

# SPUR

## A WRITE IT OUT® NEWSLETTER

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Editor: Ronni Miller, Sarasota, FL

*WRITE IT OUT® (WIO) is a motivational and expressive writing program for individuals of all ages*

### EDITOR'S MESSAGE

We are poised to begin a new season and celebrate twenty years of Write It Out with an open heart and mind. The appetite for beginnings is ever present. As writers we live lives of yesterday and today all in the same moment as fingers fly across keyboards or grasp pen or pencil and sail across paper.

The emergence of the individual as a renewed and freed spirit has been imbedded in the WIO program from its inception in 1992. I've been rewarded many times over witnessing my clients and students evolve over the years from their interaction with this unique writing Program. Write It Out as many of you know, was born in my pine cabin in Woodstock, New York, a mountain village in the Catskills, where I had come in mid-life after raising a family, and working as a professional writer, editor and educator to decide on my future path. An epiphany changed my life and the process of developing what has now become a recognized Program of wellness and healing through expressive writing has been a creative and passionate adventure.

I was just gifted the title of **Book Midwife Consultant** by one of my clients since I've been helping her birth her book. Like her, many of my clients in these past twenty years have gone on to publish books of memoirs, poems and fiction after our work together. I can help you birth your book too. Editorial advice and help with organizing and arranging a manuscript is an important part of the service. The desire and vision to see one's written efforts sandwiched between two covers of a book is a powerful motivator.

Individual private one-to-one expressive writing work is still available to you as well whether in person or through e-mail. It has long been known in the medical and psychological communities that unburdening trauma through writing is a healthy process to inner happiness and wellness. Through my guidance as writing coach each writer becomes more insightful through the process of writing one's own story.

My Write It Out workshops provide a nurturing cocoon to enjoy, share, reveal, remember, and discover among other like-minded souls. You can choose many titles and locations that include creative, expressive writing and memoir workshops in a home atmosphere as well as college classrooms. (See our Workshop Schedule.) All workshops offer sensory, characterization, plot, and setting exercises in prose, poetry and theater pieces combined with writing assignments that provide entertainment and a sense of accomplishment. Write It Out workshops are perfect enrichment for the neophyte as well as the experienced writer who desires to develop and recharge creativity.

I've enjoyed interacting this summer with my students at workshops in Wellfleet, Massachusetts a fishing village on Cape Cod and in Greenville, New York, a rural farm community in the mountains. I spent the early fall "back home" in Woodstock, New York where I was able to finish my new book *Cocoon To Butterfly: A Metamorphosis—Personal Growth Through Expressive Writing*. It will be available for purchase in November 2011 through my website.

I'm renewed and charged with enthusiasm to connect with you and your writing both in private sessions and in workshops. It is you, my students and clients who have inspired me these twenty years since Write It Out started. We've grown and shared the stories of our lives in prose, poetry, and theater pieces. Some of you have gone on to publish and all of you have found writing to be a healing process in your lives.

Read more about our Write It Out plans for a bash to celebrate our Twentieth Year, vacation retreats and perks and discounts for private sessions and workshops, and of course our Schedule of Workshops.

Enjoy the adventure of writing.

## **THE STORY BEHIND THE BOOK MIDWIFE CONSULTANT**

“Ronni do you know who you are?” a client of ten years asked me one afternoon while we worked in my studio. I thought yes, I’m a writer who has struggled to emerge from a cocoon, an educator and an entrepreneur as well as a passionate believer in the curative means of expressive writing and its contribution to inner happiness. Before I could say anything, she said, “You’re a book midwife because you’ve been helping me birth my book!” We’ve worked together through three books and a current memoir and looked at each other in amazement while seconds ticked by in silence.

“You’re right,” I sputtered. Amazed that a few words spoken in a spontaneous moment explained work of twenty years with clients who I nurtured to publishing their fiction, nonfiction and poetry books!  
“May I use your words?” I asked.  
“Of course!” she answered.

So now I wear a new hat, one that replaces the older writing consultant/editor/helpmate with words that explain best who I am and what I do to help my clients birth their books from conception to delivery.

Contact Ronni 941-359-3824 or [RMillerWIO@aol.com](mailto:RMillerWIO@aol.com) for an appointment to birth your book.

## **HELP YOURSELF IN PRIVATE SESSIONS**

The process of writing in any genre can be a beneficial catharsis. Scientific research has documented links between expressive writing and improvement in physical and mental health, including reducing the effects of chronic illnesses and high blood pressure. Just like exercising with a physical personal trainer, one can benefit from one-to-one guidance with a professional writer and editor who is also an empathetic writing coach to address your particular writing needs. Write in private sessions in the studio, by e-mail or snail mail and benefit from the individual attention. We can work with you on many types of expressive writing such as journaling, memoirs, personal essays, fiction and non-fiction. Four one hour sessions are suggested. If you sign up for four sessions you are entitled to a free fifth session. Call or e-mail for an appointment at [RMillerWIO@aol.com](mailto:RMillerWIO@aol.com) or 941-359-3824.

## **IT’S A BOOK!**

I too have just given birth to my new book *Cocoon To Butterfly: A Metamorphosis-Personal Growth Through Expressive Writing*. Personal essays reveal my adventure from child to adult trapped in a cocoon and breakout to a fledgling and later mature butterfly to discover the joy of an entrepreneur I had never imagined. The exposed stories of others who have emerged from both traumatic and static cocoons to states of accomplished selves as the metaphoric butterfly enrich and inspire the reader. Expressive writing exercises from the Write It Out program guide individuals to write their own stories of a metamorphosis.

The writing of this book began with an epiphany, a realization that solved my life long quest to find a soul mate. I discovered this soul mate had been with me all my life and helped me understand myself while I wrote out my frustrations, disappointments, irritations, loss, fears, and joys in all genres of expressive writing that includes journaling, letter writing, prose, poetry, novels and plays.

*Cocoon To Butterfly* will be available in November 2011 through my website and in bookstores. It joins *Dance With The Elephants –Free Your Creativity And Write* and other books published by Robi Jode Press, my publishing company. It was started many years ago as a marketing company to publicize and sell *Where To Go With Your Lover*, ( published by Tribune Publishing Company) my first book of places to wine, dine

and stay in the metropolitan areas of New York, New Jersey, the Berkshires and Bermuda. Other titles published by Robi Jode Press are *Domestic Shorts* a collection of short stories, and three children's books: *Inside Outside Clyde*, *Pumpkin Soup*, and *The Bread Thief*.

#### **BIRTHDAY BASH AND WRITING RETREATS**

Plans are in progress for a special birthday bash in June to celebrate twenty years of Write It Out. Arrangements for our traditional writing retreat Cape Cod Workshop in August and rural Greenville, New York in September will be noted on our website [www.writeitout.com](http://www.writeitout.com) by late fall.

#### **PERKS TO CELEBRATE TWENTY YEARS**

To celebrate WIO's 20<sup>th</sup> birthday take a \$20.00 discount off the registration fee for *one* Creative Writing or Expressive Writing Workshop in Pinehurst Village, Sarasota, or one hour private session of \$70 in the 2011-2012 year. Tuition for either six-week Pinehurst Village workshop is \$270. Registration and payment must be received before the class or session begins. Make-up classes are available in the alternative workshop. See the Workshop Schedule for 2011-2012.

#### **FORMAT FOR ALL WRITE IT OUT WORKSHOPS**

Each class offers creative warm up oral, theater and art exercises that stimulate and motivate five-minute spontaneous writing activities. It also includes a syllabus and feedback for oral reading of assignments or other pieces students want to share in the workshop. Readings are assigned in various texts that include *Dance With The Elephants* and *Cocoon To Butterfly* by Ronni Miller, as well as *The Best American Short Stories 2011*. Discussions focus on the elements of fiction such as characterization, plot and setting as well as the process of writing to realize personal growth. Expressive Writing workshops also provide additional insightful exercises that help clarify the life journey.

**WRITE IT OUT®**

**JOIN THE FUN  
SHARE YOUR STORIES  
DEVELOP INSIGHT AND UNDERSTANDING  
THROUGH WRITING**

## **WORKSHOP SCHEDULE FOR 2011-2012**

(\* ongoing workshops through June of 2012)

### **CREATIVE WRITING \*:**

**A workshop to write fiction, creative non-fiction, poetry and theater pieces.**

Pinehurst Village, Sarasota, FL

1st term: Thurs. Nov. 3, 10, 17, Dec. 1, 8, 15, 2011- 1:30-3:30 PM

2nd term: Thurs. Jan. 12, 19, 26, Feb. 8, 16, 23, 2012- 1:30-3:30 PM

3rd term: Thurs. March 8, 15, 22, 29, April 5, 12, 2012- 1:30-3:30 PM

4th term: Thurs. April 26, May 3, 10, 17, 24, 31, 2012- 1:30-3:30 PM

Tuition: \$270.00 or individual classes @\$60.00. (Special perks and savings for early registration. See newsletter for details.)

Facilitator: Ronni Miller

Registration: RMillerWIO@aol.com or 941-359-3824.

### **EXPRESSIVE WRITING\*:**

**A workshop to write journals, poetry, & prose for the purposes of personal growth and wellness.**

Pinehurst Village, Sarasota, FL

1st term: Sat. Nov. 5, 12, 19, Dec. 3, 10, 17, 2011 -10:30 AM-12:30 PM

2<sup>nd</sup> term: Sat. Jan. 14, 21, 28, Feb. 11, 18, 25, 2012-10:30AM-12:30 PM

3<sup>rd</sup> term Sat. March 10, 17, 24, 31, April 7, 14, 2012- 10:30 AM-12:30 PM

4<sup>th</sup> term Sat. April 28, May 5, 12, 19, 26, June 2, 2012- 10:30 AM-12:30 PM

Tuition: \$270.00 or individual classes @ \$60.00. (Special perks and savings for early registration. See newsletter for details.)

Facilitator: Ronni Miller

Registration: RMillerWIO@aol.com or 941-359-3824.

### **WRITE YOUR STORY**

**A workshop to write your life story.**

State College of Florida, Lakewood Ranch Campus

Tues. Nov. 1, 8, 15, 22, 29, Dec. 6, 2011 6:00-8:00 PM

Wed. Jan. 11, 18, 25, Feb. 1, 8, 15, 2012 6:00-8:00 PM

Tuition: \$65

Facilitator: Ronni Miller

Registration: 941-752-5203

### **EXPRESS YOURSELF THROUGH WRITING**

**A workshop to express your story through journal writing, memoir, fiction or poetry.**

The Longboat Key Education Center, Longboat Key FL

Tues. Jan. 10, 17, 24, 31, Feb. 7, 14, 21, 28, 2012 1:00-3:00 PM

Tuition: \$140

Facilitator: Ronni Miller

Registration: 941-383-8811

### **YOUR STORY IN WORDS**

**A workshop to write your personal story incorporating writing, art and theater exercises.**

Ringling College of Art & Design, Sarasota, FL

Mon. Feb. 13, 20, 27, March 5, 12, 19, 2012 6:00-8:00 PM

Tuition: \$155 (\$10 savings if registration is before Jan. 10<sup>th</sup>)

Facilitator: Ronni Miller

Registration: 941-955-8866

### **CREATIVE WRITING IN THE MOUNTAINS**

**An intensive one-week workshop to write fiction, fact and poetry.**

Greenville Public Library, Greenville, NY

Mon.-Fri. Sept. 10-14, 2012 10:00 AM-12 noon.

Tuition: Free

Facilitator: Ronni Miller