

# Discovery Meeting #21

## June 20, 2011

### Notes



Photograph by Jennifer Roth

**Present:** Anne Avidon, Susan Bayley, Joan Caplan, Linda DeHart, Marc Edelstein, Gail Ellison, Dan Fitzmartin, Connie Hill, Peggy Huddleston, Chris Graefe, Nancy Lippincott, Shelly Moore, Adelaide Smith, Pati Stillwater, Arthur Stowe, Pam Wilkins

**Attending Via Conference Telephone:** James Cavanaugh, Susan Brender, Amy Dunion

#### **PRESENTATION – “*Sounds of Serenity*” – Joan Caplan playing crystal singing bowls.**

Joan Caplan provided a beautiful and inspiring environment for the last meeting of the spring session with three crystal bowls that filled the air and the heart with healing tones.

Joan plays and chants in many settings, including authentic movement dance, conferences, medication circles, staff inservices for health providers, holiday settings, healing and grieving environments, and she is open to experimenting with other kinds of sounds. For example, she is meeting with a flute player to see how the music and the tones of the bowls work together.

“The bowls have a way of penetrating when people don’t expect it,” said Joan. She said she wants to widen her circle of connections to hospice and hospital settings, respite in offices, and other places where people can benefit from the beauty and calm produced by the singing bowls.

#### **THE ART OF HEALTH - update on the documentary**

James Cavanaugh announced that the Art of Health website is up and open as of two days ago, and he asked DM participants to visit the website and give James feedback as to their participation in the project going forward.

#### **DISCOVERY MEETING GOING FORWARD**

Gail Ellison moderated a segue into the next discussion, which was the nature of the Discovery Meeting going forward. Linda DeHart, Chris Graefe and Sue Bayley announced that they are no longer able to devote the amount of time and resources to keep the DM running as it has in the past. A lively discussion ensued. Ideas put forth included:

- Meeting two, three, or four times a year instead of every month
- Moving to some kind of on-line dynamic
- Create a model or template of how to connect: podcasts? Interviews? What are we looking for? What would success be?

The outcome was the gracious offer by Peggy Huddleston to host a September meeting at her home, and we are hoping that this process will in fact provide a model that we can sustain in the future.

This will be a topic of discussion at the September 19 meeting.

### **Next Discovery Meetings:**

**To be determined – volunteer if you would like to host a meeting.**

By Susan Bayley for Discovery Meeting • [www.discoverymeeting.org](http://www.discoverymeeting.org)