

# Creative Spirit Retreat

With Heather Hall



Saturday  
September 18<sup>th</sup>

10:00 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 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 to discover and embrace the Creative Spirit within each of us. During this retreat, we'll explore: storytelling, visual arts, lyrics & poetry, music & voice, and the body in motion. No experience necessary.

Creative Spirit will take place inside the Retreat House and on the beautiful grounds at Hillsboro (weather depending), following COVID-safe procedures. A light lunch, coffee, tea and water will be 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, Sept 15<sup>th</sup>. Or, by email to [retreathousehillsboro.org](mailto:retreathousehillsboro.org). Register at <https://tinyurl.com/RHfallCS>



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 leadership coach, spiritual director and storyteller through arts & crafts. Email:

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