it for other lighter more useful things. And I picked up new tools for learning, things I once thought I'd never use: candles, stones, tarot deck, singing bowl, Pocket Goddesses. I've picked up some of my closest friends along this road too. I've found so many new things and ways and so much amazing work the past two years can seem like a blur.

In summer 2015 I chose to do one big thing for me. I entered the Conscious Feminine Leadership Academy with an open mind and the small hope of someday being a writing circle facilitator. Now I find that my life has been filled to gracious overflowing! I am using WWf(a)C practices daily in my life and work. I have been facilitating weekly writing circles using Women Writing practices at the VA with outpatients in addiction recovery and/or with PTSD. I have begun leading weekly circles with girls at risk for homelessness in the Cincinnati Public Schools in outreach partnership with WWf(a)C and Project Connect. Last year, I did this in one school and in the upcoming school year I will be in two schools. I'm co-leading a short summer camp series of classes through that same outreach program. And I have worked with a CFLA sister to lead two 6-week classes for Young Women writers at the WWf(a)C school, and am writing a proposal for a third series. Working with adult men and with girls and teens have been growing edges for me and have provided vivid and challenging opportunities.

An "on and off again" Tuesday morning writer since 2012, I will be "on again" this fall. I have also been on the WWf(a)C board for almost two years and may step into the role of Secretary next.

But beyond the work and connections with WWf(a)C directly, this new-to-me Conscious Feminine way has found its way into my life in many quiet ways; in the experience I create with an audience when performing with my band, Wild Carrot; in the peaceful crossings-over taking place when we play music as Healing Artists at Hospice of Cincinnati or in the bustling sanitized halls of UC Health. It's there in the daily reminder to breathe and listen first – with family or co-workers at my "day job" as on-air host for WNKU-, WVXU- and WGUC-Radio (my Pocket Goddess rides along to ground me on hard days). I always have a poem and a stone in my bag and have a singing bowl app on my phone, cause ya never know! (Yes, there is an app for that!)

Transitions will continue for me this year; work things, more loss, and the troubling situation in which the world finds itself now.

Use the practices. Go slow. Breathe. Listen first.

Powerful simplicity.

Pam Temple