

Journal Harvesting

An Arts & Spirituality

workshop with Jesse White



OCTOBER 12, 2019 · 9:30 AM to 4:00 PM

Are old journals collecting dust somewhere? This workshop is for journal writers who want to embark on a journey of self-discovery. Our old journals can be sources of new understandings about our past and our present. They can remind us of seeds we have planted, those that have sprouted, flowered, and borne fruit and others that belong to the past. We can see which struggles we overcame, 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.

Along with curiosity and a willingness to harvest from seeds planted long ago, please bring the following to this workshop:

a favorite pen;

a former journal that you have re-read prior to the workshop; and

a fresh/current journal for new writing.

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 currently serves as clerk of Frankford Friends Meeting (PA). Learn more about Jesse by visiting www.pigeon-arts.com.

Registration

Visit www.pendlehill.org,
or call 610-566-4507, ext. 137

Fee

\$ 100 includes materials and lunch

Travel

Pendle Hill is just 15 minutes from
Philadelphia International Airport,
And 30 minutes outside the city.
The campus is near the Wallingford
Train station on SEPTA's
Media/Elwyn line.



338 Plush Mill Road
Wallingford, Pennsylvania
610-566-4507, ext 137
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