

EXPLORING CONFLICT THROUGH ART

A day workshop with the Art and Spirituality Network

led by

Linda Murgatroyd, with Elaine Giles

Saturday 18th January 2014

10.00am – 4.30pm

at

Wandsworth Quaker Meeting House
59 Wandsworth High Street, London, SW18 2PT

Cost: £25 - reductions available if needed: Advance booking essential



www.artandspirituality.net

Exploring conflict through art

A day exploring aspects of conflict using simple playful experiments with paint, paper and other materials. You may gain new insights into how conflicts can arise and our emotional responses. We will also experiment with a method of bringing our deepest values to bear in addressing a conflict.

We will work alone and with others, mostly in silence, with some opportunities for sharing.

No particular arts experience is needed and all materials are provided. All are welcome, from any spiritual tradition or from none.

Provisional timetable

- 10.00 Arrivals and refreshments
- 10.30 Morning session.
- 1pm Shared lunch
- 2pm Afternoon session
- 4pm Endings and Tea
- 4.30 -5pm Leave

Please bring some simple vegetarian food to share for lunch.

Drinks provided.

Please wear clothes you are comfortable to paint in.

Further enquiries : artandspirituality@gmail.com

Or tel 0794 908 9031

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 over 15 years, in a range of venues around Britain and welcomes people of any faith and none.

Linda Murgatroyd has been using art to create spaces for spiritual nurture and exploration for some years, as a maker, workshop facilitator and through spiritual accompaniment. She has a particular interest in strengthening links between spirituality and everyday living. She is a member of Wandsworth Quaker Meeting and the Secretary of the Quaker Arts Network.

Elaine Giles is Secretary of ASN, an inquisitive agnostic, artist and mediator, interested in the connections between nature, science, creativity and therapy.

Some comments on past ASN workshops:

- 'it helped us understand 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'

Future ASN events include Art and Forgiveness with Marian Liebmann, on Saturday March 8th 2014 at Wandsworth Meeting House. Details will be advertised on our website www.artandspirituality.net

To join our mailing list, email us at artandspirituality@gmail.com
or write to ASN, Flat 60, Valiant House, Vicarage Crescent, London SW11 3LX.

How to get to Wandsworth Quaker Meeting House

59 Wandsworth High Street, London, SW18 2PT

Map: <https://maps.google.co.uk/maps?q=SW18+2PT>

Public Transport: Wandsworth Town mainline station is 0.8km away to the north east and East Putney tube approx. 1km to the west. Lots of buses from Clapham Junction mainline BR.
<http://www.quaker.org.uk/wandsworth>

Access information: Single step to main rooms with disabled ramp. Hearing loop in Main Meeting room. Disabled toilets. Smaller rooms have two steps access

ASN Booking form: Exploring Conflict Through Art - 18 January 2014

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

Please send completed booking forms and cheques to:

ASN, Flat 60 Valiant House, Vicarage Crescent, London, SW11 3LZ

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

I enclose £..... (plus an optional donation of... ..) Total.....

Cheques payable to 'Art and Spirituality Network', please.

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

Name(s).....

Address.....

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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