

WRITE FROM THE HEART

A writing workshop on the theme of courage with Sue Moon



OUR WORKSHOP

How do we write about what we care about?

How do we express ourselves with courage during these challenging times?

We'll spend five full days together, in the beautiful surroundings of Sunset Lodge. We'll have a morning and afternoon writing session each day, along with free time to swim or canoe or stare at the sky.

In a supportive setting, we'll find and tell our stories. We'll use meditation and informal writing exercises to help get the creative juices flowing. Playing with words together, we'll turn stumbling blocks into stepping stones. We'll surprise ourselves and each other.

No experience necessary, in either writing or meditation. You can't do it wrong.

Bring pen, notebook, and an open mind.

OUR WRITING INSTRUCTOR

Sue Moon is a writer, editor and lay Zen teacher. Her books include *This Is Getting Old*; *The Hidden Lamp*, with Florence Caplow; and *What Is Zen? Plain Thoughts for a Beginner's Mind*, with Norman Fischer. She was the longtime editor of *Turning Wheel*, the Journal of Socially Engaged Buddhism. She has been teaching writing workshops and leading Zen retreats for many years. She lives in Berkeley, California.

"Sue is very inspiring and teaches writing in a gracious and generous style."

"Writing is a pain for me. I came because I wanted to tell my story. Sue eased the way with clear and simple instructions, and I found myself having fun."

OUR SETTING

Our workshop will take place at the historic Sunset Lodge on Lake Damariscotta, Maine, a rustic lodge with surrounding cabins. It was established as a fishing lodge in 1919. There are two docks for swimming and boating and lawn area for relaxing and games. For more about Sunset Lodge visit: www.sunsetlodge.org. There are many sites in the surrounding Maine coastal area to explore, such as lighthouses, rocky shores and small, picturesque coastal towns.

COST FOR 6 NIGHTS SEPTEMBER 9-15, 2019

\$1600. for each student. Includes private room, home-cooked meals, 5 days of writing instruction, and the use of canoes, kayaks, and sailboat.

Workshop space is limited to 10 students.

A list of what to bring will be sent upon registration.

\$1000. for each nonparticipating partner. Includes shared private room with writing partner, home-cooked meals, and the use of canoes, kayaks, and sailboat.

"Sunset Lodge is a perfect spot in so many ways. Location is everything here. It's amazing from sun-up to sun-down. Go here."



HOME COOKED MEALS

will be sourced from local farmers and fisherman. Bring your own alcoholic beverages.



ACCOMMODATIONS

are in the Lodge and 4 cabins, with shared bathrooms. Each person will have their own bedroom.



TRANSPORTATION

must be provided by participants to and from the airport and/or for excursions to the surrounding scenic areas.