

Voices of the Grieving Heart

Two Poetry Readings by Six Contributors

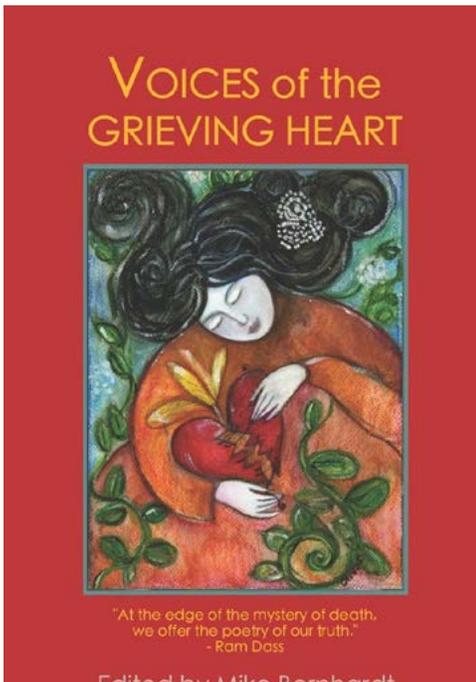
~ FREE ONLINE EVENT ~

SUNDAY, MAY 23, 1:30–3:00 PM PACIFIC AND/OR

SUNDAY, JUNE 6, 4:00–5:30 PM PACIFIC

(adjust for your time zone)

*with Time to Explore This Profoundly Personal and
Universal Experience of Loss and Grief*



Please join us for a sharing of poems whose breadth and depth will move you, startle you, and at times, provide relief. These poets and their poems will stretch your mind and cause you to pause with heartfelt attention on what counts in living this life.

Voices of the Grieving Heart was first published in 1994. This new, expanded edition contains over 160 selected poems, essays, and images by 83 contributors who share their journeys through loss, grief, and transformation, including:

- Deaths due to suicide, miscarriage, COVID-19, and other causes
- Reflections on grief, 30 years later, from first-edition contributors
- Prompts and blank pages for readers to add their own poetry

There will be time and room for questions and conversation. Stories we have to speak within community, matter. Mike Bernhardt, John Fox and Kris Kington-Barker will support and listen.

You are welcome to join us for either one or both events. (Each event will present a different group of six readers.)

Register for May: bit.ly/VoicesReadingMay

Register for June: bit.ly/VoicesReadingJune

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“Voices of the Grieving Heart, carefully curated by Mike Bernhardt, is a profoundly compassionate friend of a book—listening, gently responding, sharing the heavy load of sorrow, letting anyone of any age living through any sorrow know, they are not alone. We will never be alone.”

Naomi Shihab Nye

Young People’s Poet Laureate, Poetry Foundation

Learn about our facilitators on next page ►

ABOUT OUR FACILITATORS



Kris Kington-Barker is an End-of-Life Doula and has been a Board Member for the International End of Life Doula Association (INELDA) since 2015 and an instructor for INELDA since 2017. From 2010 to 2020, she served as Executive Director for Hospice of San Luis Obispo County where she implemented an EOL Doula program in 2015 that collaborates with local physicians, medically certified hospices, home health/palliative care organization and hospitals. Kris's background and experience ranged from mental health and drug treatment to hospital and rural health clinic administration prior to becoming focused on end-of-life care. She is an educator, speaker, and hosts a weekly radio show for an NPR affiliate in San Luis Obispo, CA.



Mike Bernhardt is an award-winning writer whose work has appeared in many print and online publications. He grew up in New York City, where he wrote poetry and kept a journal throughout his teenage years. He moved to the San Francisco Bay Area when he was nineteen and was working as an electrician when he met his first wife, Susan, in 1983. In the years after Susan's death in 1991, Mike met and married his second wife, Yvonne, and published the first edition of *Voices of the Grieving Heart*. He retired in 2016 from a career in information technology and began writing again. Mike and Yvonne raised a son and still reside in the Bay Area, where they currently live with their two cats.



John Fox, PPM, is the founder of The Institute for Poetic Medicine (IPM), established in 2005. He began work with poetry & healing in 1981. He is the author of two books: *Finding What You Didn't Lose: Expressing Your Truth and Creativity Through Poem-Making* (1995) and *Poetic Medicine: The Healing Art of Poem-Making* (1997). He started a training program for individuals interested in learning the art and practice of poetry-as-healer. John worked with Mike Bernhardt to get new contributions for the second edition of *Voices of the Grieving Heart*. He first met Mike 27 years ago when the first edition was published.