

Since you are like no other being ever created since the beginning of time, you are incomparable.

-Brenda Ueland

WRITING THE STORY OF YOUR LIFE

Would you like to participate in a guided autobiography writing group?

Interested, but never thought of yourself as a writer?

Would like to give your loved ones a legacy of your life, but feel you haven't done anything that noteworthy?

Our lives may seem to be a random and monotonous series of incidents, but they are something more than that; each has a plot. You can learn from writing your own story and sharing it in confidence with others who are writing theirs. This is an opportunity to explore where you have been, where you are, and where are you going.

Who would benefit?

Men and women of all ages have benefited from the insight and personal discovery guided autobiography provides. The process is especially beneficial for people entering, or wanting to enter, a new phase of life or a new direction. Small sharing groups are especially rich when the participants come from varied backgrounds.

How is the workshop set up?

The workshop includes two-hour weekly sessions for 8 weeks. During the meetings, "writers" receive instruction on autobiography, some tools and perspectives to help inspire your stories, and time to share your writing with the group and receive positive feedback. Each week you will be asked to write and share two pages, that you select, on a significant theme of your life history. Priming questions will be provided to help you think about the theme you are exploring. Hearing each other's excerpts of writing is an engaging stimulus in remembering our own memories that we may have forgot. People who think they can't write are surprised at how well they do because they are writing about material that means so much to them.

When and where is the workshop?

- The guided autobiography workshop will be held at the Grand Reserve at Elkhorn, 3535 Piney Creek
- Beginning on Monday, June 5, 2017 and meeting each Monday from 6-8 p.m. through Monday, July 24th.
- If interested, please call Chris Stewart at 402-881-6140 or e-mail: Chris.BellStewart@yahoo.com with questions or to register for the 8 week workshop.
- Enrollment is limited. Deadline for registration is Thursday, June 1, 2017.
- The total, per person cost, for the 8 week workshop is \$20 for residents of the Grand Reserve, \$30 for non-residents. Payable at the June 5th initial session.



