



Meditation through Angels

a « SPIRIT AND ART » workshop
led by Carol Baker and Charlotte Illingworth

Saturday 24th September 2016

at the National Gallery, Trafalgar Square, London WC2N 5DN

10.30 to 12.30; arrivals from from 10 am

How can angels transform our spiritual lives? In the course of a quiet morning, we will look at how angels have been depicted in the past and how this might connect with our personal experience. There will be time to connect deeply with wonderful art works, through silence, simple creative activities, sharing and fellowship. No artistic experience needed. Materials will be provided, but you are encouraged to bring a sketchbook or journal and/or coloured pencils, if you have them .

FREE: Advance booking essential .

Bookings and enquiries: carolbakerdesigns@gmail.com (07968902331)

or cillingworthuk@yahoo.co.uk (07808553641)

Please mention any special needs when booking.

Meet at the main entrance to the Sainsbury Wing of the National Gallery.

Registration from 10am

You are invited to join us for lunch afterwards.

Carol Baker is a Quaker, a fine artist and designer of many years standing who enjoys creativity and imagination through the arts. She explores how arts are interwoven through meditation and spirituality and teaches in community arts.

Charlotte Illingworth is a multi media textile artist who specialises in embroidery. Her work studies feelings and spirituality and she teaches in community arts.

www.artandspirituality.net



Further « Spirit and Art » Workshops:

Saturday 8 October 2016

Spirit and Place : responding to an exhibition by local Quaker artists and to their historic place of worship, set in a busy urban context. Led by Linda Murgatroyd, at Wandsworth Quaker Meeting House, 59 Wandsworth High Street, London SW18 2PT.

Saturday 21st January 2017

Spirituality and Nature : a meditation on nature and spirituality through natural forms, stained glass and colour and the written word. Led by Carol Baker and Charlotte Illingworth at the Victoria and Albert Museum, London.

Saturday 18th March 2017

Awake and Asleep : A clay meditation and exploration of our responses to paintings by JMW Turner .

Led by Carol Baker and Charlotte Illingworth, at Tate Britain, London.

Free. Arrivals at 10am for a 10.30 start till 1pm. Advance booking essential.

Further details of all event can be found at www.artandspirituality.net

The Art and Spirituality Network is a loose network of artists and people of no artistic experience which aims to provide a supportive and challenging space for people to find spiritual fellowship and nourishment through making art. ASN has been running workshops and retreats for over 30 years, welcoming people of any faith and none.

Membership is free: join our mailing list by emailing us at artandspirituality@gmail.com. ASN is run by volunteers ; we welcome offers of help with admin, communications etc as well as offers to host, run or help with workshops and other suggestions.