

**An artist is not a special kind of person.
Rather every person is a special
kind of artist.**
-Meister Eckhart

Come for a quiet day of prayer and contemplation as we express ourselves with color and form.

Experience how the process of creating fosters prayer and speaks “to what is sacred in our lives.”

Lynn Penney will lead us in the weaving of crosses from copper and cloth and in meditations on the Cross.

No art experience is needed.

The cost for the day is \$30 which includes art materials and a soup and salad lunch.

The retreat will take place in Grace’s newly renovated, open church.



Grace Church’s Newly Renovated Liturgical Space

Lynn Penney is a member of Union Church of Bay Ridge in Brooklyn, NY. She recently completed a program at the Shalem Institute, where she received a certificate for leading Contemplative Prayer Groups and Retreats. Her article on leading groups in making art as prayer appeared in the December 2007 issue of *Presence Magazine*.

Lynn offers Art & Prayer workshops to churches, hospitals, and other groups in the NYC area and beyond.



Lynn Penney

Making art is one of the ways that I pray.

I have not always been an artist. I started making art in my mid-thirties when my father died. Through painting and other art making, I find that quiet center that is not just myself – it is also a place of God’s presence.

In Art & Prayer workshops, our focus is not on making “good art” – rather it is on creating something that speaks to what is sacred in our lives. Participants often find that making art can be a profound process of healing, prayer, and wholeness.

- Lynn Penney

Art & Prayer Participant's Registration Form

Name _____

Address _____

Phone _____

E-mail _____

Send this form and a \$30 check made out to
Grace Episcopal Church, Attention Cathy
Constantin-Reid:

Grace Episcopal Church
108 North Fifth Street
Allentown, PA 18102

If you have any questions or the cost is a
problem, please contact Cathy at:
484-547-1589.

Recommendations:

“Lynn Penney has a real gift of creating sacred space and adeptly invites retreat participants to find their place within it. Her art as prayer meditations engage even the most artistically challenged to create lasting expressions that are holy and personal. A day with Lynn is good for your soul.”

*The Rev. David Lee Carlson
The Church of the Good Shepherd, NYC*

“As a participant in a number of Art and Prayer Workshops led by Lynn, I heartily endorse her as a facilitator in the artistic process with people of diverse backgrounds. She leads with an open mind and heart, encouraging people to discover the artist within who emerges within this safe environment. Lynn Penney brings her gifts of curiosity, faithfulness, artistic discovery and compassion to these sacred gatherings where people really do experience what it means to be still and to know God.”

*The Rev. Hannab Anderson
St. Stephen's Episcopal Church, MA
Founder of The Blessing Cup*

**Taking time to
listen within.**

**Taking time to
express ourselves.**



**Art & Prayer Lenten
Workshop/Retreat
at
Grace Episcopal Church,
Allentown
Saturday, March 7, 2009
9:00 a.m. – 3:00 p.m.**