

THE POMEGRANATE SEED

AN EXPLORATION OF APPETITE, BODY-IMAGE
AND MYTH IN MODERN CULTURE

Cosy Sheridan's solo performance piece, *THE POMEGRANATE SEED*, is a two-act narrative chronicling one woman's spiritual journey into the symbolic underworld and her emergence as a vibrant and more compassionate person. Featuring a well-crafted and varied 16-song score intermingled with vignettes as only Cosy can write them, the first act weaves together humor and music as our heroine encounters messages from the media, from cultural icons and family. From Barbie dolls to fad diets, from Eve and her apple to the tragi-comedy of bathing suit shopping, Cosy as Everywoman comes to grips with her body, her self-image and all that it implies, finding a way to joyfully inhabit her own body. This first act, enhanced for special performances, can stand as its own 50 minute piece.

In the second act, we meet a modern-day Persephone who falls in love with a biker named Hades. He takes her on a cross-country ride into an underworld of lost innocence. Through her dark journey of grief and hardship, Persephone finds her fuller self, and finds compassion for who she was and who she will become. Persephone learns how to turn the food of the dead, the pomegranate, into the seed of her own rebirth.

In framing one woman's life mythically as she moves beyond victimization into her own enlightenment, *THE POMEGRANATE SEED* is a story of finding meaning in life's experiences. This compelling, thought-provoking, yet lighthearted play, coupled with its beautifully written and diverse song score, takes the audience on a journey of transformation. Persephone embarks on a path which takes her from innocence down into her darkness, where she encounters her own wisdom and returns as an empowered and joyful woman.



THE POMEGRANATE SEED
Cosyng Music
2004



ANTHYMN
Wind River/Folk Era
2000



**QUIETLY LED/
LATE BLOOMER**
Wind River/Folk Era
2000



GRAND DESIGN
Wind River/Folk Era
1999



ONE SURE THING
Recorded Live
Waterbug Records
1996



SATURN RETURN
Waterbug Records
1994

To order CDs and for more info:
www.cosysheridan.com

Cosy Sheridan



"...a fabulously gifted female performer."
- JANIS IAN

Cosy Sheridan

BIOGRAPHY

Cosy Sheridan couldn't have known that dropping out of college at 19 would help her evolve into a modern renaissance woman, but that's exactly what happened.

A seasoned professional who logs over 200 days a year on the road, Cosy has amassed an impressive catalog of songs along with seven CDs. From her wryly insightful songs which have been featured on **Car Talk** and **Dr. Demento** to appearances on **The Jerry Lewis Muscular Dystrophy Telethon**, **The Putamayo Folk Festival At Carnegie Hall** and opening for **Joan Rivers**, Cosy seems to have done it all. And, in a way, it's true...

Her award-winning songwriting has earned her invitations to teach at songwriting camps such as **SummerSongs** in Ashokan, New York, the **Lamb's Songwriting Retreat** in Royal Oak, Michigan, and at **The Swannanoa Gathering** in Asheville, North Carolina, as well as frequent requests to present her own songwriting workshops while touring.

But the core of Cosy's success is her ability to look life squarely in the eye, deftly lacing her entertaining and sometimes acerbic yet accurate observations throughout her art, all the while inviting listeners to re-experience life with her first-hand. Her songs are elegant in their simplicity, with an honesty that gently taps into our own experience.

In testimony to Cosy's ever growing popularity, her sixth album, **Anthymn**, on *Wind River Records*, received top honors with the Folk-DJ reporting stations, placing the CD at No. 2 and Cosy among the top 15 artists of the year out of 200.

Her latest CD *The Pomegranate Seed*, her one-woman show and soundtrack, is a mythic tale of one woman's archetypal path to the underworld and her return in what becomes a journey of spiritual initiation. The first half of the play features music from Cosy's earlier albums while the second half showcases Cosy's continuing evolution as a writer of great depth and consequence.

Whether you hear Cosy at a club or coffeehouse, in a theatre or house concert, a workshop or music camp, you will leave with a smile on your face, renewed for having been a part of Cosy's world, if only for a while.

When she's accepting a Grammy, we can all say we knew her when.

FOLK MUSIC QUARTERLY

Cosy Sheridan

available for

CONCERTS, COFFEEHOUSES, & HOUSE CONCERTS

Once you've been to a Cosy Sheridan concert, you'll know why *The Boston Globe* called her "... one of the most respected and best-liked songwriters on the national folk circuit," and why *New Texas Magazine* has said "Cosy Sheridan can charm the socks off a crowd!" Her performances move seamlessly from satirical cultural observations to emotional explorations of family relationships, showcasing a mastery of pacing and sophisticated guitar work coupled with her rich, distinctive voice. She brings you full circle, often closing her performance with her signature re-working of the children's story *Harold and His Purple Crayon* — a whimsical reminder that we all create our own worlds. Her performances leave you refreshed, feeling as if you've taken a journey of discovery and renewal.

A wonderfully lively, very funny and enormously amiable entertainer, with a keen and wicked eye for the excesses of our fast-food, tv-happy and noisome culture.

BOSTON GLOBE

SONGWRITING WORKSHOPS

Cosy has taught songwriting and her distinctive partial capo technique at **The Swannanoa Gathering**, **Summersongs** and **Lamb's Retreat**, as well as for individual groups around the country. Her individualized songwriting workshops can be one long afternoon workshop, meeting for 4 hours; or a 2 day workshop, meeting about 2–3 hours for each day. (This can also be stretched over 3 days, if requested). Cosy's teaching style is very interactive, and her classes involve lots of in-class exercises, as well as over-night homework. Emphasis is placed on accessing each songwriter's individual creativity. Exercises include guided meditation, melody creation with a deck of cards, or lyric writing in Dr. Seuss style.

If I were going to throw an all-girl dinner party at which I wanted to laugh and cry from the hors d'oeuvres to the chocolate pudding, Cosy Sheridan is the first woman I'd invite. And if she were out of town, I'd make do by playing Anthymn really loud.

ACOUSTIC GUITAR MAGAZINE

Somewhere in the uncharted, overlapping territory of Mary Chapin Carpenter, Dr. Ruth and Deepak Chopra is you, at a Cosy Sheridan concert, laughing and crying, laughing and crying. Go there.

CATIE CURTIS

THE POMEGRANATE SEED: A ONE-WOMAN SHOW

Originally a play for her recent degree in transpersonal psychology, *The Pomegranate Seed* is Cosy's most impressive effort to date, showcasing some of her best writing and studio performances. *The Pomegranate Seed* CD offers listeners everything they've come to love about Cosy's music – accessible themes, clarity of vision that goes straight to the heart, and her trademark dry wit. The show's important themes of cultural survival are delivered with insight, humor and a candor that gives perspective, hope and encouragement to all who experience it. Cosy can address any subject – comedic angst or taboo matter – and bathe it in a warm and disarming light with her soothing voice, all while entertaining the audience.

Her sixth album, ANTHYMN, is more of the same songwriting we've come to adore about Cosy. Sheridan's funny songs rank up there with the best that Christine Lavin has written.... Demeter's Lost Daughter has one of the best guitar riffs of the year... Whether being humorous or very personal, Sheridan's songwriting is some of the best in contemporary folk.

DAVID SCHULTZ

FOLK AND ACOUSTIC MUSIC EXCHANGE

Cozoid Productions
PO Box 479, Moab, Utah 84532

BOOKING:
booking@cosysheridan.com
603-731-3240