

## SEEING TAKES TIME

A Writing Retreat with John Fox, CPT  
The Atlanta Wellness/Cancer Care Community at Northside Hospital  
5775 Peachtree Dunwoody Road Northeast  
Atlanta, GA 30342-1556

Wednesday and Thursday, 12:15 - 3:30  
September 22 & 23, 2010  
To Register Please Call: (404) 843-1880  
Lunch will be served – you are welcome  
to arrive before 12:15!

Nobody sees a flower—really—it is so small—we haven't time—  
and to see takes time like to have a friend takes time.

*Georgia O'Keefe*

A gift of poetry is that it encourages us to take our time. We can take our time to not only see a small flower, but see and feel the richness of the world and of the person whose shoulder is next to yours.

Illnesses such as cancer can also challenge us to stop to reflect upon our lives. We may be motivated to take our time because suddenly we realize that we miss so much. Everyone, not only the person with cancer, but their family and friends may discover this.

Writing poetry helps us to reflect upon our lives and *all* of our varied life experiences. Sharing our poems with one another, we take time to listen to a friend. This kind of listening is a great gift. People who have touched the edges of mortality know this.

This retreat offers a safe, supportive environment to experiment with the healing power of writing. We will look at how a nonjudgmental, deep sensing and curious approach to writing helps to: salve wounds, strengthen health, enjoy each moment, build community and tune to your spirit.

Appropriate for beginning and experienced writers!