

Shedding & Gathering

23 minutes

**For an audio version
in English and Spanish**

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Fall is the time of shedding old leaves and gathering what we need. Today, we're going to reflect on what we want to let go of, and how to gather what gives us strength.

We'll share 2 exercises from our audio program that invite movement and reflection on this theme.

1.

We're going to warm up by shedding our "leaves."

The things you're tired of carrying, or that you're ready to let go of—we're going to call those "leaves." Each time we shed a "leaf," we'll shake a part of our body like we are helping the wind blow that leaf away.

You can shake your arms or flick your wrists. You can shed leaves from your belly or the top of your head or your nose. Or from anywhere you are holding tension.

Let's name some "leaves" and shed them one by one.

Caitlin: So for me, one leaf I want to shed is DESPAIR. And I will shake my arms and wrists like branches in the wind and, while I'm shaking, call out: "DESPAIRRRRRR"

Caitlin and Rachel call out "DESPAIIIRRRR" while shaking their upper bodies.

Your turn.

You

can

shed

as

many

leaves

as you

need

to.

2.

There are lots of important signs we are seeing in New York City windows these days, ranging from Black Lives Matter posters to thank you notes for essential workers. And there are so many MORE messages we could use—so many things that we still need to be reminded of. We want to turn to you, our listeners, for your wisdom!

What is everyone out there on the street forgetting that maybe you know?

What do folks need to be reminded of?

Take a moment to find a view of the outdoors, which could be looking out the window. You can also imagine a window and imagine the view....

What do you see?

Do you see any people who could shed some leaves?

What message would you like to send to the folx or nature outside? Your message can be large or small: whatever is on your mind that you want others to hold dear!

Rachel: For example, if I were to hang a banner outside my window with an original message, it might say: *Let us be grateful for another day in our bodies!* or... *Did you register to vote!*

Caitlin: Mine might say, *Look UPPPP!*

What comes to mind for you?

**Let's say these messages out
loud and send them out our
windows.**

Who knows, someone might hear it and feel it.

**Let's take a breath in
together, and SPEAK OUR
MESSAGES IN UNISON!!!
ACROSS ALL THE DISTANCE
BETWEEN US!!! LETTING
OUR MESSAGES BE KNOWN!**

We invite you to take time every day to think about your message as you look out your window and share it in little ways with the people you encounter. Maybe it's just a whisper, or a smile, or a wave.

We would love to hear your messages. We would even love to *MAKE them INTO SIGNS*! and put them in our windows! Please call us and let us know your banner messages!

Call us at 646-880-9127, press 0, tell us your name, age, and what your banner would SAY. Or email us at silverliningradio@gmail.com

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