Heart, who will you cry out to?

**A retreat presented by John Fox, PPM**

**November 15-17, 2019 • Spring Valley, CA**

*Whom will you cry to, heart? More and more lonely, your path struggles on through incomprehensible mankind. All the more futile perhaps for keeping to its direction, keeping on toward the future, toward what has been lost.*

~ Rainer Maria Rilke

*Heart, Who Will You Cry Out To?* is a return to the roots of poetry-as-healer. The inspiration for this weekend retreat is drawn from a line in the poem by Rainer Maria Rilke and the first chapter of *Poetic Medicine* by John Fox.

Join us for a weekend retreat to explore how the beautiful and moving practice of poetic medicine invites us to:

- listen deeply to the questions, concerns, aspirations and dreams that unite us
- strengthen body, mind, and soul
- create with others a sacred space to find guidance, affirm companionship, and create hope
- empower creativity and connection to a healing and resonant voice within

*Heart, Who Will You Cry Out To?* will be useful for those in the healing and helping professions (i.e. mental health, pastoral care, and education). We especially invite the Iona Poetry Community superbly led by John Foos and Rebecca Speer.

No prior experience with poem-making is necessary and “beginner’s mind” is welcomed among all participants. Let us keep on towards the future, toward what has not been lost!

**Friday, November 15, 7:00 – 9:30 pm**

**Saturday, November 16, 9:30 am – 4:30 pm**

**Sunday, November 17, 9:30 am – 12:30 pm**

**Location: Spring Valley, CA**

(Address provided upon registration)

Our retreat will unfold in the lovely timber home of Jenny Schipper and John Kingsmill, a gathering place with a calm natural setting of cottonwood, pines and wildlife in the valley of Mount Helix.

**Contribution: $175**


Questions? Contact: John Foos at johnfoos1@gmail.com or Rebecca Speer at rebeccaspeer10@gmail.com or (760) 672-7680

Two scholarships are available.

*By making us stop for a moment, poetry gives us an opportunity to think about ourselves as human beings on this planet and what we mean to each other.*

~ Rita Dove