

John Fox is a certified poetry therapist and associate adjunct professor at the California Institute for Integral Studies in San Francisco, California. He also teaches at the Institute for Transpersonal Psychology and John F. Kennedy University in the Bay Area. He is the author of *Finding What You Didn't Lose: Expressing Your Truth, Creativity Through Poem-Making* and *Poetic Medicine: The Healing Art of Poem-Making*. His work is featured in the PBS documentary, *Healing Words: Poetry & Medicine*. He offers workshops throughout the United States and the world.

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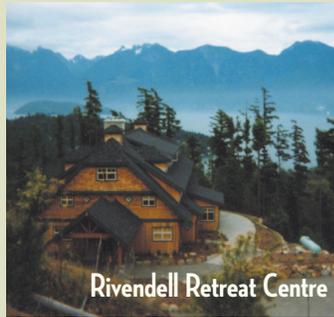
Dates: Wednesday, August 6, 7:00 pm to Sunday, August 10, 11:00 am (Retreat concludes in time to catch 11:30 ferry.)

Location: Rivendell Retreat Centre, Bowen Island, BC

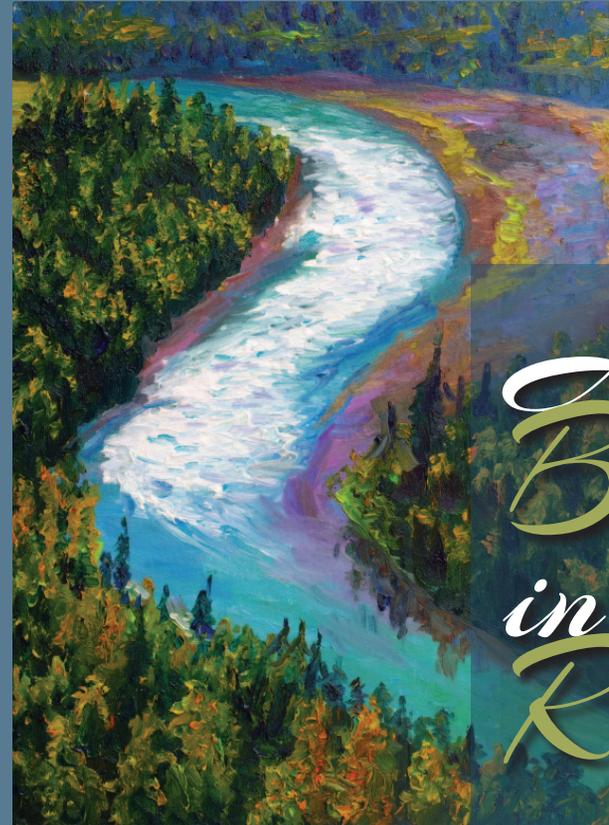
For information: Call Ray McGinnis at (604) 408-4457 or email him at writingthesacred@telus.net

Cost: \$690 includes full retreat, all meals* and lodging

* Please speak to Ray about dietary restrictions.



Registration: Reserve your space for *At the Bend in the River: The Act of Listening as a Catalyst for Your Creativity* at Rivendell Retreat, August 6-10, 2014, by sending this registration form and a nonrefundable check payable to Ray McGinnis for \$120 (balance of \$570 due at workshop) to: Ray McGinnis, #403-2095 Beach Avenue, Vancouver, BC V6G 1Z3.



At the Bend in the River

The river is everywhere.

~ Hermann Hesse
from *Siddhartha*

REGISTRATION FORM

Name: _____

Address: _____

City/State/Zip: _____

Phone: w () _____ h () _____

E-mail: _____

May we add you to our mailing list? yes no

If already on our mailing list, is this a new mailing address? yes no

At Rivendell Retreat Center

A Five-Day Workshop with John Fox, CPT

A Place for Gathering, Listening, Paying Attention,
Slowing Down and Silence

August 6-10, 2014 | Rivendell Retreat Centre, Bowen Island, BC



*Do you have the patience to wait
till your mud settles and the water is clear?
Can you remain unmoving
till the right action arises by itself?*

~ from Tao Te Ching, 15

THIS MOMENT, THIS PERSON, THIS MEETING, THIS POEM

At the Bend in the River is a place of gathering and flow, community and creativity, a fresh shift in perception and a turning place: a surprise felt in the current. We approach all of these through the process of poem-making.

Over the course of this retreat we will:

- slow down, even allow for stillness, listen to our own flow
- place value on silence, in silence, hold silence as much as possible
- open to and connect with the poem and the person making the poem
- write as much as possible, without rush, feeling the river bend

See back for time, location and other details.

LISTENING AND THE CURRENT OF CREATIVITY

John's writing workshop will explore listening and the act of poem-making as ways to help us "think like a river" so that a legacy of beauty and life can be made real to ourselves and others.

In this workshop we will gather to slow down "at the bend in the river." This gathering place, when given to listening and creating, is refreshing to our hearts and our minds. Refreshment is the taste of our thirst for meaning. When poetry and poem-making are part of this life-giving process, they make experience more vivid and help us be more aware of what we hear at the river's bend:

the space,
the learning & creative process,
the heart connection.

Freshness makes my attention more vibrant. Emptying out releases me from a judging/ comparing mind so greater room is made for what I hear, for what I write, and what I can take to heart.

FRESH

*To move
cleanly.
Needing to be
nowhere else.
Wanting nothing
from any store.
To lift something
you already had
and set it down in
a new place.
Awakened eye
seeing freshly.
What does that do to
the old blood moving through
its channels?*

~ Naomi Shihab Nye

*We must begin thinking like a river if we are to leave
a legacy of beauty and life for future generations.*

~ David Brower