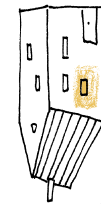


Check the web for this
lovely Sydney Carter tune:
Julian of Norwich sung
by Gordon Bok, Ann Mayo Muir,
and Ed Trickett
I know this song by heart



It can help us be sweetly
connected across
SPACE and TIME

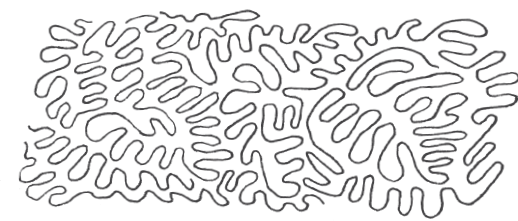
A Song or Poem
can give us Sunshine,
a cloud, rain, a package
of Seeds, a village,
a daffodil!



- * Write these on a special piece of paper
- * Carry them in your pocket
- * Learn them by heart
- * Recite them to yourself, sing!
- * When the time comes, share them with others
- I usually recite one of "my" poems at the beginning of each day.

A possible practice

Social Connection: Poetry and Song

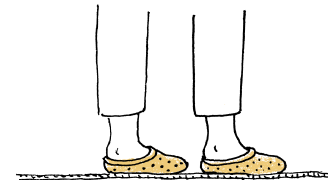


Doing and Making
are acts of HOPE
CORITA KENT

The Art of
Social Connection
during Quarantine
and other Times of
Undesired Isolation



Don't let your sorrow
come higher than your knees
Swedish Proverb



I began this "QuaranZine" on
Day 3 of our Minnesota statewide
stay-at-home order.
Working on it gave me joy



download the pdf to make more
at RegulaRusselle.com

Thank you Liz Mason for coining the
term "QuaranZine" and Lisa Coradon for
introducing me to the Swedish proverb

Connecting through Correspondence

A possible practice

- * Feel inspired to make your own "QuaranZine" to share with friends and strangers
- * Mail or send a favorite poem to a friend
- * Make copies of your tiny memoir and send it to family and kin
- * Also do this for the person who made or gave you that cherished pot or book

In the arts, even simple actions
let us take part in large
cultural conversations



Lovely pottery, hand-made by my cousin, Martin, adds beauty to our table every day.

A perfect wedding gift: Water-polished driftwood from the Oregon Coast, held together by a sturdy thread.



A possible practice

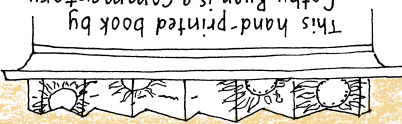
Make an 8-page zine like the one you are holding and record cherished objects in your home, flat, or room. Tell their stories more fully than I was able to do here.

My mother sent me this blanket, hand-knitted by my dearly loved nanny.



Top Ten Questions Asked by Children About the World a tiny book grand-daughter Anika made for Michael.

This hand-printed book by Cathy Ryan is a commentary on Sunflowers and their nature to turn toward the light.



remember your sweet connections in a web of relationships, near and far

Memoir Making

How to fold an 8-page zine

(or search for How to Make an 8-Page Zine on the web)

1. Fold a piece of paper into 8 equal parts
 2. Fold the paper in half and... then cut the marked line with scissors
 3. Open the paper
 4. Then fold in half once more, squish and gather into pages, thusly
- Voilà! The zine is complete

