

**Spiritual Growth Journals** – Cheryl Richardson

Participants will personalize notebooks and use entry prompts to cache/clarify thoughts that allow self-expression and enrich spirit. Leader will share examples and lead a discussion of historical uses and benefits of writing/journaling.

**Cheryl Richardson** is a published poet. Her work can be found in “Log Cabin Anthologies,” 2016, and 2018, and in “Poetry in the City of Trees,” 2017. She has taught Lettering and Book Arts Classes for Boise State University. Her watercolors are currently on display with the Idaho Watercolor Show at the Initial Point Gallery in Meridian.