

Material Prayer

Prayer in Paint and Paper

Friday, March 2 - Sunday, March 4, 2018

Annie Lamott's book, *Help, Thanks, Wow: the Three Essential Prayers*, is the backbone of this retreat. Most of our prayers fall into these three categories. How can we dig deeper into these areas of our own supplication, gratitude and awe and express them in a material form with expressive art materials? What words and images unique to our own lives and prayers will arise for visual realization? We will explore visual prayer, incorporating text and image, discovering a personal language to enrich our prayer lives. Working with expressive materials can clarify our inner directions and lead to new insights and prayer journeys. No art experience is necessary. It would be helpful to come with texts and images you have collected as meaningful over a few months as starting points.

Led by **Janet Read**, a practicing visual artist, musician and sometime poet. She studied philosophy, English and medieval studies at the University of Toronto. She has a degree in Education and an MA in aesthetic philosophy from the Institute for Christian Studies in Toronto.

More information and images of her work can be found at

www.janet-read.com.

Arrivals and registration

2-4 pm Friday

Ends

1:30 pm Sunday

Fee

\$240 + \$10 for supplies.

Deposit

\$50

Registration deadline

February 23rd, 2018

Paintings by Janet Read

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