

Life Reflections in Story & Art

Three different themes presented in 4-week segments of 2 hours each, and a one-day event. Programs are not cumulative, so they may be presented in any order. *Life Reflections* explore the diverse stories of our lives.

Life Writing 2 hours x 4 weeks

Applies the techniques of structured prompts and mind maps to explore sacred stories, frozen moments in time, personal and family stories, food memories, travel and adventures (real or imagined). Writing blends with art, sketching and photography to create memory books and different forms of journals.

Gifts from the Sea 1 day 9 am-5pm (In person)

Discussion is based on ideas expressed in the book of the same name written by Anne Morrow Lindbergh. We read selected passages from the book as the day progresses that describe different shells as we reflect on the rhythms of our lives and markers in each life stage. Participants write about each stage. What are the lessons? Challenges? Delights? Participants have the opportunity to bring in photos, mementos, artifacts, collections, and favorite quotes to share each week.

We ponder what does the shell have to tell us? Who were the important people in your life at that stage? We write and compile our narratives into a handmade journal as if they were letters to a friend who we have not talked to for a very long time. This workshop involves regular pair/sharing and group reflection.

Legacy Letters 2 hours x 4 weeks

Our session begins by reading letters from the book, "Letters from the Century," and reflects on meaning of individual letters. Participants are invited to bring meaningful letters they have saved or remembered content they can share. Our next sessions will focus on creating a *Legacy Letter* to a loved one or friend. The group will brainstorm and then reflect individually on life lessons, values, dreams and intentions. Participants will complete or continue work on their draft *Legacy Letters* during our last session. As time permits, participants may also or instead, write letters to a loved one (living or dead) expressing significant story they have not shared.