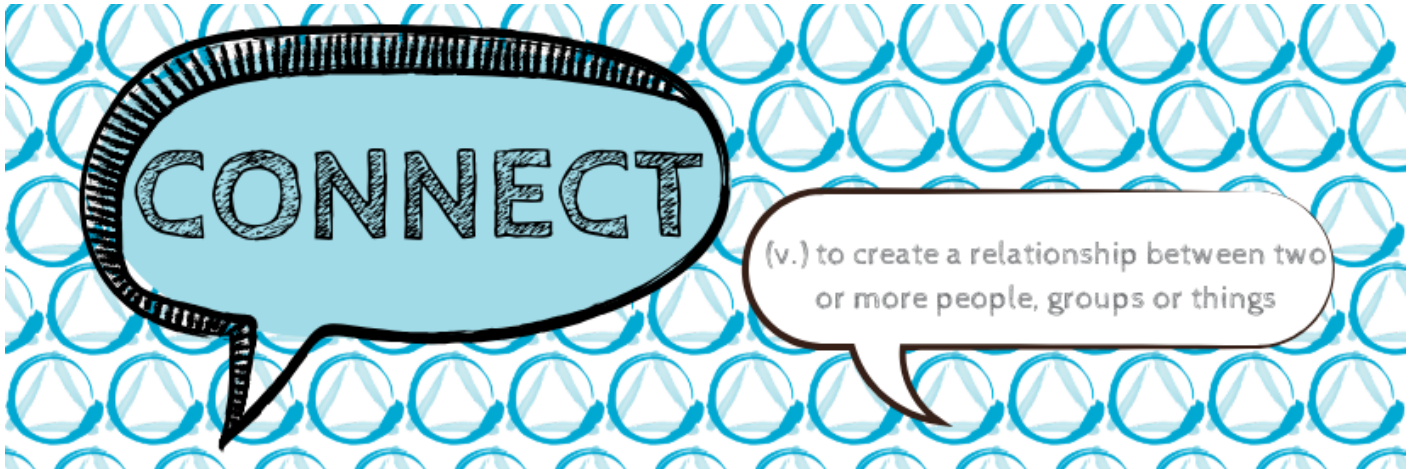

[TEST] CONNECT - Smith Center Community Newsletter

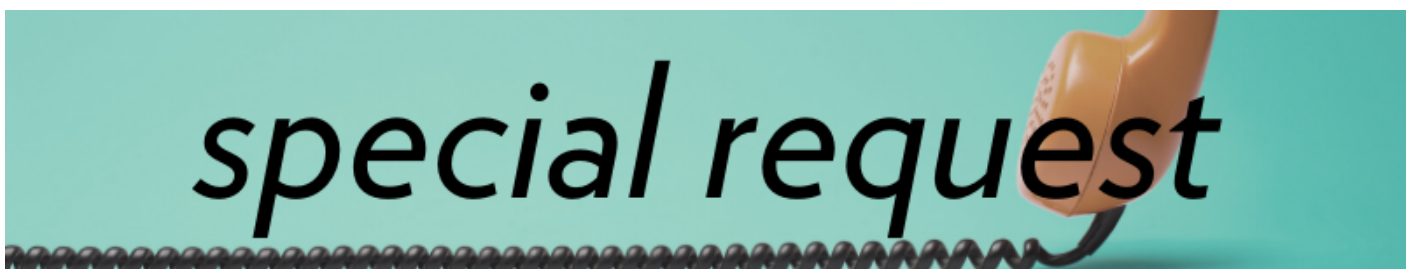
Smith Center Programs Team <programs@smithcenter.org>
To: Carla Stillwagon <carla@smithcenter.org>

Tue, Apr 28, 2020 at 1:38 PM



*Welcome to **CONNECT**, a community-minded newsletter brought to you by Smith Center for Healing and the Arts.*

This project is brought to you by the Smith Center Programs Team, in collaboration with our staff, board, facilitators, volunteers and community members - who all want to share with you!



Special Request to Our Community

Are you a mask maker? Would you like to support the Smith Center staff? If so, we would like to talk with you.

We are planning ahead for our return to Smith Center and we anticipate that we will need to wear masks. We would like for each staff person, including our artists in residence at Inova, to have a few masks to circulate between washes. In addition to having disposable masks on hand for our participants, we would also like to have some extras on hand for guests who don't have their own. We know masks are shielding and can hide one of our most beautiful connectors with people, our smiles, but if we cover with beautiful works made by someone from our community it could be really amazing.

We are looking for people who would either be willing to donate and/or willing to provide them at cost. Ideally, we would like to get 90 masks (these could come from multiple community

members). Please let us know if you are interested or if you know someone who may be. You may contact Kiersten@smithcenter.org. Thank you!

a balanced mind

“Set aside periods of each day where you turn off social media, you turn off the TV, turn off the news and do something that you enjoy. It could be art, it could be exercise, it could be picking up the phone and talking to someone... it could be a range of different things that you can try. The other thing that’s really important is to take care of your body in addition to your mind.”

Here's a video that NIH's Director, Dr. Francis Collins, and Dr. Joshua Gordon, Director of the National Institute of Mental Health, recorded from home to discuss stresses that people may be experiencing and how to bolster your mental health.

[Watch Drs. Francis Collins & Joshua Gordon on Dealing with Stress](#)

Julia Rowland, Ph.D.



words of wisdom

Hear from Beth Lawrence, RYT500 and her family on how they're creating together at home:

“We’ve been writing a poem a day since we’ve been under Stay at Home Orders. Each day one of us chooses a word and then we each write a poem with that word as the title. These are examples that exemplify our project.”

Wonder

We stood on the footbridge
Watching ducks
As they play.
As they mate.
As they tuck their heads to sleep.
Squat bodies
Somehow so graceful.
We were encapsulated by
the necks and heads of the
Mallard ducks.
Iridescent.
The feathers melt from emerald
Into lapis lazuli
Into warm tree bark and snow.
We watched them feed
Dipping
Iridescent heads

Beaks
Into the water.
We stood on the footbridge
And I wondered if the ducks
Watched us back.
They would see two
funny looking birds
One with red feathers the other
blue
Both leaned over a freezing railing
Cold fingers
languidly tracing
The perfect forms of the
Mallard Ducks
From a footbridge.

-Lucy

It is kind of a wonder
To think of how they plunder
Through the city streets
And the countryside's sleeps
They have no consideration
Only indignation
Towards our humble existence
So they decide how to be persistent
They double in numbers
And turn into hundreds
Gather the masses
Then send them off to prepare classes
So they too will know
The full affect of the slow

-Matt

All day I hold on to wonder
The wonder of you three

You girls came home
and shared a tiny, ancient crib
next to our bed
before moving to your own room

Asher, You carried your GG
and for awhile, a tiny book called,
William Wants a Doll

For months after one Halloween,
you wore your plush dragon costume.
You would come home from school
take off your clothes
and put on that costume.
Walking secure.

We watched you on your softball team,
On your swim team,
In the chorus,
On The judo mat,
With The marimba ensemble,
In Peter Pan

We'll send you on your way
as we hold you tight.
and we'll wonder, what's next?

- Beth

Wonder
See?

Not magic, just science.
Something between a smirk and a chortle
as he takes off the goggles and sets down the vials.

An explosion in a water cooler.
A Coke turned to slush.
A hot pack
A cold pack

Not magic, just science
He says.
his voice swelling as he explains
combustion
freezing points
Entropies, enthalpies, energies.

Those of us with eyes glazed over
sit up a little straighter
And wonder.

So when you say
Not magic, just science.
I'm sorry professor,
But I disagree.

-Emma

Beth Lawrence, RYT500



The [Healing Yoga Foundation](#), a project of Commonweal, provides some brief, recorded meditation/yoga sessions on their website, one to "Make-it-a-Good-Morning" and one to "Settle in for the Evening." The Foundation and Kate Holcombe, its founder, are long-time friends of Smith Center, and serve as quality resources for yoga, meditation and other healing practices.

Click the images below to open each of the meditation/yoga sessions.

Make-It-a-Good-Morning Yoga

In this video, Kate Holcombe guides us through this gently energizing morning ...



Settle In for the Evening

Relax and unwind with this gentle floor-based video practice by yoga therapist ...



Kate Holcombe, Founder of Healing Yoga Foundation



Do you remember a time when you were especially grateful for nature, the great outdoors, our beautiful Mother Earth? You might call on a special moment or memory - walking hand-in-hand with a loved one, rejoicing when that perennial you planted as a kid keeps sprouting up, stepping outside for what feels like the first time in an eternity; for me, one of those memories includes a tiny patch of white flowers that grew in the same place every spring in my grandparents' backyard.

In recalling how nature can make us feel, we innately know how important it is to return the favor, to nurture the Earth as it nurtures us. Many of us are retaining this message even more often during these uncertain times, as we are restricted to much smaller portions of the Earth than are usually available to us. In honor of celebrating Earth Day every day, I made my own "earth" using everyday household materials. My earth is currently hanging in the sunniest window spot, serving as a small but constant reminder of gratitude for all that is around us.

Check out the PDF below for step-by-step instructions on how to make your own paper mache Earth. Tips & photos included along the way!

[Paper Mache Earth](#)

Carla Stillwagon



Hear from [Yael Flusberg](#), one of our beloved yoga facilitators, on her recent experience with online programming and resiliency.

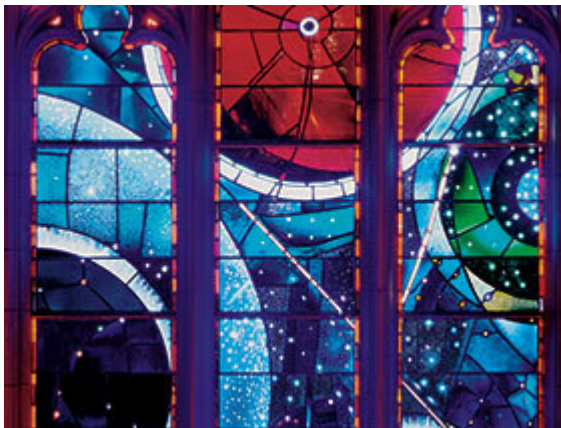
"Over the weekend, I facilitated the last of a three-weekend teacher training for yoga teachers who want to learn about Yin Yoga. Because of my own interests, it deals with subjects not usually present in trainings like this, namely how trauma and stress dysregulate our entire systems and how what we practice — and if we're lucky enough, get to teach others gets to retrain our body-brain-nervous system — and lead to healing. ..."

[Continue reading Yael's blog here](#), and check out what Yael calls "[an essay written by one of our greatest thinkers, Rebecca Solnit](#)."



Yael Flusberg

shared ideas



Join Susan Beilby Magee, founder of the Washington Circle of Master Healers, in a guided [Circle of Healing and Meditation](#) on Monday, May 11th at 7:00pm.

Susan writes, "I will guide a visualization to cleanse fears and go into our hearts to connect to the inner flame and then share our light with family, friends and the world."

[Previously recorded meditations](#) also available from the Washington National Cathedral.

Nancy's List, a personal project of Stage IV ovarian cancer survivor Nancy Novack, provides an up-to-date list of [COVID-19 Financial Assistance for People Living with Cancer](#).



Our Contact Information

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