



The Avocado Sisterhood 1st Annual Coloradocado Retreat 2014

Wednesday 10/22: Welcome

2:00–6:00 PM: Check-in / Orientation

6:00–6:45 PM: Dinner ‡

7:15–9:00 PM: Opening Celebration †

Thursday 10/23: Writing the Selves

7:30–8:00 AM: Breakfast ‡

8:30–10:30 AM: **“Meet the Selves Running Your Writer” with J. Tamar Stone †**

Which of your Selves wants to be a writer? Which one doesn't? Which Self motivates your writing practice? Which one sabotages it? Which Self expands your range of expression? Which one controls it? We'll explore these and other questions about the Selves, or sub-personalities, that compose the You—and the writer—you think you are. When undiscerned and out of balance, our Selves mask our authentic nature. When acknowledged and in balance, they animate and empower our life—and our writing life—in their wonderfully distinctive ways.

Meet Tamar: www.selvesinabox.com | www.voicedialogueconnection.com

10:30–10:45 AM: Snack ‡

10:45 AM–12:00 PM: **“Writing from the Selves” with J. Tamar Stone †**

Multiple exercises writing as and for your Selves: a creative multiple-personality ordering!

12:00–12:45 PM: Lunch ‡

1:30–3:30 PM: **“ReVision YourSelf” with Marj Hahne †**

Whose narrative are you living? Your mother's? Your father's? Your culture's? One stuck in a status quo of your own design? If language constructs the self, then language can deconstruct, and reconstruct, the self. Just as our body's cells constantly regenerate, we can ongoingly conceive ourselves anew. Through prose and verse, we will reimagine and liberate our past, present, and future selves.

Meet Marj: www.marjahhne.com

3:30–3:45 PM: Snack ‡

3:45–5:45 PM: **“ReVision YourSelf” with Marj Hahne (cont'd) †**

6:00–6:45 PM: Dinner ‡

7:15–9:00 PM: Open Share †

Friday 10/24: Writing the Wild

7:30–8:00 AM: Breakfast ‡ (please eat early enough to board the van by 8:15 AM)

8:15 AM–12:00 PM: **Rocky Mountain National Park field trip**

We'll be driven through the park, with stops at lakes and meadows with short, flat trails and sitting areas. No extra cost. Our morning snack will be packed.

12:00–12:45 PM: Lunch ‡

1:30–3:30 PM: **“Writing Au Naturel” with Marj Hahne** †

Susan Griffin, in *Woman and Nature: The Roaring Inside Her*, says, “We know ourselves to be made from this earth. We know this earth is made from our bodies. For we see ourselves. And we are nature. We are nature seeing nature. We are nature with a concept of nature. Nature weeping. Nature speaking of nature to nature.” Modern culture—industry, technology, urbanization, prosperity—has disconnected us from the natural world. How do we reconnect with and bare our own wildness so that our nature writing transcends mere description of nature-nature and transforms our subject-object relationship with it? How do we become “nature speaking of nature”?

Meet Marj: www.marjahhne.com

3:30–3:45 PM: Snack ‡

3:45–5:45 PM: **“Writing Au Naturel” with Marj Hahne** (cont’d) †

6:00–6:45 PM: Dinner ‡

7:15–9:00 PM: Open Share †

Saturday 10/25: Writing the Form

7:30–8:00 AM: Breakfast ‡

8:30–10:30 AM: **“The Writer’s X Factor: Go from Good to Extraordinary” with Jerrie Hurd** †

In photography, having everything right—a great camera, a good exposure, a beautiful model—does not guarantee a gallery-quality picture. For that, you also need an “eye”—the ability to see the split-second when everything comes together and transforms: becomes ART. Likewise, a great idea and good expression doesn’t necessarily create a compelling piece of writing. For that, your words must enact insight. Too much contemporary writing instruction operates at the level of camera f-stops and exposure meters—necessary information but not breakthrough knowledge. In this workshop, we will investigate, via the visual and the literary, what is required—beyond content, form, and function—to take writing to the level of art.

Meet Jerrie: www.jerriehurd.com | www.homosapiensunadorned.com

10:30–10:45 AM: Snack ‡

10:45 AM–12:00 PM: **“The Writer’s X Factor” with Jerrie Hurd** (cont’d?) †

12:00–12:45 PM: Lunch ‡

1:30–3:30 PM: **“Form First” with Marj Hahne** †

Writers, visual artists, architects, designers, even fitness instructors—all have something to say about form versus content or function. While Öyvind Fahlström is pragmatically reasonable when, in his “Manifesto for Concrete Poetry,” he asserts, “Nowadays there is a tendency for the unifying element to be the *content*, both in terms of the subject described and the ideas it represents. But it is best if form and content function as one,” what if we explore the structural possibilities of all the literary genres and let form determine content? What if we, should content arise first, consider which genre, and which form inside that genre, best serves that content?

Meet Marj: www.marjahhne.com

3:30–3:45 PM: Snack ‡

3:45–5:45 PM: **“Form First” with Marj Hahne** (cont’d) †

6:00–6:45 PM: Dinner ‡

7:15–9:00 PM: Open Share †

Sunday 10/26: Writing the Spirit

7:30–8:00 AM: Breakfast ‡

8:30–10:30 AM: **“Writing Your Spiritual Mosaic” with Marj Hahne** †

“Any moment, if you pay enough attention to it, will act as a hologram for meaning and truth,” said poet Christopher Merrill (at the Associated Writing Programs’ 2012 conference). What moments, grand and mundane, religious and secular, stand out as signposts and milestones along your human-spirit journey? We will explore those moments, in prose and verse, and assemble our writings into our own mosaic-like spiritual memoir that can ongoingly be expanded.

Meet Marj: www.marjhahne.com

10:30–10:45 AM: Snack ‡

11:00 AM–12:00 PM: optional nondenominational Spiritual Service (Dome Chapel)

12:00–1:00 PM: Lunch ‡

1:30–3:30 PM: **“Writing Your Spiritual Mosaic” with Marj Hahne** (cont’d) †

3:30–3:45 PM: Snack ‡

3:45–5:45 PM: **“Writing Your Spiritual Mosaic” with Marj Hahne** (cont’d) †

6:00–6:45 PM: Dinner ‡

7:15–9:00 PM: Closing Celebration †

Monday 10/27: Farewell

7:30–8:00 AM: Breakfast ‡

10:30–10:45 AM: Snack ‡

12:00–12:45 PM: Lunch ‡

† All program sessions held in Rim Rock Room, in lower level of main building.

‡ All meals & snacks held in Dining Room, just upstairs from our meeting room.

Although the buffet is open only for 45 minutes, you’re welcome to stay in the dining room longer.