

Creative Spirit Retreat Day

with Heather Hall

Saturday, May 15th, 9:30 am – 3:00 pm
Onsite at the Retreat House at Hillsboro



Our souls speak many languages: words, sights, sounds, textures, rhythms and movement, to name just a few. While writers, composers, artists and performers may speak these languages more eloquently, we all have a Creative Spirit. Learn to access your Creative Spirit and discover the message God is sharing with you!

Let's release expectations, play and be curious for a day. This retreat is a safe space to come together as we embrace the Creative Spirit within each of us. During this retreat, we will explore: storytelling, visual arts, lyrics & poetry, music & voice, and the body in motion. No experience needed!

Creative Spirit will take place inside the Retreat House and on the beautiful grounds (weather depending), following Covid safe practices. Please bring your own lunch and your mask. Tea, coffee and water provided. A suggested donation of \$40 will be gratefully accepted; however, please don't let finances keep you from attending.

Please register online by Wednesday, May 12th:

<https://tinyurl.com/RHcreativespirit>, or by email to info@retreathousehillsboro.org



Heather Hall is graduate of Hesychia School of Spiritual Direction, an ecumenical and multi-faith program. She is a lifelong learner and seeker who graduated from Education for Ministry and JustFaith. While living in Anchorage, Alaska, Heather was active with St Mary's Episcopal Church, where she led Adult Education – developing and facilitating classes, workshops and retreats – and Outreach programs. Born and raised in Maryland, where she taught college and started her career in environmental science, Heather recently returned to the Shore to establish her encore career as a life coach, spiritual director and storyteller through arts & crafts. Email: heather@discoverwithheather.com