

## SATURDAY SCHEDULE

9:00-9:30 REGISTRATION

9:30-10:00 WELCOME AND  
SETTING SACRED SPACE

10:00-12:00 MORNING  
SESSION WITH JUDITH

12:00-1:00 LUNCH AND  
SHARING AROUND TABLES

1:00-2:30 AFTERNOON  
SESSION AND BOOK SIGNING

2:30-3:00 REFLECTIONS  
AND SENDING OUT

The Women's Spiritual  
Writing Retreat is  
sponsored by CCIW.  
Visit us on the web for  
more information and  
**REGISTER ONLINE:**

[www.cciwdisciples.org](http://www.cciwdisciples.org)

First Christian Church is  
located at  
401 W. Jefferson Street,  
Bloomington, Illinois

Thanks to the CCIW Writing  
retreat for underwriting significant  
costs for this program!

## *Women's Spiritual Writing Retreat* **THE ART OF PAUSING**



A presentation and  
writing workshop  
presented by author  
Judith Valente

SATURDAY,  
AUGUST 2, 2014

First Christian Church,  
Bloomington

9am-3pm

# Women's Spiritual Writing Retreat

---

Please join us for this one day Women's Spiritual Writing Retreat with author Judith Valente. Judith's presentation will center on her book The Art of Pausing, Meditations for the Overworked and Overwhelmed, co-authored by Brother Paul Quenon and Michael Bever. The book is a collection of moments from each author's life, captured in haiku, with an accompanying description to fill in the edges of the experience.

Retreat participants will spend time practicing the art of pausing, being still to experience what is before them, and respond in writing haiku and prose. Gather with other women as we spend time writing and sharing moments of our lives.

“Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart.”  
PROVERBS 3:3



## COST FOR THE RETREAT \$30

This includes lunch and a signed copy of *The Art of Pausing, Meditations for the Overworked and Overwhelmed* by Judith Valente, Brother Paul Quenon, and Michael Bever.

MEET OUR  
GUEST  
AUTHOR,  
**JUDITH  
VALENTE**



Judith Valente covers the religion beat for PBS-TV's national program *Religion & Ethics NewsWeekly*. She has won nine broadcast awards and was twice nominated for an Emmy. Valente is a speaker, retreat leader, and author of two collections of poetry. In 2004, she won the Aldrich Poetry Prize, which was judged by Pulitzer Prize-winning poet Mary Oliver. She is coeditor of the anthology *Twenty Poems to Nourish Your Soul*. She has been a frequent guest on WTTW's weekly program *30 Good Minutes* to talk about monastic wisdom for the modern world. She recently became a Benedictine Oblate. Valente and her husband Judge Charles Reynard live in Chicago and Normal, Illinois.