

**If you prefer to register and pay digitally, email [miriam.sauls@gmail.com](mailto:miriam.sauls@gmail.com) for instructions for using venmo, zelle, or paypal.**

### **FEAST OF YOUR LIFE: MEMOIR WRITING AND ART MAKING - SEPT. 17-20**

For inspiration for our workshop, we'll look at food and the role it has played in both our lives and in our culture. We will spend some time "sifting the ingredients" of our lives to access our own food memories using writing exercises, examining both the "sweet and savory" ways food has been a part of our lives. As early food memoirist M.F.K. Fisher once noted, when she was writing about food, what she was really writing about were larger things - "about love and our need for it."

We will talk about vivid writing and form and color and we will use words and drawing and painting and collage to respond to the memories and sensations of our experiences.

### **Registration for Feast of Your Life**

We'll be together at Wildacres from Thursday dinner (9/17) through Sunday breakfast (9/20), with meeting times and spaces announced when we are together. You will leave satiated with fine food, with new writing and art skills, with a book of your own showing your work from the workshop, with an extensive bibliography of resources about food, and with new friends - because there is no better way to make friends than creating and feasting together around the table.

*Sign up with a friend! Rooms are double occupancy.*

*Register as soon as possible as space is limited to 12, with a minimum of 6.*

Register early to reserve your place in the program.

A \$50 deposit (nonrefundable) secures your registration (unless class is under-enrolled)

Full payment is due August 27, 2020.

\$425 registration fee includes double occupancy lodging for 3 nights, 8 great meals and instruction and materials.

(Roommate assigned if no preference given)

Send this information and check **by** August 27, 2020 to: Miriam Sauls, 7824 Harbor Drive, Raleigh, NC 27615

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone and email \_\_\_\_\_

Special dietary needs? \_\_\_\_\_

Amount enclosed \_\_\_\_\_

Roommate request? \_\_\_\_\_