

OCC SPRING A.R.T. RETREAT

SATURDAY
APRIL 13, 2024

PRESENTED BY...

OLMSTED COMMUNITY
CHURCH

IDENTIFYING & EMBRACING OUR STRENGTHS

We will be reflecting on the Love of God who gives us the daily strength we need in all ways; physically, mentally, emotionally and spiritually. How do we as women define our own strengths? How may we better encourage those strengths in each other as sisters in faith? Using our whole selves - body, mind and spirit, we will look to women role models in our lives, as well as women of history and the Bible. Our time spent together will be a blend of personal reflection, creative writing, small group discussions, and visual arts explorations - using these ways to discover and honor our strengths. Worship times will lift-up and celebrate all we have discovered personally and as a faith community. Morning refreshments and a delicious lunch will strengthen our bodies as well!

Schedule

- 10:00 Registration
- 10:15 Introduction, Opening and Workshops
- 12:30 Lunch
- 2:30 Closing & Reflection
- 1:30pm — Workshops continue



OLMSTED COMMUNITY CHURCH

7853 Main Street, Olmsted Falls, OH 44138

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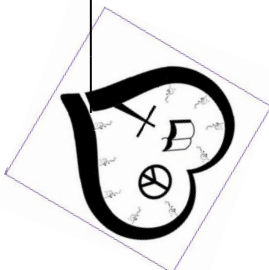
REGISTRATION

Name: _____

Phone: _____

Address: _____

Email: _____



Make check payable to:

Olmsted Community Church

7853 Main Street, Olmsted Falls, Ohio 44138

For Office Use Only:

Date Rec'd _____

Amount: _____

Check # _____

Cash _____

Please join us for a wonderful day of
Artistic Expression
Reflection
Time with God

**Suggested Donation of
at least \$10**

INCLUDES:
SUPPLIES
REFRESHMENTS
AND LUNCH

**Deadline for Registration:
April 3, 2024**

**Simple Sentiments in
Watercolor by Kathy Henry**

Who doesn't appreciate a personalized card in the mail? Surprise a friend with your heartfelt, personal expressions on a beautifully unique watercolor card. It will be something they can hold in their hands, show others, and keep to enjoy later. We will show you simple techniques that will give you impressive results with watercolors. Whether you've never held a brush before or are an experienced artist, everyone will have fun creating cards to take home and send to someone special.

**Neurographic Art
by Jo Tucker**

Neurographic art is a creative technique that combines drawing and meditation. Based on the idea that our nervous system can be influenced by shapes and colors and what we create on paper, these simple drawing techniques can help us relax, release stress, and express our emotions. Neurographic art is a fun and easy way to explore our inner world and unleash our creativity as we relax our minds and focus on inner peace.

But they that wait upon
the Lord shall renew their strength;
they shall mount up with wings as eagles;
they shall run, and not be weary,
and they shall walk, and not faint.

Isaiah 40:31

