NOW WE ENTER WINTER. You’re invited to join us as we pause at the Solstice to celebrate ourselves and feed the fires of poetry and song.

In this workshop, we'll alternate resting into silence, writing to optional prompts and sharing what emerges. Geoff will offer supportive practices to deepen the easeful experience of “Taking a Sacred Pause” and sing his Winter Night Medicine Chant with his wife Leslie.

Being and becoming rest closer together in Winter. Under the earth the Bear breathes at her ease. For her the darkness is full of stars. Winter can offer us healing gifts of renewal.

Sharing poetry together can ring one of the urgent and beautiful bells Kenneth Patchen invokes in his great Winter poem “At the New Year,” excerpted below:

In the shape of this night, in the still fall of snow...
In all that is cold and tiny, these little birds and children...
In the great hush of country, in the ugly noise of our cities
In this deep throw of stars...
Before the bells ring, before this little point in time has rushed us on
Before this clean moment has gone, before this night turns to face tomorrow...
There is this high singing in the air
Forever this sorrowful human face in eternity’s window
And there are other bells that we would ring...
Other bells that we would ring.

Monday, December 21 (Winter Solstice)  
10:00 am – 12:00 noon Pacific* via Zoom  
(*please adjust to your time zone)  
Limited to 15

Contribution: $35

For more information, please contact Geoff: oelsnergeoff@gmail.com

**Geoffrey Oelsner** is a poet and a singer/songwriter. A long-time environmental activist, he has been closely affiliated with and inspired by the work of the Findhorn Community in Scotland for over 50 years. He and his wife and musical partner Leslie Berman Oelsner have lived in Fayetteville, Arkansas in the Ozarks bioregion since 1979. A retired social worker, Geoff has served on the Board of The Institute for Poetic Medicine since 2011. *Native Joy: Poems Songs Visions Dreams,* is his first full-length book of poems. He presents his poetry and original songs in not-for-profit benefit performances.