

Writing Your Sacred Journey Retreat

Hidden within your life experiences is a wellspring of hope, wisdom, truth, and connection. When you write your memories, you draw from this life-giving source. The act of creating stories from your past helps you re-create the present and move into a more meaningful future.

Join Elizabeth Jarrett Andrew to explore memoir as a spiritual practice. Whether you write as a form of private prayer, as a gift for family and friends, or for publication, this week-long retreat welcomes you into the transformational possibilities of writing. We'll introduce spiritual memoir, reflect on memory as a sacred faculty, address the challenges and hazards of writing from memory, and learn how to sustain and deepen the practice.

Sunday, July 6 – Friday, July 11

Cost: \$850 Overnight | \$700 Commuter | \$600 Zoom

Overnight Stay: 5 Nights, 3 Meals/day

Commuter: Lunch, Snacks, Contemplative Space

Scholarships Available

Facilitated by Elizabeth Jarrett Andrew

1515 W. OGDEN AVE LAGRANGE PARK, IL 60526 | 708-482-5048



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website csjthewell.org