

MOVING TOWARDS FORGIVENESS THROUGH ART

A day workshop with the Art and Spirituality Network

led by

Marian Liebmann

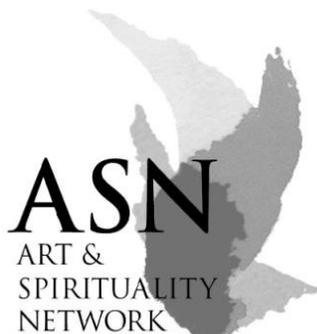
Saturday 8th March 2014

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

Moving Towards Forgiveness Through Art

A day exploring ideas about forgiveness using simple exercises with paint, paper and other art materials. You may gain new insights into aspects of forgiveness and your emotional responses.

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

Marian Liebmann is an art therapist working in the Inner City Mental Health Team in Bristol, UK, and contributing to art therapy courses at several universities in the UK and Europe. She also works in restorative justice and mediation, and co-leads courses on 'Towards Forgiveness' at Woodbrooke Quaker Study Centre. She is a member of Redland Quaker Meeting, Bristol. She has written/edited ten books, most recently *Art Therapy and Anger* (2008).

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 - 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.

Travel Information

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

How to get to the Quaker Meeting House

59 Wandsworth High Street, London, SW18 2PT

Nearest stations: Wandsworth Town mainline station is 0.8km away to the north east and East Putney tube approx 1 km to the west. Lots of buses from Clapham Junction mainline .

<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

Booking form: Moving Towards Forgiveness Through Art - 8th March 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).....

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Address.....

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Email.....

Phone.....

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

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Please email me information about future ASN events. Yes/No