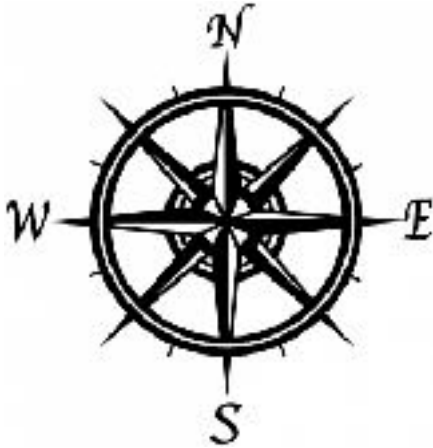


# Creative Spiritual Practice

*OHC Spiritual Direction Ministries in partnership with New Joy Arts.*

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

## **This Month:** *Spiritual Compass Workshop*



Start your new year with purpose & direction. This workshop will lead participants through a reflective personal compass exercise to create an illustrated spiritual compass. Designed for all levels of ability, this exercise uses coloring, drawing, or collage using magazines to find words or pictures that express your perspective on each direction of your life.

*Bring your journal if you like. All other materials provided.*

**Date:** Sunday 1/14

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

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

*Register online at [www.oakhills.org](http://www.oakhills.org)*

For more information contact us at [TheStudio@oakhills.org](mailto:TheStudio@oakhills.org)

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