longevity in action

stay connected

# Group Event: Where I’m From

**Where I'm From**

**By George Ella Lyon**

I am from clothespins,   
from Clorox and carbon-tetrachloride.   
I am from the dirt under the back porch.  
(Black, glistening,   
it tasted like beets.)   
I am from the forsythia bush  
the Dutch elm  
whose long-gone limbs I remember  
as if they were my own.

I'm from fudge and eyeglasses,   
          from Imogene and Alafair.   
I'm from the know-it-alls  
          and the pass-it-ons,   
from Perk up! and Pipe down!   
I'm from He restoreth my soul  
          with a cottonball lamb  
          and ten verses I can say myself.

I'm from Artemus and Billie's Branch,   
fried corn and strong coffee.   
From the finger my grandfather lost   
          to the auger,   
the eye my father shut to keep his sight.

Under my bed was a dress box  
spilling old pictures,   
a sift of lost faces  
to drift beneath my dreams.   
I am from those moments--  
snapped before I budded --  
leaf-fall from the family tree.

# The WHERE I'M FROM Template

I am from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (specific ordinary item),

from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (product name) and

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (product name).

I am from the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (home description... adjective, sensory detail).

I am from the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (plant, flower, natural item), the

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (plant, flower, natural detail).

I am from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (family tradition) and

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (family trait),

from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (name of family member) and

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (another family name) and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (family name).

I am from the \_\_\_\_\_\_\_ (description of family tendency) and

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (another one).

From \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (something you were told as a child) and

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (another).

I am from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (representation of religion, or lack of it).

I'm from\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (place of birth and family ancestry),

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (two food items representing your family).

From the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (specific family story about a specific

person and detail), the\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (another detail), and the

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (another detail about another family member).

I am from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (location of family pictures, mementos, archives and several more lines indicating their worth)

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stay connected

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Word or phrase to sum up the day: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Questions you may want to consider for this journal entry:**

“What surprised me about today’s session?”

“What step will I take to be more socially connected?”

**Consider how you would complete these statements:**

“Today, I am \_\_\_\_\_\_\_\_\_\_\_\_.”

“Today, I feel \_\_\_\_\_\_\_\_\_\_\_.”

**Journal Entry**

*“We are not human unless we are with other humans.”*

*–* East African saying

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