

RESOURCES MENTIONED IN THE PODCAST

Free Resource for Download: [The Sabbath Reader](#)

The [4 Pillars](#) of Sabbath Drawing

“Trough” poem by Judy Sorum Brown [View here](#).

[The Sea Accepts All Rivers and Other Poems](#) by Judy Sorum Brown

For more on Judy Sorum Brown, her poems, books and other work, please see <https://www.judysorumbrown.com/books>