



WRITING AS A SPIRITUAL PURSUIT

Spend an afternoon revisiting age-old practices to generate creativity.

Writers move their bodies when they write, they delve deeply into emotions, and they tap into their brainy intellects. But what about their spirits—the “something more”?

In this non-denominational workshop for experienced or emerging writers, Arlene Somerton Smith encourages participants to access that fourth dimension. Through meditation, journaling and other mindful practices, writers can polish a piece of writing, create surprising new stories, or simply learn something new about themselves.

Arlene Somerton Smith writes video scripts, speeches, web content and promotional material for corporations and government departments. Her creative writing has been published in DESCANT and a Writer's Digest compilation. She is president of the National Capital Region branch of the Canadian Authors Association.

**Workshop proceeds
are in support of the
Zambia Partnership
Visit**

**BCUC main hall
3955 Old Richmond Rd
April 8, 2018
12-4pm**

Light lunch included

Your investment \$70

**Space is limited,
please register with
the office**

**613-820-8103
office@bcuc.org**



Arlene Somerton Smith
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