

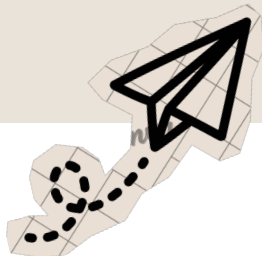
# Pyramid Women's Writing Retreat

## Sun. July 12 — Fri. July 17, 2026

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 12, in the dining hall.

**CHECK OUT on Friday, July 17:** Rooms must be cleared before 9:15 (first class) to allow Pyramid staff to prepare for the next guests.

Your belongings can wait in your car or in a common area of your lodging.

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](mailto: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.

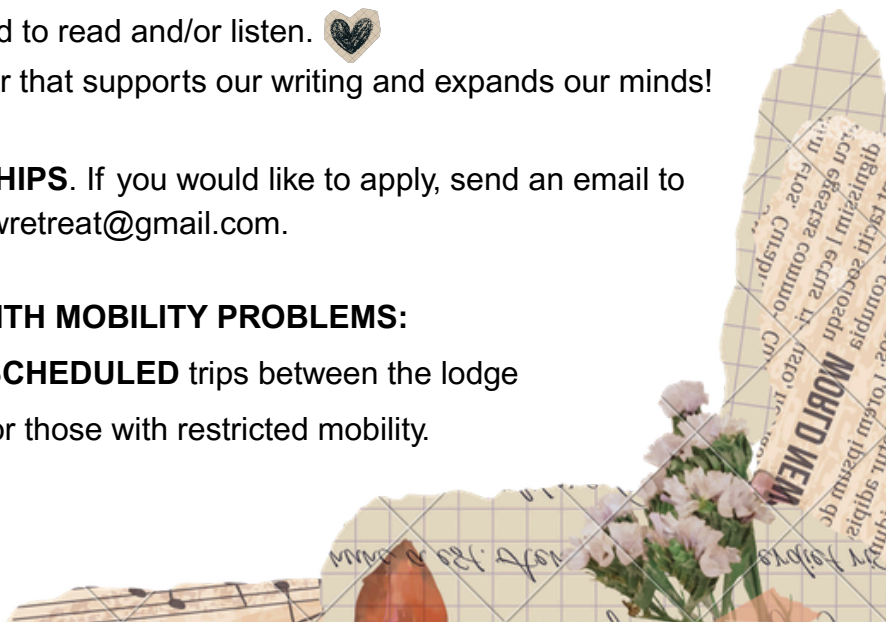
Please attend to read and/or listen. 

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 [pyramidwretreat@gmail.com](mailto:pyramidwretreat@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.



**Daily 9:15-10:30**  
**Choose One!**

**“Write a Delight” with Ellen White**

Discover how writing can open the door to joy and deepen connection with the world. Inspired by Ross Gay’s invitation to “write a delight,” this generative workshop explores what delight means through attentive noticing, nature-based reflection, and shared inquiry. Reading across genres—from Mary Oliver to Robin Wall Kimmerer—we’ll use optional prompts and mindful attention to expand our understanding of delight. Together, we’ll cultivate gratitude, presence, and community while strengthening the craft needed to bring authentic delight onto the page.

Ellen White is a poet and contemplative arts teacher based in South Portland, Maine. A retired IT professional, she now leads writing workshops and meditation-based retreats. She holds an MFA from Lindenwood University and is a two-time Pushcart Prize nominee. Her debut poetry collection, *Suspended*, was published in 2023. Visit her website at [ellenwhiterook.com](http://ellenwhiterook.com).

**“Sing your praise, wail your blues:” the sonic aspects of writing poetry with Sue Oringel**

“Were you asked to memorize poetic sound devices in school—and hate it? Relax. This will be fun. At Pyramid, we’ll explore the rich palette of sound in writing, from remembered rhythms to the voices of the natural world—shrill jays, soothing doves, and haunting loons. Poets have long used sound like paint, shaping memory and imagination, especially before the printed word was widespread. We’ll listen to favorite songs and read poems that use sound artfully, learning how rhythm, rhyme, and tone can enliven your work. With these tools, your writing will come alive—felt not just on the page, but in the body.”

Susan Oringel is a poet and writer in New York’s Capital District. Publications include: *Carnevale* (2023), *My Coney Island* (2019) and work in various journals. She was awarded fellowships by NYSCA and the Vermont Studio Center, taught creative writing at Hudson Valley Community College 2004-2017, and currently teaches poetry at the Women’s Writing Week at Pyramid Life Center.

**Writing About Family, For Family with Pam Clements**

“All happy families are alike; every unhappy family is unhappy in its own way,” wrote Tolstoy. Yet EACH family has its own quirks and unique stories. No matter how we define “family,” many of us want to write our family stories, either create a history, or to examine questions we have about this universal, though individual experience.

This workshop will offer ways to push beyond a basic recounting of facts about family. We will consider what we do and do not know about those in our family circles, especially those who are no longer with us. A series of prompts will give you a means of starting some pieces of family

Pam Clements, retired from teaching medieval literature at Siena College, has been a member of the Women Writers’ Retreat since 2009. Her poetry and nonfiction have appeared in various literary magazines, including *Kalliope*, *the Plenitudes*, *The Palo Alto Review*, *The Baltimore Review*, and others. She has published one volume of poetry, *Earth Science*, and has recently completed a memoir about the five years she spent teaching in Charleston, South Carolina, in the 1980s.

## Daily 10:45-Noon Choose one!

### **“Choose Your Own Memoir” with Ellie O’Leary**

Much like the “choose your own adventure” stories, we will start with an anecdote - turning it into a memorable piece by discussing what to put in, what to leave out, and how to wrap it up. What are the elements that make the writing more than just a retelling?

Besides teaching at Pyramid, Ellie O’Leary’s writing opportunities have included teaching at Belfast (Maine) Senior College, hosting Writer’s Forum on WERU-FM, and earning an MFA at Maine’s Stonecoast program. She is Poet Laureate Emerita of Amesbury, Massachusetts and is the former Education Director of Gloucester Writers Center. Ellie is the author of *Breathe Here* (poetry, 2020) and *Up Home Again* (memoir, 2023), both with North Country Press.

### **“Poetry as Compass: Navigating the Wilderness of Grief and Loss” with Judith Prest**

We will look at loss through several lenses, exploring it through the poetry of others, discussion and writing our own poetry. We will write in class and there will be some “homework”, with opportunities to share in class. Some aspects of navigating loss we will explore are: Loss as a journey we all take, which is unique to each of us as we walk the path. The liminal space in which we begin to absorb/process loss. What helps. Holding on to the good – memories, dreams, snapshots. Loss as a lifelong teacher.

Judith Prest is a poet, photographer, mixed media artist and creativity coach. She has 6 books in print, three with small presses and three independently published. Her work has been featured in literary journals and in fourteen anthologies. Judith has taught poetry workshops in prisons, schools, libraries, and retreats.

### **“So...What’s Your Story? How to Craft Your Best Fictional (or true!) Tales” with Áine Greaney**

Whatever narrative sub-genre is calling your name, whether your stories are made up or true, this workshop will help you to write down your narratives.

We’ll look at story architecture, narrative distance and voice and how to get started. Other topics: hooking and keeping your potential reader via well-crafted scenes, back story and dialog. Also, editing for clarity and impact.

As well as addressing the craft of story-writing, get ready for some in-workshop writings, peer support and laughter.

An Irish native and Massachusetts transplant (via upstate NY), Áine Greaney has published five books and short works in ‘Creative Nonfiction’, ‘The New York Times’, ‘Books Ireland,’ and many other publications. She is trained in teaching and wellness writing. A Pushcart nominee, her work was cited in Best American Essays. <http://www.ainegreaney.com/>



# Afternoon Delights



## “Boogie with Beckie”

Dance in your seat or on your feet for fun, laughter and exercise. We'll move for 45 minutes then write for 15 in our censor-free zone.

## “Meditation With A Colored Pencil Workshop” with Jane Eagles

Rediscover your child within.

Bring your imagination, & a pen. Provided paper & art supplies will do the rest.

## “Get Ready to Read”

Pat Reilly will help you prepare for your reading with hints and an opportunity to practice. Pat has many gifts and talents, including stage performance, writing poetry and prose, and an encouraging spirit!



**Can't wait to make new memories this year!**

