Come for a day (or four!) to explore your Inner Artist by diving into contemplative practice and creative expression.

Each retreat will provide a rhythm of ancient spiritual practices incorporated with artistic response. Various media such as watercolor, collage, photography, and drawing will be explored.

We welcome all levels of art experience; just bring a desire to explore and connect with God. Join us in discovering how creating art can be a spiritual practice of embodying Imago Dei.

To give everyone ample space, each retreat day is limited to the first 25 paid registrations.

A day retreat offered quarterly at the Starrette Farm Retreat Center, Statesville, NC.
4 Saturdays in 2019:
• February 16
• April 13
• August 10
• November 9
Cost for each retreat - $50.00 payable by check with your registration. Most art supplies will be provided in your fee, as well as light snacks and beverages. Details for each retreat and directions to Starrette Farm will be given with receipt of registration.

A contemplative and creative day to encounter God through art in supportive community surrounded by the beauty of nature and the healing rhythm of sacred space.
Sample Flow of the Day:

8:30 to 9 am
Arrival (beverages provided, please eat breakfast before arriving)

9 to 9:30 am
Welcome, Centering, and Overview of the day, media to be explored

9:30 to 10:30 am
Morning Session

11:30 to 1:00 pm
Regathering for Lunch (bring a bag lunch)

1 to 3:45 pm
Afternoon Session, free time

3:45 to 4 pm
Regathering for Sharing of created work

4 to 5 pm
Sharing of work and gifts from the day, closing

AUDREY BRENDEL
Audrey Brendel is the host and registrar for Quiet Space Fridays, the second Friday of each month at Starrette Farm. Audrey is a School of the Spirit graduate, a friend of the Wesleyan Contemplative Order, and is a Benedictine oblate in formation through Belmont Abbey. A contemplative artist, Audrey has a God-given gift of quiet hospitality.

ROXANNE MORGAN
Roxanne Morgan has a God-given artistic bent that delights in fostering creativity to help others discover and live out sacred rhythms in their lives. She has served as a facilitator for the Trust Circle for Discernment ministry at Davidson UMC, is a graduate of School of the Spirit, and also serves with The Lydia Group, LLC for School of the Spirit, The Sacred Invitation, and the Into The Desert retreats. In summer, she is a professor with the Lorien Academy of the Arts which provides art education and experiences for West Charlotte youth.

To register for the retreats, mail your registration and check (payable to The Inner Artist) to:

Audrey Brendel, registrar
The Inner Artist
887 21st Ave. NE
Hickory, NC 28601

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Audrey Brendel
innerarts1234@gmail.com
828.551.5935