

2023 Theme: NOURISH

Every living thing needs nourishment.

Seeds need fertile soil so that they might sprout. Those sprouts become crops that then need sunshine and rain to thrive. Animals need plants and other animal life to consume so that they might live to reproduce and continue the cycle of life.

We humans? We need nature's bounty to sustain life too. But we also need music. And dance. And poetry, literature, faith, art, stories . . . and each other. Nourishment is more than sustenance. Nourishment is what is necessary for us to grow and be healthy not only physically, but emotionally and spiritually.

What does **NOURISH** mean to you?

Center the Theme

*Center the theme when selecting a topic, finding collaborating partners, and designing your event.
The theme should never be an afterthought to your planning.*

Question Prompts

- How do the arts feed the mind, body and/or spirit?
- How do the humanities help us connect so that we not only survive in the world, but thrive in it?
- What do our faith traditions tell us about holding onto hope and nurturing a shared sense of purpose?
- How is art used to express community needs for growth and fulfillment?
- How has faith historically sustained people during times of turbulence?
- What does poetry and literature – across genres and cultures – tell us about the fight to survive?
- How do sacred texts and music support spiritual and civic life?
- How do food traditions nurture the body as well as cultural/community life?
- Who's needs for nourishment (physical, emotional, spiritual) get overlooked and why?
- How can we nourish our common/shared lives in a pluralist society?
- How can we work together to create nourishing spaces and places for the community?
- What does it mean to nourish ourselves?
- How do we nourish ourselves? Each other?
- What happens when we are deprived of nourishment?
- In these uncertain times, how do we center our ability to nourish when our cups are empty?

Event Ideas

- Engage the community in dialogue about their civic, spiritual, and creative needs.
- Invite a guest speaker to address how they nourish an artistic, spiritual, or professional practice.
- Creatively share research.
- Explore how sacred music, text, and artwork have deepened community life across traditions.
- Delve into how the bonds of faith have sustained communities over time.
- Mix & match! What happens when historians and chefs or artists and gardeners are brought together?