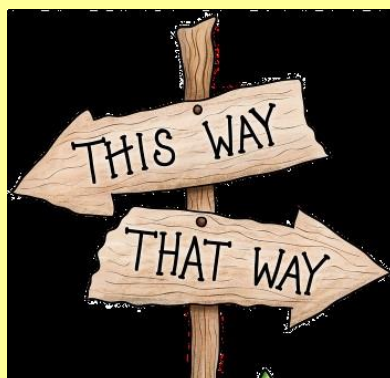


# Writing for Wellbeing in Westcott (and beyond)

## Summer 2024



This summer, our writing workshops will focus on a challenge we all face every day: how to react to life's problems, irritations and perceived imperfections. We'll take the opening lines of Reinhold Niebuhr's famous Serenity Prayer as our starting point and, as always, there'll be plenty of space and time to write, and to share your words if you wish to. No writing talent or experience is needed and you can be sure of a warm welcome in this relaxed and supportive group.

### Summer theme: The Serenity Prayer

**MAY** *Serenity to Accept* Wed 15 (St John's) & Sat 25 (Zoom)

**JUN** *Courage to Change* Wed 19 (St John's) & Sat 29 (Zoom)

**JUL** *Wisdom to Know* Wed 17 (St John's) & Sat 27 (Zoom)

Wednesdays at St John's 11.15 – 1.15 £13 (£35 for all 3)\*

Saturdays on Zoom 11.00 – 12.45 £8

\* *St John's bookings are non-refundable.*

**Booking:** To book, just email me at: [heathershakes60@gmail.com](mailto:heathershakes60@gmail.com).  
Payment in advance secures your place.