



The Practices #2

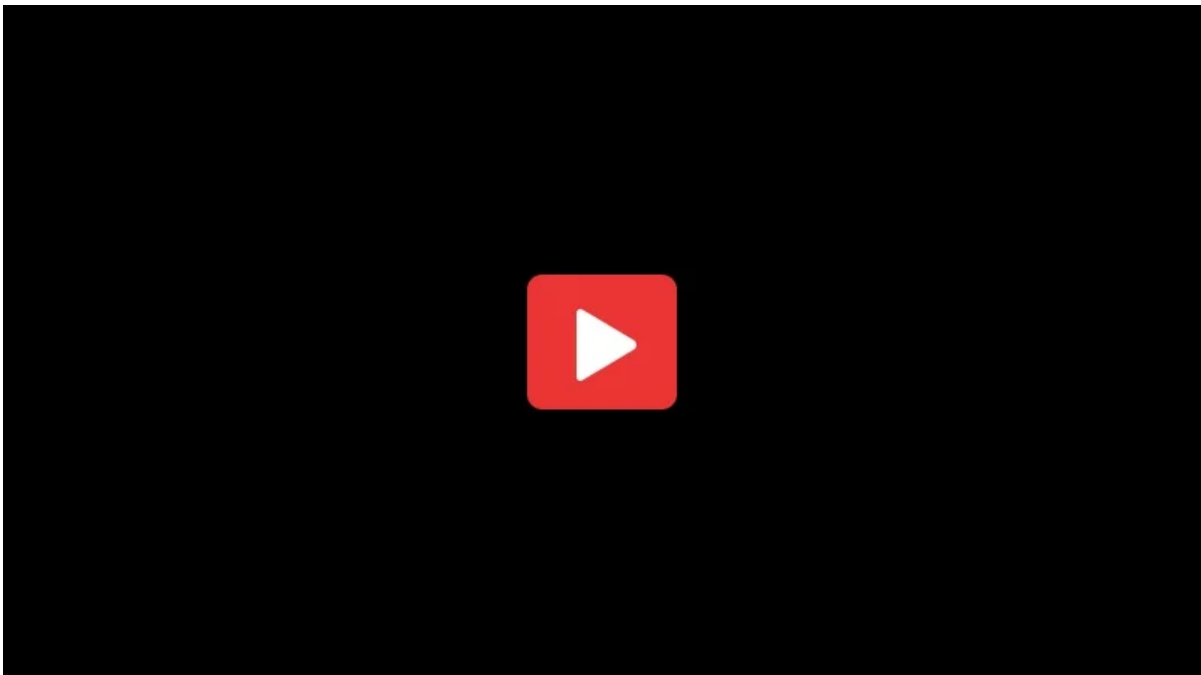
This month I interviewed [Christina Baldwin](#), who has devoted her life to fostering the power of story and facilitating the power of community. She is also a writing teacher, and journal keeper. The interview is full of tips to begin or deepen your journal practice. I began my journal practice when I was teenager and was deeply influenced by Christina's first book, so it is extraordinary to share this conversation with you my friends.

I believe journaling is about meeting your teacher on the road, and you are your teacher.

Enjoy what follows, Sarri



Right after Christina and I wrapped, we had a little PS for you below.





UPCOMING EVENTS

May 2024: Tacoma Nurse Family Partnership will return to Whidbey Institute for a follow-up Boundaries and Selfcare retreat with Sarri. It's important to offer continuing support for those who do so much for others.

Music for journaling.... or taking a rest.



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