

# Creative and Spiritual Practices: Engaging the Soul

## Lent 2025 - Overview

This five-week Lenten workshop series at St. Andrew's is all about diving deep into different spiritual practices using hands-on activities.

**Workshop Overview:** The series runs during Lent 2025 and includes activities like lectio divina, journaling, painting, Taizé singing, and working with clay to help participants connect with their spirituality, through both their hands and their hearts.

**Program Options:** There are two versions of the program: a 45-minute session on Sunday mornings, and 90-minute sessions on Tuesday mornings, with the longer session allowing for more in-depth exploration.

### Dates and times:

**Option 1** (45 minutes): Sunday mornings, 9:00 – 9:45 am – Upper Room, March 9, 16, 23, 30, and April 6.

**Option 2** (90 minutes, followed by optional brown bag lunch together), Tuesday mornings, 10:30 to noon, Karl English Lounge - March 11, 18, 25, April 1 and 8.

Both versions of the program are open to all and are designed as much for those who already have spiritual practices, as for those for whom such practices are new.

You are welcome to attend either or both version of the program. Sundays are designed to offer a “taster” version of each topic; Tuesday mornings will allow us to experience topics in more depth.

**Facilitators:** The workshops are led by Reverends Laurie McKay and Geoffrey Simmins, who are experienced in congregational ministry and passionate about heart-focused spirituality. Congregational members with specific expertise will offer their insights—Sheri Coutts (painting, creativity); Desiree Henrichsen (journaling, spirituality); and Ken and Sharon Burrill (Christian meditation).

**Week 1: Examen and Journaling:** Participants will learn Ignatius of Loyola's Examen for daily reflection and journaling to deepen their spiritual awareness and gratitude.

**Week 2: Lectio Divina:** This week focuses on the ancient practice of lectio divina, guiding participants through contemplative reading of sacred texts to enhance prayer and reflection.

**Week 3: Art as a spiritual practice:** Participants will explore drawing and painting as a spiritual practice, using art to express their faith journey and gain spiritual insights.

**Week 4: Christian Meditation:** This session covers Christian meditation, offering practical exercises and techniques to integrate this practice into daily life.

**Week 5: Working with clay:** In the final week, participants will engage in working (and playing) with clay, reflecting on how the process of molding clay symbolizes their spiritual formation.

**Music Component:** Throughout the series, Taizé songs will be incorporated to enhance the communal and meditative aspects of the workshops. (Taizé is a village in Burgundy, France, and for decades, young people from all over the world come here to deepen their spirituality, often via repeated, simple songs.)

**Conclusion:** The series aims to leave participants with a deeper connection to their faith and a commitment to continue exploring their spiritual lives.