



ASYLUM HILL
Congregational Church

JOURNEYS IN CREATIVITY



2024 Arts & Spirituality Retreat

Retreat Schedule

Friday, February 2

- 5:30 p.m. Registration and Refreshments
- 6:15 p.m. Welcome Performance
- 6:45 p.m. Dinner and Fellowship *Catered by Linda Wayman Cooks! and the AHCC Arts & Spirituality Retreat Kitchen Team*
- 7:30 p.m. Building Community through Creativity *with David D.J. Rau*
- 8:30 p.m. Closing

Saturday, February 3

- 8:30 a.m. Coffee and Fellowship
- 9:00 a.m. Welcome and Details
- 9:10 a.m. Building Community through “To Know and Be Known”
- 10:00 a.m. ARTS EXPERIENCE I (see descriptions below)
- 11:45 a.m. Lunch and Fellowship *Catered by Linda Wayman Cooks! and the AHCC Arts & Spirituality Retreat Kitchen Team*
- 12:30 p.m. Performance
- 1:15 p.m. ARTS EXPERIENCE II (see descriptions below)
- 2:45 p.m. ARTS EXPERIENCE III (see descriptions below)
- 4:15 p.m. Building Community through Worship and Celebration



Arts Experience Opportunities – Session I

5-D: Creating Masterworks with Collage with Assemblage They said there wouldn’t be any math. Ugh. 2-D (flat) plus 3-D (not flat) adds up to 5-D! Join Rau for a workshop to combine both paper images and tiny objects into a creation showcased in a shadow-box frame. The subject matter is up to you, but helpful hints on types of adhesion, collecting, and composition will be featured. Let's put images and objects never meant to be together...together. That's the point! *Facilitated by David D.J. Rau, Curator of Visitor Engagement, Florence Griswold Museum, Old Lyme, CT, and Artist who works in 5-D.*

Altered Books Twice Upon a Time... Participants will embellish vintage books that have been prepped with folds. Using an array of fantastic supplies and rich visual images, participants will create their own beautiful visual story out of the book! *Facilitated by Julie Garvin Riggs, Manager of Youth Education and Outreach, Florence Griswold Museum, Old Lyme, CT, and Artist.*

Knowing/Being Known: An Exploration Through Movement, Written Reflection, and Dyading

This experiential session will begin with slow, gentle, mindful movement, as a way of turning inward and centering. Participants will use prompts for written reflections as a way of knowing themselves more deeply. Then, we will move into pairs (or a dyad), to share what we learned from the exercise, what we learned to know more deeply about ourselves, with the other person in our small social group, thus knowing and being known. *Facilitated by Cynthia Wolcott, Certified Yoga Instructor and Life and Well-Being Coach*

Watercolor Abstract Adventure! Jump into abstracts! Put brush to paper and create using watercolors —making shapes and colors and brushstrokes and marks. We'll experience freedom and fun as we create a 9x12-inch triptych using just three colors and lots of other “stuff.” *Facilitated by Jane Carroll, Watercolor Artist, Teacher*

Arts Experience Opportunities – Session II

5-D: Creating Masterworks with Collage with Assemblage They said there wouldn't be any math. Ugh. 2-D (flat) plus 3-D (not flat) adds up to 5-D! Join Rau for a workshop to combine both paper images and tiny objects into a creation showcased in a shadow-box frame. The subject matter is up to you, but helpful hints on types of adhesion, collecting, and composition will be featured. Let's put images and objects never meant to be together...together. That's the point! *Facilitated by David D.J. Rau, Curator of Visitor Engagement, Florence Griswold Museum, Old Lyme, CT, and Artist who works in 5-D.*

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Angels in the Dark In this workshop, participants will meet their inner “angels” using a process of meditation and creative expression, and learn how to use the experience to foster feelings of well-being, joy, and calm in their lives. The process was inspired by the facilitator's experience while recovering from cancer, where he learned to express the “angels” within him – intuitive energy and experiences that helped support the healing. This process helps people use intuitive creativity to find peace from a wide range of issues. *Facilitated by George Herrick, life coach, artist, and author of the book, “Stone Warrior: confronting life's dark challenges with stone art and meditation.” George is founder and creator of SoulDeep Living, a process for liberating your divine creativity.*

iPhone Photography In this workshop, participants will learn about all the various iPhone apps available to enhance their iPhone photos. Multiple photos of a single still life montage will be taken using various camera settings. Although focused on iPhone apps, many techniques can be applied to other types of camera phones. *Facilitated by Fred Verillo, photographer*

Paper Feather Art “He will cover you with His feathers and under His wings you will find refuge.”- Psalm 91:4. Feathers are a universal symbol of hope and comfort. Participants will craft a paper feather with a piece of sheet music that is special to them to create a meaningful and personal work of art! Participants may bring a copy of music that is special to you (printed on heavy cardstock) or use sheet music supplied. Templates for the feather will be available or participants can create their own. Note: we will be using sharp scalpels to cut the feather. *Facilitated by Kristen Walsh, Artist and Author*

Arts Experience Opportunities – Session III

Knowing/Being Known: An Exploration Through Movement, Written Reflection, and Dyading

This experiential session will begin with slow, gentle, mindful movement, as a way of turning inward and centering. Participants will use prompts for written reflections as a way of knowing themselves more deeply. Then, we will move into pairs (or a dyad), to share what we learned from the exercise, what we learned to know more deeply about ourselves, with the other person in our small social group, thus knowing and being known. *Facilitated by Cynthia Wolcott, Certified Yoga Instructor and Life and Well-Being Coach*

Paintbrush Muse Rather than only paint with a paintbrush, participants will make a paintbrush into one-of-a-kind piece of art! There will be many faces to choose from that participants will paint, embellish, and assemble, or participants can bring their own copy of a photo to use as a face. Copies need to be printed on paper (not card stock) and be 1-1/4” wide from ear to ear. *Facilitated by Kristen Walsh, Artist and Author*

Super Soup! What makes this a super soup super? It is easy to make...delicious and nutritious. Make it for a family dinner or dressed up for a dinner party—be prepared, you will be asked for the recipe. *And it can easily be made vegan.* *Facilitated by Linda Wayman, a Home Cook, Cookbook Author, Caterer, Loves to Teach Cooking and is a frequent Arts and Spirituality Retreat presenter*

Watercolor Abstract Adventure! Jump into abstracts! Put brush to paper and create using watercolors —making shapes and colors and brushstrokes and marks. We'll experience freedom and fun as we create a 9x12-inch triptych using just three colors and lots of other “stuff.” *Facilitated by Jane Carroll, Watercolor Artist, Teacher*

REGISTRATION DUE JANUARY 19, 2024

Friday night and Saturday; includes 2 performances, 2 meals, 3 workshops, materials, and FUN for the weekend (and memories for a lifetime)! **@ \$80/per person**

Registration:

- Payment may be made using a credit card **online** at ahcc.org/civicism/event/info/?reset=1&id=199. Select your workshop choices by printing and mailing this form.
- **OR** Register by check: (print and mail this form - ONE FOR EACH PARTICIPANT - along with your check)

Name: _____

E-mail: _____

Phone: _____ ☐ I require a vegetarian meal

Please indicate your top three (3) preferences for each session of the Arts Experience Opportunities below. We will make every effort to honor your top choices. **Number 1 (first choice) through 3 (last choice):**

Arts Experience I *(Select your top three choices.)*

- _____ 5-D: Creating Masterworks with Collage with Assemblage
- _____ Altered Books: Twice Upon a Time
- _____ Knowing/Being Known
- _____ Watercolor Abstract Adventure!

Arts Experience II *(Select your top three choices.)*

- _____ 5-D: Creating Masterworks with Collage with Assemblage
- _____ Altered Books: Twice Upon a Time
- _____ Angels in the Dark
- _____ iPhone Photography
- _____ Paper Feather Art

Arts Experience III *(Select your top three choices.)*

- _____ Knowing/Being Known
- _____ Paintbrush Muse
- _____ Super Soup!
- _____ Watercolor Abstract Adventure!

Please return one registration form per person with payment to:

Asylum Hill Congregational Church/Attention: Arts Retreat
814 Asylum Avenue, Hartford, CT 06105