



**SCHEDULE** All times are in Eastern Time.

[Register Here for Memorial Day Weekend Events](#)



**10:00am-10:30am: Guided Meditation with Stacey Engels**

Join us for this breath-based mindful meditation and learn a technique that can be a powerful antidote to stress, anxiety, depression, insomnia, etc. Relax, reduce tension and experience calm in community. No experience necessary.

Stacey Engels is a writer, teacher and coach. A long-time member of Warrior Writers' Advisory Board, she is a trained yoga and meditation instructor and Reiki practitioner. She has worked at the intersection of creativity, education and human services in NYC for over twenty years.

**12:00pm-1:00pm Grief Matters with Julie Holman**

Grief is a profound and personal journey and different for everyone. If you or a loved one are feeling overwhelmed in your personal grief journey and feel the added stress due to the global health crisis, this brief offering provides simplified helpful strategies for finding comfort in uncertain times. Uncertainty can trigger stressors and the intention of this presentation is to briefly address challenges and share positive ways to realign and ease distress.

*Benefits:* Valuable tools and resources to utilize and share that may help support and guide you and those you care about on your healing journey. Tips and Resources provided

*Who is this class for:* Family friendly for all ages

*What you need:* Notepad or journal. Resources will be shared.

### **2:00pm-4:00pm Generative Writing Workshop for Veterans and Family Members**

This workshop will offer prompts that cover a variety of military issues and experiences. This encourages sharing stories, opinions, and ideas for productive writing/reflecting/story-telling and art-making. This workshop also welcomes family members. Whether you are a veteran yourself, a civilian who plans to attend alongside a veteran in your family, or a military family member planning to attend alone, you are welcome at this workshop, regardless of experiences with writing, combat, art, deployment, etc.

### **5:30pm Cooking Lesson**

This virtual cooking session will feature a recipe for an Iraqi dish that participants can follow along with from their own home kitchens, or just watch and learn! While we can't physically be together on this day, we can still connect and share through the act of cooking; creating a dish to be enjoyed together while apart.

Ingredient list will be shared with you after registering for this event.

This session will be in honor of Jason Mays.

### **7:00pm Virtual Dinner Party**

Join us for an informal social hour where we will gather with our community, toast to the ones in our hearts and minds, and relax over a good meal (whatever that may be from wherever people are joining!).

"If you really want to make a friend, go to someone's house and eat with him- the people who give you their food give you their heart."— Cesar Chavez



### **11:00am-1:00pm: Acupressure with Sarah Lefkowich**

Start your morning with some guided tips on acupressure from Sarah Lefkowich, founder of West Philly Community Acupuncture

### **2:00pm: Memorial Day Ceremony**

Join us as Eddie Falcón of Calpulli Coatlicue in Oakland, California will officially start the day's events with the opening ceremony of Mi'totiliztli, an indigenous Aztec/Mayan/Mexica ritual consisting of the huéhuétl (drum), atecocolli (conch shell), and words of reverence that will honor our ancestors, warriors, the youth, the sacred elements, the energies of the Four Directions, the sky, the celestial bodies, and Mother Earth.

### **3:00pm-4:00pm: Watercolor Workshop with Amber Hoy**

Join veteran artist Amber Hoy for a step by step watercolor workshop. We will mail the materials you will need for this workshop to you!

### **4:00pm-5:00pm: Bookbinding Workshop with Laura Rowley**

Join us for an introduction to bookbinding to design your own hand bound journal! We'll create a Single Pamphlet structure which contains about 40 pages, soft covers, and a sewn binding, which is great for writing, drawing, and more. Participants will also learn about tools used in bookbinding and practice skills in the craft. This book can be made with basic materials found around the home, but you have the option to have a supply kit sent to you!

This workshop is taught by Laura Rowley, a teaching book artist from Trumansburg, NY. Laura operates Illuminated Press, an independent publisher that produces handmade books which explore the complexities of our social/political/economic fabric. Laura also teaches Bookbinding at the Rochester Institute of Technology. She shares a studio with Nathan Lewis who makes paper from military uniforms.

### **5:00pm-7:00pm: Generative Writing Workshop for Veterans and Active Duty**

This creative writing workshop will offer prompts that cover a variety of military issues and experiences. This encourages sharing stories, opinions, and ideas for productive writing/reflecting/story-telling and art-making. By creating an open and accepting atmosphere, we build a community of support. Workshops are for any service member or veteran regardless of experiences with writing, combat, art, deployment, etc.



[Register Here for Songs and Stories](#)

Our Memorial Day Weekend events will conclude with a performance starting at 8:00pm ET on Zoom.



We invite you to reflect on the true meaning of Memorial Day, searching beyond the commercialized "celebrations," to remember that many veterans, family members, and friends are thinking of loved ones they've lost. Hearing stories from veterans on this day, and others, is a step towards understanding. Using art as language, we can help bridge the gap between veterans and civilians.

Veteran artists featured:

- Jessi Atherton
- Vainuupo Avegalio
- Kevin Basl
- Nickie Castro
- Omar Columbus
- Joy Damiano
- Juanita Kirton

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We hope you will be able to join us for this weekend. If you know anyone who would benefit from these programs, invite them! This weekend is an opportunity to heal and learn through community.

Our mission is to create a culture that articulates veteran's experiences, build a collaborative community for artistic expression, and bear witness to war and the full range of military experiences. Warrior Writers provides a creative community for artistic expression amongst veterans and service members. This accepting and understanding community supports veterans through the difficult transition back into civilian life.