

BRITTA STROMEYER

DREAM... DRAFT... DISCOVER!



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Dear Writers and Friends,

This past month reminded me again how important it is to be in community with one another. The joy of community lives in the warmth and strength of shared moments. There is comfort in knowing you're not alone. It cultivates a sense of connection that enriches the human experience.

I just finished [Salman Rushdie's memoir KNIFE](#) and listened to his interview on the [NPR Podcast "Fresh Air."](#) In his memoir the importance of family and community of loved ones who helped him through the recovery is prevalent. There were many quote-worthy moments in his interview (as there always are when listening to him) but the following stood out to me: Rushdie said that ever since his attack he has a new, stronger, relationship with his body because, as he phrased it, "we went through this together." He added that before he felt more like "a mind in a body."

Rushdie also said that while he initially had no intention to write this book, when he sat down to write again, he realized he couldn't write anything else until he got this out of the way.

There is a profound connection between body and writing. A treasure trove of creative riches opens up when we allow ourselves the time and space to tap into it.

In our upcoming writing retreat, [The Body and The Pen - June 15, 2024](#) in beautiful Sonoma, CA [Matthew Félix](#) and I would love to guide you through this body connection. You may [register now](#) at the early bird special rate (Promo Code: EarlyBird). [This time you have the opportunity to extend your retreat with an overnight stay.](#) For more information, contact me.

Until then, here are some ways to join your local literary community.

Upcoming Writing Classes:

- [Time to Write! A Prompt Writing Workshop, May 4 \(in person or online\)](#)
- [Time to Write! Monthly \(NEW!!!\)](#)

The hardest part of writing is finding time to do it! "Time to Write" is a weekly ongoing group meeting online once a week starting in May! Contact me for more info.

Readings & Events:

- [May 2, 6:30 p.m. Mill Valley Library - Author Talk: Sasha Vasilyuk in Conversation with Michael David Lukas for her debut novel YOUR PRESENCE IS MANDATORY](#)
- May 4, 5:00 p.m. Reading with Nina Schuyler, The Writing Salon
- [May 5, 2:00 p.m. Meet Colm Toibin in Conversation with Ethel Rohan \(author of Sing, I\)](#)
- May 10, 6:30 p.m. LitNights Reading in Berkeley (2508 San Pablo Ave)

"You know, if the time left is shortening, then use it the best way you can.

That's the only way to live"

Salman Rushdie, NPR Podcast Fresh Air

Write on,
Britta 

 [LOOK AT ME. WHO DO YOU SEE?](#) 

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