

July 9, 2021

Issue #60

Pat Fero

AND

THE GODDESS PROJECT

The
Crazy Wisdom
Weekly

shining a light in the dark



Published by *The Crazy Wisdom Community Journal.*

The Crazy Wisdom Weekly



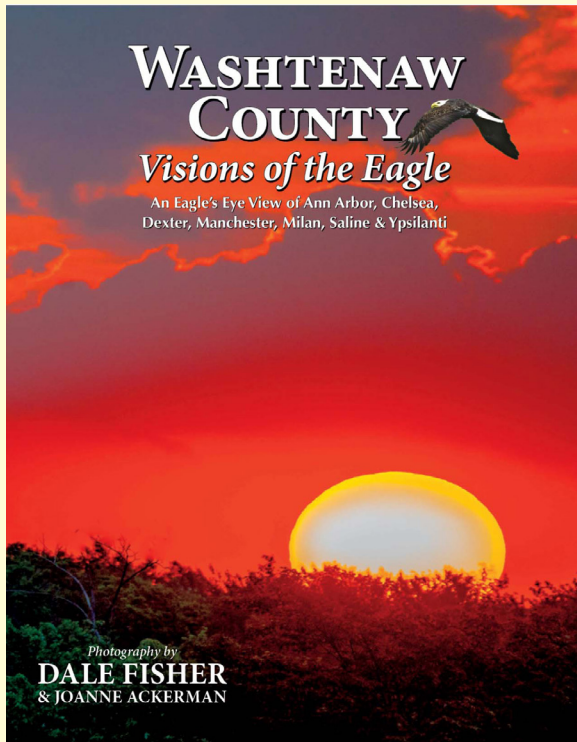
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The Crazy Wisdom Community Journal is looking for a few good writers!

We're specifically looking for writers about food, farms, and local food-related cultural topics. But we're also always looking for writers on other topics for our holistic and conscious living magazine. If you are interested, email a cover note to us, and a few article ideas, to jennifer@crazywisdom.net.





Washtenaw County: Visions of the Eagle Book
by Dale Fisher

The final edition in Dale Fisher's collection of heli-photo artistic coffee table style books. Dale, known as 'the Flying Photographer,' has been flying via helicopter and capturing beautiful photographs of Ann Arbor, Ypsilanti, and surrounding Washtenaw County communities.

Turning the pages helps you to imagine you are traveling along with an eagle in flight.

At 288 pages, and because of the quality of the photographs, this truly is Dale's biggest and best book.

Available at Crazy Wisdom



In *Washtenaw County: Visions of the Eagle*, you will experience a lifetime of artistic expertise. This collection showcases all new works. Within these pages, Dale has created a visual story of what makes Washtenaw County one of the best places to work, play, and a great place to call home.

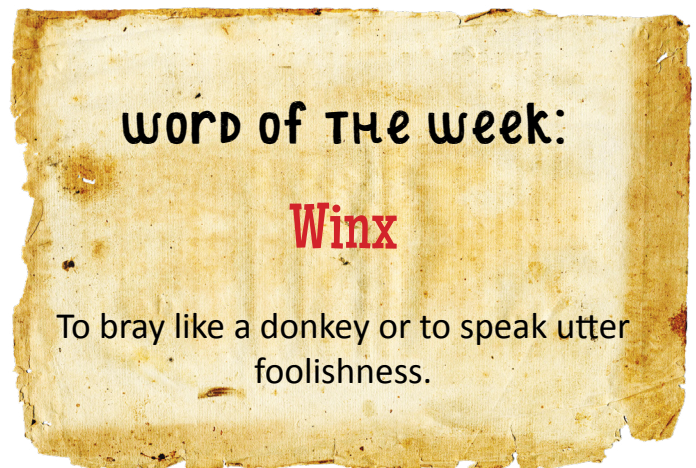
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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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[Cover image by Jennifer Marquez.](#)

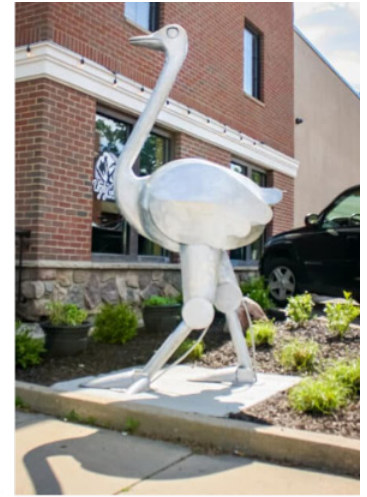
Thank you to our contributors for this issue:

Joshua B. Kay
Ann Rosegrant Alvarez
Par Fero
Jennifer Carson
Carol Karr
Bill Zirinsky



Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

Chelsea is Alive with Art!



Chelsea Sculpture Walk 2021

If you haven't yet seen this year's Sculptures, you are going to be astounded! Chelsea Area Festivals & Events (CAFE) proudly brings you SculptureWalk 2021. Sixteen original sculptures grace the courtyards and streets of Chelsea. The majority of the Artists hail from Michigan, seven of the Artists are returning from the previous year, plus nine artists new to SculptureWalk. The diversity and quality of this contemporary exhibit created by regional Artists enhance Chelsea's cultural community.

A display of incredible art that will ignite the imagination! SculptureWalk is a welcoming space for families and friends to enjoy art together. Additional Information about the artists and their sculptures can be found at the SculptureWalk website.



Chelsea Arts Initiative

Advocates for the arts, to strengthen our community socially, economically, and aesthetically.

The Chelsea Arts Initiative (CAI) grew in response to voices in the Chelsea Community that expressed a longing for the cultural arts that once inhabited the community in the mid-late 1990s.

For more than a decade, Chelsea was a vibrant, energetic visual and performing arts community. The history of Arts during this time included art businesses both profit and nonprofit - Chelsea Center for the Arts (CCA), Chelsea Gallery, Gallery 100 (Silver Maples), River Gallery, SculptureWalk Chelsea, Chelsea Art Market, Chelsea School District Arts Programs, Chelsea Painters, Chelsea Artist Guild, and several pop-ups throughout Chelsea.

During this period, the diversity and quality of art gave Chelsea the distinction of being an extraordinary cultural community to live and visit! Circa 2010, Chelsea was visited by the National

Endowment for the Arts and showcased as a model community that displayed the benefits of "Creative Placemaking."

Creative Placemaking is a community that intentionally leverages the power of the arts, culture, and creativity to serve their economic interest; a community simultaneously driving a broader plan for change, growth, and transformation in a way that builds character and quality of place.

As a result of the financial crisis in 2008, most of the brick-and-mortar art businesses closed. While there are fewer places and overt reasons to gather around the arts, the artists and boundless soul of creativity remain. That is the backdrop to how CAI emerged and took shape.

Learn more on their [Facebook page](#) and [fill out the questionnaire](#) to tell us what you'd like to see in the creative community.



Crazy Wisdom Poetry Series

hosted by
Edward Morin, David Jibson,
and Lissa Perrin

Second and Fourth Wednesday
of each month, 7-9 p.m.

**Until further notice, all sessions
are virtual and accessible through Zoom.**

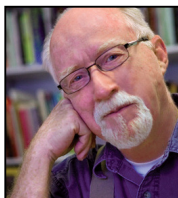
Email cwpoetrycircle@gmail.com for Zoom link

Second Wednesdays, 7-9 p.m.: Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for up to 1 hour. All writers welcome to share their own or other favorite poetry.

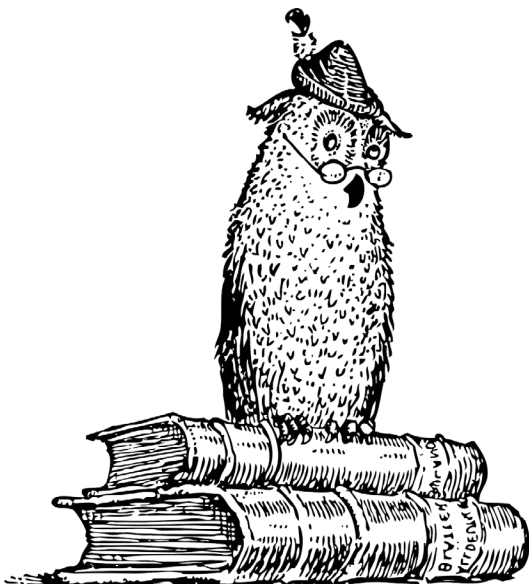
Featured readers

July 28 - William Trowbridge's eighth poetry book is *Oldguy: Superhero—The Complete Collection*, Red Hen Press, 2019. His ninth, *Call Me Fool*, is forthcoming from Red Hen in 2022. He is a poetry mentor in the University of Nebraska Omaha Low-residency MFA in Writing Program and was Poet Laureate of Missouri from 2012 to 2016.

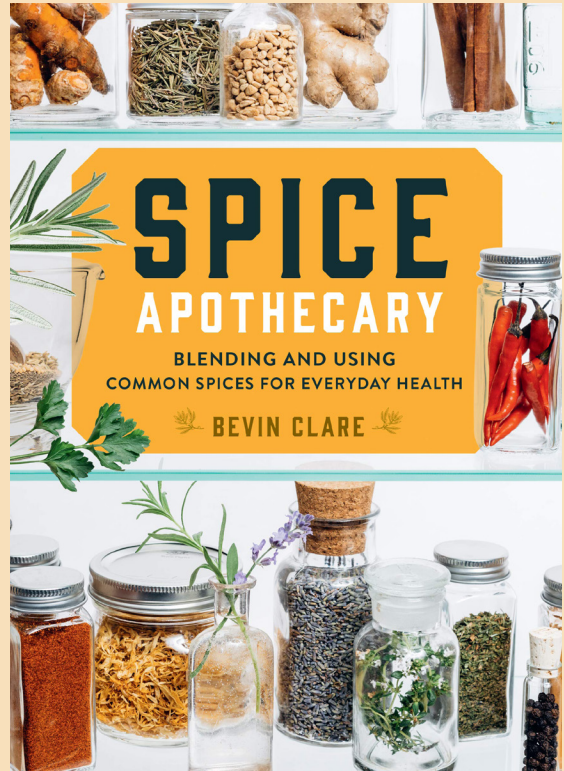


Crazy Wisdom Poetry Circle

*The Poetry Series is open to all.
There is never a charge.*
<https://cwcircle.poetry.blog/>



Crazy Wisdom Book Pick of the Week



Spices are universally recognized as a source of flavor and aromatics, but in cultures around the world, these plant parts have a long history as a source of medicine. In *Spice Apothecary*, author Bevin Clare combines her training in herbalism and nutrition to inspire a return to the kitchen spice cabinet for better health and healing. Focusing on 19 common culinary spices that are easy to source and prized for their flavor, this practical guide highlights each spice's role in supporting wellness goals and delivers creative and impactful ways to incorporate key health-boosting spices into everyday life. To bolster the immune system, chili, garlic, ginger, and mustard are best. Celery seed, parsley, and sage support kidney function, while the respiratory system benefits most from ginger, mint, and thyme. Learn the best way to harness each spice's medicinal power, the proper way to store spices, and how to determine your daily dose. Then, prepare customized dried spice blends and use them in delicious dips, soups, sauces, and even sweets that deliver flavor and healing.

[Purchase your copy of *Spice Apothecary* at
shopcrazywisdom.com.](https://shopcrazywisdom.com)

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Patricia Ferro is a psychotherapist with a practice in Ann Arbor. She has also written several books including Mining for Diamonds, What Happens When Women Wake Up?, and Sacred Marching Orders. She combines her psychodynamic-oriented therapy with her feminist perspective in her work. Learn more about Ferro on her website, patriciaferro.com.



As a therapist, what kinds of relationship issues did you see crop up during the pandemic lockdowns?

We are about 15 months out from when many of us moved into quarantine. I began as so many others did on March 17, 2020. One of the most challenging things was making it through the Winter of 2020. People who were living with partners and family had their own struggles. Some included domestic violence and increased substance abuse.

What was most significant to me in my practice was the isolation people who lived alone experienced. Being social animals is a core aspect of being human. The people who lived alone suffered and struggled enormously. They often spoke of feeling untethered almost as if they were floating in space. They actually articulated feeling like they were struggling to hold on to their sanity. Living like this for such a long period of time also increased depression.

Another aspect of the anxiety that was prevalent was an ever-increasing sense of loss of control. Missing human contact and feeling they had nothing to look forward to was especially problematic throughout the winter months.

Did you pivot to seeing clients online, and are you now transitioning to in-person sessions again? What were the hardships with online counseling? Were there any positives to seeing people through the camera lens of your computer?

I immediately began seeing clients virtually. There was a bit of a learning curve because I had not worked virtually



before. I am still seeing clients only online because at this point NASW still requires masks and many other accommodations. I gave up my office in October and will probably seek office space for only one or two days a week when things are fully open. Most of my clients have adjusted completely to online visits and are comfortable with this. Many have expressed enjoying the convenience of not having to drive or get dressed up. I have had a few clients who did not want to meet virtually and would like to see me back in my office. One of the hardships of online counseling was for my little black cocker spaniel Dexter. He was an important part of the therapeutic mill and he definitely missed the treats that so many clients loved to bring him. He actually seemed a little depressed at the change in his lifestyle. He has adapted however, and has learned how to go door-to-door in our community and request treats. He's

actually become quite successful in this endeavor and the days of people bringing treats to him has become a faint but pleasant memory. My clients do miss him a great deal and he misses them I suspect.

The positives to seeing clients through the lens of the camera were that we were able to continue doing good therapeutic work, even though we were living in a pandemic. It was wonderful to have this as a resource as the stressors people were dealing with were obviously exacerbated by Covid 19 and all the consequences related to it.

What kinds of issues might we see with the opening up of workplaces again? How can people returning to the workforce after so many months build back their resiliency for dealing with other people and their too loudly-spoken opinions, as well as having to get up and be ready to go every day?

I am definitely seeing people who feel very reticent about returning to the workplace. Many have become very acclimated to working at home and feel anxious about returning to a lifestyle that is fast paced and crowded. The comfort of working from home provides more quiet choice and flexibility. Many will return to long commutes again and dread that aspect of returning.

During the quarantine, a new culture was developed and honed. Many clients feel like a return to the rat race is a bit of culture shock.

Building back resiliency for this return is an important and interesting topic. Many employees are doing a kind of hybrid of some virtual and sometime physically in the working environment. I think the gradual reentry would be the healthiest whenever possible. Probably most of us have heard people say, "We don't want to return to normal." Hopefully a worldwide pandemic shocks many of us into waking up some and exploring who we are and what's happening on our planet.

How did your training help you navigate the pandemic personally?

My training helped me navigate the pandemic personally because I consider myself a lifelong learner. I was constantly curious about what my clients were experiencing and how to be of the most benefit to them. I tremendously increased my own self-exploration. The almost infinite array of YouTube topics and teachers was how I spent so much of my free time tuning into one inspirational teacher after the other. What a plethora of wisdom available to us all, yet no cost whatsoever!

Many people spent the lockdown time in self-reflection. What tips would you give someone who is yearning for a change, but having a hard time figuring out what their purpose is?

I think I answered this question with the previous answer. There is no shortage of brilliant teachers and desired topics. The only thing missing is the intention, desire, and effort. It's hard for me to imagine that the pandemic wouldn't provide the motivation. I feel like I want to end with Jean Houston's famous quote, "These are the most important times in human history. These are The times we decide whether we're going to live or whether we're going to die."

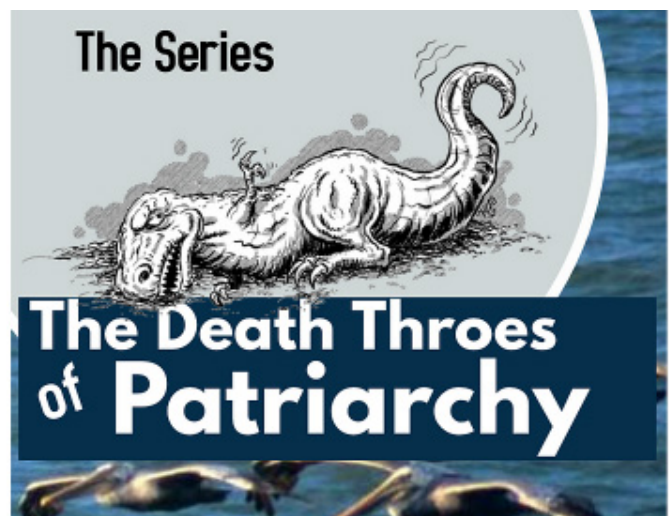


The Goddess Project

Pat Fero works with [S.A.R.A.H.](#) (the spiritual and religious alliance for hope), a global collaboration committed to ending an era of domination and patriarchy through wild creativity and envisioning a world where women's parity and balance are restored.

One of the projects Pat is working on is The Goddess Project, a comic book series featuring a variety of mythic Goddesses from all over the world.

She is also very involved in the "Death Throes of the Patriarchy," a web series that addresses "relevant topics including racial parity and justice, the direct impact of patriarchy on women and girls, men and boys, and all living things." You can listen to the conversation on their Youtube channel.



<https://www.youtube.com/watch?v=-wD-Qsrnzvk>

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The Crazy Wisdom ^{weekly} Calendar



Bodywork and Body mind Therapies

Bowenwork4kids with Lisa M. Teets • Monthly, Third Sundays: July 18, and August 15 • 3:00 p.m. • Bowenworks4Kids is an opportunity for children to receive high quality soft tissue Bowenwork therapy. It can provide permanent healing and relief of pain from a multitude of acute and chronic conditions. The work frequently results in a deep sense of overall relaxation and facilitates the recharging and balancing of the body. Young people respond well to this work. First session free for kids under 17. Visit online at Bowenfix.com. Contact Lisamteets@gmail.com.

Book Discussion Groups

Jewel Heart Readers with Jewel Heart Instructors • Monthly, second Mondays: July 12, August 9 • 7-8:30 p.m. • Enjoy lively discussion on monthly Buddhist-related book selections with our community. All are welcome. Free, but donations welcome. Contact Jewel Heart at programs@jewelheart.org or 734-994-3387 for this month's book selection and participation information. Visit the Jewel Heart website at jewelheart.org.

Buddhism

Jewel Heart Sunday Talks: Ancient Wisdom. Modern Times with Demo Rinpoche or Gelek Rinpoche • Weekly on Sundays through August 29 • 11:00 a.m. • We invite you to enjoy one-hour Sunday morning talks with live presentations by Demo Rinpoche and video recordings by Gelek Rinpoche. Stay tuned for the moderated discussion after the talk. Free, yet donations welcome. Contact Jewel Heart at 734-994-3387 or send an email message to programs@jewelheart.org. To register, click on the link accompanying this program's listing at jewelheart.org/free-weekly-virtual-programs. For more information, visit the Jewel Heart website at jewelheart.org.

Zen meditation and service; Informal conversations on the Dharma with Marta Dabis • First and Third Sundays: July 18, August 1, Aug 15 • 11:00 a.m. meditation; 11:40 a.m. service • Traditional Japanese Zen Buddhist meditation in the lineage of Shrunyu Suzuki, followed by Buddhist chanting in English and Japanese, and an informal conversation about Buddhism. Donations only. Contact Marta Dabis at 248-202-3102 or JissoJiZen@gmail.com; JissoJiZen.org.

Karma—Opportunities and Challenges (Applied Meditation Technology series) with Hartmut Sagolla and Supa (Greg) Corner • July 10 • 9:00 a.m. • What causes the events in

our lives to happen? Is it chance or the actions of a higher power—or just cause and effect? This workshop explores the reality of actions and their consequences through guided meditations, individual meditation, and discussion. \$25 Jewel Heart Members / \$30 Non-Members. No one is turned away due to financial considerations. To register, go to the Jewel Heart website at jewelheart.org. Contact Jewel Heart at 734-994-3387 or email programs@jewelheart.org

Meditation and Discussion with Ann Arbor KTC • Wednesdays • 7 p.m. • The meeting includes group practice and discussion meaningful to students at every level. The content of each meeting will be informed by the interests of the participants, and may include a Dharma talk, meditation, Q and A, and/or book discussion. Participants are encouraged to share their questions, reactions, and experiences with the group. For more information contact Caitlyn at cdbuchanan325@gmail.com or visit them online at annarborktc.org.

Ceremonies, Celebrations, and Rituals

Ryaku Fusatsu - Full Moon - Vow Renewal - Ceremony with Marta Dabis • Fourth Sunday of each month through August 22 • 11:00 a.m. • After 40 minutes of Zen meditation, a traditional Japanese Full Moon (vow renewal) ceremony will be held in English. Donations only. Contact Marta Dabis at 248-202-3102 or email JissoJiZen@gmail.com; JissoJiZen.org.

Death and Dying

Death Cafe with Rev. Annie Kopko via Zoom • Monthly on First Tuesdays, through August 3 • 6:30 p.m. • Discussion of Death and Dying. Free, but donations appreciated. Contact the Interfaith Center for Spiritual Growth at 734-327-0270 or interfaithspirit.org.

Dreamwork

Dream Encounters (When it's not "just a dream.") with Michelle McLemore, CHTP, Rev. • Sunday, August 8 • 2 p.m. • Discuss spiritual and other encounters that can occur during sleep. Examine your dream "tells" that reveal you are not just dreaming. Techniques for staying within the encounter as well as to disengage and wake as needed will be offered. 1.5 hour with time for discussion. \$50. TBD if on-site or via video conferencing. Contact Michelle at 517-270-0986 or energy@michellemclemore.com; [facebook.com/MichelleMcLemoreHealingGuide](https://www.facebook.com/MichelleMcLemoreHealingGuide).

From Issue #77



Friends Lake Cooperative Community

A Nature-Based and Spiritual Sanctuary



By Ann Rosegrant Alvarez

Places that hold great spiritual energy and history have a special feel to them. For decades, it has been our family practice to pause and open our windows when we turn onto the dirt road that leads into the Friends Lake Cooperative Community. This is partly to inhale the smell of the pine trees near the entrance, and partly to feel the spirit of the place, and the immediate sense of refuge and relaxation it brings us.

As we drive slowly down the lane, we pass the meadow on our right. The open field features a huge tree near one end, a fitting focal point for a ceremony or ritual. Just past that, the Michigan Friends Center appears on our left. We continue on, past the campground, down the winding slope, until we end up in the parking lot, at the end of the road. From here, we get out and walk between modest cabins, add our names to the sign-in sheet, and head into the open area bordered by a brick pizza oven, firepit, play structure, sauna, and a lakeside log cabin with boating equipment. Picnic tables dot the grassy area, and the children's beach, boats, and dock edge the lakeshore.



Photo by Barbara Brodsky

If it's summer, we leave our things on a picnic table and head over to the adult swim area. Some of us swim the length of the

Photo by Davy Rothbart



lake and sun lazily on one of two rafts afterward. Others poke around in the shallows, riding "noodles" and bobbing with the water's movement. Ahhhhh! Friends Lake! We breathe deeply, and feel muscles relax and tension seep away. If kids are with us, some of us linger with them at the children's beach area. This small, shallow area has a sandbox on shore, and endlessly fascinating fish come right up to the children—it's hard to know which group stares harder at the other! Later, we eat what we brought and chat with other visitors to the lake, and when we head homeward again, it is with lighter hearts and spirits, and the sense of being refreshed and rejuvenated.

Friends Lake is actually the shorthand name for Friends Lake Cooperative Community (FLCC), set on the shore of Long Lake, a little northwest of Chelsea but still in Washtenaw County, and adjacent to Waterloo State Recreation Area land. Members feel very fortunate to have access to this natural resource and space without having to drive several hours "up north." As its website explains, "Friends Lake Cooperative Community is owned and operated cooperatively by its members. The name reflects its origin when a group of Quaker families bought 70 acres in 1961. Two years later they started this cooperative community, emphasizing simplicity, ecology, and caring. It was created for persons of every faith and color, a serene setting for harmony with nature where the joy of life is celebrated and where decision-making reflects a search for spirit-led action."

Read the rest of the article online.

Exercise and Fitness

Exercise and Fitness Virtual TRX Suspension Class with Gwyn Jones • Through September • Wednesdays 8:15-8:45 a.m., Fridays 8:15-8:45 a.m. • TRX is suspension training workout that will give total-body health benefits for everyone. Gravity is your resistance here, so adjusting and modifying your moves gives you the advantage to choose the level of difficulty you want. Modifications are given for every move, so you always keep building workouts. TRX will challenge your strength, core, and cardio individually or all at once. Students will need their own straps. \$10. Contact Gwyn by filling out an online form at gwynjonespilates.com.

Moving Meditations: Spiritual Forms for Physical Health with Michelle McLemore, CHTP, Rev. • Saturday, July 10 • 11:00 a.m. • Religions across the world share many of the same moving prayer forms. Research shows the combination of focused thought along with movement increases energy intake & energy flow, raises vibration, and helps the overall physical health. Explore poses that overlap between yoga, Christianity, Islam, and other spiritual, intentional forms. Learn a short moving meditation that combines the health-improving, most utilized poses world-wide, yet is not linked to one set religion or dogma. 1 hour workshop. Participants should bring their own towel or yoga mat. \$40. Contact Michelle McLemore at 517-270-0986 to register or visit energy@michellemclemore.com; [facebook.com/MichelleMcLemoreHealingGuide](https://www.facebook.com/MichelleMcLemoreHealingGuide).

Fairs and Festivals

Psychic Saturday Party • July 10 • 2 p.m. • At our twice-monthly ESC Psychic Parties, we have a variety of readers and healers for your enjoyment, along with visiting vendors for shopping! WHAT A GREAT WAY TO EXPLORE A VARIETY of readings and healings at one time, under one roof! FREE snacks ~ FREE gifts ~ FREE parking. To see a list of our participants + bios and photos, go to our [website, enlightenedsoulcenter.com](http://website.enlightenedsoulcenter.com).

Authentic Curiosity: Explore Touch Like Never Before • July 10, August 7 • 10:00 a.m. • Join us for a journey of discovery with ourselves and each other: touching in a new way. In this experiential time together, we will establish a shared framework for relating with self, other and community awareness and open practical spaces for exploration within these structures. Framework includes:

-
- Nervous system & body awareness
- Co-regulation
- Consent
- Container Building
- Witness, Listening, Communicating
- Somatic Practices
- Touch Practices

This is about starting with the self and getting curious about what you want and like, then navigating your own body and nervous system needs and desires. With communication, we'll open options for touch and receiving touch with yourself and others. [For more information visit Leslie online.](#)

Mornings of Mindfulness with Esther Kennedy, OP • July 10, August 7 • 10:00 a.m. • We gather monthly as a Mindfulness Community to deepen our understanding and commitment to daily meditation practice. Reflecting upon our relationships with honesty and courage, we amp up our capacity to be love within family, neighborhood, city, and world. \$15; \$40 for all three. Contact the Weber Center at 517-266-4000 or webercenter@adriandominicans.org.

Sufi Chanting, Movement, and Meditations with Imam Kamau Ayubbi • Every Tuesday through August • 6:30 p.m. • Sufi study and celebration via Zoom. Donations \$5-10 per class. Contact the Interfaith Center for Spiritual Growth at 734-327-0270; interfaithspirit.org.

Training for Teaching Youth Mindfulness (2-day workshop) with Rita Benn, Kristin Ervin, and Mary Spence • Tuesday & Wednesday, August 3 - 4 • 9:00 a.m. • Educators and mental health professionals will learn to translate their personal practice of mindfulness into the classroom and clinical setting. We will share ideas on how to address our collective trauma using the skills of mindfulness. We will focus specifically on adapting key mindfulness practices for emotion regulation and stress management. Participants will explore teaching these practices in breakouts with their peers under the guidance of the instructors. Scripts and handouts will be provided. Participants will have opportunity to take time in restorative mindfulness practice in a retreat like, nature setting by the lake. CEU's and SCECH's provided. \$255 by July 15; \$295 after this date. Contact info@mc4me.org.

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ramsey.judy003@yahoo.com
<https://JudyRamsey.net>

Retreats

Joyful Summer Retreat: Kingdom of the Mind—Mind and Mental Faculties with Demo Rinpoche • Friday, August 20 - Sunday, August 29, 8:30 a.m. • The mind is mirror-like, luminous, and rich with possibility. Yet, when obscured by negative thoughts and emotions, we experience life as confusing and harsh. Come explore the mind and its inner workings and gain understanding of how we can fulfill our greatest potential. \$475/Jewel Heart Members, \$550/Non-Members. No one is turned away due to financial considerations. To register, go to the Jewel Heart website's retreat page at jewelheart.org/retreats. For more information, call Jewel Heart at 734-994-3387 or email to programs@jewelheart.org. jewelheart.org.

Shamanism

Medicine For the Earth/Healing With Spiritual Light • Saturday, July 17 • 9:00 a.m. • This class will run two consecutive weekends, July 17-18 and July 24-25, from 9am-4pm each day. Explore the depth of your own inner light and its connection with All That Is. Learn how to transform the energy behind toxic thoughts and achieve balance in yourself and harmony in your world. You will connect with nature, spirit allies, and the elements to learn how to transform and heal yourself, your community and your environment. Suggested reading: *Medicine for the Earth: How to Transform Personal and Environmental Toxins* by Sandra Ingerman. Journeying skills are not necessary. All levels and traditions are welcome. The class will be taught online via ZOOM. \$360, repeating students \$125. for more information or to register visit judynamsey.net.

Connection & Empowerment with Connie Eiland, Shamanic Practitioner • Saturday, July 10 • 10:00 a.m. • With journeys and divination, this class will advance your skills and improve your connection to Spirit and the web of Life. It will help clarify and strengthen your personal power. Time will be spent partly in nature to assemble a medicine bundle. Ceremony and initiation are included. \$180 till June 26, then \$220. Contact Connie Eiland at 248-809-3230 or clshebear7@gmail.com; shewolfshaman.com.

Spiritual Development

Peace Generator (via Zoom) with Craig Harvey • Friday, July 16, August 20 • 7:00 p.m. • Meditate, pray, and set intentions for peace. Free, but donations appreciated. Contact Interfaith Center for Spiritual Growth at 734-327-0270; interfaithspirit.org.

Stress Management

Stress Management Traumatic Incident Reduction Workshop with Marian Volkman • August 3 • 10:00 AM • 5 day online workshop 10-4 each day Practical Trauma and Stress Resolution. Move Beyond Symptom Management to Effective Trauma Recovery. Continuing Education credit available for Social Workers. Learn to use (TIR) Traumatic Incident Reduction, effective for reducing and eliminating after effects from: Stress,

Difficult relationships, any upsetting, severe or shocking event War trauma, either received, caused or observed, trauma caused as well as received or observed, including domestic violence, accidents and injuries, losses of all kinds, unwanted feelings or thoughts. \$695. Contact Marian Volkman at marian@tir.org or 734-662-6864; or visit appliedmetapsychology.org/professional-training/meet-the-trainers/marian-volkman/

Tai Chi, Martial Arts, and Self Defense

Yang & Chen Tai Chi: Beginning/Intermediate with Karla Groesbeck • On-going, Everyday • Visit website for course times • Multiple classes: Qigong & Easy Tai Chi, Tai Chi for Mobility Maintenance, Yang & Chen Long & Short Forms. Free/Low Fee. Contact Karla Groesbeck at 734-325-4CHI or info@taichilove.com; taichilove.com.

Classes with Asian Martial Arts Studio • Ongoing, In-Person classes. Visit website for dates/times • Martial arts classes include Aikido, Kung Fu, Karate, Tai Chi, Wing Chun, and Lion Dance with the goals of developing a truthful knowledge of the fundamental elements of our martial arts traditions and their roots in Asian culture. Children's classes offered also. Contact Asian Martial Arts Studio at 734-994-3620 or info@a2a.m.as.com; or visit a2a.m.as.com.

Writing and Poetry

Sit. Stop. Write. Zen and Poetry workshop with Dmitry Berenson • Sunday, July 25, August 22 • 1:15 p.m. • Like a plant that grows out of bare ground, to express ourselves in poetry we must start from an empty place. We will do a little meditation and reading from Zen and other sources to help us touch that place and then spring out to write our own poetry. Find your seat; find your voice. Donations only. Contact Marta Dabis at 248-202-3102 or JissojiZen@gmail.com; JissojiZen.org.

Crazy Wisdom Poetry Workshop (via Zoom) with Edward Morin, David Jibson, and Lissa Perrin • Monthly, Second Wednesdays: July 14, August 11 • 7-9 p.m. • Workshop at Crazy Wisdom Tearoom. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m. Until further notice, all sessions are virtual and accessible through Zoom. Email cwpoetrycircle@gmail.com for Zoom link. Free. Contact Edward at 734-668-7523 or eacmorso@sbcglobal.net; <https://cwcircle.poetry.blog/>.

Crazy Wisdom Poetry Featured Readers (via Zoom) with Carolyn Wright, Kelly Fordon, and William Trowbridge • Wednesday, July 28 • 7-9 p.m. • Each night one featured reader will share for 50 minutes, followed by an open mic reading for one hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m. Wright will share in May, Fordon in June, and Trowbridge in July. Until further notice, all sessions are virtual and accessible through Zoom. Email cwpoetrycircle@gmail.com for Zoom link. Free. Contact Edward at 734-668-7523 or eacmorso@sbcglobal.net; <https://cwcircle.poetry.blog/>.



By Joshua B. Kay

I learned firsthand that grasslands can dance when I was sixteen or seventeen. Sure, I had heard as much, and probably had read it, too. Yet growing up in Southern California, such things seemed mysterious and distant, evocative of vast plains and wagon trains. I was hiking with Lee in the Santa Monica Mountains near Los Angeles. We had puffed our way up the Chumash Trail, a dusty climb without switchbacks from the sea into the coastal hills. We are in the midst of a quiet revolution, creeping from the secret places of our souls into the light of daily life: the desire to create, to build, to invent, to explore the world using our hands and our senses, and to do it in community. While sprouting everywhere, in Ann Arbor this “Maker Revolution” has the possibility to grow in bigger ways. After pausing at the top amongst the prickly pear and yucca to admire the blue-green Pacific, we set off inland across rolling terrain. I remember cresting a hill some time later and being met with an undulating spread of grass that appeared endless. The grass shimmered and roiled in the breeze, alternating green and flashy silver in the high sunlight. The air was filled with a rasping, steady “shhhhhh” that was both lulling and invigorating. The grass appeared to be a single, churning unit. We stood silently at the edge of the great expanse, hushed by the grass as it bowed and twisted.

When we were ready, we plunged ahead, following a narrow trail. There were no signs of civilization, and the route was not marked despite numerous junctions. Still, we had a book, *Hiking Trails of the Santa Monica Mountains* by Milt McAuley, and we tried as hard as we could to follow its instructions exactly. At every intersection, we checked the book, turning this way and that, taking our direction from the sun, trying to gain our bearings. Eventually, reddish sandstone outcroppings loomed nearby, their rust color especially striking against the deep blue sky. The magnificent grasslands gave way to scrub.

It was a long time before Lee and I realized that something wasn’t right. We had taken a wrong turn at some point, maybe in the grasslands, maybe amongst the rocks. There was no telling now. We paused, shook the book, and cried out to the heavens as we often had before, “Damn you, Milt McAuley!” Then, as usual, we cracked up. Truly, it was a delicious feeling to be a little bit lost together in nature, so different from the traffic and buildings and ready landmarks of the city.

Lee and I met in seventh grade. He was quiet and shy, but we connected somehow. I remember that it was in his sharp, clear

eyes that I would see the first sign of whatever was coming next, a smile or laugh or insight, and seeing the initial spark, I would wait for whatever was in store. Lee’s ideas were worth waiting for. He was careful with his words. Each one counted.

Lee was the most well read peer I had ever met. His parents had converted a bedroom of their house into a library, and sometimes I thought that he must have read every one of their thousands of books. He was well versed in cinema, too. His family had a VCR and cable TV long before mine did, and bulky tapes full of screen gems lined several shelves in their small den. That’s where Lee introduced me to *Monty Python’s Flying Circus* and classic movies and horror films. He understood storytelling, whether written or visual, and we would talk late into the night about what we had watched and whether and why it had worked. His appreciation fostered my own.

We shared a love of the outdoors, especially hiking. As middle-schoolers, we regularly walked the arid hills above his house. Later, when we got our drivers’ licenses and could set up car shuttles, our local scrambles matured into frequent treks farther afield, especially in the Santa Monica Mountains. It was not unusual for us to ramble ten miles or more. My memories of those hikes are among my most cherished—cacti in frenzied bloom, worn sandstone cliffs, a rock wall littered with fossils that we stumbled upon when happily lost (Damn you, Milt McAuley!).

My parents had divorced two years before I met Lee, and as high school wore on, I struggled with anger and anxiety. Lee, in contrast, seemed unflappable, calm, even serene. He had two parents and no siblings at home, a home where he and I became like brothers. I think, looking back, that I grew jealous of his intact family and apparent inner peace. And so, like a brother, I occasionally took my feelings out on him. I wanted to see if he, too, could get angry. The answer was yes, but it took a lot of effort on my part, and it meant that sometimes I was a total jerk. Mostly, though, he responded gently, and through it all, he stood by me. I recognize now that Lee was wiser than his years. He did not allow my troubles to define me in his eyes, and he was patient and forgiving. Perhaps I was worth waiting for, too.

[Read the rest of the article online.](#)

Writers' Workshop: Summer Flourishings with Tarianne DeYonker, OP, MSW • Thursdays, July 15, July 22, July 29, and August 5 • 6:00 p.m. • Come gather with other creative writers for time set aside to express what's been hidden inside but longs to enjoy the light of long summer days. Whether you write as spiritual practice or to give creative expression to your ideas and feelings, consider joining a supportive group of writers and invest the time. Cost: \$80 full series. Registration Required. Contact the Weber Center at webercenter@adriandominicans.org or 517-266-4000.

How to Get Your Children's Book Illustrated and Published with Upasna Kakroo • Saturday, July 17 • 12:00 p.m. • Upasna Kakroo, illustrator and co-author of the children's book *Lil' Danny Runs A Race*, will share her journey of how to get from concept to finished product in the genre of Children's Literature. \$5. Contact Clementine at fitfundone@gmail.com.

Yoga

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Yoga Classes at The Yoga Room with Christy DeBurton • Private sessions available via Zoom/Facetime/Skype • Offering Hatha, Yin, and Vinyasa yoga classes. See website for pricing and full schedule. Contact Christy at 761-8409; info@christydeburton.com or yogaroomannarbor.com.

Beginning/Supported Yoga (online) with Sue Salaniuk • May through August • 10:00 a.m. • Yoga for beginning students or those who wish a more supported approach. \$98/week or \$15/single class. Contact sue@yogaspacennarbor.com.

Experienced Intermediate Yoga (online) with Sue Salaniuk • May through August • 6:00 p.m. • For experienced students who are working on inversions or appropriate alternatives. \$98/7 weeks \$15/class. Contact sue@yogaspacennarbor.com.



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Without reflection, we
go blindly on our way,
creating more unintended
consequences, and failing to
achieve anything useful.

—Margaret J. Wheatley