



**Fwd:** [REDACTED] diary

1 message

19 July 2016 at 10:45

to: [REDACTED]

----- Forwarded message -----

From: [REDACTED]  
 Date: Tuesday 19 July 2016  
 Subject: [REDACTED] diary  
 To: [REDACTED]

Dear diary,

- [ ] Ugh that line alone in general was uncomfortable to write I don't think I'll use it in future. I got up this morning and snoozed my alarm numerous times which in turn pushed my wake up time from 8 to 8:30. I put my washing in the linen basket did all the basics then set off for my first day of rehearsals. Upon arriving I noticed the space. Having hated fringe lab as a space I didn't know what to expect. The space is similar enough to fringe lab yet it is so different. The energy is warm, the ceilings are inviting and the room is light. I really like the LAB. The day started with a warmup from [REDACTED]. I'm a slight warm up junkie so I'm happy we got to do one. We began with [REDACTED] shortly after and we read aloud in unison We Only Want the Earth by James Connolly. Shortly after. After tears and exercises and our protest about the 8th amendment we parted for home. I was met by some family from [REDACTED]. They were irritating to say the least. They spoke so slow with slight whine to the voice. What was worse is they didn't go home till 11. Not to mention they're part of a cult

- [ ] I woke up slightly earlier today and was feeling in good form. I had lasagne to bring to lunch so that's always a bonus. I made way to the bus stop and I could see it approaching so I lunged onto the road and signalled for it to stop and thank god I made it. Went for a coffee before and it was nice. Rehearsals started with the usual warm ups and we worked with interviews and movement based pieces we created ourselves and our daily protest that day was to change the lunch time

In rehearsals today we did some more voice warmups upon arrival. We returned to the interviews we were working on the day previous. It was really interesting to find out who these people actually were and in fact meet some of them such as [REDACTED]. We had interesting discussions with [REDACTED] regarding waking the feminists and it was good for me to get a gauge on what exactly it was about. Then arrived two Scottish gentlemen who were newly appointed directors of the abbey. Basically what I think they do is choose the shows that are put on in the abbey. I could sense a slight tension between [REDACTED] and the two Scottish gentlemen but I could have been reading into things too much. One thing I will note about the Scottish gentlemen is how genuine they were, I felt as if they were really just telling us what we want to hear but I could stand corrected. After lunch we told each other in groups of 4 stories that came under the headline a moment where you stood up for what you believe in. I revisited a story which I never thought I would tell again to anyone and watching it on stage was quite tough because [REDACTED] was so accurate in terms of how my [REDACTED] behaved that day. Watching it was slightly uncomfortable yet also satisfying. It was nice to see how far [REDACTED] has come along and how perfect and relaxed she is with everything now. After rehearsals I went to my first rosa meeting just on upper abbey street. I really enjoyed it and was happy to become more educated on the rights that women currently have and just how barbaric the 8th amendment is. The main speaker [REDACTED] was absolutely fantastic

In rehearsals today we started with a different warmup which was mornephysical walking of the space and then we were given texts from different time periods. After analysing the text as a group we must decide the main message. We concluded on that you can take your culture with you to another place but when you return to the original place that culture may cease to exist. We then created movement pieces and presented them to an audience. After this exercise every group merged together. After lunch we were asked would we die for Ireland and I struggled with the question. I wanted to say yes but in reality I know I wouldn't have the courage. We were then asked is there something you would die for which was even more challenging. It evoked emotion in a lot of the cast. Our protest for the day was to do with the amount of black people shot by police. The lengthy list of 2015 was barbaric

In rehearsals today we began with a brilliant warmup with Helena. I felt really relaxed after it. We then went on to do some of each others interviews. I found it hard to concentrate through the first one because I kept thinking of how long mine was so I went second to get it out of the way. I think people enjoyed it. I really connected with the interview I was doing, constantly throughout I thought of [REDACTED], in parts I got a little emotional relating things that were said to my own life. It was a really satisfying sensation listening to an interview you did being performed and see how some

people take a different angle. In the afternoon we were with [REDACTED] for singing. It was brilliant we all ended up singing together and learning dirty old town together. For the daily protest we protested the lives of dogs on puppy farms

Rehearsals was really exciting today because we had a photo shoot in the John player factory. First we listened to the remaining interviews. [REDACTED] read [REDACTED] and it was so interesting for me to listen to. She took a different angle to approaching it and it was fun to watch. When we arrived at the photoshoot space the vibe was brilliant. It was an amazing space. There was a black lives matter protest but I didn't get to make it

In rehearsals today we began with our warmup and then we sang the two songs with [REDACTED] Not crazy about the songs at first but am growing to like them. At the end of the day after lunch and after a warmup from hell we put everything we've done so far together and it was brilliant. I really enjoyed it. There were some moments in particular which i found the most fun like [REDACTED] dancing with me. Our daily protest was against Dublin city council regarding busking so we sang our songs outside the LAB

In rehearsals today with did a relaxing warmup with Helena then continued with the pieces we had yet to finish with her. [REDACTED] and myself redid ours on a bus. It was great fun. After lunch we were all boiling but still did warmups. We heard the remaining pieces and then split into groups to devise a conversation from the people who were interviewed. It was also brilliant. Daily protest I didn't quite understand, all I know is it wanted me to go vegetarian for a week and I don't really see what that will achieve. I'm sure the lads will explain it to me properly tomorrow.