

Northwest Sanctuary Project Workshops, Times & Activities

Open Sign Making, 1-4 p.m. This activity is self-guided. Paper and art supplies are provided, and participants of all ages are invited to make signs of peace, inclusivity, connection, and care for all members of the community. Participants are welcome to leave their signs to be hung in places around the community.

Watercolor for Adults and Children, 1-3 pm, led by Jane Wiedmann. Watercolors and paper will be provided to adults and children to express their feelings or convey messages of love, acceptance, and community using watercolor paint. This activity will run for 1-2 hours, depending on how long participants would like to paint for.

Paper Cranes for Peace, 3-5 pm, led by Lee Vuotto. Participants will be provided with materials and instructions for making origami paper cranes, and they are welcome to join and leave the activity at their leisure.

Nasij: Weaving Our Cultures into a Collective Poem, 1:30-3:30 pm, led by led by Nora Elmarzouky, Al-Bustan Seeds of Culture. Choose a card to learn a new word in Arabic that you can decorate and take home with you. Use the word to write a sentence about your relationship with the city of Philadelphia to make a collective poem reflective of participants.

Patchwork: A Storytelling Guild, 1-5 pm, led by Patchwork: A Storytelling Guild. For each session, storytellers will present tales of peace and healing and use them as springboards to elicit tales from the listeners. With consent and a signed release, stories will be recorded on a flash camera and posted on YouTube. Anticipating that people will wander from station to station, stories will be told as people wander into the storytelling space.

Free Writing Exercise, 1-3 pm, led by Lori Weingartner. This free writing exercise encourages participants to burn through the surface layer of ideas and feelings and get to their unique and direct experience, perception. Three timed writings explore the fears associated with the recent election and how to create safety in the face of related acts of violence and discrimination. The exercise has only the following rules: Do not stop writing no matter what! (Keep your hand moving). Do not edit (cross out), do not worry about punctuation, spelling or grammar. Be specific (Pippin apple vs. apple) Get out of control. Be illogical. Go for the jugular. Through the writings and discussions after the writings, participants will be encouraged to find their unique "truth", what each participant would like to pass on to the community during this challenging time.

Safety Capes, 1-3 pm, led by Jennifer Bradley, Philadelphia Children's March. Participants of all ages can use canvas material and art supplies to create a banner for

their home that declares their intentions in this post-election culture and/or a cape to wear to declare your role as a protector in this environment.

The Post-It Note Project, 1-5 pm, led by Mindy Early, Philadelphia Young Playwrights. Participants are invited to make small templates that involve four post-it notes, and to write on each post it note — A moment that recently changed me. A moment that recently changed the world. A thing that *could* change me. A thing that *could* change the world. After filling each post-it out, participants can stick them up on the wall and the installation would be a gallery of voices.

20 Names, One Face, Music and Spoken Word, 2-4:30 pm, led by Osiris Wildfire, Robert Aiken, and Keith Q. Schenck. Meditation and memoirs, folk songs interspersed with prose that evokes self reflection. We will provide complimentary wordplay through spoken word pieces literally spoken one word at a time inviting point/counterpoint through active written response by participants. Self-awareness is a collective experience while being supported by nonjudgment and positive feedback. Memoirs are remembrance of any person, place or thing that represents a safe space we call sanctuary.