

**“Writing as a Spiritual Practice”**  
**With Rev. Barbara Child**  
**A Drop-in Group on Zoom**  
**Tuesdays 1:00-2:00, April 14 through May 26**

I invite you to join me on a journey of personal exploration through writing in community. Over the years I have led a variety of retreats and workshops that I have called “Writing as a Spiritual Practice.” I discovered early on that something both powerful and healing happened when people wrote in the company of others, all writing at once and then sharing what we had written. When we wrote in each other’s presence, there was a great release of energy in being able to look around and see others bent over their writing. The energy gave way to exhilaration at wanting to hear what the others had written and then rejoicing that they would share our revelations. We discovered that we could respond genuinely to what others had written without slipping into critique of either the writer’s experience or the writing itself.

Writing in community is a splendid spiritual practice, I believe. It differs from writing in a journal, which is private writing that we might hope nobody else will ever read. In the course of a lifetime, and sometimes even at the same time, we live more than one life. We discover we have many stories to tell rather than one chronological narrative. One story leads to another. One informs another. In a sense, writing as a spiritual practice is meditating on paper to become mindful of who we are. It is a process of paying attention to what matters.

When I first thought of offering “Writing as a Spiritual Practice” at UUCB and spoke about my plans at a Sunday service this past February, I envisioned about a dozen of us seated around a table and I was thinking about people signing up for a given number of sessions. Well, you know what happened to that plan.

But here we are, discovering unexpected delights in Sunday services on Facebook live, and reaping unimagined benefits from Chalice Circle sessions on Zoom. And so, guess what, “Writing as a Spiritual Practice” is about to become a drop-in group!

Here’s how this will work. To begin with, you will need to register by clicking on the following link: <https://zoom.us/meeting/register/tZMuc-uprzso6NdYo0gyYLU53wCz4y1r8A>

You only need to register once and can then join any session after that that you choose. You may register up to a few minutes before a given session. While it's completely fine for you to choose how many and which sessions to attend, you will need to arrive on time to take part in a session. After we take a moment to say hello and introduce ourselves, I will share a writing prompt and invite everyone to devote 15 minutes to writing in response to it. Do come with paper and pen. It's also fine if you prefer to write on your laptop – but please don't remove your face from our Zoom screen. Even though we won't be around a table, I truly do want us all to be able to look up from our writing and see one another.

After 15 minutes, I will sound a chime, inviting you to stop writing. And then those who wish will share what we have written. We won't comment after each reading, but when all have read who choose to, we will take the remaining time for whatever conversation emerges, possibly about how it felt to write what we wrote, possibly about what somebody else's writing brought to mind. We won't engage in critique at all. There may be another Zoom room somewhere for critique and "improving your writing." This is not it.

I hope you will join me on Tuesdays at 1:00 (beginning Tuesday April 14) as often as the spirit moves you, through May 26. If you have questions ahead of time, please don't hesitate to ask. You can reach me at [revbchild \(at\) aol.com](mailto:revbchild@aol.com).