

Poems for Breakfast *Start Your Morning 2*

AUTHOR(S):	Erica Goldman
SUMMARY:	Participants will read, listen to, and share poems, some with a morning or wake up theme, and will go into the rest of their day feeling inspired to look at, understand, interpret, and experience the world the way a poet might. - <i>Submitted by Erica Goldman</i>
TOPIC(S):	Poetry, Jewish Text
LEARNING OBJECTIVE:	The participants will have encountered new poems they didn't already know, their ability to appreciate and enjoy poetry will have grown, and they will go into the rest of their day feeling inspired to look at, understand, interpret, and experience the world the way a poet might.
AUDIENCE:	Any size; age: age 13 or older
TIMING:	60 minutes
APPENDICES:	None
MATERIALS NEEDED:	Blank paper Writing utensils Many books of poetry, printouts of poetry, and if available, posters of poems A speaker for playing audio of recorded poetry (if video available, will include as well)
SET-UP DETAILS:	A space quiet enough to read and contemplate without distraction and listen to some poems read aloud, and comfortable enough to sit in for an hour – less formal seating preferred (couches, say, rather than tables and chairs).

SESSION TIMELINE & OUTLINE:

Introduction – 15 minutes

Facilitator will welcome the group and ask each participant to introduce themselves (name, camp, and one word in response to the word “poetry” – what does that word make them feel or think of?). Each participant will be asked to write down their one word at the top of their piece of paper. Then the facilitator will play a recording of a poem read by its poet, and ask each person to write a one-word response to it, underneath the previous word they wrote down.

The facilitator will play a video of Maya Angelou reading her poem “On the Pulse of Morning” (available at <https://www.youtube.com/watch?v=59xGmHzxtZ4>), participants will write down another response word, and then the facilitator will ask if anyone wants to say anything about how or what they are feeling.

Reading and Choosing – 25 minutes

Participants will be given free rein to move about the room and browse the poems that have been provided. These will be in books of poetry, printouts, posters, and perhaps more recordings available to listen to on an ipod or other devices prepared for this activity (not look up poems on their own phones). They'll be told that every time they read a poem all the way through, they should add a response word to their paper (not just poems they loved!). They can use the reverse side of the paper to copy out poems or write down the names of poets or poems they want to remember. Additional paper will be provided for this as well, and post-it pads available to mark pages in books for returning to later.

The poems provided will include both classical poems and modern ones, on a range of topics and by a diverse group of poets. They will include Jewish and non-Jewish poets, on Jewish and non-Jewish subjects, and some Jewish texts and liturgical poems will be included as well. Poems may be provided in a range of languages.

Sharing – 10 minutes

Facilitator will ask participants to put down their poems, stand and stretch, take a deep breath, and reconvene for a group conversation. Facilitator will give them the opportunity to read out some poems they encountered that they would like to share. Facilitator will ask some participants to read the Hebrew traditionally sang on Shabbat *Lecha Dodi* as poetry and discuss; same with some other poems related to Judaism, waking up, and camp.

Closing – 10 minutes

Facilitator will ask each participant to look at the list of one-word responses they have written down on their papers and ask them to view these writings as poems. Facilitator will ask for volunteers to read their "poems" aloud, or else go around the room and have each person share theirs, skipping only those who decline the invitation.

Facilitator may introduce the idea of "found poetry," as explained on poets.org as follows:

"Found poems take existing texts and refashion them, reorder them, and present them as poems. The literary equivalent of a collage, found poetry is often made from newspaper articles, street signs, graffiti, speeches, letters, or even other poems. A pure found poem consists exclusively of outside texts: the words of the poem remain as they were found, with few additions or omissions. Decisions of form, such as where to break a line, are left to the poet."

Group can discuss how finding poetry could be used as an activity at camp, or how fellows might mentally do this throughout the day at Cornerstone, tucking away words and phrases that they hear in different moments of the day to be assembled before bed, or writing one-word responses to each activity they experience in a list as they did here, to be read as a poem at the end of the week.

Facilitator will play one more video of a poem to complete the session.

ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:

For the 2020 Cornerstone theme, the facilitator will play recordings of and share poems about awakening, morning, and moments of realization. In other contexts, other poems may be chosen.

Recordings of the poets reading the following poems are available at <https://bit.ly/Poems4CS2020> :

Love Is Not All by Edna St. Vincent Millay (1892-1950)	1:12
Portrait Of The Artist As A Prematurely Old Man by Ogden Nash (1902-1975)	2:04
The Ballad Of Orange And Grape by Muriel Rukeyser (1913-1980)	2:45
In Our Time by Muriel Rukeyser (1913-1980)	0:22
Next To Of Course God America by E.E. Cummings (1894-1962)	1:00
Cruelty by Lucille Clifton	0:37
The Red Wheelbarrow by William Carlos Williams (1883-1963)	0:16
Thoughts During An Air Raid by Stephen Spender (1909-1995)	1:33
Birches by Robert Frost (1874-1963)	3:03
Recuerdo by Edna St. Vincent Millay (1892-1950)	1:27
Ballad Of The Gypsy by Langston Hughes (1902-1967)	0:52
Phenomenal Woman by Maya Angelou	2:07
Do Not Go Gentle Into That Good Night by Dylan Thomas (1914-1953)	1:38
See It Was Like This When... by Lawrence Ferlinghetti (1919-)	0:42
The Road Not Taken by Robert Frost (1874-1963)	1:04
America by Allen Ginsberg	8:45
Bang, Bang Outishly by Amiri Baraka	1:29
Learning About Easter And Passover by Dan Jaffe	2:10
I Killed A Fly... by David Ignatow (1914-)	0:29
The Greatest Poem In The World by David Ray	1:20
I Have Had To Learn To Live With My Face by Diane Wakoski	6:43
The Negro Speaks Of Rivers by Langston Hughes (1902-1967)	0:50
Monet Refuses The Operation by Lisel Mueller (1924-)	2:29
Despials by Muriel Rukeyser (1913-1980)	1:35
Shazam Doowah by Amiri Baraka	0:51
Dahomey by Audre Lorde	2:09
American Haikus (Excerpt) by Jack Kerouac (1922-1969)	6:09
My Sisters, O My Sisters by May Sarton (1912-1995)	2:57
Wonder by Sharon Olds	1:38
Ariel by Sylvia Plath	1:02
Last Gods by Galway Kinnell (1927-)	2:01
If I Told Him: A Completed Portrait Of Picasso by Gertrude Stein (1874-1946)	3:38
Mulatto by Langston Hughes (1902-1967)	1:38

In addition, at Cornerstone 2020, the poems to be shared by facilitator may include the following favorites of the Cornerstone staff (could be fun to share the poem and try to guess the Faculty member!):

Where I'm From, by George Ella Lyon -

http://www.smithsonianeducation.org/educators/professional_development/workshops/writing/george_ella_lyon.pdf [DA]

September 1, 1939, by W. H. Auden - <https://poets.org/poem/september-1-1939> [DA]

Conversation with the Soul by Robert Bly - <http://www.wisdomportal.com/RobertBly/Bly-Anthology.html> [AH]

The Lanyard, by Billy Collins – <https://www.poemhunter.com/best-poems/billy-collins/the-lanyard/> video at <https://www.youtube.com/watch?v=0EjB7rB3sWc> [MS, JF, DA]

Tourists, by Yehuda Amichai -

http://famouspoetsandpoems.com/poets/yehuda_amichai/poems/52.html [AR]

The Journey, by Mary Oliver - http://www.phys.unm.edu/~tw/fas/yits/archive/oliver_thejourney.html
[AR]

Poem (I lived in the first century of world wars), by Muriel Rukeyser -

<https://www.poetryfoundation.org/poems/47657/poem-56d22843a6a62> [MS]

Elegy In Joy, by Muriel Rukeyser - <https://www.poemhunter.com/poem/elegy-in-joy/> [MS]

Good Bones, by Maggie Smith - <https://www.poetryfoundation.org/poems/89897/good-bones> [MS]

Allowables, by Nikki Giovanni - <https://sacompassion.net/poem-allowables-by-nikki-giovanni/> [MS]

(Cruelty) by Lucille Clifton - <https://biblioklept.org/2012/05/12/cruelty-dont-talk-to-me-about-cruelty-lucille-clifton/> [EG]

Peonies, by Mary Oliver - <https://www.cathybaker.org/poetic-pauses-mary-oliver-peonies/> [SA]

In the Desert, by Stephen Crane - <https://www.poetryfoundation.org/poems/46457/in-the-desert-56d2265793693> [EG]

Here, by Grace Paley – http://famouspoetsandpoems.com/poets/grace_paley/poems/19519 [SA]

Museum, by Robert Hass – <https://pamifesto.blogspot.com/2009/06/> [SA]

("I am my silence...") from Embers: One Ojibway's Meditations, by Richard Wagemese –
<http://transactionswithbeauty.com/home/2quotations> [DA]

Jewish poetry by Adam Sol [DA]

Wild Gratitude, by Edward Hirsch - <https://poets.org/poem/wild-gratitude> [SA]