

MARIST COLLEGE
Center for Lifetime Study (CLS) - SPRING 2021



INSTRUCTOR:
Barbara Mindel



CLASS MGR:
Mike Cowan

PRODDING YOUR MUSE*

8 Weeks, Wednesdays, Starting Apr. 7th, 2021 @ 1:15 P.M. to 2:30 P.M. (75 mins.)

***Presenter:* BARBARA MINDEL [CLS Member]**

*** => thinking deeply, ponder. If you muse about something, you're giving it serious thought.**

MARIST CLS (ZOOM) CLASS – PRODDING YOUR MUSE

(8 Weeks, Starting WED, APR 7th, 2021 @ 1:15pm)

INSTRUCTOR BIO... Barbara Mindel

- # Parent of three, grandmother of 4,
- # A published devotee of preserving memories.
- # For over 40 years has been published in small press magazines and newspapers, plus in a *Chicken Soup for the Soul* series.
- # Because she so believes in the importance of memories, has volunteered in many organizations to interview its members for their newsletter.
- # Teaching as well as writing has been lifeblood since college:
 - Fulltime for nursery school;
 - Kindergarten and primary grades;
 - Substituting in grades 3-6;
 - Conducting part-time evening writing classes at DCC and for Maplebrook School students;
 - As well as private writing sessions around her dining room table.
- # **For 12 years she has been conducting Prodding YOUR Muse every fall and spring .**
- # These days busy writing more memory pieces for portfolios she is making for each of her family members.

W E L C O M E

AL-3: Prodding Your Muse

Wednesdays 1:15 P.M. – 8 weeks (starting April 7th, 2021)

Description:

Let's capture memories of 2020 plus poignant, forgotten ones waiting to be rediscovered.

Ordinary ones might now seem special.

To rummage in the attic of memory and capture some in print is acknowledgement of the richness of our years, our uniqueness, a universality of experience and via Zoom we'll share aloud.

It's fun and fascinating!

Presenter, Affiliation: BARBARA MINDEL, CLS Member

WHAT WILL WE BE DOING DURING OUR CLASS TODAY :

- #1 Let's talk for a few minutes about Barbara's class handout –
Thoughts on Writing.**

Thoughts on Writing (CLASS HANDOUT, *Prodding Your Muse*)

(About memories of people, places, experiences, things, the world) – **Lets read out loud**

Believe that your memories are worth validating, especially the little things you might tend to dismiss as trivial. It is often the “dew of little things” that refresh the soul and spark more memories.

Own your memories. Don't be dissuaded by how others remember the same thing. Yours may have been subject to filtering from the passage of time but they ARE yours as you recall them. If emotions surface about them, how can you not claim them?!

Memory pieces are a legacy connecting you with those who no longer are in your life and with places, times, experiences or things long forgotten or still recalled.

Writing memory pieces constitutes a relationship, a connection between you and your past. After all, in many instances we are now because of who we were back then.

I urge you to enjoy the freedom of expressing yourself honestly (unless you don't mind seeing a lie!). It's just you and the paper or screen in front of you. Privacy, no interruptions and not having to deal with one-on-one reactions to what you want to communicate can thwart inhibitions you may have about stating a truth.

You will discover that the process of writing will uncover what you have to say about something which you hadn't realized you wanted to say something about!

You might discover that writing will make you aware of things you didn't know you know!

Thoughts on Writing (CLASS HANDOUT, *Prodding Your Muse*) - Cont'd

(About memories of people, places, experiences, things, the world)

If you are willing to persevere to capture a memory that you find difficult to put into words, keep believing that your perseverance will not fail you.

Keep writing - quickly, anything, even if you discard it later - to overcome feeling blocked / discouraged/ critical.

Push against those brick walls and stay the course.

Your mental strength will create an opening that will allow your subconscious to surface.

Often the richness of what we write comes from having plumbed our depths.

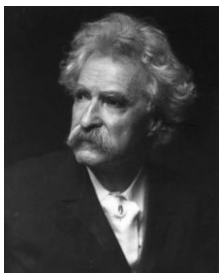
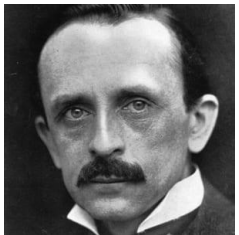
Well Known WRITER's QUOTES (Another frame of reference)

"I write to find out what I think." (Stephen King)

"God gave us memories so we might have roses in December." (James Barrie*)

"The older I get, the keener I remember things that never happened." (Mark Twain)

* => Sir James Matthew Barrie, (9 May 1860 – 19 June 1937) was a **Scottish novelist and playwright**, best remembered as the **creator of Peter Pan**. He was born and educated in Scotland and then moved to London, where he wrote a number of successful novels and plays.



WHAT WILL WE BE DOING DURING OUR CLASS TODAY :

#1 We talked about the class handout - Thoughts on Writing

Does it make you look forward to being “prodded” to write?

What resonates with you mostly?

#2 Today’s prod is one word: “resilience.”

**Given that we’ve all experienced the historic year of 2020,
how we coped is a memorable part of our own history.**

**Think of something specific that changed about yourself...
maybe a new activity or a new pattern of behavior
or a new habit, or a new appetite, a new perspective.**

**Whatever you decide to write about that helped you get through days of 2020,
use specific descriptions such as the time or location, perhaps the feel or the
sight or the touch, in recalling it.**

After all, it’s your history so give it its due!

TIME TO WRITE (12 Minutes) – QUIET BACKGROUND MUSIC (VIDEO)

FINALLY – LETS TAKE TURNS SHARING WHAT YOU HAVE MUSED ABOUT

BACKGROUND MUSIC TO MEDITATE AND WRITE TO

Beautiful Relaxing Music - Calming Piano & Guitar Music by *Soothing Relaxation*

https://www.youtube.com/watch?v=kY1F_Y0GniQ