

**ARTS TO THE
RIDGE
A Creative Spirit
Retreat for Girls Ages
10-16**

Sponsored by: Friends of Silence

June 21-26, 2015
**Still Point Retreat at
Rolling Ridge
Near Charles Town, West
Virginia**

Things to Bring

Sleeping bag or twin bedding, pillow, personal hygiene items including sunscreen and bug repellent, **sturdy, closed-toe shoes** for hiking and getting wet/muddy, outdoorsy clothes for both warm and cool weather, pjs, a bathing suit, 2 towels, washcloth, hat, raincoat, journal or blank notebook, pens/pencils, tools of your own art (instrument, music, paints, sketchpad, skits, clay), a poem, story or song to share, and creative energy. Mark all belongings with your name, please.

Still Point Retreat, located adjacent to the 1,400-acre Rolling Ridge wilderness preserve 60 miles from Washington, D.C., featuring the Appalachian Trail and scenic Shenandoah River, offering nature's renewal, recreational opportunities, silence, solitude, and comfy accommodations. Facilities include a modern Retreat Cabin, small cottages, tent sites, tipis, a spring-fed pond, and a large deck overlooking the river. Additional accommodations at Rolling Ridge Study Retreat, a nondenominational retreat facility committed to nurturing individuals, families and communities.



Retreat to the Ridge and bring your art with you. If you draw, dance, sing, write, play a musical instrument, sculpt, sew, or otherwise create—this retreat is for you! Practice in an inspiring mountain setting; share creative experiences with one another; explore the connection between silence, spirit, and creativity; try something new in sampler sessions with guest artists. Parents and younger sibs welcome.

Retreat begins: June 21--3:00 p.m. Sunday (Supper potluck)

Retreat Ends: After Lunch Friday—June 26



***Fee:* \$425**
Ways to SAVE:
Register and Pay by 4/15/15 \$400
Scholarships Available
Family/Sibling Discounts
Discounts for Girls of Parent Staff/Artists

Features:

**5 Overnights..... Kid-friendly meals..... Campfire.....
Marshmallows....Visiting and Mentoring Artists....
Hiking Trails....Pond.....River....Kindred Spirits....
Creative Partnership with the Great Creator....**

Info or To Register:

Mary Ann Welter
301 277-5767; 301 332-5780
mary_ann_welter @yahoo.com

\$100 Deposit payable to: **Friends of Silence**
Mail Check and Registration Form to 3806 30th Street, Mt. Rainier, Md. 20712