

MINDFULPOETRYMOMENTS™

created by THE WELL

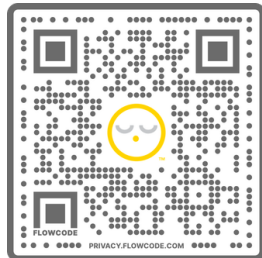
Mindful Poetry Moments is a program of The Well, a Cincinnati-based international non-profit that works at the intersection of arts & wellness.

For seven years, Mindful Poetry Moments has attracted a community of poets and poetry lovers during National Poetry Month in April both in-person in the Greater Cincinnati area and virtually around the world where we hold an opening meditation, contemplate a poem & writing prompt, have ten minutes to write, and share our writings with the group. Many of the poems in this collection were created in those brief yet profound ten minutes.

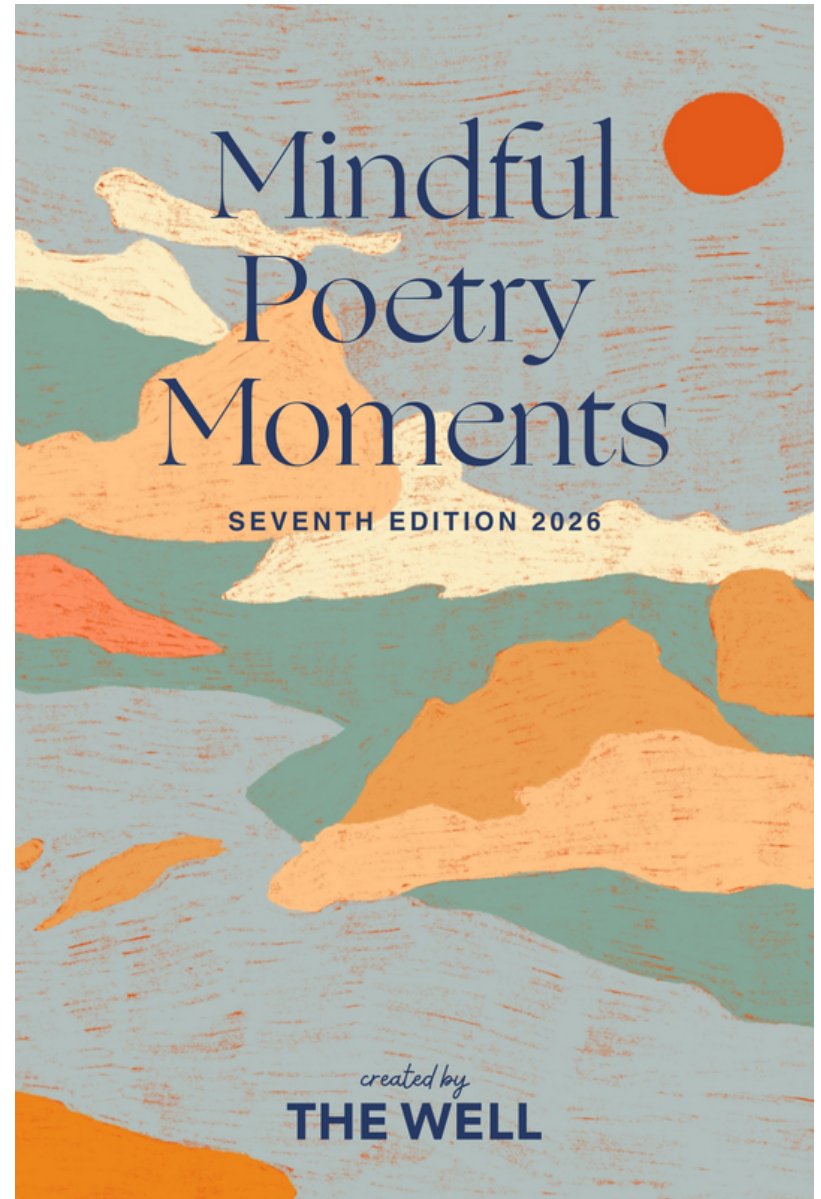
We hope this anthology brings a moment of deep contemplation, hope, and a sense of connection to the world around you: our common home. And hope that you, the reader, connect with us soon at The Well.



Learn more about
Mindful Poetry
Moments here:



THEWELL.WORLD



2026 Illustrations by Lyric Morris-Latchaw

Book Launch 2026

August 13th at The Well

Program

Welcome

Stacy Sims | The Well

Introduction to *This Common Home*

Patrick Raneses | The Well

Heliophilia

Introduction: Aimee Nezhukumatathil, "Heliophilia"

Video Readings

Gopika S. Nair, "Quantum Garden" (pg. 13)

Lanette Sweeney, "Lessons from the Nursery" (pg. 5)

Jenna Jandreau, "Holy, Holy, Holy" (pg. 11)

Nina Lewis, "Awake at 4:52 I Step into the Dawn Chorus" (pg. 32)

In-person Readings

Ellen Austin-Li, "Chionophilia at Night" (pg. 41)

Kari Horn, "Dark Skies" (pg. 40)

Amy Kurlansky, "Sunflowers" (pg. 3)

Elena Estella Green, "Cherry Blossoms on a Sunday Afternoon" (pg. 10)

Lullaby for the Grieving

Introduction: Ashley M. Jones, "Lullaby for the Grieving"

Virtual Readings

Quinn Chertov, "Coast for Home, Vast" (pg. 75)

In-person Readings

Dr. Karin Mendoza read by The Well, "House of Cards" (pg. 109)

Elena Estella Green, "Grief, Like a Diaphanous Gown" (pg. 82)

Gifted Johnson Wilkinson, "Bold and Becoming" (pg. 92)

Ellen Austin-Li, "Apprentice Birdwatcher" (pg. 88)

****page numbers indicate the Mindful Poetry Moments Seventh Edition
pages these poems are located***

Quemado, Texas

Introduction: Analicia Sotelo, Quemado, Texas

Virtual Readings

Nicholas Caudill, "A Distant Island Held Close" (pg. 172)

Sarah Pinho, "Old Country" (pg. 168)

Jane Thomas, "Eryri | Snowdonia" (pg. 182)

Anna Isherwood, "Connection" (pg. 156)

In-person Readings

Alexandra McIntosh read by The Well, "Altamont" (pg. 166)

Elena Estella Green, "My Mother Has Downcast Eyes" (pg. 165)

Bryce Kessler, "Devils Tower, Wyoming" (pg. 182)

Amy Kurlansky, "Carved Out of Rock" (pg. 169)

If Fire

Introduction: Jake Skeets, If Fire

Virtual Readings

Nina Lewis, "If Woodland" (pg. 213)

In-person Readings

Lisa Prantl, "The Solace of Glass Butte" (pg. 205)

Ellen Austin-Li, "If Waterfall" (pg. 195)

Elena Estella Green, "The Marshlands" (pg. 213)

Carrie Bradley, "Becoming Fire" (pg. 210)

Closing Remarks

The Well

ONGOING SUPPORT:

