

The Ultimate Boston Red Sox Presentation

Monday, April 5, 2021

6:00-7:30

Get excited about baseball the week the 2021 season begins with a program devoted to Boston's own Boys of Summer. Author Marty Gitlin was an award-winning sports journalist for twenty years before writing *The Ultimate Red Sox Time Machine Book*. This presentation will explore the history of the team all the way back to the 1880s, tempering hard history with tricky trivia, and highlighting some of the club's great moments with anecdotes and clips.

Present Moment, Prolific Moment: Using Mindfulness to Write

Tuesday, April 13, 2021

6:00-7:30

Presenter: [Alexandria Peary](#)

Writing can become much more fulfilling if we think of it as happening right Now. Much is lost when we overlook the present moment because we forfeit rewarding writing experiences in exchange for stress, frustration, boredom, fear, and shortchanged invention and creativity (it's a poor bargain). Through mindfulness, we can reduce our writing apprehension and the writing blocks that come from future- or past-oriented thinking. Every moment can become a prolific moment: we can write more quickly and with greater ease of mind. In this presentation, we discuss writing tools that emerge when present time is highlighted: impermanence, audience demons, monkey mind self-talk, and preconceptions about writing ability and writing task. Participants will learn basic strategies to incorporate mindfulness into their writing lives.

Strange Terrain: How Not To Get Poetry and Let It Get You Instead

Monday, April 19, 2021

6:00-8:00

Presenter: [Alice Fogel](#)

Alice Fogel takes you through seven simple steps, and one hard one, toward understanding and appreciating more elements of poetry than you ever thought you could. In the end you'll see that you already knew them all along. This workshop is your quick, self-help program for "getting" poems. Fogel helps you develop your own confident relationship with poetry's shapes, words, images, sounds, emotions, mysteries, and more.