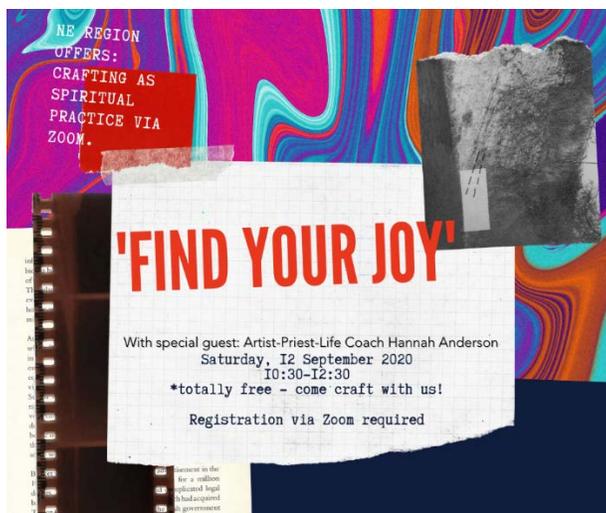


The NE Region Invites You To: Crafting As Spiritual Practice – Find Your Joy



Exploring Joy through Crafting: September 12, 2020 10:30am-12:30pm

Holy Scripture reminds that one of the fruits of the Spirit is joy. (Galatians 5: 19-23) What does joy look like or feel like for you? What activities and friends bring you joy? How do you share joy with the world? What are ways to access and express joy in a time of COVID?

Let's step into a virtual community experience of crafting as we explore the theme of joy. Artist-priest-life coach Hannah Anderson (from Concord, NH) will guide our time together with prayer, journaling, conversation and a simple art project that each of you will be able to do from the comfort of your own home. You'll need:

- + Access to Zoom (We'll provide the link and directions.)
 - + A journal and pen/pencil
 - + A plain piece of paper (poster board/cardboard preferred) that could be in your art journal or separate (11 x 8 1/2" or larger if you prefer)
 - + Some magazines or other materials that you can cut up
 - + Glue/glue stick/glue gun
 - + Scissors
 - + markers/crayons/colored pens, etc
- (Optional: Any other art materials you'd like to have on hand! i.e. – stickers, yarn, fabric, sequins, ribbons, buttons, scrabble tiles, shell

In preparation, please decide on one color that you absolutely love and find a picture or piece of fabric that is that color and bring it to the session to share with everyone! Also, be sure to have all the above materials with you so that you can participate in the project during our time together!

Registration for this event here:

<https://episcopalct.zoom.us/meeting/register/tJ0tdugrDwjGdJvZln8XrIHmR7DZKTbjC>

Not into zooming? There will be a paper booklet available after the event, which can be mailed to you or found on the NE Region page of the ECCT website. Contact Maggie for more information – mbreen@episcopalct.org or 860-214-0085.