

# Invoking the Muse: MWP-sponsored Day-Long Writing Retreats

At last year's MWP Leadership Retreat, Angela Cephas('03) and Cheryl Foreman ('02) put their heads together and an idea sprouted: why not have a series of day-long writing retreats over the year as well as our regularly scheduled weekend writing retreat? It's easier to sneak away for a day to find the muse rather than work out all of the details necessary to get away for a weekend. This year the Foreman-Cephas team came up with 6 writing retreats to pique our interest and spark our creativity, from Barnes and Noble's downtown to the Linganore Winery to the Visionary Arts Museum to a getaway on the Chesapeake Bay. We are looking forward to another series for 2008-2009. We have also included 2 poems written at the retreat by Nancy Polen, Supervisor of the TU Working Fund, who definitely made the most of her morning. Here are some photos taken at the February retreat, A Room with a View, held at the Towson Room at Cook Library on the Towson University campus.



*Jim Frazier '03, and colleague write in the Towson Room at Cook Library.*



*Cindy Waugh '07, writing.*



*Maya Senmaar attended with her aunt, Linda Wharton '91.*



*Katie Hearn '05, writing.*

Nancy Polen composed these poems while participating in the MWP's February Writing Retreat: A Room with a View.



Nancy Polen, writing.

## Saturday Writing Retreat

By Nancy M. Polen  
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If I were to paint myself  
would I paint myself gray  
or full of color  
strands of white  
or petals of pink, or sitting in a sink  
rich red like a rose  
distorted eyes, mouth, nose  
thorns climbing escaping  
shaping  
another day.  
Would I paint myself long or short  
thin or fat, gray or blonde  
or sitting along the side of a pond.  
Would I respond when called  
or dance along unobserved.  
Today so I'd say I'd be curved,  
the brown of a tree crevice and around lined up  
and down,  
curved to bend to a rising to a different end.



## Room with a View

By Nancy Polen,  
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### A Narrow View

In a narrow but long window  
a narrow long bare tree  
reaches out and goes beyond free  
spots of buildings old and new  
hang out and about.  
I know but can not see the tree  
coming up from the ground.  
The ground I imagine filled green around  
dazzling with morning dew  
a lightness and a darkness  
more windows and brick beyond,  
dimensions of shapes  
and gaps into the past  
and now the present at last.