

# Creative Spiritual Practice

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

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



## **This Month:** *Exploring Contentment & Resistance*

Discover the beauty of God at work in your life as you explore the areas of your own resistance to contentment. During this workshop participants will reflect on areas of their own spiritual growth as they create several types of mixed media drawings. Instructors will lead a variety of spiritual exercises & demonstrate a different mixed media resistance technique for each focus. This will be both a reflective & hands on project based workshop.

*Bring a smock or over-shirt to wear. All other materials provided.*

**Date:** Sunday 3/18

**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*