

O Come, O Come Emmanuel

A creative response to Advent – a Retreat Day for Ladies

In the midst of all the preparations for Christmas this Ladies' Retreat Day will give you time and space for stillness and reflection. Using different forms of creative art you will be given the opportunity to explore the theme of *O Come O come Emmanuel*.

Date: 9th December from 9.30 am – 4.00 pm

Venue: St Denys Church and Hall, Sleaford

Programme:

9.30 am	Coffee
10.00 am	Welcome and introduction to the day
10.30 am - 12.30 pm	Workshop 1
12.30	Lunch – a light lunch of soup, fruit and cake will be provided
1.45 pm – 3.45 pm	Workshop 2
3.45	Closing reflections and prayer

Workshops: Five workshops will be offered. Details are overleaf.

Booking: The cost for the day is £12.

Any profits will be shared between the charities Embrace the Middle East and The Bible Society.

Numbers of places are limited so do book early to avoid disappointment.

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Name

Contact email Contact Phone Number

Workshop choices. (We will make every effort to enable you to participate in your 1st and 2nd choices – however workshop numbers are limited).

- First choice
- Second choice
- Third choice
- Fourth choice

Dietary requirements:

Please take this booking form together with your £12 (either cash or cheque payable to St Denys PCC) to Paula Ireland in the Parish Office at St Denys, Sleaford (open every week day, between 9am and 12pm).

Workshops to choose from:

1. Music workshop: Philip Herrick

Come and explore the music and words of Advent. We shall look at Psalms and Canticles, music from times past and times new, to explore the themes of Advent. If we are able, we will perform as well as experience some of the music. Whatever your ability, simply come with an uppermost desire to hear from God through music.

2. Weave a Prayer: Karen Herrick

This Advent, let God meet with you in prayer as you learn the simple art of peg loom weaving. We will be using colour & texture, wool, plastic, fabric, beads & buttons as well as the rhythm of the weaving to facilitate time with God.

During the activity, we hope there will be time to allow God to bring things to mind that He would like to say to you through the creative process...

No experience necessary.

3. Watercolour workshop: Wendy Oldershaw

A quiet space where your walk with God can be expressed. Art materials are provided. Suitable for anyone wanting to work in watercolours regardless of ability or previous experience of working in this medium.

I would like people to feel undaunted even if they don't usually paint. Plenty of time for quiet reflection can also be facilitated by the techniques of watercolour where one layer dries before another is added.

4. Creative Buzz: Alison Wickstead

You are an original designer, and your ideas matter. Feel the creative buzz.

Reflect upon your own ideas of "O come, Emmanuel" and create a personal image which we can elaborate and enrich over the session and build up into an original design which can be used by you in future as the basis of further craft work, e.g. Embroidery, Tapestry, Painting, or Greetings Card design.

Spend a couple of hours designing original work with pencils and pens, and develop your ideas. I have lots of sample pictures which will help you refine your ideas into something original and artists!

5. Boxes of Joy: Rhona Knight

Glad tidings of comfort and joy! Joy to the world, the Lord is come! In this workshop we will reflect creatively on what brings true Joy. Using the psalms, collage, paint and a variety of other materials we will make Boxes of Joy to help us rejoice in the Lord at all times and in all places and in all situations. Do bring along to this session copies of any poems, passages of scripture or images that bring joy. You will be encouraged to add to your Joy Box throughout the year.

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*O Come, O Come
Emmanuel*

