



LLANGASTY

RETREAT HOUSE

Painting and Prayer 16 to 20 September 2019 'Hidden in Plain Sight'



Led by Kay Andrews and Mildred Butterworth

Drawing and painting mean that we have to slow down and look - and we often see things we haven't previously noticed. They have always been there but we may never have 'seen' them.

Slowing down to look and contemplate - especially in beautiful surroundings - can open our eyes and lead to wonder and praise. Our creativity then becomes part of our prayer and leads us closer to God.

Kay is an experienced artist interested in all aspects of creative art. She is a member of the Society for Graphic Fine Art and has had work shown in various national exhibitions including the Royal Academy Summer Exhibition. She also has work in the permanent collection of Chester Art Gallery. She is an art teacher and has been a creativity leader for CARM retreats for a long time. Over the years she has come to realize how the creating of art can bring you closer to God. There is a very real spiritual dimension to creativity.

Mildred is an Anglican priest who retired from parish ministry in 2011. She was Chair of the Prayer and Spirituality Group for the Diocese of Wakefield until 2013. A trained Spiritual Director, she is interested in Ignatian spirituality and is becoming increasingly drawn to Contemplative prayer. She enjoys exploring the connection between spirituality and creativity and encouraging others to do the same.

Arrive 4pm Monday, leave after breakfast the following Friday.

Cost £ 300



Llangasty Retreat House, Llangasty, Brecon, Powys, LD3 7PX

Tel: 01874 658250

www.llangasty.com

email: enquiries@llangasty.com

Charity Number 1060743



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