

# Studio Stretch

A Creative, Contemplative Retreat Day

Tuesday, October 16, 2018, 9:00 - 4:00

**The Ecumenical Center for Christian Leadership**

St. Francis Retreat Center, 703 E. Main, DeWitt, MI 48820

*Stretch your Body, Mind, and Spirit  
Through Creative Expression*



*Wake up, take a break, rise out of boredom, reach beyond walls, stride into new territory, ignite imagination, expand vision, explore untold depths.*

*Surrender to it!*

Begin in stillness, then move into creative action in a quiet, supportive setting. Any and all levels and kinds of artistic expression are encouraged during this art-spirit experience that focuses on process not product. Come, relax, invite childlike energy, and exercise your visual voice.

## Schedule:

- 9:00 Registration/Sign-in/Gathering
- 9:30 Whole Group Centering, Theme exploration, Suggestions for Creative Time
- 10:30 Unstructured Quiet Time for Individual Creative Reflection and Expression
- 12:00 Lunch Together
- 1:00 Unstructured Quiet Time for Individual Creative Reflection and Expression
- 2:30 Whole Group Sharing and Closing (4:00 Conclusion)

*Note: Basic art supplies will be available for your use, but you may want to bring your own pens, pencils, notebook, sketch pad or favorite supplies.*

The facilitator, Sharon Mick McAuley, leads ongoing art-spirit groups and day retreats. She is an active artist whose ministries integrate nature, spiritual formation and the arts. Contact Sharon with questions: [sharonmickmcauley@gmail.com](mailto:sharonmickmcauley@gmail.com) or 517-881-4351

Register at [www.ECCLMichigan.org](http://www.ECCLMichigan.org) (Programs, Upcoming Events) or call St Francis Retreat Center 517-669-8321



Cost: \$75/for the day (lunch included)

\$120/for one overnight and the retreat day (one light breakfast & lunch included)