



Creativity and the divine:  
to create is to PRAY

**Stressed?  
Need to chill out?  
Suffering from mental overload?**

## **Create Pray**

# **Starting 4<sup>th</sup> September**

### **Imagine... a Creative Sanctuary**

- having the time and space to enjoy creating with nothing to drag your attention away
- creating in a peaceful environment
- companionship where you can explore your creativity
- consciously in contemplation listening to beautiful music
- sharing skills, relaxing, de-stressing
- a nurturing space where you can stretch and grow

### **Be creative by:**

- Mindful Colouring
- Bible Journaling
- Sketching
- Poetry
- Creative Writing
- Painting
- Prayer Doodling
- Collage
- Your own knitting or stitching

**There is no need to have any experience or call yourself creative**

## **All Welcome!**

*There is no charge...we ask for donations for ongoing materials!*

**10am - 12.30pm at Immanuel Church, Danbury Rd, RG22 4US**

## **Every Wednesday - during Term Time!**

*For further information and term dates contact:*

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❖ Please note we are part of the premises of St Marks Primary School at above address