



## August Updates

### CIA Poetry

We've been sharing and meditating on some beautiful poetry lately, so we wanted to highlight these authors and some of their words.

#### **Joy Harjo, Calling the Spirit Back from Wandering the Earth in its Human Feet**

*"Call upon the help of those who love you.  
These helpers take many forms: animal, element, bird, angel, saint, stone, or ancestor.  
Call your spirit back. It may be caught in corners and creases of shame, judgment, and human abuse.  
You must call in a way that your spirit will want to return."*

#### **Pixie Lighthouse, Prayers of Honoring Grief**

*"Thank you for helping me lay into the earth what has become oppressive on my soul, and for helping me see the importance in my courage to feel. Scrub my body, heart, and mind of their accumulated stresses and unaddressed anguish. Let me stop the abuses and misfortunes from telling my future. Help me author my personal story of strength and perseverance while ripening me for rebirth."*

### Upcoming Facilitators for Virtual Gatherings

Aug 29: Irene

Sept. 5: Lauren

Sept 12: Sheri (Bystander Intervention Training Session #2)

Sept 19: OPEN

Sept 26: OPEN



**Upcoming Gatherings:**

Aug 29, 10:30-11:15am

Sept. 5, 10:30-11:15am

Sept. 12, 10:00-11:30am

Sept. 19, 10:30-11:15am

Sept. 26, 10:30-11:15am



**LINK FOR ALL GATHERINGS:** <https://bluejeans.com/660699522>

**For music from ALL CIA sessions, click [here](#).**

**Do you want to share your creative energy with CIA?**

In our co-creative community space, your skills and offerings are encouraged and needed. Contact [community.inspired.action@gmail.com](mailto:community.inspired.action@gmail.com) to share about what you do and/or to participate in future CIA gatherings. Thank you, and we look forward to seeing you next time!

**Don't forget to check out our [website](#) and [facebook page](#) where we regularly post updates and pictures!**