“What’s Your Story?” Writing Workshop on November 5, 2016
Presented by Kristine D. Adams, workshop facilitator

Everyone has a story, what’s yours? Take a moment. Ask yourself, “Has my work or travel brought unusual people and situations into my life? Do parts of my life read as ‘survivor’ journals? Will my challenges – obstacles – discoveries be lost, if I don’t record them?”

Join with others as you take the step, gathering often-tangled threads of experience.

One of the most empowering things a person can do is face their truth. Come away, for this sheltering and yet productive workshop, to jumpstart your personal life review. Every life tells a story. You’ll gain techniques to make sense of it all.

The two-hour workshop is offered in the pristine environment of Maple Mount, with all materials provided. The interactive, multi-media presentation explores various techniques to enable discovery. In addition, participants receive original, take home memory-prompting materials — timely for review with family members through Thanksgiving and Christmas.

Ready to begin or continue the process? Whether for yourself, to preserve family stories, or to share with others — you deserve to tell your truth! Everyone has a story — what’s yours?

Place: Mount Saint Joseph Conference and Retreat Center.
Date: November 5, 2016
Time: 9:30 a.m. ---11:30 a.m. followed by lunch. Cost: $30
For registration Contact: Kathy McCarty at kathy.mccarty@maplemount.org or 270-229-0206

Office of Spiritual Life for the Diocese of Owensboro