

Welcome



Earth My Body, Water My Blood Singing and Drumming our Connections

with David Poole and Cliff Berrien

G24070304

July 14-20, 2024

Dear friends—

We are so looking forward to being with you for “Earth My Body, Water My Blood,” (July 14-20) celebrating the connections between our own bodies and the elements of earth, air, water, and fire, as well as the bonds we have with each other as children of creation. We will explore these relationships through singing, drumming and simple movement.

To start off, here are some things you DON'T have to bring:

Any knowledge of music notation: all singing and drumming will be paperless.

Dancing shoes: the movement will be simple and adaptable as needed.

Your trap set: you are welcome to bring a drum (djembe, conga, bongos or similar) if you already own one, but we will have plenty to share.

Our group will meet for two sessions each day, the first from 9 am to noon, the second from 7 to 8:30 pm. Each session will include a medley of all three principal activities—singing, drumming and movement. Although our meeting place and primary venue will be the indoor Agape Center worship space, we will, weather permitting, spend a generous amount of our time outdoors.

With all that in mind, we would suggest that you do bring:

Refillable water bottle

Sun protection (hat and sunscreen)

Bug protection (sometimes not an issue but best to be prepared)

Comfortable shoes or sandals

Lightweight clothing and footwear that can get wet

A light jacket or hoodie (evenings can cool off)

Hand lotion to help your hands stay soft and comfortable for drumming

An empty notebook or journal

Finally, while we as your facilitators will come with many songs and ideas to offer, we invite you to bring your own such treasures to share. If you know a song—especially one that touches on our theme--if you've written a song or a poem, we hope that you will feel free to share. Although our time together will be all about building and affirming relationships—some of them dating from the very dawn of creation--we will also, by bringing all our creativities together, make things happen that have never happened before. How thrilling!!

In the meantime, if you have any questions that we can answer before you start your packing, please don't hesitate to reach out. Our emails are below.

With gratitude and anticipation,

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