

# Write It Out®

## **SPUR** NEWSLETTER

Write It Out: PO Box 704, Sarasota, FL 34230  
941-359-3824

[www.writeitout.com](http://www.writeitout.com)

[RMillerWIO@aol.com](mailto:RMillerWIO@aol.com)

Volume XVII, Issue 2 December, 2014  
Sarasota, FL

Editor: Ronni Miller

*WRITE IT OUT® (WIO) is a motivational and expressive writing program for individuals of all ages since 1992*

### **HAPPY HOLIDAYS Letter from the Editor:**

The glow of lights at this season warms the spirit and reminds us of family and friends to share the festivities. I wish you all healthy, and happy holidays. May the New Year bring you recharged energy and determination to create, write and publish you stories.

I look forward each year to dusting off my ancient menorah, a gift given me years ago by my parent's first visit to Israel. It is a simple flat metal 9"by 2" frame with eight tiny holders for the Hanukkah candles and one larger one the shamash or the attendant, ready to light the progression of candles each night to symbolize the eight nights of the holiday. We light the candles to remember the miracle of the cruse of

oil that burned for eight days in the Temple of Jerusalem in 162 BC. Judah the Maccabee had led a Jewish band of rebels who refused to bow down to graven images, against the Syrians soldiers who were ordered by King Epiphanes to desecrate the Temple and set up a pagan altar to Zeus. Everything had been destroyed and one small cruse of oil was found untouched. It's this oil that has been reported to have burned for eight days at the restored altar. The menorah has become the symbol of Hanukkah, known as the holiday of lights to honor freedom, and I prefer to keep a thin gloss of the residue of last year's candles on my menorah as a reminder of my connection to the past.

This connection to my past and present blooms over and over in the many stories, essays, books, plays and poems that spill from my fingers to the keys or pen to paper. This birthing process, also called creativity, has become a way of life for me. I'm also fortunate to have had an epiphany twenty-three years ago that birthed Write It Out in my eclectic pine cabin in Woodstock, NY and traveled in my mind to Sarasota where it dislodged and grew into a recognized Program known nationally and abroad. It was my own experiences of healing through writing that initiated this epiphany. What has made it into a viable asset in personal lives as well as in the healthcare field, is you, my students who saw the light and the power of the Program to nourish your own lives through writing.

As one year comes to a close and another begins, I want to thank the thousands of people who have experienced the Write It Out philosophy of positive reinforcement and approach to expressive writing for the purposes of personal growth and wellness. Many of you have graduated and have become professional writers yourself with books and published works to your credit. A few have gone on to teach and learn from your experiences as I have. Some continue to learn from our workshops and private sessions and share your stories with peers adding a unique voice to the collective. If you enjoyed your private sessions or workshop experiences tell others because this is the best way for Write It Out to continue to grow.

However you celebrate with tree, wreath, candles or latkes have yourselves a Merry Merry Time.



## **CREATIVE WRITING WORKSHOPS**

Our traditional Thursday afternoon Creative Writing Workshop to work on the craft of fiction, poetry, memoir, creative nonfiction or plays will meet around the dining room table at my home in Pinehurst Village, Sarasota from 1:30-3:30 PM.

You can sign up for all six with a discount or sign up for individual sessions.  
A syllabus will be distributed at the first session.

Texts:

*Dance With The Elephants: Free Your Creativity And Write* by Ronni Miller  
Robi Jode Press.

*The Best American Short Stories 2014* edited by Jennifer Egan Houghton  
Mifflin Harcourt.

There are two winter six week terms:

- 1) Jan. 8, 15, 22, Feb. 5, 12, 19, 2015
- 2) Feb. 26, March 5, 12, 19, 26, April 2, 2015

Creative Writing workshops are ongoing through June. Specific dates to be announced.

Tuition: \$280 for each term. If paid in advance for the full term there is a \$5.00 discount or \$275.

Individual sessions are \$50 each. Checks or cash accepted. Please make checks payable to Write It Out.

## **EXPRESSIVE WRITING WORKSHOPS**

Expressive writing encompasses all genres of writing including journal writing to express personal emotions, feelings and experiences for the purposes of personal growth and wellness. There are several locations in the Sarasota, FL area to experience a Write It Out expressive writing workshop.

**Center For Building Hope** in Lakewood Ranch ( 5481 Communications Parkway, Sarasota, FL ) on-going Wednesdays in 2015 2-3:30 PM . Free to anyone impacted with cancer: patient, family member or caregiver.  
Registration: 941-921-5539 or [www.centerforbuildinghope.org](http://www.centerforbuildinghope.org)

**The Longboat Key Education Center** (5370 Gulf of Mexico Drive, Longboat Key, FL) Tuesday, 1:00-3:00 PM  
1<sup>st</sup> session: January 6, 13, 20, 27, Feb. 10, 17, 24, March 3, 2015 Tuition: \$155  
2<sup>nd</sup> session: March 10, 17, 24, 31, 2015 Tuition \$85  
Registration: 941-383-8811 or [www.lbkeducationcenter.org](http://www.lbkeducationcenter.org)

**State College Of Florida** -Lakewood Ranch Campus (7131 Professional Parkway E. Sarasota, FL ) Monday 10:00 AM-12 noon & 6:00-8:00 PM.  
“Writing From The Inside Out” Learn how to use life-altering experiences as material for books, essays, poems and journal entries. Registration: 941-752-5669

## **PRIVATE SESSIONS:**

*Ronni Miller Book Midwife will help you birth your book from inception to delivery.*

FREE one hour consultation for new clients.

Reasonable rates.

Perks for sessions paid in advance.

Office hours: Monday, Friday & Saturday by appointment.

Skype and phone appointments available as well.

Contact Ronni 941-359-3824 or [RMillerWIO@aol.com](mailto:RMillerWIO@aol.com)

## **SEE WHAT'S NEW WITH WRITE IT OUT**

Visit [www.writeitout.com](http://www.writeitout.com) and click on News and Events.

## **VACATION RETREAT WORKSHOPS**

Join us for two vacation workshops in Cape Cod and Tuscany, Italy in 2015.

These writing workshops have become a tradition over the last twenty years to provide creative vacation time in relaxing and authentic settings that have been favorites of mine for decades. Those who have attended consider their immersion experiences a special lifetime event.

Dates for Cape Cod are: Thursday, August 20-Sunday, August 23<sup>rd</sup> 2015.

Dates for Tuscany are: Friday, October 23-Sunday, October 31<sup>st</sup> 2015.

Early registration is suggested since space is limited in both places.

Visit [www.writeitout.com](http://www.writeitout.com) for details on the location and workshop offerings.

Contact Ronni at [RMillerWIO@aol.com](mailto:RMillerWIO@aol.com) or 941-359-3824 for more information.

## **RONNI MILLER APPOINTED TO NATIONAL BOARD**

President Candace Long announced the appointment of Ronni Miller as National Outreach Chair to the board of The National League Of American Pen Women at their headquarters in Washington, D.C. on December 16, 2014. The NLAPW is an organization for professional women in letters, art and music founded in 1897 to serve communities throughout the United States in the arts. My passion to help and promote arts in communities has been a life long pursuit begun first as an educator in public and private schools and at the same time as a freelance writer, playwright and editor. This position will in no way interfere with our Write It Out work together as book midwife or facilitator of writing workshops, in many ways it will enhance it.

## **RONNI'S APPEARANCE ON THE HEALTH SUPPORT NETWORK**

Write It Out Expressive Writing exercises will appear on the internet's Health Support Network early in 2015. My presentation and exercises were filmed last summer through the Center For Building Hope and my talk about the value of expressive writing along with exercises that I facilitate from the Write It Out program will be available free to viewers. When it is "alive and running" I'll send out a bulletin. In the meantime you can view other important information and exercises in other fields, such as yoga that help to educate and strengthen those who are impacted by cancer.

## **SHOWCASE OF STUDENT'S WORK**



Participants back row from left to right Marisa Rodriquez, Anne Marie Vale, Ronni Miller, Irene Keebler. Bottom row from left to right Joni Duane, Lisa Edwing, Norma Kelly. Sandy Chase was not available for the picture. Picture credits Michael Vale.

The second annual *Showcase: Pictures At An Exhibition* was presented at the Center For Building Hope, Lakewood Ranch, FL on December 17, 2014. Seven students from Ronni Miller's Expressive Writing workshop at the Center read their original pieces that included original lyrics and music by Anne Marie Vale. The readers were surrounded by their paintings and photography. A collage of various pictures and photos motivated the students to write poems, memoir pieces, essays and fiction as a part of the term's projects. The audience of over thirty from the community enjoyed the program.

---

## **RESERVE YOUR SPACE AROUND THE TABLE AT A**

## **WRITE IT OUT WORKSHOP**

**REGISTER NOW:**

**[RMillerWIO@aol.com](mailto:RMillerWIO@aol.com)**

**941-359-3824**

**TELL A FRIEND**