

# Creative Art Retreat Days 2026

Each day consists of a group of 10-12 like-minded people.

(No previous experience is necessary.)

There is unlimited tea and coffee on tap and a home cooked vegetarian lunch.

The day begins at 9-45 am, with a welcoming cuppa and ends around 4 pm.

Around 11.30 those who wish can join for a short Mass . Continue with work until 1.pm for lunch, followed by a short optional meditation, or a wander.

Then finish around 3.30 for tea and cake and a general "Happy chat ", about our work and the day .

**Cost of the day is £50 and includes all the materials and refreshments.**

Payment can be made by cheque to :

The Monastery of Christ our Saviour

Or by Direct Debit

Monastery of Christ Saviour. Sort: 60-16-45  
Account No: 68198140

Reference "creativity retreat" Or Cash

**To request a booking .....please e mail Jane : on  
cjanemonk@yahoo.co.uk**

Saturday. March.14th. The Heart's Impress.

Exploring basic printing.

Marie Ryan & Pauline Wood

Saturday. May 2nd. Going for a song.

Bird song and a certain type of Music.

Brother John

Saturday. July 11th. Mosaic Magic.

Be creative with glass.

Cathy Ebbels

Saturday. September 12th. Words Pictures.

Calligrams—Using words to create pictures.

Tina Rogers

Saturday. October 10th. Mindful Quilting.

Produce a table mat or cushion.

Glynis Harper

Saturday. November 21st. Book Folding.

Relax before Christmas and create a unique Christmas Angel.

Marie Heath