

To Register, please fill out form below and return with your check, made payable to:  
 The Spirituality Network  
 ATTN: ARTI GRAS  
 444 E. Broad Street, Columbus, OH 43215



The Spirituality Network, Inc. is pleased to present the TENTH Anniversary

**Celebration of Art and Spirit**

**Registration Fee:** \$30 if PRE-PAID; \$40 at door  
*All paid registrations include 2 raffle tickets*

Your OPTIONAL additional donation will provide scholarships for those who need financial assistance.

Scholarships are available—please call 614-228-8867 to inquire.

**About the Spirituality Network**

**We Believe:**

- That God’s love is unconditional.
- That each one is drawn into relationship with God through the circumstances of his/her own human experience.
- That a healthy ongoing relationship with God, self and all of creation moves one to respond authentically to the needs of others.
- That a contemplative life stance must be rooted in prayer, non-violence, and a radical passion for truth.

**We provide:**

- Education and formation through the Wellstreams Program
- Spiritual direction referrals for groups and individuals
- Retreat planning and facilitation
- Programs to foster the spiritual life including continuing education and professional enrichment for those in caring ministries

The Spirituality Network serves both those with and without formal faith affiliations.

*The Spirituality Network is a 501(c) 3 non-profit organization*

444 East Broad Street  
 Columbus, Ohio 43215  
 614-228-8867  
 www.spiritualitynetwork.org



**Explore spirituality through creativity**

**Saturday, February 13, 2010**

**9 am—4 pm**

*Hosted by*

**First Community Church  
 North Campus**

3777 Dublin Road, Columbus, Ohio 43221

**REGISTRATION FORM — Arti Gras! 2010**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

*(please include zip code)*

E-mail: \_\_\_\_\_

REGISTRATION Fee: \$ \_\_\_\_\_

Optional Additional Donation: \_\_\_\_\_

TOTAL ENCLOSED: \$ \_\_\_\_\_

*Please indicate your choices for breakout sessions:*

Session I: \_\_\_\_\_

alternate: \_\_\_\_\_

Session II: \_\_\_\_\_

alternate: \_\_\_\_\_

Session III: \_\_\_\_\_

alternate: \_\_\_\_\_

LUNCH PREFERENCE:

\_\_\_ VEGETARIAN \_\_\_ NON-VEGETARIAN

## SCHEDULE FOR THE DAY:

Coffee & Check-In: 8:45—9:15

Opening Blessing: 9:20 am—9:45 am

Session I: 10 am—11:15 am

Session II: 11:30 am—12:45 pm

LUNCH 12:45—1:30 pm

Raffle Drawing and Silent Auction: 1:15 pm

Session III: 1:45 pm—3:00 pm

Closing Celebration: 3:15—4:00

Featuring **ARNETT HOWARD**

## IT'S OUR TENTH ANNIVERSARY!

The traditional gift item for a tenth anniversary is tin.

We are celebrating our Tenth Anniversary by COLLECTING "TIN" CANS for the MIDOHIO FOODBANK

Please bring canned or non-perishable food items to HELP US FILL TEN CARTONS WITH TIN CANS

**FUNDRAISING RAFFLE** to benefit The Spirituality Network, with a portion of the proceeds going to Women to Women Ministry. The drawing will be held at 1:15 during lunch and will feature items such as original works by local artists; gift certificates for services; and CDs and books, etc.

### Ticket prices:

1 ticket: \$1; 8 tickets: \$5;

15 tickets: \$10; 20 tickets: \$15

### PLUS A SILENT AUCTION

Featuring Ten Special Items to Celebrate Ten Special Years of *Arti Gras!*



## BREAKOUT SESSIONS

**Beaded Prayers** I  
**Fabric and Beads; Led by Karen Scott.** The word bead comes from the old English word *biddan*, which means "to ask or pray." Create a prayer pouch using cloth, beads and polyfill stuffing to carry your prayers and blessings.

**Poems, Parables, and Earth Songs** I & II  
**Contemplation with Images; Led by John Holliger**  
This contemplative session invites reflection through seeing images of creation and hearing the sounds of our Earth brothers and sisters singing both laments and joy. You will be invited to rest in "that time beneath all time, and on the far side of all time ... to see the beauty of all life ... woven together."

**Embodying the Sacraments** I & II  
**Led by Holli Rainwater; Movement/Dance**  
*A sacrament is an outward and visible sign of an inward and spiritual grace.* In this workshop we will use gentle movement to explore the seven sacraments, learning what it means to put them on, to live them, to dance them into existence.

**Abstract Spirit: Expressing with Paint** I & II  
**Led by Amy Flowers.** Abstract painting allows for complete freedom of expression, permitting the spirit of the muse to come through. Play with color, form and shape to reflect your inner artist; no drawing or experience needed!

**Bend Me, Fold Me: Spirit and Paper** I & II  
**Origami Paper; Kirk Turner-Rustin**  
An introduction to the ancient craft of paper sculpture, with an emphasis on its value as a meditative practice. Learn the basic folds to create a traditional crane and the *masu* box.

**Sound Creations: Compassionate Portraits** I & II  
**Mixed Media; Led by Melissa Turner-Rustin**  
Engaging the senses through sight, touch and sound and using a variety of media (pencil, colored pencil, pastel, watercolor, markers, etc.), participants will be invited to create a "portrait" of their inner self through the lens of compassionate self-awareness.



## BREAKOUT SESSIONS

**Tender Mercies and Small Blessings** I & III  
**Artist Trading Cards; Led by Amanda Stone Cushing & Rachel Fasig.** Create one or more small expressions of a "tender mercy" or blessing in your life, using a variety of materials: paint, stamps, markers, etc. Just like blessings, artist trading cards (2x3 inches) are made to give away.

**Lessons from the Cosmos** I & III  
**Fabric Collage; Led by Barbara Davis.** Beauty is essential to the survival of the Earth. Share your creative gifts to participate in this survival plan by creating an expression of hope and healing for our world.

**The Journey Within: Creating a Labyrinth** II & III  
**Paper and Yarn, Led by Megan Cameron.** Learn about the labyrinth and its use in meditation. Participants will create a finger labyrinth to use for meditation anywhere.

**Serenity and Scent** II & III  
**Beads, Scent bottle; Led by MJ Abell.** Reflect on your keys to serenity and choose a scent to express it. Embellish small scent bottles with wire and beads.

**Clear View Collage** III  
**Mixed Media, Led by Amy Flowers.** Create a layered image collage using a variety of materials with a meaningful photograph. **PLEASE BRING A SPECIAL PHOTO** (on photo paper) to use in this session.

**Transformers: Tools of the Trades** III  
**Discussion and Reflection; Led by Rick Hatem.**  
Reflecting on a variety of tools and toys, we'll look at Gospel stories of transformation occurring for men when Jesus met them working and living daily life.

**Storytelling as a Spiritual Discipline** III  
**Storytelling/Drama; Led by Janice and Roger Burns-Watson.** This workshop explores ways in which storytelling can help us grow spiritually. We will create spiritual autobiographies for characters and construct stories that convey their spiritual journey.

