

# Writing in Community as a Spiritual Practice

**Eight Tuesdays  
Feb. 11 - April 8**

(No meeting on March 25)

**1:30 - 3:00 pm**

## **Cost:**

Suggested donation:  
\$15 per meeting

*(No one will be turned away  
for lack of funds)*

## **Location:**

Suquamish UCC Church  
18732 Division Ave NE  
Suquamish, WA 98392

**[www.SoundSpirit.org](http://www.SoundSpirit.org)  
or call (360) 598-4434**

The mission of  
Sound Spirit is to  
awaken and nurture  
the deepest yearnings  
of the human spirit  
through events, classes,  
and conversations in a  
supportive community.

Writing in community gives us energy to honor and hear what wants to show up on the page for us as individuals. Writing as a spiritual practice is a tool for deep listening, and listening is at the heart of all great faith traditions interested in transformation.

Join Sue Sutherland-Hanson to explore the fruits of writing as a spiritual practice helping us listen to the divine within us, others, and life itself.

This is not a writing class. All levels of writers are welcome. Be confident that as naturally as you can tell a friend what happened today, so you can write. Seeing your life's events, thoughts, and creativity on the page provides profound space for reflection. Hearing others' words enables us to hold their joys and concerns with powerful intention. Telling our stories helps us see our own divine light, reminds us of our sacred connections, and expands our compassion for ourselves and others.

Inspirational readings on topics like writing and ... Healing, memory, gratitude, justice, play, ancient wisdom and authenticity will lead us into a weekly time of writing, sharing, and silence.

Sharing will be optional and confidential. Participants in Sue's classes often comment on how they feel safe and liberated through the guidelines she provides.

## **Sue Sutherland-Hanson, M.Div., MAT**

Sue's seminary studies focused on writing as ministry. Thirty years of teaching interactive language studies at the college level have honed her ability to effectively work with groups and celebrate diversity.



**SOUND SPIRIT INITIATIVE**