

Hello everyone!

### **CI Music Hour Recap 3/17/22**

Last week, Raul Herrera joined us to discuss the art of poetry and spoken word! Raul is an educator, playwright, and spoken word artist who grew up in Alhambra, California. He grew up listening to rap music and learned that "rap" stands for "rhythm and poetry." Raul described how he began writing poetry when he was younger as a way to express himself. He felt that poetry was similar to music in its rhythm and portrayal of emotions but without the instrumentals in the background.

Raul later created a poetry club at his school in Alhambra to help share this passion with others. He later joined an organization called "Get Lit: Words Ignite" where he currently works. The organization works to increase literacy and empower young communities throughout Los Angeles through poetry. Raul had the opportunity to perform at the White House under the Obama administration with this group and continues to inspire others to learn and read poetry today. You can find more information at this website: <https://www.getlit.org/> and email Raul with any questions here: [raul@getlit.org](mailto:raul@getlit.org).

One of the workshops that Raul leads as an educator in Get Lit involves teaching others to write responses to classic poems that they find meaningful. Raul demonstrated this for us by performing a poem called Dropping Keys by Hafiz. He then shared a powerful poem that he wrote in response to this poem with the theme of using words and poetry to find support.

Throughout the music hour, many members of the group reflected on poets and poems that they have found meaningful. Some favorite poets of the group include Rumi, E.E. Cummings, Mary Oliver, and Paul Simon (musician and poet). One member of our group kindly shared that he enjoyed using this poetry website as a form of aural rehab for his cochlear implant: <http://poets.org/audio>. Another member found a poem specifically about hearing loss, which can be found here: <https://livingwithhearingloss.com/2015/09/29/dear-daughter-a-hearing-loss-poem/>.

A member of our group ended our meeting with an Irish limerick in the spirit of St. Patrick's Day. The poem is below:

*There was once a mid March day  
Where people would gather and say  
St Patrick's day here  
Lets wear green and give cheer  
Ant they'd party the evening away*

### **CI Music Hour Tomorrow 3/24/22**

Tomorrow in the spirit of Raul's presentation last week, we will be sharing poems and/or song lyrics that we find meaningful! We will begin by listening to and watching a spoken word performance. Then we will open it up to the group to share poems that are meaningful to them, followed by a short group poem

writing session. You may all be thinking: what does this have to do with music?! Come find out tomorrow!

If you need places to look for poems or song lyrics to bring check out these inspiration links below:

Get Lit Classics: <https://getlitanthology.org/>

Poems about hearing loss:

<https://hearinghealthmatters.org/betterhearingconsumer/2014/poetry-hearing-loss/>

Poetry Foundation: <https://www.poetryfoundation.org/poems>

Julianne & Chrysa