

*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.*



THE INNER ARTIST



*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.*

THE INNER ARTIST



*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 11:30 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

THE INNER ARTIST

FACILITATORS

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 Lórien Academy of the Arts which provides art education and experiences for West Charlotte youth.

REGISTRATION

Name _____

Address _____

City, State, Zip _____

Phone _____

Email _____

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

Indicate your registration date(s) on the memo line

- ♣ February 16, 2019
- ♣ April 13, 2019
- ♣ August 10, 2019
- ♣ November 9, 2019

Cost: \$50.00/retreat, due with registration

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

For more information, please contact us at

The Inner Artist
innerarts1234@gmail.com
 828.551.5935