

MAKE HIIT HAPPEN: WRITING FICTION IN A FLASH

with

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WORKOUT

- Intro (5)
- Warm-up with Mary Ruefle (5)
- Lifting with Danielle Dutton (20)
- Toning with Clarice Lispector (15)
- Cool down (5)

Materials for today:

<https://monikasjones.com/make-hiit-happen/>

EQUIPMENT

- A good surface
- A writing instrument
- An openness to beginnings
- Water

WHAT IS FLASH FICTION?

- “The antidote to the novel, writing that lets the stories disrupt themselves--trust the disruptions. Say yes to every idea and image.” **Helen Phillips**
- “I often think of it it as a boy bursting out his pajamas.” **Sabrina Orah Mark**

WHEN NOTHING SEEMS TO HELP, I GO AND LOOK AT A STONECUTTER
HAMMERING AWAY AT HIS ROCK PERHAPS A HUNDRED TIMES WITHOUT AS
MUCH AS A CRACK SHOWING IN IT, YET AT THE HUNDRED AND FIRST BLOW
IT WILL SPLIT IN TWO, AND I KNOW IT WAS NOT THAT BLOW THAT DID IT,
BUT ALL THAT HAD GONE BEFORE.

-JACOB RIIS



Mary Ruefle

ON TWILIGHT

I read the poem of a student and in the poem God wandered through a room picking up random objects -- a pear, a vase, a shoe -- and in bewilderment said, "I made this?". Apparently God had forgotten making anything at all. I awarded this poem a prize, because I was a judge of such matters. I was not really awarding the student, I was awarding God; I knew someday the student would pick up his old poem and say in bewilderment, "I made this?", and at that moment his whole world would be lost in the twilight, and when you are finally lost in the twilight, you cannot judge anything.

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WARMING UP (5)

I'll say words, you write down what you think of when you hear these words.

Any form is okay, a list, a poem, another word.

This is generative, a warming up of your associations.

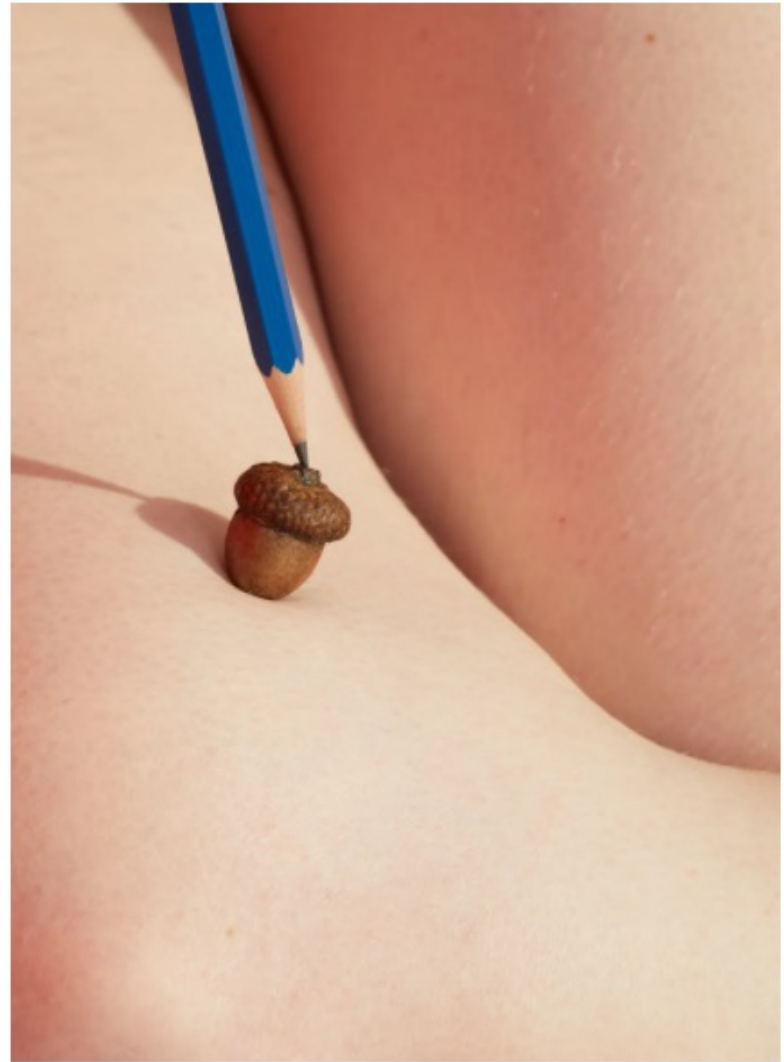
SET I – LIFTING (20)

FLASH FICTION

ACORN

By Danielle Dutton

August 26, 2021



<https://www.newyorker.com/books/flash-fiction/acorn>

WRITE TIME (15)

Offering: Write out a habit or practice from your life and what you make of it, what you take of it, what you mean of it, what it means to you, where you are at with it. This could be a special occasion or a daily thing -- the way you work, a funeral, a gift giving ceremony. Write quick and messily. Up to 800 words

Playlist 1:

<https://open.spotify.com/playlist/3fAwvxamKBH5hzjUzZ4ILr>

SET 2 – TONING (15)

ANNÉE DU PATRIMOINE

The Hen by Clarice
Lispector, translated
by Elizabeth Bishop

<https://jennymcphree.com/2010/12/04/two-stories-by-clarice-lispector-translated-by-elizabeth-bishop/>



WRITE TIME (10)

- Keep going, write on. And/or make a copy. Edit: Pare, hone, cut, get to the quick, down to the bone. Save what you cut in another file. Go the extra mile: Riddle what you have with fictions, change the person, shift to present tense, make a metaphor concrete, borrow time. Save.

Playlist 2:

<https://open.spotify.com/playlist/50Pylvkr5tkLmcDtgrDd5l>

YOU DID IT!

“It was then that it happened. Completely overwhelmed, the hen laid an egg. Surprised, exhausted. Perhaps it was premature. But immediately afterward, as if she had been born for maternity, she looked like an old, habitual mother. She sat down on the egg and remained that way, breathing, buttoning and unbuttoning her eyes.”

– Clarice Lispector, from *The Hen*, translated by Elizabeth Bishop

FURTHER FLASH READING

- Marie-Helen Bertino. Say goodbye to your father (flash), Parakeet (fiction);
<https://treehousemag.wordpress.com/2012/04/02/say-goodbye-to-your-father/>
- Sabrina Orah Mark, *Wild Milk* (Dorothy Project), the Tweet <http://thecollagist.com/thecollagist/2014/5/6/tweet.html>
- Helen Phillips, *Some Possible Solutions*

STAY IN TOUCH

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