

Creative Expressions for Your Soul

Tuesdays, 7:00-9:00pm • January 30, February 20, March 20 & April 17

God has given each of us a creative spirit deep within ourselves to be discovered and explored.

This series offers you a place to deepen your relationship with God and your own inner-wisdom through contemplative and creative practices. We begin each session by realizing the joy and peace that lies within our soul to bring our spiritual insights into tangible art. You do not need any previous art experience, but rather an open heart to what you may discover within yourself using words, lines or color. Each month will offer a new practice, and we invite you to enjoy one or the full series of four.

January 30, Poetry

Explore the symbolic language of the heart and energy that invites us to be whole.

February 20, Zentangle

Focus on the “Zen” part of this art form as a way to tap into your intuitive nature and use it as a personal ritual to quiet your mind and explore your inner-self.

March 20, Storytelling

Our adult heart goes back to the child as we use children’s fables as inspiration to tell our own story.

April 17, Spiritual Freewriting

Enjoy this prayerful and spiritual practice that allows you to set aside the time for soul-searching at a deep, meaningful level.



\$25/session; or \$80 for the series

(Choose the January 30 to register for the series. Registration required by 1/23 for series.)

About the facilitators...

Sr. Glenna Czachor, OSF, is a Wheaton Franciscan Sister with more than 25 years experience in group facilitation and retreat leadership, specializing in contemplative prayer and worship, scripture study, and creative spirituality. She holds a Masters of Pastoral Studies from the Catholic Theological Union in Chicago, and is a graduate of the Hesychia School of Spiritual Direction of Tuscon, Arizona. As the Pastoral Associate of St. Gerard Parish in Brooklyn Park, MN, Sr. Glenna directed the RCIA, and adult and young adult faith formation programs.

Georgene L. Wilson is a Wheaton Franciscan Sister. She holds a Doctor of Ministry degree from the University of St. Mary of the Lake, Mundelein, Illinois. Georgene lives in silence and solitude and offers spiritual presence and services from her home in Wheaton, IL. Her ministry includes animating directed and guided retreats, teaching, preaching, writing, poetry, artwork, and facilitation of theological reflection on a wide range of subjects, all in the wisdom of Franciscan spirituality and presence.



PROGRAM FACILITATORS



Sr. Glenna Czachor,
OSF



Sr. Georgene L. Wilson,
OSF, D.Min.