

**Journalling a Journey with Jesus — Creative Prayer Retreat  
at Llangasty Retreat House — Monday to Friday, 8-12 July 2024**

with Rev'd Liz Jones

I led this retreat with a small group in order to test the waters. It was considered by all to be a great success and I would very much like to offer it to other retreat houses next year. Here's a summary of the week along with the feedback received.

Each day started with morning prayer, had an art session and a meditation, mid-day prayer, free time in the afternoon and evening prayers including an examen.

**Monday afternoon and evening** was a time of settling in and introducing the week. I gave a talk about my journey of journalling along with the journals for people to see the progression of my skills and art from the mid 1980s' simple beginnings through to more complex current work.

*"It was good to see the journey Liz made in her creative journalling. But I was fearful of my ability"*

*"It whetted my appetite for the rest of the week. The playing card was so special and inspiring."*

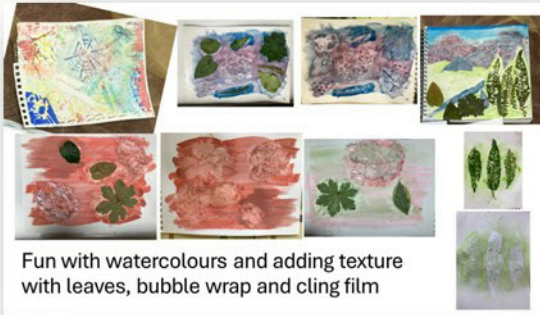
Having listened to the fears around doing art, **Tuesday** started with a warming up exercise of playing with acrylic paints. They wanted to learn how to do the woven ribbons and the small journals. It was a lot, but they were keen to learn and soaked up the teaching.



The lectio divina was much appreciated:

*"Brilliant – the questions worked so well."*

*"The Emmaus Rd reading was helpful. It came alive on hearing it 3 times."*



**Wednesday** was **PLAY DAY** and saw us playing with watercolours to see how they behave in various degrees of wetness of paper and amount of water. Blowing paint, stencilling and pattern making were greatly enjoyed.

We made prints from leaves and cling film. I used mine to show how they can make a picture.

The meditation was Godly Play followed by a mindfulness painting exercise done prayerfully.



*"I loved the Godly meditation. It affected feelings and understanding."*

*"The catch of fish was creatively put together with Lego figures telling the story of meeting Jesus."*

I blew bubbles to lead the examen during evening prayer.



On **Thursday** we did mandalas, both free hand and structured. The meditation was Lectio Visual on a painting of the feeding of the 5,000.

*"This was powerful. Again great questions and very revealing."  
"it worked brilliantly, and I wrote a reflection."*

Our final session on Friday morning used creative writing to help participants to review the week.

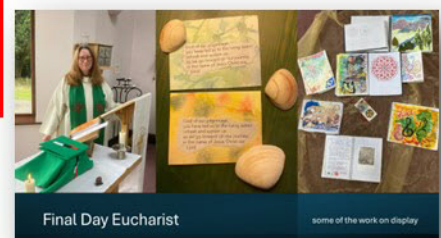
*"So special. A very good way to round up and end. Another great learning experience. Working on a poem together."*

*"This was an excellent session with Liz directing us, it has opened up a whole new way of working with words – brilliant!"*

We used them in our final act of worship along with a display of some of the work and cards and shells I gave to each participant to take home. The 'other comments' on feedback forms I think provide the overall picture of the week:

*"The mixture of different music was good and enjoyable. The mixture of worship and creating was exactly right. I have been so blessed and my journey has been so fulfilling. Thank you from Sally – who now has a happy heart!"*

*"By the end of the week, the art and worship was simply stunning. Thanks Liz for a very uplifting worshipful time. Liz you have found your ministry. The Good Lord has revealed this to you."*



Final Day Eucharist

some of the work on display