

Writing Your Inner Self: A Marywood Writers' Retreat

Wednesday, January 24-Sunday, January 28, 2024

Registration fees: Resident \$700; Commuter \$480 SCHOLARSHIPS ARE AVAILABLE!

Join artist Tammy Barthels, writer Monica Lobenstein, award-winning author Greg Renz, and copywriter Amanda Cowart to explore novel strategies for deepening your writing. Plenty of writing time, networking with other writers, social and recreational activities, and the inspiration of Trout Lake and the frosted forest at Marywood will feed your writer's soul!

Presentations

Wednesday, January 24

Creative Journal-Making

A beautiful reflection deserves to be housed within equally beautiful covers. You'll fashion a writer's journal as a creative expression guaranteed to inspire your finest written work.

Presenter: Tammy Barthels

Thursday, January 25

Becoming the "Watcher": Journal Strategies for Writers

No matter what you write or for whom, an essential skill is to "become the 'watcher'." Learn about the 3 Ps of journal writing – persistence, patience, and presence – as you explore strategies to observe thoughts, emotions, and behaviors in yourself and others. Skills practiced in this session can help you deepen your understanding of human nature, create more complex characters, and tone your writing muscles.

Presenter: Monica Lobenstein

Friday, January 26

The Courageous Pen: Welcoming the Shadow

For many of us, internal filters, lifelong conditioning, or a vocal inner critic can stand in the way of our writing dreams. In this session, we'll explore how journaling can help turn the full light of our attention on these shadows and barriers. We'll practice with six journal writing strategies to find our own courageous pens and become the writers we are meant to be.

Presenter: Monica Lobenstein

The Art of Telling the Human Story

Greg Renz, author of *Beneath the Flames*, had powerful stories to tell of his experiences as a Milwaukee firefighter. What he didn't have was a clue as to where to begin. That didn't stop him, however, and he applied the same passion he held for serving his community to honing the skills necessary to tell a truly inspiring story that captures the full emotion of what it means to rush into the midst of catastrophe. Greg will share his insights into crafting just such a novel.

Presenter: Greg Renz

Saturday, January 27

The Write Balance

POV: Your dad ingrained in you since birth to "follow your passion, but also pay the bills" and your passion is writing. Learn how Amanda balances her (lowercase w) work as a direct response copywriter, with her (capital W) Work as a "real" (creative) writer. Then try one, two, or all three of the daily practices she swears by to get both her work and her Work done each week.

Presenter: Amanda Cowart

Writers' Wisdom Circle

Participants will "write" their own round table discussion with the presenters and one another. Bring your questions and share your experiences with writing and getting your words out to the world.

Presenters: Monica Lobenstein, Greg Renz, Amanda Cowart, Mary Anne Smrz, and retreatants