

# SPUR

A WRITE IT OUT® NEWSLETTER

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Editor: Ronni Miller

*WRITE IT OUT® (WIO) is a motivational and expressive  
writing program  
for individuals of all ages since 1992*

## EDITORS'S MESSAGE

October, 2014

Sarasota, FL



Ronni, lobsta and a birthday celebration!

This Leo loves the taste of boiled lobsta whether plucked directly out of the cold waters of the Atlantic and delivered to table or flown by air to land beside the Gulf of Mexico. Both north and south locations were part of my expansive travels driving over 3000 miles in these last two months that gave me the chance to re-experience the smell of seawater in Massachusetts, view the Catskills lush with fall colors, rock on an 1889's porch transformed into a bed and breakfast, welcome the Jewish New Year with song and dance under a tent sheltering a thousand people, observe cows dotting pastures or marshaled beside the barn door in rural New York, ride a pedicab through traffic in New York City above ground and experience the crush of bodies on a subway at rush hour below ground. Books on CD kept me company as I drove north and south through the hills of Virginia and North Carolina past fields of cotton and tobacco, ate grits with breakfast, absorbed the lowlands of South Carolina on through the piney woods of Georgia and finally to the aquamarine colors of the Gulf of Mexico beside the shores of Sarasota. All did and will become material for stories and essays transformed from my journals.

All of us need a time away from the have-to's of daily patterns and yet it's in these same patterns that we find comfort and anchorage for our daily lives. As writers we are fortunate to live and relive our experiences that help us understand connections and better understand others and especially ourselves. The healing benefits of expressive writing continue to be at the core of the Write It Out program. My work with expressive writing has expanded through the country in person and soon will be available through the Health Support Network on the internet. You are just a phone call or tap of a finger away from seeking my help and guidance as both coach and editor.

As Book Midwife, I'm ready to help you begin, organize and bring your story out of the mulch of your imagination and into print. Appointments for private sessions can be arranged in person or by phone or Skype. If you prefer to study with me in the company of others to share your writing please see the Write It Out schedule below for dates and times for workshops.

Our Tuscany and Cape Cod workshops are in the planning stages as to dates for the 2015 season and will appear on the website before the end of this year. If there is interest we will also offer a writing workshop at the Elizabeth Pointe Lodge on Amelia Island Florida and at Rosedon Hotel in Bermuda. So please let us know if you are interested in any of the above writing retreat locations.



Marc, owner, chef and chocolatier

The taste of dark chocolate, as bittersweet dessert is as important to me as the texture of the lobster. Marc LaPolla, wowed me with his organic, dark chocolate candy he produces on location. Marc, a man of many hats including chef and writer and his wife Kim, an award winning quilter own Greenville Arms 1889 Inn I had the good fortune to stay at while I taught my one - week intensive writing workshop at the Library in Greenville New York to an eclectic mix of wonderful writers NYC transplants as well as native farmers. It was here that I was able to work in the afternoons on my play *Exposed* and the novel *Roads To Run*, the later now being considered by a publisher.

I trust you are as ready as I am to work together to bring your feelings, memories and experiences to life through the written word. Call and make an appointment today so we can accomplish your project.

**“TENT CONNECTION” PUBLISHED**

“Tent Connection” by Ronni Miller was published on the internet site *The Jewish Writing Project* (<http://jewishwritingproject.wordpress.com/2014/09/22/the-tent-connection/>). The essay describes the annual pilgrimage Ronni continues to make to Woodstock, NY where she lived and attended the Jewish New Year holiday services in the fall.

## **APPEARANCE ON THE HEALTH SUPPORT NETWORK**

Ronni Miller will soon appear on the Health Support Network internet site facilitating her Expressive Writing exercises from the Write It Out® program. Ronni’s more than two decades of work and expertise in the field of expressive writing will illustrate simple ways individuals can access their feelings, memories and experiences and write them out for the purposes of wellness and personal growth. The Health Support Network affiliated with the Center For Building Hope provides free programs and services to adults and children, families and caregivers impacted by cancer. Ronni also offers expressive writing workshops at The Center For Building Hope campus in Lakewood Ranch on Tuesdays from 2:00-3:30 PM throughout most of the year. See below for information.

## **DISTINGUISHED SPEAKER APPEARANCE**



Ronni Miller and Dr. Stephen Permison, President of Hevrat Shalom Congregation

Ronni Miller was the Distinguished Speaker at Hevrat Shalom Congregation on September 19, 2014 at Ingleside King Farm, Rockville, MD. She spoke on the value of expressive writing and shared her insights revealed in her latest book *Cocoon To Butterfly* on how a professional life filled with doubt, rejection and acceptances aided in her personal growth.

## **BOOK SIGNING AND LECTURE**

Braden River Library, a branch of the Manatee County Library System will host Ronni Miller on Saturday, March 7, 2015 9:00 AM-3:00 PM. She will sign her books including *Dance With The Elephants-Free Your Creativity And Write*, the bible for the Write It Out program. Wearing another hat as a fiction writer and novelist, she'll speak about her experiences and process birthing a novel from a germ of an idea through its development and final birth. Put the date on your calendar and c'mon on out and visit.

## **RONNI'S SUNDAY SALONS**

Watch for postings at "News and Events" on the [www.writeitout.com](http://www.writeitout.com) website for Ronni's Sunday Salons at home that will begin in January, 2015. These are relaxing afternoons as the light fades over the pond for us to share our writing, painting, music and dance. Light refreshments are served.

## **SMALL BUSINESS APPEAL**

All of you have made Write It Out a successful and viable Program since its inception in 1992. As a sole operator of a small business I'm appealing to you for help to continue to spread the word and let others know of this Program, both of personal Midwifery services that help birth books as well as writing workshops.

Write It Out (WIO) was born as you know from a seed of an idea, in retrospect an epiphany, while I sat at my desk in Woodstock, NY one winter day overlooking fields of undulating hay ringed by mountains and wondered how and what I would do with my years of writing, editing and teaching to help others find their centers and evolve as an individual as writing had done for me. Many of you have heard me tell this story and how its name came about. My eclectic cabin I had built of pine and glass, was situated in a remote area up a mountain and as a result there was no television reception. In the mornings I exercised to Jane Fonda's *Work It Out* exercise DVD on my television screen. The same people were in my class for years. Afterwards I climbed the stairs to my studio to begin the day's work of writing. On this day, I spoke of earlier the idea for the Program came to me, but what would I call it? Why not Write It Out I said to myself and that's how and where the program was born. Several months later I moved south to Sarasota for what I thought would be a temporary winter retreat from the cold. Now we are entering our 23<sup>rd</sup> year, Sarasota is my home base and Woodstock my temporary home away from home.

I need your help to continue offering this viable Program in both private sessions and workshops. You who have graduated or are still enjoying the benefits of creativity and developing skills as writers are the perfect advocates to tell others how the Write It Out guidance and process has helped you evolve, become self-confident and grow your self-esteem by expressing your feelings, memoirs and experiences through writing. Please send this newsletter out to those you know. I also do motivational speaking, so if you belong to an organization or group that needs to know about the importance of Expressive Writing for

wellness and personal growth, please let them know about me and the Write It Out program. Call or e-mail 941-359-3824, or [RMillerWIO@aol.com](mailto:RMillerWIO@aol.com) for more information.

## WRITE IT OUT PRIVATE SESSIONS & WORKSHOP SCHEDULE 2014-2015

### **PRIVATE SESSIONS:**

*Ronni Miller Book Midwife will help you birth your book from inception to delivery.*

Private sessions are valuable when:

- You have an idea for a memoir, fiction or nonfiction book you'd like to write and don't know how to get started.
- You have several written pieces and don't know how to organize them into a book.
- You need guidance from a professional writer and editor to read and help you shape your manuscript into a completion.
- You need help with editing your book.
- You need guidance with the maze of publishing possibilities.
- You have experienced a loss, illness and change in life and need guidance to write out your feelings and memories to release pain and suffering.

Reasonable rates for services.

Office hours: Monday, Friday & Saturday by appointment.

Skype and phone appointments available as well.

Contact Ronni 941-359-3824 or [RMillerWIO@aol.com](mailto:RMillerWIO@aol.com)

### **CREATIVE WRITING:**

*A workshop to write fiction, creative non-fiction, poetry and theater pieces. Sessions can be attended in person, via Skype or telephone.*

**PINEHURST VILLAGE, SARASOTA, FL** Thursdays 1:30-3:30 PM

Term I: October 30, Nov. 6, 13, December 4, 11, 18, 2014

Term II: January 8, 15, 22, 29, February 5, 12, 2015

Term III: February 19, 26, March 5, 12, 19, 26, 2015

Term IV: April 2, 9, 16, 23, 30, May 7, 2015  
Term V: May 14, 21, 28, June 4, 11, 18, 2015

Facilitator: Ronni Miller. or 941-359-3824.

Tuition: \$300 for 6 sessions. \$50 individual sessions, perk of \$25.00 off if full term is paid in advance of first class.

Registration: [RMillerWIO@aol.com](mailto:RMillerWIO@aol.com) or 941 359-3824.

### **EXPRESSIVE WRITING:**

*A writing workshop to use expressive writing techniques for personal growth and wellness.*

**CENTER FOR BUILDING HOPE, LAKEWOOD RANCH, SARASOTA, FL** Wednesdays 2:00-3:30 PM October 15, 2014 through July, 2015.

Facilitator: Ronni Miller.

Tuition: Free to cancer survivors and their caregivers.

Registration: 941-921-5539

### **THE LONGBOAT KEY EDUCATION CENTER, LBK, FL**

*"Express Yourself Through Writing"*

Tuesdays 1:00-3:00 PM

January 6, 13, 20, 27, February 10, 17, 24, March 3, 2015.

Tuition: members of LBK ED Center- \$145, non-members \$155.

March 10, 17, 24, 31, 2015.

Tuition: members of LBK Ed Center: \$85, non-members \$85

Facilitator: Ronni Miller, Registration: 941-383-8811

### **CREATIVE WRITING IN THE MOUNTAINS:**

*An intensive one-week workshop to write fiction, nonfiction and poetry.*

### **GREENVILLE PUBLIC LIBRARY, GREENVILLE, NY**

Monday-Friday 10:00-12 noon

Tues. September 15-Saturday, September 19, 2015

Facilitator: Ronni Miller, Registration: 518-966-8205

Tuition: free

### **VACATION RETREAT WORKSHOPS**

TUSCANY, ITALY- to be announced

CAPE COD, MA - to be announced

See [www.writeitout.com](http://www.writeitout.com) for details.