



WEEK-LONG WORKSHOP

# Capture Your Life's Fire: A Memoir Writing Workshop *with Heather King*



## The Kylemore Global Centre

The Kylemore Abbey Global Centre is located in St. Joseph's Hall, a self-contained building adjacent to the main Abbey building. Kylemore is located in the picturesque Connemara region in County Galway, approximately 77km from Galway City. Connemara is known for its remarkable beauty, and there are many activities close by.

## For more information

*Kylemore Global Centre*

*Kylemore Abbey*

*Connemara, Co. Galway, Ireland*

*H91 VR90*

[kylemore.nd.edu](http://kylemore.nd.edu)

## Draft schedule *(subject to change)*

We look forward to welcoming you to Kylemore for your week with us. Your meals will be provided and you can enjoy the estate at your leisure. We kindly ask you join us during the allocated meal times and see this as an opportunity for you to meet your fellow writing community.

### Day 1: Sunday September 8th, arrival

4:00 PM Check-in

5:00 PM Tea/Coffee & Scones and meet and greet + Orientation

6:00 PM *Optional Vespers with Benedictine Community*

7:00 PM Welcome Dinner

7:30 PM Introduction by Heather King

### Day 2: Monday, September 9th

7:15 AM *\*Optional Morning Prayer with Benedictine Community*

8:30 AM Breakfast in Dining Hall

9:15 AM Session One: Getting Started

11:00 AM Session Two: Forming Our Resolve

Participant Spotlight

12:15 PM *\*Optional mid-day Prayers/Mass with Benedictine Community*

1:00 PM Lunch followed by Walk/Rest/Reflect/Write



## About Heather King:

Heather King is an award-winning author, columnist, public speaker, workshop leader, and blogger. Her books include *Shirt of Flame: A Year with St. Thérèse of Lisieux*, *Holy Desperation: Praying As If Your Life Depends On It*, and *Harrowed: Life Lessons from the Garden*. She speaks nationwide, contributes to *Magnificat Magazine* monthly, and writes a weekly column on arts and culture for *Angelus News*, the archdiocesan newspaper of L.A. She has received writing fellowships from the Djerassi Center for the Arts, the Dorland Mountain Arts Colony, the Helene Wurlitzer Foundation, and the Ucross Foundation.

For more, visit [heather-king.com](http://heather-king.com).

3:00 PM Session Three: Forming Our Powers of Observation  
Spotlight or Optional Small Group Discussion  
6:00 PM *\*Optional Vespers*  
6:30 PM Dinner  
7:30 PM *\*Optional Group Gathering/Presentation*

### Day 3: Tuesday, September 10th

7:15 AM *\*Optional Morning Prayer with Benedictine Community*  
8:30 AM Breakfast in Dining Hall  
9:15 AM Session One: What to Write?: Come Fly Awake  
Spotlight  
11:00 AM Session Two: What Story Are You Dying to Tell?  
Spotlight or Optional Small Group Discussion  
12:15 PM *\*Optional mid-day Prayers/Mass with Benedictine Community*  
1:00 PM Lunch followed by Walk/Rest/Reflect/Write  
3:00 PM Session Three: Make Your Own Emergency  
Spotlight  
6:00 PM *\*Optional Vespers*  
6:30 PM Dinner  
7:30 PM *\*Optional Group Gathering/Presentation*

### Day 4: Wednesday, September 11th

7:15 AM *\*Optional Morning Prayer with Benedictine Community*  
8:30 AM Breakfast in Dining Hall  
9:15 AM Session One: How to Write: Start with a Moment, a Drama  
Spotlight or Optional Small Group Discussion  
11:00 AM Session Two: Learn to Craft a Short, Tight Story  
Spotlight or Optional Small Group Discussion  
12:15 PM *\*Optional mid-day Prayers/Mass with Benedictine Community*  
1:00 PM Lunch followed by Walk/Rest/Reflect/Write  
3:00 PM Session Three: The Fifteen-Minute Rule  
Spotlight or Optional Small Group Discussion  
6:00 PM *\*Optional Vespers*  
6:30 PM Dinner  
7:30 PM *\*Optional Group Gathering/Presentation*

### Day 4: Thursday, September 12th

7:15 AM *\*Optional Morning Prayer with Benedictine Community*  
8:30 AM Breakfast in Dining Hall  
9:15 AM Session One: If You Want to Work on Your Art, Work On Your Life  
Spotlight or Optional Small Group Discussion  
11:00 AM Session Two: Sit Down and Write: We Can't Afford Self-Pity and Codependence  
Spotlight or Optional Small Group Discussion  
12:15 PM *\*Optional mid-day Prayers/Mass with Benedictine Community*  
1:00 PM Lunch followed by Walk/Rest/Reflect/Write  
3:00 PM Session Three: Friends, Family and Social Obligations  
Spotlight or Optional Small Group Discussion  
6:00 PM *\*Optional Vespers*





## About the program:

Cost: \$1,870 for One Participant

Includes: 5 Night Accommodation Single Ensuite at the Notre Dame Global Centre at Kylemore Abbey, All Meals by renowned Chef Mikkel Redondo with locally sourced ingredients, Tuition & Cultural Programing

Participants: bring journals, wear comfortable clothing!

6:30 PM Dinner

7:30 PM \*Optional Group Gathering/Presentation

### Day 5: Friday, September 13

7:15 AM \*Optional Morning Prayer with Benedictine Community

8:30 AM Breakfast in Dining Hall

9:15 AM Session One: Logistics: A Room of One's Own

Spotlight or Optional Small Group Discussion

11:00 AM Session Two: Making a Livelihood

Spotlight or Optional Small Group Discussion

12:15 PM \*Optional mid-day Prayers/Mass with Benedictine Community

1:00 PM Lunch followed by Walk/Rest/Reflect/Write

3:00 PM Session Three: Transmitting Our Enthusiasm

Spotlight or Optional Small Group Discussion

*Departure unless staying extra night*

6:00 PM \*Optional Vespers

6:30 PM Dinner

7:30 PM \*Optional Group Gathering/Presentation

### Optional Extra Day, Saturday September 14\*

7:15 AM \*Optional Morning Prayer with Benedictine Community

8:30 AM Breakfast in Dining Hall

10-11:30 AM Optional Wrap-Up Talk, Q and A, Group Discussion

12:15 PM \*Optional mid-day Prayers/Mass with Benedictine Community

1:00 PM Lunch

1:30 PM Wrap Up & Departure

\*There is an extra charge for \$165 for those who want to add the extra night on September 13th

## Readings (extract):

- Crying in H Mart, Michelle Zauner
- With or Without Her, Domenica Ruta
- An Abbreviated Life: A Memoir, Ariel Leve
- When We Were the Kennedys, Monica Wood
- Running for the Hills, Horatio Clare
- Priestdaddy, Patricia Longwood
- Dispatches from Pluto, Richard Grant:
- Reading with Patrick; A Teacher, A Student and a Life: Michelle Kuo
- The Little Locksmith, Katharine Butler Hathaway
- The Sound of a Wild Snail Eating, Elisabeth Tova Bailey
- The Boy in the Moon: A Father's Search for His Disabled Son, Ian Brown
- Hiroshima Notes, Kenzaburo Oë

*"We come into this world with sealed orders."  
-- Søren Kierkegaard*







Join award-winning author Heather King for a week of contemplation and conversation at the Notre Dame Global Centre located at Kylemore in the idyllic landscape of Connemara, Co Galway..

How do we respond to the divine spark in our hearts to write, paint, sculpt, teach, build? How do we stay the course, earn a livelihood, remain faithful to our calling? How shall we go about laying down our lives for the sake of our neighbors and of humanity?

All are invited, in the words of St. John Paul II, “who are passionately dedicated to the search for new ‘epiphanies’ of beauty.”

**What to Pack:**

- **Good walking shoes**
- **Waterproof gear**
- **Comfortable clothing**

**Arrival information:**

1. We recommend you fly into either Dublin or Shannon airport (Shannon is closer but there are fewer flights). From either airport, there are direct buses to Galway (operated by citylink.ie from Dublin and buseireann.ie from Shannon). From Galway, there is another bus (also Citylink) to Letterfrack, which is the closest village to Kylemore Abbey (about 10 minutes by taxi). You can contact this taxi driver closer to the date to get you to Kylemore:  
Lucas Connemara Taxis: +353 85 117 1222
2. Alternatively, you can get a Citylink from Galway to Clifden and then a Bus Eireann bus to Kylemore (bus 423, timetable here) - there are only a few each day. Check timings ahead of your arrival as Kylemore is remote.
3. If you are arriving car, [Notre Dame Kylemore](#) is located on the N59 between Leenane and Clifden. Driving time from Galway is approx 1 hour 20 mins, from Westport 50 mins & from Clifden 25 mins.
4. Final option: if we have enough participants flying in around the same time, we might organise a shuttle from the airport direct to Kylemore and ask for a contribution to cover the cost. We will be in touch with participants once everyone has booked.

Alcohol will be available to purchase at our bar during the evening.

*We shall always place education side by side with instruction; the mind will not be cultivated at the expense of the heart. While we prepare useful citizens for society, we shall likewise do our utmost to prepare citizens for heaven.*

*- Blessed Basil Moreau, Circular Letters 36, 1849*

