



Poetry as the Language of the Heart

Presented by: Perie Longo

Monday, February 12, 2018

9:30 am - 12:00 pm

Valle Verde Social Room

900 Calle de los Amigos, Santa Barbara

In honor of Valentine's Day, selected poems that deal with matters of the heart will be presented, with an emphasis on language that is true, original, and musical.

Sometimes people ask, "What makes it a poem if it doesn't rhyme?" While rhyme is one of poetry's "tools," it is the repetition of sound and the beat of the heart that awakens the poem and brings the darkness within to light. Imagery is one of the main ingredients of a poem, along with simile, metaphor, and emotion. We will read the poems aloud to sense the music, engage in dialogue about lines close to our hearts, and, inspired by their words, write our own, with time for sharing and feasting on each other's creativity.

Poems are fires for the cold, ropes let down to the lost ... as necessary as bread in the pockets of the hungry. —Mary Oliver



Deadline for registration: February 5th

Enrollment Form: Poetry - Monday February 12, 2018

VISTAS Members \$18. Non-members \$27.

Amount Enclosed \$ _____ Check# _____

Name(s): _____

Telephone: _____ Email: _____

Mail registration form to:

VISTAS Lifelong Learning, Inc., P.O. Box 23228, Santa Barbara, CA 93121-3228

Or you may go to our website and pay by secure credit card through PayPal

<http://www.vistaslifelonglearning.org/upcoming.html>

BIOGRAPHY: *Perie Longo*, PhD, LMFT, is Santa Barbara Poet Laureate Emerita (2007-09), as well as the author of four books of poetry, with individual work published in over 100 literary journals, anthologies, and texts. For thirty years she has conducted poetry writing workshops for the Santa Barbara Writers Conference, Hospice of Santa Barbara, Sanctuary Centers, and California-Poets-in-the Schools. She also teaches privately. As a psychotherapist, she integrates poetry for healing and is poetry chair of the Nuclear Age Peace Foundation.



VISTAS Calendar

Seminar/Event	Inclusive Dates	Time	Venue
Nonfiction Book Club	2nd Thurs Monthly	1:30 pm	Vista del Monte-Sierra Madre
Documentary Film Club	3rd Thurs Monthly	2:00 pm	Maravilla Theater
Winter Social	Sunday, January 28	2:00 pm	Music Academy
Civil Unrest in 1960's	Tues, Jan 9, 16, 23, 30, Feb 6	1:00 pm	Museum of Natural History
Industrial Revolution	Mon, Jan 22, 29, Feb 5	1:00 pm	Goleta Library
Healthcare Beyond Bacteria	Wed, Jan 31	1:00 pm	Valle Verde Social Room
Writing Historical Fiction	Wed, Feb 7	9:30 am	Valle Verde Social Room
Poetry Language of Heart	Mon, Feb 12	9:30 am	Valle Verde Social Room
Liberty in the Land of Trump	Wed, Feb 14, 21, 28	9:30 am	Valle Verde Theater
About Barber of Seville	Mon, February 26	9:30 am	Goleta Library
Barber of Seville - Opera	Sun, March 4	1:45 pm	Granada Theater
Narrative: Tell Stories to Live	Tues, March 6, 13, 20	1:00 pm	TBD
Short Stories	Wed, March 7, 14, 21, 28	1:00 pm	Private Home
Why is Sky Blue?	Mon, April 9, 16, 23, 30	9:30 am	Vista del Monte-Sierra Madre
Raymond Spruance	Wed, April 11, 18	9:30 am	TBD
Beethoven by Derek Katz	Wed, April 25, May 2, 9	1:00 pm	Valle Verde Theater
Women and the Civil War	Mon, May 7	1:00 pm	TBD
Tunisia: Hannibal to Present	Tues, May 15, 22	9:30 am	Museum of Natural History