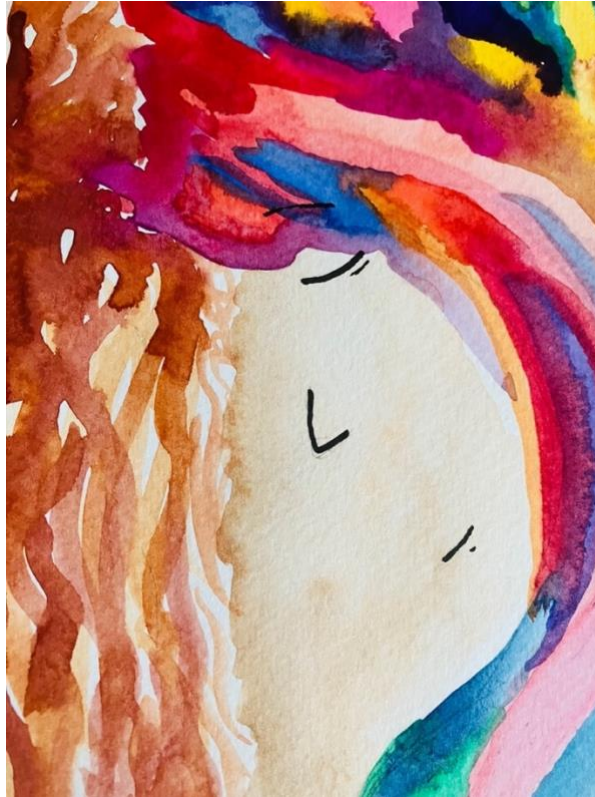


*Rest and Restoration*  
Introduction and Term Card  
Somerville Chapel Michaelmas Term Choral Contemplations 2023



**All Welcome Every Sunday during Term Time at 5:30pm in  
Somerville Chapel**

Welcome all! We hope you've had a relaxing Summer and can look to the Autumn term with renewed energy for all your journeys ahead. To help us sustain our energies for the coming Michaelmas term, we will be exploring the theme of 'Rest and Restoration' and draw inspiration from Tricia Hersey's book 'Rest as Resistance' as well as voices who help us understand what it means to be regulated in our bodies and minds, and grounded in our relationships. We will also bring an ecological frame to our explorations of rest, to help us think about how we can find sanctuary in our natural surroundings, and to consider how our own healing is connected to the restoration of the earth. With a repertoire of uplifting and soothing choral music from our wonderful Somerville Choir, we will contemplate how daydreaming, real relaxation, closing our eyes, being in our bodies, taking a moment and breathing can further serve as practices for genuine self, community and environmental care. Our line-up of thoughtful speakers will draw on their lived experiences to explore examples of diverse bodies gathering in restful spaces and landscapes, how to be attuned to seasonal rhythms in our environments, the power of poetry by women of colour, as well as poetry as a form of resistance and vitality.



Artwork by: Arzhia Habibi



## Michaelmas Term 2023 Term Card on 'Rest and Restoration'

1<sup>st</sup> Week, Sunday 8<sup>th</sup> October

### ***'Framing Our Space: Bodies at Rest'***

By Arzhia Habibi, Chapel Director and DPhil in Education Candidate

*Choral works by Hagenberg, Beach and Weelkes*

2<sup>nd</sup> Week, Sunday 15<sup>th</sup> October

### ***Evening and Sleep***

*Choral works by Rheinberger, Marenzio, Beamish, Gurney,*

*Whitacre, and Esemvalds*

3<sup>rd</sup> Week, Sunday 22<sup>nd</sup> October

### ***'Breathe with every verse: Poetry by women of colour as sustenance'***

By Georgia Lin, DPhil in Education Candidate & Uncomfortable Oxford Tour Guide

*Choral works by Tallis, Brahms, and Mvula*

4<sup>th</sup> Week, Sunday 29<sup>th</sup> October

### ***Shadows and Light***

*Choral works by Bairston, Greene, McDowall, Palestrina, and Stanford*

5<sup>th</sup> Week, Sunday 5<sup>th</sup> November

### ***'The wisdom of Samhain and the Crone, in the Celtic Wheel of the Year'***

By Ally Stott, Ecotherapist, Spiritual Accompaniment Practitioner, Retreat Leader

*Choral works by Whitacre, Daley, and Barnwell*

6<sup>th</sup> Week, Sunday 12<sup>th</sup> November

### ***Remembrance Sunday and Reflections on Memory***

*Choral works by Schutz, Parry, Hensel, and Brahms*

7<sup>th</sup> Week, Sunday 19<sup>th</sup> November

### ***'The poet is not dead, he is resting in poetry'***

By Ko Ko Thett ကိုကိုသက်, Burma Born Poet, Poetry

**Translator and Writer**

*Choral works by Walker, Smith Moore, and Poston*

8<sup>th</sup> Week, Sunday 26<sup>th</sup> November

**Carols and Seasonal Readings,**

**Followed by Mulled Wine and Mince Pies in Flora Anderson Hall**