

# BASIC E-COURSE INFORMATION

## WH - ORDINARY WORDS, EXTRAORDINARY GRACE: *Writing from the Heart*



### COURSE DESCRIPTION:

Writing poetry is an intimate process that involves trust and honesty, listening to our souls and sharing from our hearts. Many of our deepest and truest thoughts remain tucked away in journals or diaries and are never shared.

In this studio, you will be part of a supportive, inviting community, where we will write, listen, present, reflect, and support each other as we share our poems in a respectful, faithful process that honors the spiritual wisdom that emerges in words and images. Together, we give our creativity space. We open ourselves to let the words come forth with "extraordinary grace."

We are calling this a studio, not a workshop, because we will be creating together, not as work, but as creative self-expression in-process.

### COURSE FOCUS:

This course will focus on: 1) Writing in response to the "prompts" of our soul, and its longing to be expressed in words and images, as poetry, 2) Noticing judgmental inner voices that block our freedom to write or share our work, and replacing them with affirmative, courageous confidence, 3) Inviting our own, authentic poetic voice to emerge and be shared, and 4) Participating in the creative work of the Spirit. We will bring many of the skills of spiritual direction to the process of listening, responding, reflecting and discerning as we attend to our own and each other's work. *Note: The emphasis is on "flow", not craft; expression not perfection. There will be opportunities to practice writing different kinds of poems. Technical aspects may include: breath lines, attribution, structure, editing.*

### COURSE FORMAT:

**WH** is a four-week facilitated online course that takes place in Moodle (our online learning platform). Each week includes one 2-hour plenary synchronous session on Zoom, which will include instruction, writing poetry, and small group time. The poems written during the Plenary time will be spontaneous and you are encouraged to "let them flow." We will share these in our small groups, as we build community and share in the grace that emerges when we give it space. In response to a daily online prompt, you will post at least one poem in the Weekly Forum, and participate in group interaction in the threaded (Forum) discussions. Once a week, you have the option of individual feedback from the facilitator on a poem you submit to her. Daily prompts will include pictures, other poems, podcasts, videos, psalms or dialogue with Bible stories.

### HIGHLY RECOMMENDED TEXTS:

Phyllis Cole-Dai and Ruby R. Wilson, editors. *Poetry of Presence, An Anthology of Mindfulness Poems*. Grayson Books. 2017.

Wendy Jean MacLean. *On Small Wings*. Wet Ink Books. 2022.