

Do You Feel Anger?

by Mara Nelson-Greenberg

presented by arrangement with Concord Theatricals on behalf of Samuel French, Inc.

www.concordtheatricals.com

CAST

(in order of appearance)

Sofia's Mother	Mathilda Haddock
Sofia	Sophie Noyes
Eva	Letícia Monteiro
Jon	Addison Marsh
Howie	Frank Madsen
Jordan	Daniel Zhu
Office Workers	McAfee Chandler
	Ava Rast
	Tori Richardson
Old Man	Caulden Parkel
Voice of Donna	McAfee Chandler
Voice of Man	Erik Sanning

DO YOU FEEL ANGER? was produced by the VINEYARD THEATRE, Douglas Aibel, Artistic Director, Sarah Stern, Artistic Director, Suzanne Appel, Managing Director, New York City, 2019. World premiere in the 2018 Humana Festival of New American Plays at Actors Theatre of Louisville.

SETTING

Nowish, Nearish

SCENE 1

Sofia's first day

SCENE 4

A different day, later

SCENE 2

Later that day

SCENE 5

Later that day

SCENE 3

Another, different day

SCENE 6

Even later that day

The show runs 90 minutes without an intermission.

Please turn off all cell phones and pagers.

No texting, photography, or recording of any kind is permitted during performance.

PRODUCTION TEAM

Director	Karie Miller
Costume Designer	Erin Howell-Gritsch
Scenic, Lighting, and Props Designer	Jackie Fox
Sound Designer and Engineer	Alec Elston
Technical Director	Erik Sanning
Assistant Technical Director	Kate Baumgartner
Assistant Scenic Designer	Lucie Green
Assistant Director	Elle Lewis-Eme
Stage Manager	Anna Bundy
Assistant Stage Manager	Hannah Abbott
Run Crew	Graham Sundström
	Rosa Wu
	Luca Blankenship
Light and Sound Board Operator	Tim Murphy
Costume Crew Co-Chiefs	Kelly Banfield
	Claire Davis
	Katie Hidelbaugh
	Olga Shevelkina
Wardrobe Crew	Daja Nagra
Graphic Design	Lucie Greene
Program Design	Karie Miller

SPECIAL THANKS

Unity Point Public Health, Grinnell High School (Kate Baumgartner and Mike Hunter)

Content Warning

This performance contains profanity, depictions of sexual harassment, implied violence and sexual activity, loud noises, and bright lights. Performers will be unmasked.

Additionally, for this performance of *Do You Feel Anger?* by Mara Nelson-Greenberg, the actors have all been informed of and rehearsed any and all physical contact or physical proximity. Nothing you see will be a surprise to the actors, even when it is certainly a surprise to the characters.

We realize this information might be a spoiler—and we don't care. Hopefully, you'll be able to enjoy the fictional performance more fully with this information.

If, at any point, you feel triggered or need assistance, our house management staff is available to support you. You are welcome to leave the theater, take some space, and re-enter if you would like to.

Land Acknowledgement

We acknowledge that this performance is taking place on the ancestral territory of the Meskwaki, Sauk, and Ioway Peoples, whose land was taken from them through the encroachment of white settlers, and then formally in 1845 through government land concessions. We wish to pay respect to the Meskwaki, Sauk, and Ioway elders both past and present, and to recognize the Meskwaki Nation that exists today in Tama County, less than 30 miles from Grinnell College.

The team of *Do You Feel Anger?* also recognizes that acknowledgement is only a statement of the work still to be done. Land acknowledgements are merely the first step in a longer process we can take, as individuals and citizens toward care, repair, and restitution. By acknowledging our presence on this land as visitors benefitting from the violence of colonialism, we hope to encourage self-reflection, which is necessary for building a more humane institution and world.

Notes on Safety

In the 1960's, the theatre industry decided, for the first time, that physical violence in a fictional performance should, like the other representations in the performance, also be fictional. The Society of British Fight Directors formed and featured "fight arrangers" who would choreograph the stage combat using techniques to prevent injury and enable repetition over the run of a performance. Then in 1977, the Society of American Fight Directors formed, brought the practice to the US, and has since prevented a countless number and variety of injuries and unnecessary harm.

In 2018, as part of the reckoning known as the #metoo movement, theatre makers reached a similar conclusion: that fictional intimacy and affection should also be fictional. Up to that point, onstage intimacy had been the work of the two actors involved, sometimes with the guidance of the director. To be a good actor was to be "bold" and "easy to work with," which was unspoken code for "without boundaries." With the incorporation of an intimacy coordinator, not only would such moments be staged within controlled settings, but there were also new techniques to protect the actors and their agency, and to remove as much non-fictional sexual activity from the fictional staging as possible.

Alongside these recent developments, and particularly in the pause of performance due to the pandemic, more and more theatre artists demand humane production practices. Instead of a hierarchical space where the power rests solely with the director, inclusive feminist practice dictates a more horizontal model of collaboration, complete with transparency, accountability, and care. Though these aspects are far from the norm nationwide, the theatre artists of this production of *Do You Feel Anger?* have been practicing collective care, boundaries, mutual respect, and work in the spirit of play throughout the processes of audition, rehearsal, tech, and, now, the performance.

In the fictional play you will see this evening, know that all physical contact and physical proximity has been planned and rehearsed extensively. **Though the character might seem surprised, the actors are not surprised or in any actual danger.**

Additionally, we rehearse the most intimate moments before every performance and then, after each performance, the actors consciously transition with one another away from the fictional circumstances of the play and the characters. This allows time for them actors to de-escalate any automatic trauma responses, and to receive care if needed. It also aims to contain the fictional harm within the fictional space, so that actors do not carry the fictional circumstances with them back into the real world.

As an artist, the director of this production, and a person, I believe that any work that requires harm to its participants is not work worth doing. So, as we present Mara Nelson-Greenberg's brilliant interrogation of workplace gender dynamics, complicity, and the societal malformation of masculine emotions, please suspend your disbelief enough to go on that journey with us, knowing that, in the real world, everyone involved is safe, respected, and cared for.

Get to know our team!

CAST

SOFIA'S MOTHER: **Mathilda Haddock** '24 enjoys rock climbing, hiking, martial arts, and smuggling food out of the JRC. She would like to say to "please enjoy all the hard work of the cast, crew, and efforts of everyone involved who made this show possible." Thanks to Mom, Dad, and Boaty McBoatface, who all cannot read this because they're not here and because one of those is a dog.

SOFIA: **Sophie Noyes** (she/they) '24, is an intended Psychology and Spanish double major. She just turned 21 and her favorite drink so far has been ice-cold Diet Coke. In their free time, they enjoy crocheting, playing video games, doing witchcraft, and playing Dungeons and Dragons. Gosh, what else? She's from Evanston, IL, but if you're not from the Chicago area she'll lie and tell you she's from Chicago, without clarifying unless you ask. She is an avid tea drinker and hater of coffee, and also a hater of that weird straw texture that rugs are sometimes made out of. Why would you want one of those? Anyway, they're elated to be a part of this production. Big thanks go out to the rest of the cast, our wonderful crew, their friends, and their wonderful family back home. Hi Mom!

EVA: **Letícia Monteiro** (she/her) '23, is a witch and clown with a heart chakra open for business. Growing up in São Paulo, Brazil, Letícia participated in theater after being dubbed a safety hazard to everyone in soccer, and trained in movement, acting, and singing. When, eventually, Letícia realized she couldn't run away with the circus, she packed up and traveled across the continent to get a B.A. in Theatre & Dance and Gender, Women's, & Sexuality Studies instead. As an artist and theater-maker, Letícia is passionate about using art to create social change. She is particularly interested in examining contemporary theater and performance by women, non-binary folks, and people of color and, more broadly, in exploring how marginalized populations use theater as a tool to practice transformative justice. To win Letícia's heart, either let her pet your dog for an infinite amount of time or buy her a big brownie cookie from the Grill! If you compliment her performance after the show, be careful: she might hug you and never let go!

JON: **Addison Marsh** (he/him) is a theatre and dance major in the class of 2022. He spends his time playing ultimate frisbee, hanging out with his friends, and riding his really cool bike around campus. He thinks it's funny to write about himself in the third person. He had a really wonderful time working on this show and hopes you like it!

JORDAN: **Daniel Zhu** is best known for cooking great omelets and watering down his juice. He's a senior this year completing a double major in economics and computer science. Outside of theater and academics he enjoys playing tennis and basketball. He is an avid guac connoisseur.

HOWIE: **Frank Madsen** is a third-year student from Lake Elmo, Minnesota, majoring in History and English. *Do You Feel Anger?* is his first mainstage show since his first year and he's excited

to be back performing live. Frank enjoys a good thunderstorm, anxiously awaiting the day he can buy a house with a screened porch so he can better enjoy them. When he's not in class or at rehearsal, Frank works as a tour guide at the admissions office. He hopes you enjoy the show!

OLD MAN: Hi! I'm **Caulden Parkel** '22, a Theatre and Dance major and the Old Man in tonight's show. While I love performing, I also really enjoy designing sound, researching theatre history, and writing--both creative and academically. When I'm not in Bucksbaum, I love to cook, play the sax, watch bad movies with my friends, and sometimes unwind by myself with a nice video game.

OFFICE WORKER: **Tori Richardson** (she/her) '25 is a first-year student from the Chicago area. She enjoys reading and creative writing and is planning to major in a STEM field. A fun fact about Tori is that her favorite type of ice cream is chocolate. She hopes you like the show!

OFFICE WORKER: **Ava Rast** is a second year, so she's thrilled to actually be on campus this year! She has a dog named Lilah back home whom she misses very much, but she loves going around and petting all the dogs on campus! Aside from dogs, she also loves theatre and is excited to be a part of *Do You Feel Anger*. Enjoy the show!

OFFICE WORKER/DONNA: **McAfee Chandler** '23 (they/them) is a Theatre & Dance and Sociology double major, concentrating in Science, Medicine, & Society. Their passions include hitting their friends with foam swords in DAG (Duels and Games), singing ABBA at the top of their lungs, and cuddling their cat whenever they get the chance to visit their home in North Carolina. They are so very excited to be back performing on stage and feeling their castmates' energy without the barrier of a screen! They extend their gratitude to their Mom and their Cheryl for their encouragement and love throughout everything they do.

JANIE: **Jade Whitney** (she/they) '23 loves computers, jigsaw puzzles, coloring, and playing with her crazy cats. She plans to graduate with a double major in Computer Science and Anthropology and wishes to pursue a career in cybersecurity.

PRODUCTION AND DESIGN TEAM

STAGE MANAGER: **Anna Bundy** is a 4th year Theatre & Dance and Mathematics double major from Glenview, IL. They're graduating at the end of this semester and haven't cleaned the leftovers out of their fridge in a very long time, but they're not sure which one of those things is scarier. Anna enjoys long walks, cozy sweaters, and pointing at the moon and saying "Wow, look at the moon!" After doing lots of pandemic video editing, they are so excited to be doing theatre live and in-person again!

ASSISTANT DIRECTOR: **Elle Lewis-Eme**, '23 is a third-year Independent major in English and Theatre, and she is thrilled that you chose to see *Do You Feel Anger*! Her love for theatre began somewhere around her ninth birthday when she saw the seminal classic *Wicked* for the first time, and it's all she's talked about ever since. She is so excited for the return of in-person theatre and could not have been happier that it was with this group of people. Finally, she would like to

thank her roommate for putting up with her and for generally being one of the best people she knows.

ASST. STAGE MANAGER: My name is **Hannah Abbott**, and I'm a first-year student. I've always had a love of theatre and the performing arts, but most of experience with the performing arts comes from dance. I've loved working on this play, and with the amazing cast and crew!

ASSISTANT SCENIC DESIGNER: **Lucie Green** is a 3rd year Theatre & Dance major from Buffalo Grove, IL. When she's not painting or designing, Lucie enjoys playing klezmer clarinet, making hearty soups, and feeding the campus squirrels (only healthy food though!) After many hours of staring at a "Vectorworks not responding" screen during quarantine, Lucie is very happy to be on campus working in live theater again.

RUN CREW: **Graham Sundström** is a first year undeclared major from the province of Concord, NH. He's been eager to join the theater at Grinnell since he stepped foot on campus for the first time in August. Before participating in theater, Graham played ice hockey and baseball and managed his high school's field hockey and softball teams. Besides sports and theater, he's also a self-taught pianist - he had to find something to do during lockdown - and a singer. No matter what the time is between shows, Graham is always eager to get back to the theater and he's more than excited for his first college production.

RUN CREW: **Luca Blankenship** is an almost-third-year Theatre & Dance major with an intended Film concentration from Brooklyn, New York. He loves playing Magic the Gathering, making messes in the kitchen, and thinking about all the tea that must be spilled between the vultures in that one big tree next to the hammocks. You know which one. Unfortunately, Luca can't spend all his time thinking about birds, but he might just have found something even better (please don't tell the vultures): running crew for Do You Feel Anger! He's looking forward to helping theater magic happen and getting to see his talented friends perform in real-life, actually-in-person, less-than-six-feet-apart theater!

RUN CREW: **Rosa Wu** is a first-year student from Shenzhen, China. You can also call her Qianqian, she is ok with both. She plans to go to NYC during winter break, and she really looks forward to watching some Broadway shows because she spent lots of time and money on several terrible Chinese original musical productions after the pandemic. She likes photography, poster designing, and make-up, but she's too busy to do any of those since she came to Grinnell. She comes from a city where the temperature can be above 70 °F in December with forever green trees and winter only lasts for two weeks, so she will stand still in front of a big tree for five minutes just to stare at the falling yellow leaves. She will major in Mathematics and is considering double major in GWSS.

LIGHT AND SOUND BOARD OPERATOR: **Tim Murphy** is a 2nd-year Theater and Dance and Political Science double major from Bloomington, Illinois. After a year in the online theater, he is very excited to be in physical spaces again. Tim likes to cook, work out, seek out Grinnell's outdoor cat population, and watch movies during his free time.

COSTUME CREW CO-CHIEF: **Kelly Banfield** (he/him) is a 2nd year intended independent major. He has a dozen bagels from New Jersey in his freezer for safe keeping.

COSTUME CREW CO-CHIEF: **Claire Davis** (she/hers) is a 4th year Music and History major, a violist in the orchestra and chamber ensembles, and a representative on the Music SEPC. In her spare time, she enjoys knitting and hugging wool.

COSTUME CREW CO-CHIEF: **Katie Hidelbaugh** (they/them) is a 4th year Sociology major with a concentration in Policy Studies and a member of the Grinnell Singers. In addition to joining the costume studio this year, they work in the Choral Music Library and the Bucksbaum Box Office. In their free time, they enjoy reading, sewing, and sending memes to their mom and brothers, who never understand them.

COSTUME CREW CO-CHIEF: **Olga Shevelkina** (she/hers) is a 4th year Music major and intended Linguistics concentrator from New Haven, CT. She has worked in the costume studio since Fall '18. In her free time, she enjoys experimenting with plant and vegetable dyes, with a focus on finding colorants from locally available resources.

WARDROBE CREW: **Daja Nagra** (she/her) is a second year biochemistry major.

COSTUME DESIGNER: **Erin Howell-Gritsch** (she/her) has designed countless costumes for the college. Sometimes she gets to teach a class. She often wanders but she is definitely not lost.

SCENIC, LIGHTING, AND PROPS DESIGNER: **Jackie Fox** is a Chicago/New York based artist and designer interested in, above all else, telling stories that explore the vulnerability of the human condition and human behavior in the face of conflict. She believes that the best art is disruptive, subversive, and pushes us to examine the most difficult elements of our psyche. Jackie has designed both regionally and internationally. Selected credits include: *Sister Act* (Mercury Theater), *Native Guard* (Northwestern University), *Kiss* (PARA.MAR Dance Theatre), *re: CLICK* (American Music Theatre Project), *Peter and the Starcatcher* (Wagon Wheel Theatre), *Hundred Days* (Kokandy Productions). While getting her MFA at Northwestern University, Jackie designed *The Cherry Orchard* (Louis Theatre), *Ascension* (Louis Theatre), *The Flick* (Wallis Theatre), *Machinal* (Louis Theatre), *Legally Blonde* (Barber Theatre), and *Turn of The Screw* (Ryan Center for the Musical Arts). For more information about Jackie's work go to jackiefoxdesigns.com

SOUND DESIGNER AND ENGINEER: **Alec Elston** '23 became involved in theatre through performance art in their hometown of Chicago, IL. A third-year student double majoring in Computer Science and Theatre and Dance, Alec aspires to design sets and costumes that harness the power of programming and robotics.

TECHNICAL DIRECTOR: **Erik Sanning** '89, is a graduate of Grinnell College. He spent the first two years after graduation working as the Technical/Lighting Designer for Ballet Iowa. In the summer

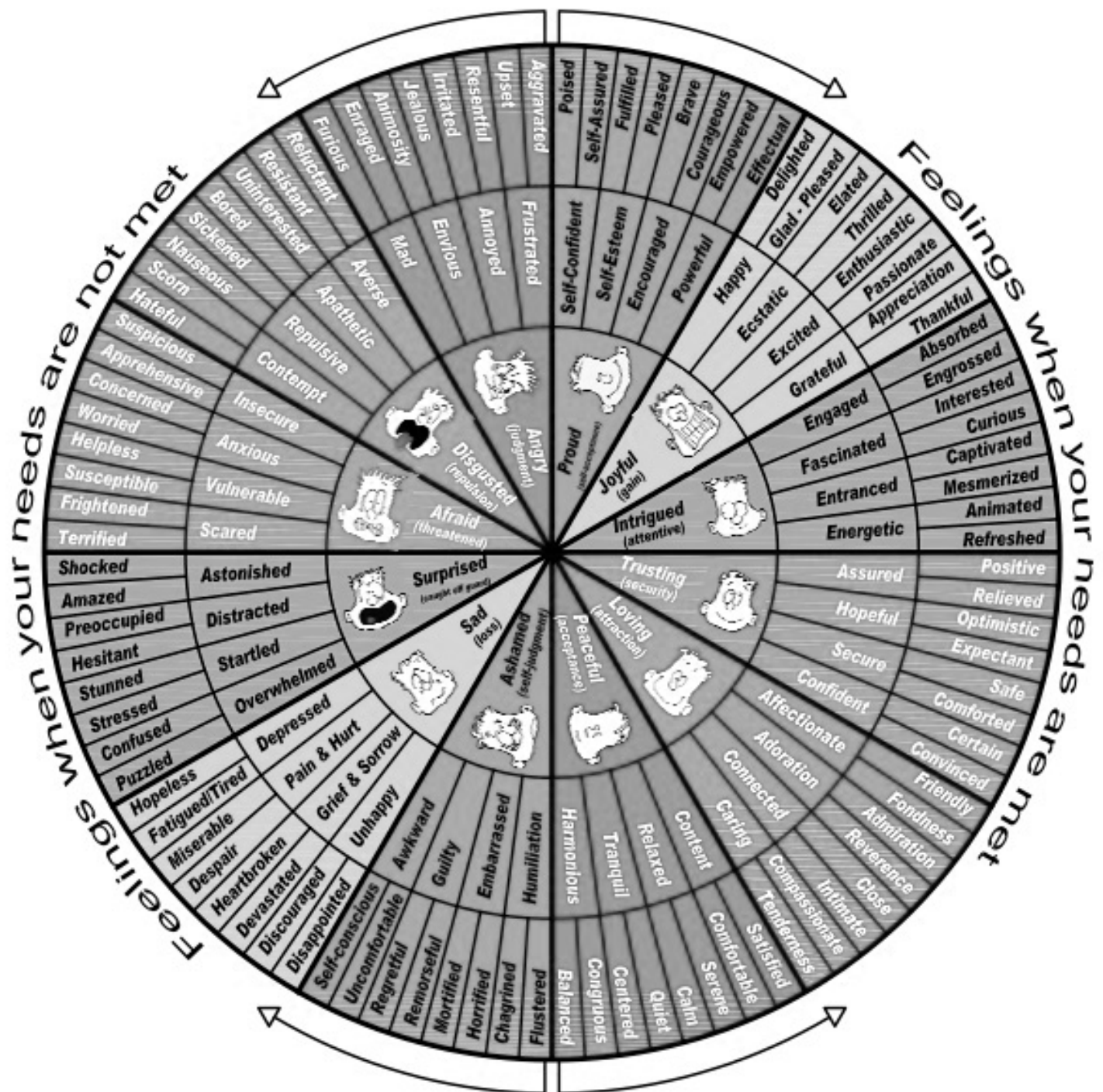
of '91, Erik was able to return to Grinnell as the Technical Director. In addition, he is also one of the founding members of Grinnell Productions, a semi-professional theatre company that was based in Grinnell. Erik has been a member of IATSE, the professional stagehands union, since 1990.

ASSISTANT TECHNICAL DIRECTOR: **Kate Baumgartner** '15, has worked as a master carpenter with the Colorado Shakespeare Festival and often serves as a Technical Director for the Grinnell High School and Grinnell Community Theatre productions.

DIRECTOR: **Karie Miller** (she/they) is new to Grinnell and Grinnell College, arriving by way of Carlisle PA, Columbus OH, Chicago IL, Charlottesville VA, Cincinnati OH, from Richmond KY. They have a dog, Phoebe, who hates bicycles and trailer trucks, but loves broccoli. Karie makes stuff: theatre, clothing, parties, road trips, baked goods, sleep, stories, salads, a damn fine roast chicken, and gifts for her favorite humans, her siblings, Katie and Kelsey, and mom, Ann. Throughout the continuing pandemic, she has only had the capacity to re-watch TV she's already seen, and, as a result, probably-definitely knows more than you do about *West Wing*, *ER*, *Madame Secretary*, *Schitt's Creek*, and *Grey's Anatomy*.

PLAYWRIGHT: **Mara Nelson-Greenberg**'s work has been developed at Playwrights Horizons, Clubbed Thumb, Ensemble Studio Theatre and Dixon Place, among others. She is a member of Youngblood at Ensemble Studio Theater and an alumna of Clubbed Thumb's Early Career Writers Group. Her play *Do You Feel Anger?* premiered at the 2018 Humana Festival at Actors Theatre of Louisville and was produced off-Broadway at the Vineyard Theatre in 2019. Her play *Hamlet by Mia Fefferman* was a finalist for the 2017 Relentless Award. She received her MFA from UC-San Diego under Naomi Iizuka.

Feelings Wheel



Based on Nonviolent Communication by Marshall Rosenberg, PhD. May be duplicated for personal use and for teaching Nonviolent Communication. Graphics and organization of feelings and needs wheels by Bret Stein, artisanf@hotmail.com. Revised 1/1/11. Original Feelings Wheel: "A Tool for Expanding Awareness of Emotions and Increasing Spontaneity and Intimacy" Gloria Willcox (1982) The Feeling Wheel, Transactional Analysis Journal, 12:4, 274-276, DOI: 10.1177/036215378201200411

How do you feel?

Good/Pleasant Emotions

Calm	Ecstatic	Satisfied	Connected	Involved
Accepting	Enchanted	Thrilled	Loving	Stimulated
Open	Energized	Vibrant	Accepting	Hopeful
Centered	Engaged	Courageous /	Affectionate	Encouraged
Content	Enthusiastic	Powerful	Caring	Expectant
Fulfilled	Excited	Adventurous	Empathy	Optimistic
Patient	Free	Brave	Fulfilled	Trusting
Peaceful	Happy	Capable	Present	Tender
Present	Inspired	Confident	Safe	Calm
Relaxed	Invigorated	Daring	Warm	Caring
Serene	Lively	Determined	Worthy	Loving
Aliveness / Joy	Passionate	Free	Curious	Reflective
Amazed	Playful	Grounded	Engaged	Self-loving
Awe	Radiant	Proud	Exploring	Serene
Bliss	Refreshed	Strong	Fascinated	Vulnerable
Delighted	Rejuvenated	Worthy	Interested	Warm
Eager	Renewed	Valiant	Intrigued	

Difficult/Unpleasant Emotions

Anguish	Distant	Anxious	Depleted	Unsure
Depressed	Empty	Apprehensive	Edgy	Worried
Despondent	Indifferent	Frightened	Exhausted	Angry
Disappointed	Isolated	Hesitant	Frazzled	Annoyed
Discouraged	Lethargic	Nervous	Rattled	Agitated
Forlorn	Listless	Panic	Rejecting	Aggravated
Gloomy	Removed	Paralyzed	Restless	Bitter
Grief	Resistant	Scared	Shaken	Contempt
Heartbroken	Shut Down	Terrified	Tight	Cynical
Hopeless	Uneasy	Worried	Wearry	Disdain
Lonely	Withdrawn	Helpless	Worn out	Disgruntled
Sorrow	Embarrassed	Sensitive	Unsettled	Disturbed
Teary	Shame	Regret	Doubt	Edgy
Unhappy	Ashamed	Remorseful	Apprehensive	Exasperated
Upset	Humiliated	Sorry	Concerned	Frustrated
Wearry	Inhibited	Guilty	Dissatisfied	Furious
Yearning	Mortified	Powerless	Disturbed	Grouchy
Disconnected	Self-conscious	Trapped	Grouchy	Hostile
Numb	Useless	Stressed	Hesitant	Impatient
Aloof	Weak	Tense	Reluctant	Irritated
Bored	Worthless	Burned out	Suspicious	Irate
Confused	Afraid	Cranky	Ungrounded	

Resources

GRINNELL COLLEGE RESOURCES

Schvalla Rivera
Vice President for Diversity and Inclusion
Chief Diversity Officer
641-269-3100 / riverasc@grinnell.edu

Bailey Asberry
Title IX Coordinator
641-269-4999
titleix@grinnell.edu

Campus Chaplain/Rabbi
641-269-4981 (M-F, 8 AM - 5 PM)

Student Health and Wellness (SHAW)
641-269-3230 (M-F, 8 AM - 5 PM)

Ombuds
641-269-9399 (M-F, 8 AM - 5 PM)

Campus Safety and Security
641-269-4600

Student Affairs
641-269-3700

Human Resources
641-269-4818

Grinnell Advocates (students) CONFIDENTIAL, 24/7
641-260-1615 (call/text/chat)
Crisis Intervention Services CONFIDENTIAL, 24/7
800-270-1620

BOOKS

Brene Brown, PhD, LMSW

Daring Greatly

The Gifts of Imperfection

adrienne marie brown

Emergent Strategy

Pleasure Activism

We Will Not Cancel Us

Holding Change

Bessel Van Der Kolk

The Body Keeps the Score

Resmaa Menakem

My Grandmother's Hands

Amelia and Emily Nagoski

Burnout

Chelsea Pace with Laura Rikard

The Staging of Sex

TRAINING OPPORTUNITIES

Theatrical Intimacy Educators (TIE)

Intimacy Directors and Choreographers

Intimacy Directors of Color

Anti-Racist Theatre with Nicole Brewer

Hollaback! provides free online anti-harrassment training

RELINQUISHING THE PATRIARCHY RESOURCE LIST

adrienne maree brown^[1]

<http://adriennemareebrown.net/2019/05/28/relinquishing-the-patriarchy/>

“Lutheran Settlement House’s new gender justice program for men takes on toxic masculinity”

August 21, 2018

By Julie Zeglen

<https://generocity.org/philly/2018/08/21/hate-toxic-masculinity-consider-lutheran-settlement-houses-new-gender-justice-program-for-men/>

The Masculinity Action Project (MAP) will teach 10 to 15 male-identified Philadelphians how to help eliminate domestic violence in their own communities.

Twitter: @LSHphilly

Richard M Wright, MA

<https://www.richardmwright.com/>

Richard M. Wright, MA is a Jamaican New Yorker who lives in Florida. He facilitates art-based workshops, and does speaking engagements that focus on building consent culture, honoring personal boundaries, bystander intervention & healthy, accountable masculinities. He is also available for consulting on these issues.

A Call To Men

<http://www.acalltomen.org/>

@acalltomen

A CALL TO MEN educates men all over the world on healthy, respectful manhood. Embracing and promoting a healthy, respectful manhood prevents violence against women, sexual assault and harassment, bullying and many other social ills.

Madison School & Community Recreation

<http://www.msqr.org/>

MSQR will enhance the quality of life for individuals in the Madison Metropolitan School District and for the community by providing recreation and enrichment opportunities year-round that are accessible to all.

Men Stopping Violence

<https://www.menstoppingviolence.org/>

MSV believes that an analysis of the interconnection of oppressions is critical to ending violence against women and girls. This belief informs our practice of building accountability among men and with communities.

Writing Feminist Life Together

Kimberly B. George

<https://podcasts.apple.com/us/podcast/writing-feminist-life-together/id1441901003>

Kimberly has resources on her podcast. She coaches men in learning feminism. See episodes "On Teaching Men Feminism" (November 20) and the series from March 27 and April 5th on defense mechanisms, difficult knowledge, and heterosexual relationships. The episodes are designed to offer some tools for the feminist journey for men.

“The Liberation of the Heart that Leads to Wise Action: A Meditation Retreat for People Who Identify as Men”

Vallecitos Mountain Retreat Center

<https://www.vallecitos.org/retreats/506/the-liberation-of-the-heart-that-leads-to-wise-action-a-meditation-retreat-for-people-who-identify-as-men/>

The Buddha taught a path of freedom. This freedom is a heart liberated from greed, hatred, and delusion. On this retreat, we will be exploring masculinity as a way of moving the heart towards such a liberation. This will include investigating how we perform masculinities in both skillful and unskillful ways in a space of coming together as men in healing and transformative ways.

Evryman

<https://evryman.com/>

We connect men more deeply to their loved ones, their life's work, and themselves. The results are bigger than you could imagine.

Gender Equity and Reconciliation International

<https://www.genderreconciliationinternational.org/>

Gender Equity and Reconciliation International has facilitated workshops and training programs for more than 2,000 men and women in seven countries to date. Our experience demonstrates that earnest women and men are capable of extraordinary levels of healing and reconciliation, and thereby fostering new levels of mutual trust, respect, communication, and joyful partnership.

The Real Talk Project

<https://www.therealtalkproject.com/>

Amreen Karmali

amreen@therealtalkproject.com

We offer Professional Development, Online Courses and Individual Coaching for Schools, Educators and Community members who are invested in creating a culture based on equality, love and thirst for diversity.

“Undoing Patriarchy”

Bear (they/them)

Undoingpatriarchy.com

Undoing Patriarchy is a 12-week online course to help men+ unlearn their internalized patriarchal conditioning. Thanks so much!

Men as Peacemakers

<http://www.menaspeacemakers.org/>

Men As Peacemakers is an organization that aims to end violence against women and children. Specifically, MAP focuses on preventing sexual assault, dating violence, and domestic violence perpetrated against women, girls, and boys. MAP engages men, with women, in preventing and repairing the harm predominantly caused by males.

“Men Today/Men Tomorrow (MT2)”

Idaho Coalition

<https://idvsa.org/initiatives/mt2/>

Men and boys are willing to get involved and act as positive influencers of children, other men and institutions to end violence against women and girls. Men are in a unique position to act as agents of change in ending all forms of gender-based violence.

Urban Healers

<https://www.theurbanhealers.com/>

Urban Healers are men who are soulful, vibrant, and connected. Our mission is to initiate cities into healthy masculinity for the purpose of planetary healing. We host monthly rituals and ceremonies for the purpose of unifying men through deep dialogue.

Mindfulness Masculinity Group

<https://www.newlifecounselingpdx.com/mindful-masculinity-group>

David Hayden

Mindfulness is a buzzword in today's culture, but what does it mean to apply the practice of mindfulness to our lives and our problems? This 8-week closed group is a designed intimate space meant to integrate the practices of science-based mindfulness to help men work with the problems currently presenting themselves in their lives as well as reflect collectively on masculinity as a whole.

CONNECT Safe Families, Peaceful Communities

<http://www.connectnyc.org/>

Founded in 2003, CONNECT is a NYC-based training, educational, and advocacy nonprofit organization dedicated preventing and ending interpersonal violence. The hallmark of our work is our focus on preventing violence before it happens through our holistic, intersectional, and dialogue-based approach.

The Good Men Project

<https://goodmenproject.com/>

@GoodMenProject

The Good Men Project was founded by Tom Matlack in 2009. Tom set out to collect stories about the defining moments in men's lives. What he discovered was that the connected idea between all the stories of the men Tom talked to was that there was a moment when each man "woke up, looked in the mirror and said 'I thought I knew what it meant to be a man. I thought I knew what it meant to be good. And I realize that I don't know either.'"

Wayfarer

<http://wearewayfarer.com/>

Twitter: @justinbaldoni

Wayfarer Entertainment is an award-winning media studio focused on social good storytelling content for linear, digital, theatrical and branded distribution channels.

Remaking Manhood Man Box Culture and the New Masculinity

<http://remakingmanhood.com/>

<http://facebook.com/remakingmanhood>

Twitter: @RemakingManhood

Mark Greene writes, speaks, coaches and consults on the challenges we face as men raised in man box culture. He is the author of the groundbreaking The Little #MeToo Book for Men.

Richie Reseda

<https://www.questionculture.com/>

Question Culture makes art and noise to change the world.

<https://www.initiatejustice.org/>

Initiate Justice was founded in late 2016 by Taina Vargas-Edmond and Richard Edmond-Vargas. They saw that their peers, people in prison and loved ones outside, were extremely motivated to lead criminal justice reform efforts, but did not have access to accurate, timely information, or resources on how to organize and create momentum for change.

<https://www.facebook.com/richie.reseda>

Twitter: @RichieReseda

Create the Space

<https://www.cr8thespace.com/2me4u>

@create_the_space

Create the Space is invoking the power of self-intimacy and shared vulnerability for men of color. By giving men a platform to feel, own, and release their emotions in a safe space, Denzel Herrera-Davis has created innovative programs that are vital to the mental health of our men. Join our monthly conversation series in Oakland, CA featuring men of color sharing their truths like you've never seen before.

Curriculum for Feminist Men's Group

Matt Goldfield & Jonah S. Boyarin

jonahandmatt@googlegroups.com

https://docs.google.com/document/d/132nVCDFE35xpezBQ3y1Wg-udYFp_Xa9ITFVa6EbTTfQ/mobilebasic

[1] This list was requested by Leah Penniman, of Soul Fire Farm. adrienne maree brown put the call out and the community responded! Many thanks to Joe Sweeny for formatting the list.

“One of our oldest ancestors, mycelium/mushrooms show us that the instance of lie we can witness, the mushroom, is always evidence of a much more complex and wider network of connections underground. The same thing is true with conflict and harm—**we are all connected to each other, at our best, and at our worst.**”

“The instances of visible dissonance, harm, and abuse in movement are evidence of toxicity in our intersecting systems of identity, belonging, resource, power, and home. One toxic substance is supremacy, so ubiquitous that it has long been invisible to those benefitting from it and can seem desirable to those suffering from it. It manifests as white supremacy, male supremacy, ableist supremacy, straight supremacy, cis supremacy, and more—the belief that some of us are normal, are better, are justified to take and do whatever we want, including harm each other and the earth.

“We won’t end systemic patterns of harm by isolating and picking off individuals, just as we can’t limit and communicative power of mycelium by plucking a single mushroom from the dirt. **We need to flood the entire system with life-affirming principles and practices**, to clear the channels between us of the toxicity of supremacy, to heal from the harms of a legacy of devaluing some lives and needs in order to indulge others.”

adrienne marie brown, *We Will Not Cancel Us*

Our Department

STUDENT STAFF

ADMINISTRATION

Assistant to the Chair and Production Stage Manager Andrew Jopeck '22

FRONT OF HOUSE

Front of House Staff Vanessa Figueroa Weston '24 Nadia Langley '23
Kate Guiney '23 Claire Liddle '23
Katie Hidelbaugh '22

COSTUME STUDIO

Costume Storage Coordinator Olga Shevelkina '22
Stitchers Kelly Banfield '24 Katie Hidlebaugh '22
Claire Davis '22 Libby Kerensky '24
Alec Elston '23 Olga Shevelkina '22

SCENE SHOP

Properties Storage Coordinator Carissa Lehning '22
Scene Shop Staff Evaan Ahmed '23 Tim Murphy '24
Kelly Banfield '24 Linda Pham '24
Simon Dungan Seaver '22 Lisa Shen '24
Lucie Greene '23 Sam Stein-De Turck '22
Carissa Lehning '22 David Yawata '22

FACULTY AND STAFF

Department Chair Celeste Miller
Faculty and Staff Kate Baumgartner Elliot Mercer Erik Sanning
Erin Howell-Gritsch Karie Miller Justin Thomas
Craig Quintero
Academic Support Assistant Joyce Bergan

Sound Design Citations

Extraordinary Machine; Written by: Fiona Apple; Performed by: Fiona Apple; Courtesy of ASCAP

Feel the Way I Want; Written by: Caroline Rose; Performed by: Caroline Rose; Courtesy of BMI

Fuck You; Written by: Lily Allen, Greg Kurstin; Performed by: Lily Allen; Courtesy of ASCAP

Fugue in D Minor [The Art of The Fugue BWV 1080]; Written by: J.S. Bach; Performed by: The Swingle Singers; Courtesy of ASCAP

Fugue in G Minor, BWV 578, "Little"; Written by: J.S. Bach; Performed by: The Swingle Singers; Courtesy of ASCAP

Fugue 8 from "The 45"; Written by: J.S. Bach; Performed by: The Swingle Singers; Courtesy of ASCAP

Gavotte: Partita No.3 In E BWV1006; Written by: J.S. Bach; Performed by: The Swingle Singers; Courtesy of ASCAP

Hold On; Written by: Brittany Howard; Performed by: Alabama Shakes; Courtesy of BMI

Hold On; Written by: Carnie Wilson, Chynna Phillips, Glen Ballard; Performed by: Wilson Phillips; Courtesy of ASCAP

Light of a Clear Blue Morning; Written by: Dolly Parton; Performed by: Dolly Parton; Courtesy of ASCAP

Little Plastic Caste; Written by: Ani DiFranco; Performed by: Ani DiFranco; Courtesy of BMI

Meticulous Bird; Written by: Thao Nguyen; Performed by: Thao & The Get Down Stay Down; Courtesy of ASCAP

Opus no. 1; Written by: Tim Carleton, Darrick Deel; Courtesy of ASCAP

Organ Fugue BWV 542; Written by: J.S. Bach; Performed by: The Swingle Singers; Courtesy of ASCAP

32 Flavors; Written by: Ani DiFranco; Performed by: Ani DiFranco; Courtesy of BMI

<https://freesound.org/people/crcavol/sounds/154672/> "Bathroom Sink Running Water" by Freesound user crcavol, Licensed under the Creative Commons 0 License

<https://freesound.org/people/lorenzgillner/sounds/274448/> "Simple Toilet Sound" by Freesound user lorenzgillner, Licensed under the Creative Commons 0 License

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