

#### AWARENESS COMPASSION MINDFULNESS

## A shared reading group:

# "On the Same Page"

"It was books that taught me that the things that tormented me most were the very things that connected me with all the people who were alive, or who had ever been alive."

### - James Baldwin

Great literature connects. It can help us feel that we are not so alone – that we come to see that many of our own private and individual difficulties have been experienced and known by others. Connecting to words and images in literature and poetry reminds us of our shared humanity, and that we are knowable in our depth.

Inspired by *The Reader* organization in the UK, **On the Same Page** is a reading group which convenes once a week for an hour. During this time together, people listen to a book reading. Participants can share as much, or as little as they choose about how they are impacted by what they hear. During this time of social isolation, a shared reading group is a simple opportunity to connect to ourselves and others, and be enthralled by some of the great works of fiction and poetry.

- > Location: Videolink
- > When: Mondays 12-1pm

### > Commencing:

August 24, and on-going until book complete

- > Cost: Free
- > Book: *Tirra Lirra By the River,* Jessica Anderson
- > Convenor: John Singleton

For further information contact John on O427 828 759 or johnsingleton@optusnet.com.au

John is a clinical psychologist in private practice in Melbourne. He also completed training as secondary school English teacher, and in 2019 produced Alert to Love for the Melbourne Writers Festival.