

## restival

What is a Restival?

The Interdependence Restival, emphasis on rest, is an invitation to an experience that is restorative to our mind, body, and spirit together in community. We are organizers, activists, artists, healers, radical bookkeepers, facilitators, parents, educators, leaders, students, storytellers, griots, dreamers, and doers. We are weaving these values of care to include those organizing and providing offerings. Everyone will receive care, nourishment, and take turns pouring into each other's cups.

We will have anchor group activities that are open to whoever is here, have stations that invite self directed engagement, and for those desiring to be with the land and move at your own rhythm, you can do that too.

Honoring different people's needs we will have a silent introvert village, a healing village where practitioners (body workers, oracles, herbalists) will offer sessions

We will eat, sing, dance, and be with each other and the land and come home to ourselves. We hope you feel resourced and cared for and that you leave with new friends or have a chance to relax and build more deeply with those you love, primarily you.

Why now?

We're tired, we're worthy of being tended to and tending to each other, and we deserve to experience and install the freedom we're fighting for in our bodies in this lifetime. Self Care is Community Care.

## twig daddy

Dear friends,

All year now, I've been connecting with people who are transforming their spaces -- their backyards, flower gardens, farms, neighborhood lots... into something new.

These are folks who were ready for something different -- and began growing long-lasting food/fruit/berry plants as part of that equation. 40-foot tall trees that grow fresh chestnuts for roasting... vines twisting over fence-rails with huge clusters of grapes... ancestral medicine plants... and new delights!

These connections are what's inspiring '**Twig Daddy**,' a plant propagation business: Helping people take that step towards abundance, beauty, and resilience. Especially in the face of all the uncertainty our planet faces, and all the chaos of our daily lives.

[Choose a plant for your space -- and start your journey towards transformation.](#)

From my own experiences I've also learned how powerful it can be to reconnect with old ways of growing, and how joyful it can be to experiment with new ones. And, that all it takes to get started are just two simple ingredients: 1) a driving curiosity, and 2) a bit of courage to try something new.

So Twig Daddy is about helping people see how much change is possible. 🌱🌱 Literally every piece of these plants, even a small twig, contains the potential to grow and bloom and transform into something truly incredible. And if we're lucky, we get to witness and encourage that transformation and grow ourselves in the process.

[Check out the list to find a berry bush or fruit tree that could offer you some delight and healing.](#)

All these plants are being grown from infancy in Jamaica Plain -- and will grow into trees or shrubs or vines that will last for many years, if not decades! I've been nerding out about all sorts of unique fruit, berry, and nut plants from around the world that can grow right here in New England. You'll never find them in the grocery store: Serviceberries? Goumis? Paw Paws!? All very tasty and beautiful plants with deep histories and millenia-old lineages.

So [reserve a plant to plant this fall](#), reach out with questions, or share this post with a future twig daddy in your life!

In Abundance,  
David

p.s. As a heads up -- I've set up the system so you can [place an order now](#) to reserve your plants. All plants will then be available for pick up (in Boston) on select dates in November & December. When you come to get the plants they will be 'dormant' (asleep for the winter) so that they can be transferred to their new home with the least damage possible to the plant!

p.p.s. Also, many of these plant-babies are still in their adolescent stage and won't be ready for new homes until 2025 or 2026. So check out what's coming down the pipeline and [make sure to get on the email list](#) so you can get updates when the new plants get released.

## tending sacred portals

Dear friends,

Happy New Moon in Cancer. **I write to you as I launch my spiritual direction practice, along with my other offerings to our movements for social change.** I root my work for collective liberation in deep connection to those who came before. Over this last seven year chapter of my life, I felt called by my ancestors on a spiritual journey. I haven't always known where it is leading me so I

have learned to listen in new ways. I've learned to [Tend life's Sacred Portals](#), to be with grief, to hold space for life's great transitions, from birth to death and the many transitions and times of transformation in between.

As I learned to hold space for my own spiritual journey, I discovered more spaciousness inside of myself and a desire to share this resource with others. I recently graduated from Still Harbor's Spiritual Direction practicum, an incredible program that trains movement leaders to provide trauma informed spiritual care for all those working towards collective liberation. It feels like a blessing to be able to share my practice with you.

Spiritual Direction is a little like coaching, with a focus on your unfolding spiritual path. In addition to the director and directee, we invite in the presence of the sacred. I hold the space for you to drop in and explore, deepen or perhaps question your spiritual path. I work with people who are seeking support in developing a spiritual path as well as seasoned spiritual leaders seeking support for themselves as they hold others. I offer a sliding scale and hope to make this work accessible to all who seek it. If you feel drawn or have questions, reach out- I'm happy to help you discern if it's right for you.

In addition to Spiritual Direction, I also offer Life Cycle rituals, classes through [White Awake](#) and each year I take on a limited number of organizational clients focused primarily on transformation and racial justice work. All my offerings can now be found [here](#). Please reach out with questions and help spread the word!

With love and solidarity

Jen

## **garrison institute's LGBTQIA+ sangha**

We invite you to join The Garrison Institute's new LGBTQIA+ meditation sangha on the first Tuesday of every month at 12-1pm ET. **Our first session will be on Tuesday, September 3 at 12pm ET.**

**[CLICK HERE TO REGISTER](#)**

The LGBTQIA+ Sangha is a monthly gathering of self-identified LGBTQIA+ practitioners that provides a safe place to meditate and explore contemplative practices.

This sangha cultivates an environment that welcomes diverse voices and builds community.

The guided meditations will be facilitated every first Tuesday of the month by experienced teachers and practitioners Jacoby Ballard (he/him) and Isabel Adon (she/her):

**Isabel Adon, LCSW** is an Indigenous Focusing Oriented Therapist and Trainer. She has over 20 years of experience in the mental health field. Isabel works with individuals, children and families. Trained in family system, focusing oriented therapy, solution focused therapy and aboriginal/indigenous/cultural centered therapy. A practitioner of Vipassana and Ascension meditation.

**Jacoby Ballard** has been teaching yoga for 20 years and now lives in Salt Lake City, Utah with his partner and child. His work sits at the intersection of spiritual practice and social change and has led him to consult with Insight Meditation Society, the Yoga Alliance, Lululemon, and speaking on college campuses. His current foray into study and taking the role of student is through his enrollment with the Community Dharma Leaders program at Spirit Rock. His teaching style is playful and profound, integrating the teachings of the dharma into how we move and breath on our mats and with each other.