

Creative Spiritual Practice

OHC Spiritual Direction Ministries in partnership with New Joy Arts.

Instructors: Angela Houk, New Joy Arts & Renee Schafer, OHC Spiritual Director

This Month: *Advent Reflection*

This workshop is designed to help participants reflect on the deep meaning in the season of advent. Preparing for the coming Christmas celebration is a practice of the heart & soul. Together we will discuss the meaning of Advent, take time for prayerful reflection, and then create a series of mixed media collages to represent your heart as you await the savior's birth. *Bring a journal you like. All other materials provided.*

Date: Sunday 12/10

Times: 11:00am-1:00pm & 4:00pm-6:00pm

Cost: \$5 per person/ \$15 per family

Register online at www.oakhills.org

For more information contact us at TheStudio@oakhills.org

The Studio at Oak Hills, 1100 Blue Ravine Rd, Folsom CA *Located in Building C2*

