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The Flynn and All Heart Inspirations Announce *Feed Your Soul*, a Storytelling and Banquet Series Hosted by Ferene Paris Meyer

BURLINGTON, VT — The Flynn is thrilled to collaborate with All Heart Inspirations for *Feed Your Soul*, a series of evening events that feature Haitian-Caribbean cuisine and heartfelt storytelling, performed by UVM faculty member and Flynn teaching artist Ferene Paris Meyer. *Feed Your Soul* is held monthly at August First bakery in Burlington, VT, with the first event in the series on **Saturday, October 24 at 6:30 pm**.

Ferene Paris Meyer (owner of All Heart Inspirations) has been a faculty artist with the Flynn since 2019, teaching the class I'm My Ancestor's Wildest Dreams: Voices of Color through Storytelling. Ferene started this class in collaboration with the Flynn, creating space for BIPOC voices to be heard, to connect, and to feel a sense of belonging through shared narratives. Her latest endeavor, *Feed Your Soul*, stems from her work in this class, combining her passion for intimate storytelling performance, her interest in culinary arts, and her love of Haitian culture, especially Haitian-style cooking, to create an empathetic, engaging, and nourishing experience.

For tickets and more information, visit flynnvt.org. Each ticket includes a three-course meal and two drink tickets. If you can, please also consider donating to help cover the cost for a low-income community member to attend. Several subsidized tickets are available; contact Sarah Caliendo at scaliendo@flynncenter.org to make a request.

Thank you to the Ben & Jerry's Foundation for their generous support of this event.

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For images and more information, visit the Flynn's on line press room: www.flynncenter.org/pressroom/index.shtml

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