

September 2009

Welcome to Nightingale Clan!

We are excited that you will be joining our Clan, and our Community for this weekend. The focus of this clan is letting our musical selves come forth in our instrumental music, and exploring how our “Earth-centeredness” ties into our music and our own sense of self. We will work as individuals and as a group on experimenting how we express ourselves, whether it be through one note, a simple melody, or a jam session. The clan is for beginners as well as experienced instrumentalists. Our focus will be on experience and expression, rather than performance or composition.

Some of what we will be playing/discussing this weekend is inspired by materials found in *Free Play* by Steven Nachmanovitch, and *Effortless Mastery* by Kenny Werner. If you have time to look at a few pages of these books before the gathering, you might be interested in doing so. HOWEVER, it is not at all necessary to do so, and you may prefer to look at them after the gathering (or not at all!).

Please read carefully the full letter from the Twilight Covening directors about the weekend and what to bring. Here are a few reminders or extras that you might want to bring for our clan work and for your own comfort.

Things to bring for the gathering:

- A harvest vegetable for the opening circle on Friday. Please bring just ONE vegetable (not a whole bag), and remove any labels or stickers that might be on it. Something as small as a bulb of garlic or one potato is perfect.
- Something to burn in the releasing fire on Friday evening. You might consider burning a copy of a piece of music that stumps you/frustrates you/you can't be creative with, or anything else that represents blocks to your creativity.
- Warm layered clothing, and bad-weather clothes (be prepared!)
- Blindfold or long scarf.

Things to bring for clan work/time:

- Fingerless gloves (if chilly fingers might impede your playing).
- Portable Instruments (bring more than one if you want!). Please remember that it is October in the Berkshires, and EarthSpirit and Tamelin Productions can't be responsible for delicate instruments. If you are unsure about this, please contact us before the gathering.
- Seats and/or cushions & blankets.
- Electric heater for clan space (we won't know until we're there if we will need it). (No parabolic-style heaters are allowed.)
- A decoration for the Clan table.
- Anything else that you would like for yourself or to share.

Please try to arrive between 4:00 & 6:30 if possible so that we can have dinner together and get to know each other before the evening's activities begin. If you arrive after dinner, look for us at the Opening Circle – we will have our first official clan time together after the ritual and before the Releasing Fire. We are eager to see you in person and make some music together!

If you have any questions or concerns before the gathering, please feel free to contact us:

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