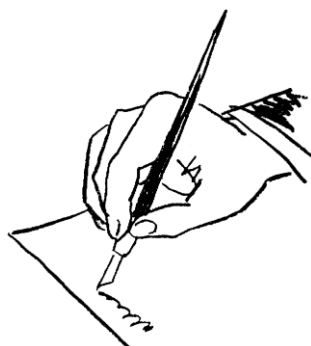


## Memoir Writing as Spiritual Practice



“The holy is nothing but the ordinary  
held up to the light and profoundly seen.”

(Rev. Dr. Kendyl Gibbons)

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We often marvel at the lives of others and fail to notice the magic in our own.

In six consecutive weekly gatherings, we will take the time to notice and to celebrate that magic. We will dare to reach deep within, to touch - gently, respectfully, thoughtfully - a lived experience - to travel deep into its emotional core, and, with whatever words arrive, to bring back to life that one magical moment in time. Some remembered moments will bring laughter, some, tears. Some will spring to back to life eagerly, some may need to be coaxed back into the light. You will marvel at your courage, and smile at your folly. And you will come to see more clearly how the warp and weft of your lived moments has woven and continues to weave together the colors and the textures of your one unique, unrepeatable, irreplaceable, precious life.

While our journey together will involve writing, it will NOT be about grammatical correctness or poetic flair. In keeping with our UU commitment to accept and encourage each other's free and responsible search for truth and meaning, it will be about things much more powerful ...

- the extraordinary sweetness of ordinary things
- the surprising miracles within every-day taken for granted realities
- the utter fragility and remarkable resilience that define who we are

Sharing your writing with the group will be welcomed, but not required. We will support one another in this tender task with:

- Deep listening,
- authentic sharing,
- unconditional positive regard for one another
- absolute confidentiality

Facilitator: Ann Carden Contact [soulmatters\\_th@uumarin.org](mailto:soulmatters_th@uumarin.org) for more information