



Coming Alive!

Poetry as A Way of Paying Attention

I don't know exactly what a prayer is.
I do know how to pay attention, how to fall down
into the grass, how to kneel down in the grass,
how to be idle and blessed, how to stroll through the fields
which is what I have been doing all day.

from A Summer Day by Mary Oliver

SATURDAY, OCTOBER 19, 2019 (9:30am to 3:30pm)

Cost: \$20 (suggested donation) bring your own lunch

Reading, writing and listening to poetry can be a contemplative practice, opening us to God's presence in creation and within our own sacred depths. Poetry slows us down and lets us notice the graces of our lives. Join us for a day of reflection, creation, and deep listening. We'll savor the poems of Mary Oliver and others; have time for writing, reflecting and sharing; and spend time in quiet, with optional use of the labyrinth and Mercy's beautiful grounds.

Joan Stockbridge

is a spiritual director and educator who regularly leads women's groups from various and diverse backgrounds. As a poet and storyteller she facilitates workshops using sacred stories and texts for transformation and healing. Her own contemplative path has led to working in pastoral and outreach ministries.

REGISTRATION

Coming Alive: Poetry as A Way of Paying Attention
October 19, 2019

Name: _____ Phone: _____

Address: _____ City/Zip: _____

Email: _____ \$20 (suggested donation) bring your own lunch

Credit Card # _____ Visa _____ Mastercard _____ Amex _____ Exp. Date _____ CID _____



Send registration to:
Mercy Center Auburn • 535 Sacramento Street • Auburn, CA 95603 • 530-887-2019
or register online at www.mercycenter.org