

Elisabeth Dearborn and Jesse Palidofsky
February 12-14, 2010

FOOD FOR THE LONG HAUL the transforming power of singing

Join singers and songwriters of all levels as we sing in the Circle of Life and Death. Give voice through song to your unspoken yearning. In these times of loss of species and beloved landscapes, explore how song gives resilience. Discover tunes that nourish your deep hunger. Explore lament as well as shout for joy! Offer comfort. Invite solidity. Be opened to mysterious song welling-up through the silence. Hear stories of music in end-of-life companionship. Learn songs from Zen tradition and *Rise Up Singing*. Share a song that has become your spiritual friend. Give birth to the great-song within you...

Jesse Palidofsky is a convinced Friend and Earlham School of Religion graduate. A chaplain and retreat/workshop leader for more than 20 years in prisons, with children experiencing cancer, and now in home hospice, he is awed by the power of music to midwife the transforming presence of Spirit in the midst of the most painful situations life can offer. A performer and recording artist, his CD Food For The Long Haul can be found at www.azaleacityrecordings.com.

Elisabeth Dearborn, a Friend for almost 50 years, is an apprentice dharma teacher in the tradition of Zen Master Thich Nhat Hanh and a credentialed Kripalu Yoga Teacher. For decades messages have been coming in song to her in Meeting for Worship.



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