



LLANGASTY

RETREAT HOUSE

Creative Spirituality
...to deepen faith and enhance well-being.
9 to 16 August 2024

Led by Ann Meek and Mandy Morley

Join us for a week, in stunning Mid Wales, for an opportunity to be with like-minded souls exploring how creativity can deepen our faith and enhance our well-being. Take time to slow down in this beautiful, relaxing place, with views over Llangorse Lake and the Black Mountains. Llangasty is an ideal setting to spend time away from our busy lives and give us time to nurture ourselves in body, mind and spirit.

Explore and experiment with a range of different art media to create something unique and special. Through collage, painting, textiles, stitching, mixed media or any other creative past-time explore the theme of "The Tree of Life."

There will be time for prayer and worship, contemplation and silence, creativity and learning, and physical activity (if you wish) as well as fun and fellowship; in a peaceful and tranquil setting.

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 in her local Ecumenical Partnership in Milton Keynes and has also acted as chaplain for retreats and quiet days. She is a qualified teacher, now working with children with special educational needs and behavioural issues. In her spare time she enjoys hand embroidery and using textiles creatively.

Arrive 4pm on Friday and leave after Breakfast the following Friday

Cost £675



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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