



[Bridgeport Art Trail](#) Launches Monthly Storytelling Exchange, Thurs. 1/7/21, 7 pm. Join a free Zoom session with Nina Lesiga, share a story, learn from a supportive group of storytellers. All levels welcome.

Zoom Link <https://us02web.zoom.us/j/88559170664>

After a well-received introductory storytelling program during the 12th annual Bridgeport Art Trail, Nina Lesiga will facilitate a monthly storytelling exchange sponsored by City Lights/Bridgeport Art Trail. The exchange session is for beginners and experienced storytellers. Nina's approach is to dive right in, presenters are welcome to tell their story and request supportive feedback. Storytelling tips and guest presenters and instructors will be offered over the months of 2021.

City Lights/Bridgeport Art Trail executive director, Suzanne Kachmar is thrilled that Nina Lesiga has agreed to lead this project and to support the storytelling exchange, especially to capture stories from 2020. "What a

great way to stay socially connected and process the challenges of 2020."

Why storytelling for adults? Nina explains, "Stories make us feel, they spark understanding and they connect us."

What kind of stories? Any kind - personal, historic, fictional, or folk. Tellers of all experience levels and listeners.

During the exchange participants share a story, a part of a story, a story idea or attend to listen. Test out a piece and receive help developing it, (if you wish). Participants discover what makes their story strong.

THE BRIDGEPORT STORYTELLING PROGRAM MEETS THE 1ST THURSDAY OF THE MONTH,

online from 7:00 PM - 9:00 PM on Zoom, facilitated by local storyteller Nina Lesiga.

It is a free event sponsored by City Lights Gallery and the Bridgeport Art Trail. Participants are welcome to listen to stories, share their stories, tryout a storytelling performance in progress, and request feedback, or not.

For more information, please contact City Lights/Bridgeport Art Trail at clgallerybpt@gmail.com or Nina Lesiga at http://nina_lesiga.workfolio.com

Full Zoom Details: Storytelling Gathering for Adults

Time: Jan 7, 2021 07:00 PM Eastern Time (US and Canada)

Join Zoom Meeting <https://us02web.zoom.us/j/88559170664>

The first BAT Story Exchange was held in Dec. 2020 with participants from CT, NY, and NH, sharing personal stories and an original poem. Stories ranged from an adventure in science education, self-discovery, and Rock & Roll, how watching a TV show brought clarity to an ICU patient, a young girls' adventure with a bottle of bubbles and the power of a family dog's love. Sharing stories, listening to stories, and discussing stories created connection, understanding and curiosity. It stimulated a feeling of warmth and togetherness despite participating remotely by computers and phones.

Here's what participants said about the Bridgeport Story Exchange.

"I enjoyed listening to everyone's stories last night. Such a lovely variety of expressions and a supportive group."

"So glad I made time to experience the Bridgeport Story Exchange. Not only were the stories entertaining but the community is supportive and encouraging of tellers, new and experienced alike. Also, it was skillfully and respectfully facilitated by Nina Lesiga. all were heard, coached and validated."

"That was an enjoyable 2 hours we spent telling stories via Zoom. The critique was helpful. I think the Zoom platform works very well with this endeavor. And we all remain safe."

"Participating in this event gave me the incentive I needed to keep improving my home broadcast space and to become more comfortable with the technical side of speaking to an on-screen audience." "This is a wonderful experience."

Please consider joining us for the January 7th, 2021 Bridgeport Art Trail Storytelling Exchange!