



Pyramid Women's Writing Retreat

Sun. July 13 — Fri. July 18, 2025

Single price for classes, room and meals

(PLEASE SEE MORE ON PRICING P.4.)

This schedule is subject to change if the need arises.

(CLASS SIGN-UP will be Sunday Evening)

Daily 9:15 - 10:30 Choose one!	POETRY: <i>Walking in the Land of Dreams and Memories</i> Sue Oringel	TRANSFORMATIONAL WRITING: <i>When Women Were Birds and Other Mystical Transformations</i> Ellen Secci	JOURNALING: <i>Nature Connections — Integrating Ancient and Inner Wisdom</i> Anne Samson and Nan Payne
Daily 10:45 - Noon Choose one!	MEMOIR: <i>Oh, the Places We've Been</i> Ellie O'Leary	POETRY: <i>Exploring Musicality, Poetic Tradition, and Ourselves via the Duplex</i> Sarah Sullivan	FICTION: <i>Writing Lies and Lives</i> Áine Greaney

NEW THIS YEAR!

AFTERNOON DELIGHTS:

One session only 1-2 p.m.

Mon. - *Reading Aloud - Coaching*
with Pat O'Reilly

Tue. - *Writing Dialog*
with Kendralyn Shider

Wed. - *Songwriting*
with Chantel Rivard

Thu. - *Writing The Positive*
with Jane Eagles

No Registration Required



9:15 a.m. POETRY: *Walking in the Land of Dreams and Memories*

Instructor: Sue Oringel

For those of us who have been writing a long time—or even a not-so-long time—dreams and memories are a rich source of material for us to play with. We can mine images and situations that are dramatic visual and emotional fodder for the *cris de coeur*—cries of the heart—that make our material rich and sustaining. We can learn more about ourselves and our patterns and write poems that are interesting and maybe even personally informative. As always, we support each other in our experiments and come away knowing more about writing and about ourselves.

Susan Oringel is a poet, writer, and psychologist in Upstate New York. Publications include *Carnevale* (David Robert Books, 2023), *My Coney Island* (Finishing Line Press, 2019), and poem translations in *Messengers of Rain* (Groundwoods Press, 2011, 2002). She taught creative writing at Hudson Valley Community College from 2004-2017 and currently teaches at the Pyramid Life Center's Women's Writing Retreat in Paradox, NY.



9:15 a.m. TRANSFORMATIONAL WRITING: *When Women Were Birds And Other Mystical Transformations*

Instructor: Ellen Secci

This workshop will focus on how we are one with the natural world and how those unions expand our writing voices.

We will primarily look at birds as symbols for our way of approaching our writing and our world. Terry Tempest Williams wrote: "Once upon a time, when women were birds, there was a simple understanding that to sing at dawn and to sing at dusk was to heal the world through joy."

Using images that birds offer us we will also find images from other creatures in the natural world.

Prompts from writers like Mary Oliver, Terry Tempest Williams and others will be used to transform our birdsong on the written page.

Participants will continue to recognize their connections: that they are women with wings and women with words.

Ellen Secci - writer, storyteller, spiritual counselor and co-foundress of this retreat.

9:15 a.m. JOURNALING: *Nature Connections—Integrating Ancient and Inner Wisdom*

Instructors: Anne Samson and Nan Payne

Using physical connections to nature at specific Pyramid locations, Nan will lead participants in reflections and activities that simulate concepts in the natural world. These concepts are rooted in Native American wisdom. Following each activity, Anne will provide journaling prompts to help writers explore how the natural connections relate to their individual lives.

Nan Payne has worked as an Environmental Educator for 45 years and honed her storytelling for 35. Combining these two skills, and collaborating with Anne, feels both natural and fulfilling. After living in the Helderberg Mountains, she now finds her inspirations from the Hudson River. She resides in Selkirk, NY.

Anne Samson has written three books and many magazine articles. She teaches journaling classes and leads a variety of 12-Step and spiritual classes. Anne has been in 12-Step Recovery programs for over three decades, is a Reiki master teacher and a former special education teacher. See more at: <http://energyhealinggrace.com>

10:45 a.m. MEMOIR: *Oh, The Places We've Been*

Instructor: Ellie O'Leary

We can uncover memories by considering the places we've lived and visited. How did we get there? What did we learn? Would we go back or are we still living there? Would we visit again, even make it a recurring pilgrimage? Pyramid comes to mind. Using a variety of writing tools and genres, we'll explore the places we've been and how they have influenced us and our writing.

Ellie O'Leary is a long-time participant and instructor at Pyramid. She has published poetry, memoir, and fiction and is Poet Laureate Emerita of Amesbury, Massachusetts. She curates the Freedom Summer Reading Series in Freedom, Maine.



10:45 a.m. POETRY: *Exploring Musicality, Poetic Tradition, and Ourselves via the Duplex*

Instructor: Sarah Sullivan

Jericho Brown invented the duplex poetic form as a means to challenge some of the existing rules of poetry. At its essence, the duplex structure invites us to include inventive, fluid, musical, and deeply grounded elements in our poetry. The form contains aspects of modern poetry and many traditional forms—in both structures and themes. Brown speaks of the duplex as a combination of the sonnet—its 14 lines, the volta near the end, and a relatively consistent meter; the inline rhyme and repetition of the ghazal; the pantoum's musicality; and emotion and repetition included in American blues. Although we will use the duplex as the backbone for this week, people are free to write in free form or other form. The class is an opportunity for investigation and connection with our poet ancestors and with modern poets, including ourselves.

For **Sarah Sullivan's** bio, see her webpage: sarahbsullivan.com

10:45 a.m. FICTION: *Writing Lives and Lies*

Instructor: Áine Greaney



This interactive workshop will help you to generate or refine your story ideas; map out your plot; and craft lively fictional scenes and character dialog. We will share editing strategies to enhance your story's architecture, clarity, sensuality and impact. Each session will include craft conversations, in-workshop writing and guided sharing.

Áine Greaney is a trained teacher and Pushcart-nominated author who has been designing and leading creative and wellness-writing workshops for 25+ years. In addition to her published books, her stories and essays have appeared in multiple publications in the U.S., the U.K. and in her native Ireland. Her fifth book, a collection of short fiction set in Ireland and Massachusetts, was published in March 2025. Greaney's author website is www.ainegreaney.com.



**SPACE IS LIMITED!
RESERVE YOUR SEAT
TODAY!**

THE PYRAMID LIFE CENTER
WWW.PYRAMIDLIFE.ORG

INFO FOR YOUR FULL ENJOYMENT OF THE RETREAT:

- **CHOOSE YOUR OWN ROOM** from the website during registration!
- **ROOM PRICES VARY SLIGHTLY BASED ON LOCATION AND WHETHER YOU SHARE A ROOM.** Your price will include classes, housing and meals.
- **CHECK-IN TIME** is 4 p.m. Sunday, July 13, in the dining hall.
- **CHECK OUT** on Friday, July 18: Rooms must be cleared by 10 a.m. so the staff can prepare for the next group. Your belongings can wait in your car or in a common area of your lodging. A brunch will be provided at 10 a.m. with final classes following brunch.
- If you have **SPECIAL DIETARY RESTRICTIONS**, expect to augment the food PLC can offer. Please work with the PLC staff (email them at info@pyramidlife.org) and bring any additional foods you may need.
- There are **NO HOOKUPS for RVs** of any kind. All on-site housing will be in cabins.
- The **terrain and cabins** are what you would expect in an old Adirondack lodge. **Rustic!**
- Each morning class runs all five days of the retreat. Afternoons are reserved for you to write, explore or attend an "Afternoon Delight" class.
- Each evening will feature five-minute readings of original work by 10-15 writers. Please attend to read and/or listen. We will build a community like none other that supports our writing and expands our minds!
- We have a small fund for **SCHOLARSHIPS**. If you would like to apply, send an email to pyramidwwretreat@gmail.com.

FOR WRITERS WITH MOBILITY PROBLEMS:

A golf cart will be making **SCHEDULED** trips between the lodge and the dining hall for those with restricted mobility.

