



# Creative Lent

Using artistic methods for spiritual reflection during the period of Lent and after Easter

Four sessions make up the course

- on zoom

Wednesdays 7.30-9pm

30th March

6th April

13th April

20th April

While no particular artistic skill is required - this is about using artistic methods to aid reflection, you will need to have some art materials available - of your choice, eg magazines and glue, coloured papers (even the insides of some envelopes can be good!) paints, pastels, pencils, felt pens etc, or fabric and thread if that is your medium!

We will gather for worship, create art separately for a while (you can turn your camera off for that bit if you like) and then reflect together.

Facilitator: Jenny Spouge

Chaplain: Kate Dickinson

Contact Kate on

[katedickinson72@gmail.com](mailto:katedickinson72@gmail.com) for

the zoom link