



the CROW

Creative  
River  
of Words

Cafe





# WHY

**Because we know...**

**THE MIND IS A CONSTANTLY FLOWING RIVER OF WORDS,**

**&**

**THAT WE CREATE OUR OWN REALITIES  
BASED ON THE WORDS WE CHOOSE**

**&**

**THE STORIES WE TELL OURSELVES,  
WE CREATED THE CROW CAFÉ:**

**To provide a safe space  
for participants to respond to a monthly theme  
with mindfully chosen, meaningful words,  
contained in original or selected creative works and reflections;**

**&**

**To celebrate all forms of creativity  
while using created & selected works as stimuli  
for reflection on the power and influence of the words we choose;**

**& finally,**

**To provide opportunities for Creative collaboration and mutual growth.**





# WHAT?

- ❖ **The CROW Cafe is a “Coffee House” style presentation of works**
  - **Created by or Chosen by you,**
  - **That you feel speak to the month’s theme.**
- ❖ **Words may be shared in original or selected creative works including: songs, stories, poems, jokes, quotations, etc. or in personal reflections on instrumentals, objects, images, and more**
- ❖ **The CROW Cafe is also an opportunity to connect Creator Contributors with other creative collaborators and with the CROW Creators’ Circle**





# HOW?

- ❖ Themes are chosen well in advance and shared via the CROW Cafe Themes Calendar, which is updated monthly, to give contributors lots of time to create or choose their contributions.
- ❖ CROW Cafe Contributors have the option of performing live or of submitting an audio or video recording to be presented as their performance during the café.
- ❖ We ask contributors to ***PLEASE submit the following in advance:***
  - The TITLE; the AUTHOR; and the TYPE of WORK you plan to share
  - Your intention to perform live or via recording
    - If you'll be sharing an ORIGINAL poem, story, song or reflection LIVE, please provide a COPY or a BRIEF SUMMARY of the piece so that your contribution can be placed in the position that best compliments both it and the program





# WHO?

**Participants may include:**

✓ Core Members

✓ Alumni,

✓ Volunteers,

✓ Community Supports,

✓ Invited Guests

**As Contributors or Audience Members**





# WHERE?

- ❖ **In a Hybrid Cafes that include a live venue plus “Zoom Rooms”**
- ❖ **& Once/Year “In Person”**  
**@ a Live Cafe**





# WHEN?

# 2nd Thursday of Every Month!

(from September to June)





# Our Guiding Values

## ❖WE BELIEVE:

- ✓ The words we plant in our minds affect who we become and how we behave.
- ✓ Choosing our words mindfully can lead to greater maturity & healthier, fuller lives.
- ✓ Every person has the ability to consciously choose and creatively navigate their own 'River of Words'.
- ✓ In supporting everyone's exploration of their own River of Words as they pursue their creative energies & interests.
- ✓ Words that begin as thoughts or feelings can be shared in songs, poems, jokes, spoken word, stories, reflections & more.
- ✓ Sharing the words we choose in original works; in selected works; or contained in reflections reinforces the power of our words to both the presenter & the audience.
- ✓ Encouragement & appreciation for the presenter & their chosen words is shown by our willingness to listen, observe & respond with interest & respect.
- ✓ In cooperation and celebration not competition. We recognize that each person is unique & we commit to respectfully collaborating with each of them on their journey.
- ✓ Each person has the right & opportunity to share or pass.
- ✓ In sharing & in receiving we must always be mindful of the dignity of all present.