

Art Vocabulary for the Soul Retreat

General Schedule

Friday night

4 - 5 pm Arrive at King's Fold settle into rooms

5:00 pm "Bring Your Own" dinner in the Community Room at King's Fold (get to know one another)

6:00 clean up dinner and reset up room

6:30 – 9 pm Session 1: Invitation to co-create

Saturday

9:00 – 9:45 Session 2: Reflection

Brunch 10 – 11*

11:00 – 12:00 Session 3: Sending Out to Listen/meditate on what is tugging on our hearts

12:00 – 3:30 Creating time – art medium of your choice i.e. painting, photography, writing, poetry, music etc. (teaching available in watercolor, acrylic, coaching available in other mediums.)

3:30 – 4:00 Free Time

Supper 4:00 – 5:00*

5:00 – 7:00 Creating time / Free Time

7:00 – 8:00 Session 4: Worship – in chapel

8:00 – Free time

Sunday

9:00-9:30 (room clean up)

9:30 Session 5: Reflection

Brunch 10 – 11*

11 – 12:30 Creating time

12:30 – 2:00 Session 6: Ending time in the Chapel (Share what we are comfortable sharing of what we have learned, discovered or created over the weekend)

2:00 – 3:00 Clean up and evaluations

** There is a 24 hour snack bar available for in between the meals**

There is Spiritual Direction offered during the retreat by Sam Drew. A sign up sheet will be available.