



LLANGASTY

RETREAT HOUSE

Slow Stitching 7 to 10 August 2020 'He Leads Me Beside Still Waters'

Led by Ann Meek and Mandy Morley

Taking time away to slow down and contemplate in this beautiful place can draw us closer to God, so take time to contemplate the changing moods of the lake.

There will be time for prayer and worship, time for contemplation and silence, time for creativity and learning and time for fun and fellowship.

Take the opportunity to explore fabric manipulation techniques and practice 'slow stitching' to create 'watery' images.

Ann Meek started stitching in her forties when she enrolled on a leisure course at her local college. She got hooked and went on to study C&G embroidery and is now a tutor and retreat leader. She firmly believes that we can grow closer to God through creativity.

Mandy Morley is an Authorised Local Preacher and regularly leads worship and preaches in her local Ecumenical Partnership in Milton Keynes. She has also led study groups and helped to lead quiet days. Mandy is a qualified teacher, now working with children with special educational needs and behavioural issues. In her spare time Mandy enjoys hand embroidery and using textiles creatively.

Arrive 4pm on Friday and leave after lunch on Monday

Cost £260



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

Tel: 01874 658250

email: enquiries@llangasty.com

www.llangasty.com

Charity Number 1060743



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