



CARVED LIKE RUNES

Poems by
Jan Bowman

Available: Ingram;
Baker & Taylor; Publisher
96 Pages Perfectbound
ISBN: 1-932688-09-9 \$12.00

“Wash through us quiet
waters of life
wash unshed tears away
wash words we would
unsay away
wash us with soft-gold love
as we rise and fall
rise and fall—
and rise again to
quiet’s day.”

-From *Quiet Waters of Life*
by Jan Bowman

THE BOOK: As Karen Herseth Wee writes about *Carved Like Runes*, “The reader of these poems is in the presence of a truth-teller, one who has carved her own *stones like runes in [a] heavy heart* and emerged to find gold (gratitude, joy, even humor) that *glimmers in the tender blades of grass.*”

In many of these poems, Bowman strives to make meaning out of change and loss, aging and death. Other poems celebrate the beauty of life and art and find in nature a source of healing, strength, and wisdom. Still others illuminate memories of childhood, such as the rituals of baking cookies or eating Sunday dinner around a big dining room table.

Bowman captures our very personal moments as well as the very universal experiences of life.

THE REVIEWS: “[Bowman] renders the ordinary and extraordinary beauty and bounty of life—with all its griefs, graces, and glories—into words that touch the heart, heal the spirit, and illuminate the longing of us all.”

-Jean M. Blomquist, author of *Wrestling till Dawn: Awakening to Life in Times of Struggle*

“Jan’s extraordinary poem journey, like her life, takes us along memory’s sun-dappled lanes as well as through the shadowy valleys. Through her word images, my dear friend touches my soul and gently cradles my heart.”

-Congresswoman Lois Capps, Representative from California’s 23rd Congressional District

“This collection of poems reads like one poem, a rich, complex set of wise meditations that bodies forth the stories of a woman’s life. Read this book and you’ll do what I did—you’ll read it again.”

-John Ruff, poetry editor, *The Cresset*

“In this collection of poems, Jan Bowman captures in words the very personal and very universal life experiences that many people cannot [express]. She does it in language that moves from portrayal to understanding.”

-Dr. Pamela Jolicoeur; President, Concordia College, Moorhead, MN

THE AUTHOR: Jan Bowman is Professor Emerita of English at California Lutheran University and an immigrant daughter, a wife, mother, and grandmother. She grew up in the Midwest where she began writing poetry at Augustana College, Rock Island, Illinois. She and her family moved to Thousand Oaks, California, in 1969.



Contact information for Jan Bowman:
74 Lucero Street
Thousand Oaks, CA 91360
Phone: 805-492-2562
E-mail: janbowman.clu@verizon.net