

## About Daily Bread Press

Daily Bread Press allows Lea Mathieu to integrate her passions for literacy and spiritual development through writing, preaching, and workshops.

Lea has taught in Oregon, Mexico, and Cameroon, and has ministered to United Church of Christ and Lutheran congregations. She is ordained in the UCC and nationally certified in language arts; she holds master's degrees in both theology (Union Theological Seminary, New York) and education (Eastern Oregon University).

She is the author of *The Literate Spirit: Suggested Reading for Believers and Seekers* (Daily Bread Press, 2008).

Lea lives with her family on their wheat farm in Oregon.



Comments by past participants:

-- *This opened a new door for me. Now I can look back on things and see how my spirit is talking to me. The answers are there – just listen!*

-- *Very inspirational at a time in my life when I'm really needing it!*

-- *A lovely day – thank you! So nice to share and gain new insights.*

Cost: \$25 per participant is requested for workshops, with lunch provided by the sponsoring organization. The tuition fee is waived for individuals for whom it is a burden.

Travel expenses from lone, Oregon, are also appreciated.

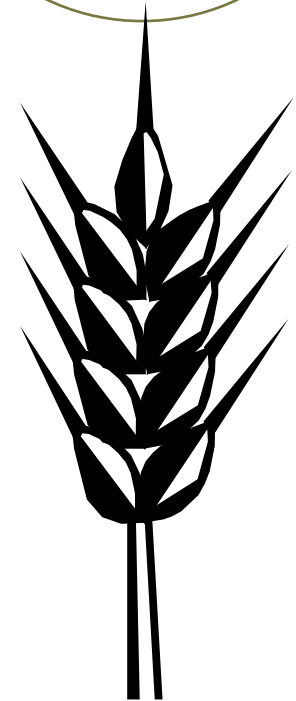
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## The Literate Spirit: Journaling For Your Soul

A Writing Workshop  
for Believers  
and Seekers



Daily Bread Press  
lone, Oregon

# THE LITERATE SPIRIT: JOURNALING FOR YOUR SOUL

This six-hour workshop invites participants to nourish their spirits through disciplined, articulate introspection in private journals.

Ten writing ideas are explained and practiced that quietly lead participants to discern God's will for their everyday lives.

While sharing insights is welcome, the privacy of participants is greatly respected, and no one is ever required to share their writing.

Churches may consider a Saturday workshop combined with Sunday morning preaching by Rev. Mathieu.

## Workshop Schedule

We begin at 10:00

*Centering exercise:* Non-words  
*Introduction* of participants and our process

*Awareness:* How are you?

*Description:* What's this?

*Response:* What do you think?

*Projection:* Who will you be?

Lunch together

*Textual meditation (guided and open):*

What does this mean?

*Prayer:* Dear God...

Thanksgiving

Intercession

Petition

*Free-writing:* Stop thinking

*Workshop evaluation*

We end between 3:30-4:00

*Each participant is asked to bring a notebook and pen or pencil.*

