

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

Sponsored by: Friends of Silence

June 26-July 1, 2016
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, offers 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 26--3:00 p.m. Sunday (Supper potluck)

Retreat Ends: After Lunch Friday—July 1



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