

Piece by Piece—Putting It Together: Honeycomb Quilt-Inspired Art Cards • Create something stunningly beautiful by piecing together paper hexagons—super simple, super fun. Like designing a honeycomb quilt of yesteryear, participants will fashion unique designs using pre-cut honeycomb-shaped pieces of visually stunning paper (instead of fabric), before gluing them into a handmade card or small work of art. The possibilities are endless! *Facilitated by David D.J. Rau*

The Spirit of Poetry • After a brief overview and examples of kinds and purposes of poetry, we will focus on two elements of poetic writing: metaphor and simile. Participants will engage in a couple of warm-up exercises before writing several lines using metaphor and/or simile to become part of a group poem. *Facilitated by Nan Meneely*

Arts Experience Opportunities – Session III

Let's Get Saucy! • Observe a demonstration of how to prepare three quick and easy sauces: Foolproof and creamy cheese sauce; three versions of marinara; and a lemon, garlic, butter and caper sauce. These classic sauces are perfect for pasta, fish, vegetables, shellfish and chicken. Linda has written and published a cookbook, is a volunteer chef at Cafe 55 at Hands on Hartford, a caterer, cooking instructor and a lover of delicious and nutritious food. *Facilitated by Linda Wayman*

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An Afternoon at the Opera! • Have you ever wanted to learn more about opera? The musical focus will be the opera *Rigoletto*, by Giuseppe Verdi, a masterpiece squarely in the middle of Verdi's 30 operas. With no requirement to be a trained singer, you will be supplied the lyrics (in sing-able English) to one of the most famous opera solos of all times! Along the way we'll take a look at the themes of the opera, Verdi's compositional style, staging opera, and survival of the form. Much of the material is from the DVD featuring the late Luciano Pavarotti, filmed on location with the Vienna Philharmonic accompanying the singers. *Facilitated by John Wadhams*

ASYLUM HILL CONGREGATIONAL CHURCH

Helping people grow in faith and love as disciples of Jesus

Freeing the Artist Within

Arts & Spirituality Retreat
Friday & Saturday, February 21 – 22, 2020

Come and explore fellowship through and within
the arts and awaken your creative spirit!

Sponsored by the Worship & Arts Committee



RETREAT SCHEDULE

Friday, February 21

- 5:30 p.m. Registration and Refreshments
- 6:15 p.m. Welcome Performance: *Kate Callahan & Friends, featuring Cynthia Wolcott and Michelle Begley*
- 6:45 p.m. Dinner and Fellowship: *Catered by Linda Wayman Cooks!, AHCC Arts & Spirituality Retreat Kitchen Team, and Hands on Hartford, Caterers Who Care*
- 7:30 p.m. Building Community through Creativity
- 8:30 p.m. Closing

Saturday, February 22

- 8:30 a.m. Coffee and Fellowship
- 9:00 a.m. Welcome and Details
- 9:10 a.m. Building Community through Gentle Chair Yoga *with Cynthia Wolcott*
- 10:00 a.m. ARTS EXPERIENCE I (see descriptions below)
- 11:45 a.m. Lunch and Fellowship: *Catered by Linda Wayman Cooks! and the AHCC Arts & Spirituality Retreat Kitchen Team*
- 12:30 p.m. Performance: *Organ Recital with Susan Carroll*
- 1:15 p.m. ARTS EXPERIENCE II
- 2:45 p.m. ARTS EXPERIENCE III
- 4:15 p.m. Building Community through Worship and Celebration



Arts Experience Opportunities – Session I

All the Pretty Boxes • Enjoy creative play with juicy, gorgeous watercolors, then with a little cutting, folding, and gluing, turn your painted creation into a sweet paper box, perfect for holding small treasures, enclosing a gift, or just displaying on a shelf. No watercolor experience required. Kindergarten level skills with scissors and glue stick helpful! *Facilitated by Jane Carroll*

Creating Your Secret Sacred Space • Layered paper is what creates the depth of the scene in this wooden light box! Participants will use a scalpel to create their sacred space, layer by layer, and then install it in a pre-made wooden box that lights up using batteries. Use preprinted paper scenes or create your very own. *Facilitated by Kristen Walsh*

Lift Up the Gift! • This session will be led by an artist who believes her artwork “is a means for me to connect who I am with where I come from, what I see and where I am going. I am always mindful to “Lift Up the Gift.” After a brief verbal introduction to fiber art quilting, participants will create a beautiful framed piece of colorful fiber art using fabric and glue. *Facilitated by Linda F. Martin*

The King of Instruments: An Interactive and Up-Close Experience with the Pipe Organ • This workshop will include video clips, and an opportunity to build a small pipe organ as well as experience all 4,003 pipes of our amazing Aeolian-Skinner pipe organ! *Facilitated by Susan Carroll*

Arts Experience Opportunities – Session II

All the Pretty Boxes • Enjoy creative play with juicy, gorgeous watercolors, then with a little cutting, folding, and gluing, turn your painted creation into a sweet paper box, perfect for holding small treasures, enclosing a gift, or just displaying on a shelf. No watercolor experience required. Kindergarten level skills with scissors and glue stick helpful. *Facilitated by Jane Carroll*

Apple Pie Jam Session! • With just a bit of basic knowledge, you will discover how satisfying home canning can be! Although the beautiful fresh summer berries are not here in February, you will learn to make another favorite, Apple Pie Jam. After trying home canning once, the process will not seem intimidating at all! *Facilitated by Nancy Comeau*

Creating Your Secret Sacred Space • Layered paper is what creates the depth of the scene in this wooden light box! Participants will use a scalpel to create their sacred space, layer by layer, and then install it in a premade wooden box that lights up using batteries. Use preprinted paper scenes or create your very own. *Facilitated by Kristen Walsh*

Natural Dyeing: God’s Palette of Color • There is a rainbow of color to be found at our fingertips! Did you realize there is purple in wood, red in roots and even some insects hide glorious shades of pinks and magenta? We will discuss historic dyes used through the centuries, the wonders found in your own garden and ah! even your kitchen. We will dip and doodle with different fabrics in assorted dyes and you will be prepared with resources and the knowledge necessary to repeat the process at home for endless creative projects of your own! *Facilitated by Martha Simpson*