

# **Women Writing for Recovery**



Explore your inner landscape!  
Share with other recovering women!  
No criticism, just encouragement.

**Saturday, Dec. 20, 2014**

**Jan. 3 & 17, 2015**

**12 – 1:30pm**

**Trinity Lutheran Church**

**1400 Stadium Blvd**

Run by Julie M.

Cost: \$1.50 per session (donated to church)

This is an ongoing group - attendance at every session is not required. I appreciate knowing in advance if you will attend.

**If interested please email before you attend:  
[juliemariouw@comcast.net](mailto:juliemariouw@comcast.net)**

## **GUIDELINES - "WOMEN WRITING FOR RECOVERY"**

**Purpose of Group:** to facilitate personal growth through daily writing and the sharing of that writing. This group will focus on the content of the writing rather than the style or technique.

**What this group is NOT:** this is not a therapy group, and I am not a trained therapist. If you are running into painful personal issues, you might need to find additional support.

**Supplies you will need:** something to write in - notebook, journal, etc., and something to write with.

**What you will be expected to do:** write daily - you will get the best results if you do this. I will ask you to choose a passage from your daily writing to share with the group. Choose something that speaks to you: something that surprised or delighted you, something that you noticed in your writing. You are not required to share, but it is suggested.

**How the group will run:** at the beginning of each group we will read a handout I have prepared. I will then share a passage from my writing that I think illustrates some of the points made in the handout. We will discuss. Each person will then share the passage they have chosen

from their writing for that session, and others may comment or ask questions. If we have time at the end, we may do some in-class writing.

### **Why write?**

I believe writing can be spiritual, healing and joyous, and I have experienced all of these things in my own writing. I have found comfort in having a place to express myself, (it doesn't cost anything!, can't talk back!, has to listen to me!), and I have felt empowered in my personal emotional healing. One unexpected by-product of my writing has been a deeper connection to a Higher Power.

**Group Etiquette:** you are asked not to discuss what you have heard in this group with anyone. We must respect each other's right to privacy. Please do not interrupt when someone else is speaking. Our goal is to create a safe, nurturing environment. Please do your best to arrive on time.