



Sharing Art, Power and Potential with the World

How does it work?

Imagine a gathering where women and men come together in service of each other and to their communities. They exchange stories, create works of art with their hands and share the knowledge in their hearts. *This is the essence of Traveling Postcards.*

How to participate?

Traveling Postcards provides an opportunity for women to see that they can be powerful and affect change for themselves, for women in their communities and for women and men worldwide. What you do is up to you!

Before you make a card, try asking yourself or your group a few **workshop questions** like these:

- *Can you remember a time (or times) in your life when your voice was really heard and valued? Tell someone that story.*
- *Can you remember a time in your life when your voice was silenced for any reason? How did it make you feel?*
- *What are some issues that women face today that really speak to you personally?*
- *Can you imagine creating an opportunity for women or girls in your own community?*

Decide individually or in your group what organization or group of women you would like to bring awareness to and honor them with your cards. Look at our **Resources** guide to see what groups we are currently collecting cards for or find your own! **Brainstorm** together and talk **about issues** that matter to you. Create your cards from a place of deep knowing that your wisdom is worth sharing with the world.

- **Write a letter** of any length that explains your process and why you chose to make cards for these women. Enclose the letter with your Traveling Postcards and it will be read when your cards are received.
- After you create your card(s) think about what **action** you can take in your own life or community to help empower women. **Share** your action and insights on the Traveling Postcards **Forum, Blog or Facebook** page.
Any action, big or small makes a difference! We love pictures!
- **Organize** your own *Traveling Postcards* making event with any size group. Schools, Community Organizations, Family Gatherings, women's groups are all good opportunities. Individual cards are always welcome too!
- **An Announcement!** I will be glad to announce your event on the Traveling Postcards **Facebook Fan Page**. You will also send out your own invitations to your event.
- **Set Up:** Place long tables end to end or gather tables in a circle. (You can rent tables if need be). Anything that allows for materials to be shared and distributed with abandon! Cover your tables in beautiful cloths and provide chairs for everyone.
- **Materials:** Blank 4x6 postcards will be sent to you or you can make your own out of heavy card stock paper. There are no limits when it comes to art making materials!
- **Facilitator guidelines** and **Participant Questionnaires** will be emailed to you with directions.
- Use your **imagination**; feathers, beautiful papers, cloth, ribbon, old photographs, beads, paints and buttons. Be creative! Anything that you have at home that will fit on a postcard is perfect. You will need glue and scissors! Make sure you have enough materials for everyone to create at least one card.
- **What to say?** When we commit to positive action and feel safe, conversation flows freely. Remember your responses to the **workshop**

questions and don't worry what to say, your heart will share your wisdom naturally through this creative process. Look at the **Galleries** to see examples of cards that have already been made.

- **What to bring?** Food and drinks to share. Music! A photograph of you or a loved one that you can place on your card. **If you would like to honor a special woman in your life, please make sure to tell me and I will post your story with your card on the website.**
- **Participation Forms:** Please have everyone sign and fill out the Participation Forms. (These will be emailed to you separately) Please **make sure they put their names on their cards. *This is very important!***
- **Costs:** All Traveling Postcards are free to make. If you would like to make a donation we will give 80% of monies raised to charities that provide aid and resources for women. *
- **All cards will be scanned and documented by Traveling Postcards.** If your organization is distributing the cards, all cards will be returned to you once archiving is complete.* Documentation takes approximately two weeks.
- **Need help?** Traveling postcards would be glad to facilitate for you. If you choose to have me send you materials, I will put together a *Traveling Postcards Kit* of supplies. Materials that include pens, papers, stamps, art books, old photographs, glue, etc, cost \$4 per person. The materials are really wonderful, as it is one of my favorite things to do... collecting beautiful things!

Where do they go?

- **Send** your cards to me and I will make sure they travel to their intended destination. We are always looking for organizations that use the arts to help heal and empower women.
- If you would like to be a *carrier* by packing Traveling Postcards in your suitcase, but are not interested in holding an event, please contact us and we will send you cards to take with you.
- All postcards will be first **documented** and placed on my website, so that your stories and pictures will be **archived** and free to travel over the Web. If

you would like to remain anonymous and/or not have your card made public please let me know and it will only travel in my suitcase.

That's it! Thank you for participating. *You are making a difference.*

If you would like your event to be posted on the Traveling Postcards Blog www.caroline Lovell.blogspot.com, please send me a picture or two once it is over and some stories, and I will be glad to share your group's caring and creativity with our readers! .

Please send all materials to:
Traveling Postcards
C/o Caroline Lovell
8 Via San Inigo
Orinda, CA.94563

*Traveling Postcards is a fiscally sponsored tax exempt charitable organization. Please make all checks out to: Meridian Health Foundation, and add *Traveling Postcards* on the subject line.

* If it is impossible to return postcards to me for documentation, please do your best to photograph each one and email the images back to Traveling Postcards.