**Women In Recovery Speaker Series June 23, 2021**

**Workshop on Poetic Expression for Growth and Healing: Cultivating Gratitude and Celebrating Resilience**

**Presented by Geri G. Chavis, LP, CPT, PhD**

First Poem Presented:

**The Patience of Ordinary Things**

by [Pat Schneider](http://writersalmanac.publicradio.org/author.php?auth_id=1474)

It is a kind of love, is it not?
How the cup holds the tea,
How the chair stands sturdy and foursquare,
How the floor receives the bottoms of shoes
Or toes. How soles of feet know
Where they're supposed to be.
I've been thinking about the patience
Of ordinary things, how clothes
Wait respectfully in closets
And soap dries quietly in the dish,
And towels drink the wet
From the skin of the back.
And the lovely repetition of stairs.
And what is more generous than a window?

"The Patience of Ordinary Things" by Pat Schneider from *Another River: New and Selected Poems*. © Amherst Writers and Artists Press, 2005.

Writing prompt: Choose something you very much appreciate in the place you live or see outside your window; Reflect upon reasons for your choice—its features, what you love, savor, or prefer regarding it; Create a tribute (letter) directly addressing what you have selected to celebrate.

Second Poem Presented:

Lost and Found by Imelda Maguire

Things I have lost:

 A few umbrellas. I no longer carry one.

 A silver ring – three strands plaited, a pretty thing,

 my very first.

 A poem sent to me by my friend.

 Some memories. Now, I don’t know which ones they were.

And found:

 On Spiddal beach, among the stones, a pendant,

 No chain attached, a fairy charm.

 Late at night, a bunch of carnations, fresh,

 lying in the middle of our street.

 In Strandhill, on my loneliest day, a pebble

 with the imprint of a long-gone sea shell.

 (From *Shout If You Want Me to Sing*. Summer Palace Press, 2004)

Writing Prompt: Create your own Lost and Found poem, using these sentence completions for the two stanzas. Items lost and found could include concrete objects or relationships, opinions, beliefs, plans, etc.

 **I Lost …**

**…**

**And Found** …

**“No and Yes” Closing Group Poem Generated**

**by Workshop Participants:**

**I say no to numbing cold days, negativity, injustice, chaos and hopelessness, abuse and fear.**

**I say no to alcohol and self-pity, isolation and insanity.**

**I say yes to love, joy, freedom and trees, happiness and confidence, open-mindedness and the Great Spirit of the Universe.**

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**Suggested Books that contain Writing Prompts/Invitations:**

**Adams, Kathleen. *Journal to The Self: Twenty-Two Paths to Personal Growth*.**

 **Warner Books, 1990.**

**Adams, Kathleen. *The Write Way to Wellness: A Workbook for Healing and***

 ***Change*. The Center for Journal Therapy, 2000.**

**Bolton, Gillie, Victoria Field & Kate Thompson, Eds. *Writing Works: A Resource***

 ***Handbook for Therapeutic Writing Workshops and Activities*. Jessica**

 **Kingsley Publishers, 2006.**

**Chavis, Geri Giebel. *Poetry and Story Therapy: The Healing Power of Creative***

 ***Expression*, Part Three: “Creative Writing for Life Enhancement.**

 **Jessica Kingsley Publishers, 2011.**

**Kazemek, Francis E. *Exploring Our Lives: A Writing Handbook for Senior Adults*.**

 **Santa Monica Press, 2002.**

**Pollard, Charmaine. *Writing for Resilience: Finding the Courage to Bounce Back.***

**Charmaine Pollard Counselling. co. uk, 2021.**

**Website Resource:**

[**https://www.916ink.org**](https://www.916ink.org) **(Click on Writing Prompts)**