

CARRIE NEWCOMER

WORKSHOPS & RETREATS WITH HEART



Song & Creative Writing, Spiritual Reflection,
Personal Narrative, Finding Hope in Hard Times

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Carrie Newcomer has been facilitating workshops, mini retreats and multi day retreats for over 20 years, developing a presentation style that is warm and welcoming, safe and nurturing, and yet still explores questions and topics that take us to our growing edge. Her workshops and retreats range from 90 minutes to two week experiences. She has facilitated workshops internationally in spiritual communities, arts organizations and community out reach programs, educational settings, conferences and retreat centers including The Omega Institute, Ghost Ranch, Ring Lake Ranch and The Gruinwald Guild. Currently she is also co-facilitating The Growing Edge: A Journey Into Hope with Parker J. Palmer, beloved author, creator of the Circles of Trust Method and founder of The Center for Courage and Renewal. Carrie enjoys working with organizations and presenters to create an experience that fits the community..



"To my mind - a writer's mind - Carrie Newcomer is much more than a musician. She's a poet, storyteller, snake-charmer, good neighbor, friend and lover, minister of the wide-eyed gospel of hope and grace." - **Barbara Kingsolver**

"Carrie Newcomer is the most insightful and lyrical singer-songwriter I know..."
- **Parker J. Palmer**

The Beautiful Not Yet: Living With Hope in Hard Times



“Hope is holding in creative tension all that is, with all that could and should be, and everyday taking some action to narrow the distance between the two.” Parker J. Palmer In this mini retreat participants will explore maintaining hope and our ability to envision during times of individual and community challenge. We will look how the process of keeping things human size helps us to experience the work of compassion, love, justice and spiritual awakening through the lens of faithfulness. Participants will consider the things that have helped them maintain hope in the past as well as ponder if those things are still available to us, and if so how do we access them. In this retreat, Carrie will use music, poetry, reflective writing, small and large group discussion.

Our Lives as Sacred Story: Exploring Our Spiritual Landscape and Narrative



Carrie Newcomer invites participants to explore the depth and value of our own stories. When we frame our individual and community stories through a spiritual lens, it changes how we see ourselves and the world. This class explores paying attention and honoring our daily experiences. Carrie will use conversation, exploratory writing, music, group and individual experiences. This workshop has been developed to be very safe and encouraging. It welcomes all, including those who have previous experience in writing, songwriting or creative expression, as well as those who are interested in exploring new ways to tell their own personal and spiritual story.

All Together Now: A Community Songwriting Experience



In this workshop or classroom experience Carrie will lead a class or group through the steps of identifying a theme, developing language and music, and creating a song as a group. The entire process happens within one class session in a fast paced, fun and inclusive experience. It allows participants to consider a topical theme and move it into artistic expression, exploring a new kind of “knowing” and how topic can be embodied in powerful ways through music.

Writing Mindfully: Exploring The Sacred Ordinary



Songwriters, poetry, and prose writers of all experience levels are welcome to explore writing as a spiritual practice in this workshop. It focuses on the paying attention to the details, honoring our daily experiences and moving our experiences to a creative expression. Carrie has presented this workshop in spiritual and secular settings throughout the United States in a safe, and nurturing context.

Writing Mindfully: Exploring The Sacred Ordinary in Song



This workshop is similar to the Writing Mindfully workshop, but is limited to songwriters, focusing on authentic voice and effective song craft in the American folk and pop traditions. Carrie can work with students in a group setting or in individual sessions focusing on songwriting, performance, craft, and philosophy. Carrie will often co-write one-on-one with advanced students or create songs in group settings so that students can experience the songwriting process in a fun and encouraging context

The Art of Resistance and Welcome: Expanding Compassion, Holding Paradox



This mini retreat is an exploration how to resist an ideology of fear and division, while embracing a new story of empowerment, welcome and interdependence. In a time when many of us are feeling overwhelmed and disheartened Carrie affirms that what we need is here - within us and between us. Carrie will incorporate music, small and large group discussion and creative/reflectional exercises to help frame what undermines our personal/community health and well-being, explore the practices to help us become more resilient, and what it means to center ourselves in daily, hopeful and life-giving action. This workshop will be conducted in a safe and respectful atmosphere.