

GROUNDING VOICES

with Pat Middleton

Goal - To create an outline and poems for individual Poetic Memoirs
Tuesdays from 12:30 to 2:00 p.m. (April 28th-June 30th).

WEEK 5 Tuesday May 26th 12:30-2pm

60 second prayer and affirmation ("Our Words Matter")

ICEBREAKER "One Word, One Memory"

- *We went around the room and had each person say one word (e.g., "church," "summer," "train," "kitchen"). Then everyone shared a quick memory about the words that were brought up.*

Group Share

- Writing Challenges from last week (holiday or birthday traditions)

Writing Exercise & Group Share

- 15 minutes: Choose a memory and write a vivid scene using the 5 senses.

Group Discussion

- "The Moment My Life Changed"

Writing Challenge for June 2nd :

1. Finish the memory poem you began writing in session today using the five senses to "show don't tell"
2. Write a free verse or prose poem on the theme "The Moment My Life Changed"