



May 12, 2018 · 9:30 am to 4:00 pm

Journal Harvesting

A one-day workshop with Jesse White

Are old journals collecting dust somewhere in your home? This workshop is for writers who have spent time journaling and aren't sure what to do with all that writing now. Our journals have been a place for seed-planting. By reading and working with content from our old journals, we invite self-discovery of a certain period of our lives. Noticing our patterns helps us to see which ideas have blossomed. We can see which struggles we have overcome and with which struggles we continue to wrestle. We will notice how Spirit moved in our lives then, and now. Some of our activities will include: creating a journey map of a journal, and using rediscovered content to write poems, stories, essays and/or make art.

Please bring the following to this workshop:

- ◆ a favorite pen;
- ◆ a former journal that you have re-read prior to the workshop;
- ◆ a fresh/current journal for new writing;
- ◆ curiosity; and
- ◆ a willingness to harvest those seeds you planted long ago.

Jesse White is the Arts and Spirituality Coordinator at Pendle Hill. She holds a B.A. in Integrative Studies: Creative and Spiritual Process joined with a B.A. in Psychology from Guilford College. Jesse works as an arts educator and art therapist and directs Pigeon Arts, a cathartic art-making organization in Philadelphia. She is clerk of Frankford Friends Meeting (PA).

Registration

Visit www.pendlehill.org,
or call Ext. 137 at 610-566 4507
or 800-742-3150 (toll-free in US)

Fee

\$ 115, includes lunch

NB: No overnight accommodations
with this workshop.

Travel

Pendle Hill is just fifteen minutes from
Philadelphia International Airport, and
thirty minutes outside the city.
The campus is near the Wallingford train
station. Take the SEPTA Media/Elwyn line
from Philadelphia and call for a pick-up.



338 Plush Mill Road
Wallingford, Pennsylvania
610-566-4507, ext. 137
www.pendlehill.org



PENDLE HILL

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