

HEARTSPACE WRITING SCHOOL



Joanne Klassen, founder of Heartspace, home of Transformative Life Writing, is the author of *Tools of Transformation* and many other books. Heartspace classes are popular in Canada and Europe. For information on Transformative Life Writing classes, please visit the Heartspace website: www.write-away.net or contact Joanne Klassen at: jklassen@write-away.net

CREATIVE JOURNEY

- Compiled by Brian Hay and Joanne Klassen

A collection of personal meditations from thirty-one **CREATIVE JOURNEY** writers from seven countries that will help you see everyday moments from fresh vantage points.



Five Minute Meditations for Transformation

CREATIVE JOURNEY is available as an e-book for \$ 4.99 at Amazon: <https://www.amazon.ca/dp/B011Q0N9AS> and in print for \$ 18.95 at McNally Robinson Booksellers, Winnipeg, MB www.mcnallyrobinson.com Tel. 204-475-0483 or 1-800-561-1833

Excerpts from CREATIVE JOURNEY:

RISK

By Pat Cloutier (PC)

You must do the thing you think you cannot do.
(Eleanor Roosevelt)

Fear holds my hand and will not let it go. It controls, stifling the tiniest germ of an idea that makes me come alive with joy and pride.

How will "they" react to what I have expressed? Should I have taken a different path? What would the outcome be if I had?

Have my own insecurities, the dream squelchers, stymied my confidence forever? Or will a simple comment boldly penned by my teacher on a story I wrote years ago in Grade 5 prevail?

Two words: "Very creative!" These words which have often inspired me to believe that a different approach is the seed of new ideas, bringing joy to others, simply because it is welcome change, fresh and invigorating. (PC)

I risk sharing my unusual viewpoints and creativity with the world, bringing joy to others and to myself.

BIO: Pat Cloutier (PC)

Pat is a retired teacher who loves to explore her creativity through a variety of artistic mediums, including writing. She delights in extracting an unusual viewpoint from any ordinary object or situation and fashioning it into an exciting and meaningful interpretation. Her passion is whittling the peel of a plump orange into a variety of intricate designs after savouring its delicious fruit. So far, she has met only one person who shares her fancy. ■



CONFIDE

By Wilma Walker (WW)

Oh the comfort, the inexpressible comfort of feeling safe with a person; having neither to weigh thoughts nor measure words but pour them all out, chaff and grain together knowing that a faithful hand will take and sift them, keep what is worth keeping and with the breath of kindness, blow the rest away.
(George Eliot)

I recall a work colleague with whom I shared leisure interests and time as well as work space, asking why I seemed so sad. Since I had been unable to reach an old friend and confidant by phone, (she lived a great distance away), in a spell of weakness I shared my intimate troubles with my colleague.

Within a couple of days my quandary was detailed around the staffroom, causing speculation to abound. I became the butt of oblique asides and gossip.

It took me many years to again feel comfortable in sharing confi-

dences, even with my old and trusted friends. Whilst visiting one of these friends she made a point of saying she still trusted me, could I still trust her? I was indignant, of course I could! My sense of trust was finally renewed but I learned to be patient. (WW)

I follow my inner instincts and wait for the right person to confide in.

Wilma Walker (WW)

Following retirement from the Careers Service Wilma completed a "Mencap" challenge to Peru, establishing a school for disabled children, then walked the Inca trail to Machu Picchu. In 2005 she was part of a Quaker study tour to Cuba. Joys, woes, and decisions are worked out through writing. Her sons, their families, Life Writing for Transformation™ workshops, reading group, yoga, walking her dogs and caring for her disabled husband fully occupy her. ■

NOTE: If you'd like to participate in the **Dragon Boat Festival** but don't have a team, submit your name, email and phone number to **Senior Scope** by email to kelly_goodman@shaw.ca and we will try to match you up with a team that may need members. If you have a team that needs more members, check with us by email. We may be able to help you out.

MANITOBA DRAGON BOAT FESTIVAL

event operated by **FMG**

55 Plus Category Added!

SEPT 8-10, 2017

AT THE FORKS

The perfect 55 Plus adventure has arrived in Winnipeg. Have a blast, challenge yourself, make new friends and compete with people your own age and ability in a brand new 55 Plus category being introduced at the annual **FMG Manitoba Dragon Boat Festival**. No experience – no problem; it's easy, safe and loads of fun! Participate in this age-friendly competition and help raise much needed funds for cancer research in Manitoba.

Senior Scope and **FMG Manitoba Dragon Boat Festival** are introducing a 55 Plus category for Manitobans who are 55 years of age or older. **FMG Manitoba Dragon Boat Festival** has been operating for over 25 years, generating over 5.5 million to local charities specifically CancerCare Manitoba Foundation and the Children's Hospital Foundation of Manitoba.

What is dragon boating? It's the world's fastest growing water sport for all ages, a team of 20 paddlers, a steersperson and drummer move a 44' Chinese dragon boat down a 500m Red River course at The Forks.

How do we register a team? – FMG makes it easy to get your dragon boat team underway. Select a competent, well organized, communicative Team Manager and sign up to join the team. FMG will guide your Team Manager all the way, including your three one-hour practices before the event and on Festival Weekend.

Check out the FMG Dragon Boat website at www.facilitymarketing.com or email us fmg@fmgdragonboat.com and be part of the 'first wave' of 55 Plus participants in the **FMG Manitoba Dragon Boat Festival**.

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