

Writing ^{3.0} practice

MAY 2017

1st, 8th, 15th, 22nd

Mondays 6:30pm – 8:00pm



four drop in sessions

*Offered through the Adult Faith Formation
Committee of LCCC free of charge
Lumen Christi Conference Room*

Facilitator: Mary Jo Robinson-Jamison

*One way to glimpse
the spiritual.*

Reading can be a spiritual practice. So can writing. It can help us pay attention as we live in the backdrop of creation by honoring the precise details of ordinary moments in everyday living. Participants last September found it a safe place to reflect on our lives and share whatever part of the writing we wish to share that emerges in and out of the group.

Writing Practice

Begins May 1, 2017

If you're interested in writing, then come try a variety of prompts and exercises. We strive to arrive at the freshness of a beginner's mind on every page.

Four Mondays 6:30pm – 8:00pm
Lumen Christi conference room

“Let the tools of the monastery and its whole property be regarded as sacred vessels of the altar.” ----- Benedict's Rule 31:10

What to Expect

Examples of writing from mystics, poets, revered thinkers about ordinary life despite the fact that life is never ordinary. Timed exercises in each of the four sessions.

- Exercises will revolve around specific sensory details of ordinary experiences.
- After some of the exercises writers will be asked to (but not required to) read the results of an exercise aloud. The rest of us will listen silently, then respond a word they remember.
- In last session participants will be asked to tell us if more feedback, more time to read aloud, or discussion is desired.

➤ **Ground rules**

- a. A safe place & a time to reflect on our lives, and things important in our lives.
- b. When one of us reads something we've just written, the rest of us will just listen. Then recall a word that was vivid or striking or tell exactly when it catch your attention. No major critiques.
- c. Most of the hour and a half will be spent actually writing

