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A WRITE IT OUT® NEWSLETTER

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Editor: Ronni Miller, Sarasota, FL

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

EDITOR'S MESSAGE

Writers write because we can't help ourselves. We're driven to express what we feel, see, hear, taste and touch. Without writing we'd be empty. We feel filled up when pouring out words from whatever source flows through our gut and blood and travels into our mind and through our fingers onto the screen or the paper or both and in the process become whole where just seconds before we were disjointed mind and heart. And without meaning to our words and voice become our signature, and lo we become immortal on the page for anyone to read and know we lived and existed, thought, loved, cried, feared and celebrated life. RM

HAPPY NEW YEAR!

It is my New Year's wish for you to focus your thoughts on your writing projects, finalize the story or book you've been writing or begin the book you want to write.

The New Year has always been a time for me to reflect on past year accomplishments of resolutions and write new ones for the coming year. Writing projects are always high on my resolution list. It pleases me to see more "done" notations than undone for 2011. Awards in fiction, one for my adult short story and the other for a children's book, certainly boosted the "done" side of the ledger.

Another accomplished resolution on my list is completing the new Write It Out textbook ***Cocoon To Butterfly: A Metamorphosis of Personal Growth Through Expressive Writing*** that is at the printers as I write this! The book took two years of writing, researching and interviewing, and the process of incubation before that took many years while writing and teaching. My journey of birthing it has resolved a number of issues in my life that emotionally imprisoned me in a cocoon far longer than necessary and released me to the state of actualization as the metaphoric butterfly described in the book. Others interviewed for *Cocoon* have also revealed their own epiphanies of insight and understanding about themselves and their lives. It was an honor as well to receive words of endorsement for the book from James W. Pennebaker Ph.D recognized researcher and author in the field of Expressive Writing who reviewed it. See more about *Cocoon* below.

I'm looking forward to 2012 when we can work together to express your feelings, memories and experiences through writing as Book Midwife Consultant and as facilitator of workshops to birth your material from conception to delivery. Thank you for giving me the opportunity to work with you over the last two decades and be an active part of your writing accomplishments and personal growth.

All of our Write It Out workshops are unique and provide incubation space and nurturing to develop your voice in words to express feelings, memories and experiences through writing in any genre. Creative warm-up activities stimulate memories through the use of theater and art exercises. Spontaneous writing exercises motivate creativity. There are a number of choices of workshops and locations from intimate at-home to education classroom settings of morning, afternoon and evening classes.

The **“at home” Creative Writing workshop** around the dining room table includes consideration of literary form for those interested in publishing short stories, personal essays and articles. **The next “at-home” Creative Writing workshop for the new term begins on Thursday, January 12th from 1:30-3:30 PM for six sessions until Feb. 23rd.**

The **“at home” Expressive Writing workshop** is an opportunity to write poetry, fiction, nonfiction and journal material focused on expressing personal life-altering experiences. **The new term begins Saturday, January 14 from 10:30AM-12:30 PM for six sessions until February 25th.**

See the **Schedule of Classes** below and on the www.writeitout.com website for all other listings.

Leave room in your Resolution List to indulge yourself this summer and join me at a **Write It Out Writing Retreat** in Tuscany or Cape Cod. These are the same locations that have spawned a number of my short stories, theater pieces and a novel. Immerse yourself in a four star villa built in the Renaissance or an historic New England inn. Restore. Relax. Create. Enjoy the adventure of writing. See details that follow and pictures and details on www.writeitout.com website.

Make 2012 YOUR year of accomplishments!

- Ronni

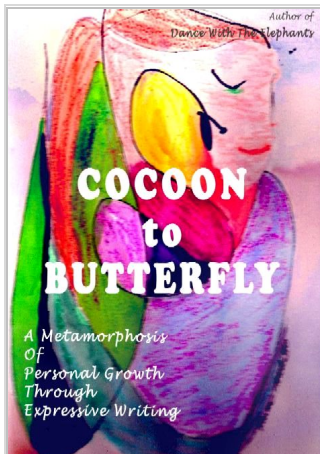
PRIVATE SESSIONS

Private sessions afford you the opportunity to reduce anxiety and imbedded anger through guided creative and expressive writing exercises from the Write It Out program. Unburdening issues results in insight, self-esteem and self-actualization. The American Medical Association supports expressive writing as a means to reduce the effects of chronic and life threatening illnesses by releasing traumatic life issues through writing.

Private sessions also provide professional editorial consultation for manuscripts of any length or genre. If you pay for four sessions you are entitled to a fifth session free. Call 941-359-3824 or e-mail RMillerWIO@aol.com for an appointment.

COCOON TO BUTTERFLY HAS ARRIVED!

Robi Jode Press is proud to announce its newest book and textbook for the Write It Out program, entitled ***Cocoon To Butterfly: A Metamorphosis of Personal Growth Through Expressive Writing!!***



The new book has been endorsed by the leading authority on expressive writing in the psychology research community:

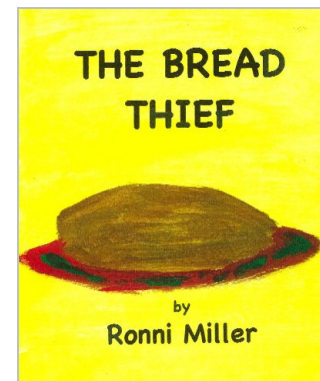
“There is now compelling evidence that writing about thoughts and feelings on important events can have beneficial effects for your physical and mental health. In Ronni Miller’s new book *Cocoon To Butterfly* she demonstrates its power. In addition to telling her own story, Ronni offers several exercises that can be helpful for everyone. Particularly compelling are a series of stories from people who have benefited from her method. This is the kind of book that can provide personal insight to the value of writing.”

- James W. Pennebaker, Ph.D., author of many books including *Opening Up* and *The Secret Life Of Pronouns: What Our Words Say About Us*.

Cocoon To Butterfly is available for \$18.95. Add \$3.50 for shipping costs. Please send checks payable to “Write It Out” to: Write It Out, P.O. Box 704 Sarasota, FL 34230. See the Write It Out [website](#) for further details.

HONORS FOR THE BREAD THIEF

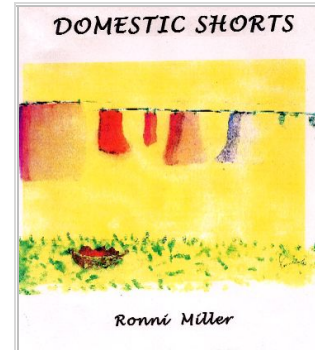
My children’s book *The Bread Thief* won a first place award in October, 2011 from the National League of American Pen Women. The book was originally written for my grandson Eric, who was born in Italy and grew up there until the age of six when he and his parents moved to the U.S. Italy is embedded in his genes as is the love of bread. One day when I was visiting I heard him dub himself the bread thief. So, of course I had to write the book and sent it to him as a gift. “You’re right,” he said “that’s me! You have to let other people read it too.” And so I have.



This special soft cover edition of the award winning book with hand painted artwork is for sale at \$12 a copy plus \$2.00 for postage. Make checks payable to Write It Out and mail to Write It Out P.O. Box 704, Sarasota, FL 34230.

DOMESTIC SHORTS – A Collection Of Short Stories

Eighteen of my most popular stories performed at Readings are now bound together in an 8 1/2 x 11 collection with cover illustration of one of my paintings. The stories speak of connections with lovers and places. Female characters struggle with loss, and longing and the ironies of life. Pathos, humor and romance swirl through the stories that provide a window of insight into the human experience. Some of the stories have been published in literary journals and newspapers.



“She had returned, or was it run off to Italy, the place of her first love, at least with a country that had remained available to her, and provided her with dreams and material to write.”

-- From “Memoir Of A Displaced Person” in *Domestic Shorts*

Domestic Shorts, Robi Jode Press (2011) is available for \$18.00. Add \$3.50 postage. Please send checks payable to “Write It Out” to Write It Out, P.O. Box 704 Sarasota, FL 34230.

WRITING RETREATS: TUSCANY, ITALY & WELLFLEET, (CAPE COD) MASSACHUSETTS

This year our Tuscany writing retreat is Saturday, June 30-Saturday July, 7, 2012 at Villa Le Barone, four star hotel in the Chianti classico hills of Italy. Senses are stimulated for writing by immersion into the region close to Florence and Siena while being graciously pampered by gourmet dining and old-world service. Imagine yourself in this villa that dates back to the Renaissance and you are there. This is an experience of a lifetime. \$1450. See details on www.writeitout.com for more information, pictures and perks.

Our Cape Cod writing retreat will be held Tuesday, August 28– Friday, August 31, 2012 at the Historic Holden Inn in Wellfleet, MA a fishing village on Cape Cod. It’s nestled between the Atlantic Ocean and Cape Cod Bay within walking distance to the village of art galleries, boutiques and restaurants. Relax and renew in crisp, salty air and taste succulent oysters farmed in the Bay. Your senses are heightened, and imagination is stimulated for your pen to flow free to document feelings, thoughts and experiences. Cost \$675. See details on www.writeitout.com for more information, pictures and perks.

A SPECIAL PERK TO CELEBRATE TWENTY YEARS

To celebrate WIO’s 20th birthday, take a \$20.00 discount off the registration fee for *one* Creative Writing or Expressive Writing Workshop at home in Pinehurst Village, Sarasota in 2012. 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 2012 Workshop Schedule.

WORKSHOP SCHEDULE FOR 2012
(* ongoing workshops through June of 2012)
www.writeitout.com

Join The Fun!
Share Your Stories!
Develop Insight and Understanding Through Writing

CREATIVE WRITING *:

A workshop to write fiction, creative non-fiction, poetry and theater pieces.
Pinehurst Village, Sarasota, FL

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 @\$45.00. (Save \$5.00 by registering in advance of the first session. Also see information in the newsletter about Write It Out's 20th Anniversary perk for the at-home workshops.)

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

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

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

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

Tuition: \$270.00 or individual classes @ \$45.00. (Save \$5.00 by registering in advance of the first session. Also see information in the newsletter about Write It Out's 20th Anniversary perk for the at-home workshops.)

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

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

EXPRESSIVE JOURNAL WRITING AND MORE

A workshop in journal and expressive writing to express feelings, memories and experiences.

Cancer Support Community Suncoast, Lakewood Ranch, FL

Wed.-Feb. 1, 8, 15, 22, 29, March 7, 14, & 28, 2012 1-2:30 PM

Tuition: Free

Registration: 941 921-5539

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. 10th)

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

PRIVATE SESSIONS

Contact Ronni at RMillerWIO@aol.com or 941-259-3824.

\$70 per hour. Pay for four sessions in advance receive the 5th session free.

Restore. Relax. Create. Enjoy the adventure of writing.