

Resources available

Spirituality and Art workshops in this format are offered from time to time by the Leadership Institute of the Diocese of Pennsylvania and by St. Paul's Church, Chestnut Hill.

Spirituality and Art workshops may be brought to individual parishes or groups.

Encouragement is given to continue work, either in groups or individually, using image-making as a spiritual practice.

Contact:

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The Church of the Holy Spirit, Harleysville, offers an Arts and Spirituality Gathering on the second Friday of the month from 7 to 9 p.m. Contact through www.churchoftheholyspirit.us.



Books of interest

Matthew Fox: *Creativity* (Penguin Putnam.)

Michell Cassou and Stewart Cubley: *Life, Paint and Passion* (Putnam.)

Julia Cameron: *The Artist's Way* (Putnam.)

Jeri Gerding: *Drawing to God* (Sorin Books.)

Robert Wuthnow: *All in Sync* (University of California Press.)

Ann Z. Kulp: *Spirit Windows* (Bridge Resources.)

About the Spiritual Growth Resources Committee

The Spiritual Growth Resources Committee consists of lay and ordained persons whose mission is to support and strengthen the spiritual life of the diocese.

Members bring a wide variety of interests and experiences to their ministry of service to enhance the prayer life of parishes and individuals.

If you have an interest in participating in the work of this committee, contact the chair listed below.

How to contact us

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To access this and other resources on the web

Go to

www.stpaulschestnuthill.org

Scroll down and click on:



Diocese of Pennsylvania
Spiritual Growth Resources

This takes you to the Spiritual Growth Resources Committee's introduction under

Links to Resources

You will find brochures and information to browse or print.

Spirituality and Art Workshops



What are Spirituality and Art workshops?

Can we bring them to our parish?

What resources are available to help us?

A brochure in the Spiritual Disciplines series created for individuals and parishes by the Spiritual Growth Resources Committee of the Episcopal Diocese of Pennsylvania

A word about Spirituality and Art

The use of image as an expression of spirituality is an old and revered practice. There are many ways of combining image-making with meditation in a retreat or workshop setting. This brochure describes just one method.

We have found Spirituality and Art workshops to be well received and would like to share the experience with parishes across the diocese.

They may be used as a **resource** for **Quiet Days** or other times when a contemplative setting is called for, such as during **Advent and Lent**.

A typical workshop takes three hours and is best limited to around 20 participants. Meditation nor art experience is necessary. There are both guided and individual meditation times. The art materials provided are easy to use and give a rich variety of colors and textures. Sharing of the finished work with the group is entirely optional.

History

The Spirituality and Art workshop as described in this brochure was developed at St. Paul's, Chestnut Hill. It began when a group of writers and artists came together to brainstorm ways to use the creative process as a spiritual experience. The first program was given in the parish in Lent of 1999. Over the years it was refined into the format presented here.

Selection of materials available



What is the purpose of a Spirituality and Art workshop?

The over-arching goal of a Spirituality and Art workshop is to draw participants into a **non-traditional prayer experience**.

Elements include:

- A different way of speaking with God
- Starting with a guided meditation we open our intuitive pathways and connect with God through image making.
- **A willingness to be open to the creative spirit is all that is required.**
- We focus on the experience of image making. It is an individual's response to reaching out to God In other words, we paint prayers.

A workshop in progress



How it works

A typical session takes three hours.

Format

A brief demonstration of the art materials.

Available are: oil pastels, acrylic paint, markers and pencils as well as tissue paper, magazines, scissors and glue sticks for collage making.

Guidance into meditation focus

We have used the psalms; words of the mystics, Julian of Norwich and Teresa of Avila; Celtic images and themes suggested by the liturgical season.

Individual time in a quiet space

During meditation and reflection center attention on what images emerge.

The group gathers for a blessing.

Choose the art materials that appeal to you.

Image making

Attempt to capture on paper the images that came to you during the meditation time.

Image sharing

Only if you wish, share what you have created with the group.

Sharing the finished work

