



Spirituality in Everyday Life

A day workshop with the Art and Spirituality Network

At Oxford Quaker Meeting House
43 St Giles, Oxford, OX1 3LW

led by Andy Stoller and Linda Murgatroyd

Saturday 12th February 2011

10.30a.m. to 4.30p.m. (arrivals from 10 am)

Cost: £25 (reductions available if you are unable to afford this much) .

Advance booking essential.

For further information about the Art and Spirituality Network see

www.artandspirituality.net

Spirituality in everyday life

How does our spiritual experience inform our lives, beliefs and actions? Engaging with the arts can nurture us spiritually and can help create spaces for us to explore important issues in life.

Using a variety of simple exercises with art materials, words and silence, we will have a chance to reflect on particular experiences, questions of belief and un-knowing, and how these may guide and influence our daily lives. There will be opportunities to work alone and to share with others

No prior experience is needed, and all materials are provided. However, there will be some choice to work primarily with writing or with paint; if you have a journal you may wish to bring it with you.

Provisional timetable

- 10.00 Arrivals and refreshments
- 10.30 Introductions . Experience of the Spiritual
- 11.20 Exploring Beliefs
- 1.10 Shared lunch
- 2pm Life Issues : guidance through the spirit?
- 4.00 Bringing it all together
- 4.20 Endings and Tea
- 4.30 -5pm Leave

Please bring some simple vegetarian food to share for lunch.

Cost £25 - includes all materials and drinks

Art and Spirituality Network

The Art and Spirituality Network is a loose network of artists and those of no artistic experience which aims to provide a supportive and challenging space for people to find spiritual fellowship and nourishment through making art. The Network has been running workshops and retreats for around 15 years, in a range of venues around Britain and welcomes people of any faith and none.

Andy Stoller Andy Stoller has kept a journal for 14 years and has run workshops on various aspects of spirituality for Woodbrooke, the Quaker college. She has been a Quaker for over 25 years coming from a Jewish background.

Linda Murgatroyd has been using art to create spaces for spiritual nurture and exploration for some years, both privately and through running workshops. She is also engaged in spiritual accompaniment. She is a Quaker, Christian and Secretary of ASN.

Comments on past ASN workshops:

- 'it helped us understand our ourselves much more'
- 'it gave me much to explore'
- 'loved the hands-on parts and quality of the materials'
- 'excellent value for money'
- 'I appreciated being given ideas about how to use the materials'

For further information about the Art and Spirituality Network, see

[www:artandspirituality.net](http://www.artandspirituality.net).

To receive our newsletter, email us at artndspirituality@gmail.com or write to ASN, 48 Kenilworth Avenue, London SW19 7LW

‘Spirituality in Everyday Life’: Travel Information

The Oxford Quaker Meeting House is at 43 St Giles, OX1 3LW. It has a red door and is a few houses away from the Eagle & Child pub and opposite the Lamb & Flag pub. It is about ten minutes’ walk from Oxford railway station, and reachable by bus via the [Oxford Bus company](#) or [Stagecoach](#). If you need to drive to Oxford, [Park and Ride](#) may be a good option for you. Parking nearby is very limited and expensive.

For further details, see <http://www.oxfordquakers.com/Directions>

Art and Spirituality Network Booking form

‘Spirituality in Everyday Life’ Saturday 12th Feb 2011

Please send completed booking forms and cheques to: ASN, 48 Kenilworth Avenue, London SW19 7LW

Early booking helps us a lot, and assures you your place

Please reserve me place(s) for this workshop at £25* each.

I enclose a donation of... .. Total.....

Cheques payable to ‘Art and Spirituality Network’, please.

**If you would like to come and money is the only obstacle, please let us know;*

Name(s).....

Address.....

Email..... phone.....

• If you have any special needs that may affect your participation, please let us know:

Please send me information about future ASN events. Yes No