

Chrysalis Summer Workshop Descriptions (To be available during registration)

Friday - 4:00 - 5:30 (choose one)

### **1. The Visitation in Art**

The encounter of Mary and her cousin Elizabeth in Luke's gospel (1:39-45) is a scene so unusual and so powerful that it has its own name, The Visitation. Both in art, in ritual, and even in the naming of holy days, this scene between two women and their unborn sons, brokered by the Holy Spirit, is the first place in Luke's story where the good news is proclaimed, confessed, and enjoyed. In this meeting there is the pure joy that Luke's gospel promises that God is bringing into the world. In this workshop we will look at Luke's text and we will look at how many artists of varied times and places portray Mary and Elizabeth. What does joy look like? How do we imagine these women and their relationship? What will artists choose to show us from this story? Come to this workshop prepared to enjoy. Bring your Bible along and something to write with so we can explore our own experiences of joy.

**Sarah Henrich** is our keynote speaker.

**2. Book Discussion: The Mapmaker's Children** This book centers around two women: Civil War era Sarah, daughter of abolitionist John Brown realizes she can use her artistic talents to help save lives of slaves fleeing north. Eden is a modern day woman struggling to conceive a child when she moves to suburb of D.C. There she discovers a porcelain doll head in root cellar--the remains of an Underground Railroad doll with an extraordinary past of secret messages, danger, and deliverance.

**Ann Keen** is a long time participant of Chrysalis and loves the outdoors and particularly Clearwater. She loves to read and as member of two book discussion groups, loves to discuss what she has read.

Bring recent titles of books that you have read and enjoyed.

### **3. Multicolored Devotions.....Lectio Divina in Living Color**

Thing 1: "Lectio Divina" is a Latin term meaning "divine reading" and describes a way of reading the Scriptures whereby we gradually let go of our own agenda and open ourselves to what God wants to say to us.

Thing 2: The act of creating links us to the Creator.

The goal of this workshop is to experience Thing 1 and express it through Thing 2. Please bring your favorite artistic tools (colored pencils, Micron pens, water colors, etc.) if you have some. If not, some will be provided. (Yarn or fabric will probably not work 😊, but who knows?) Optional materials may be purchased for under \$5.

**Elaine Butler** has been a Chrysalis attendee for many years. She's a trained spiritual director and an untrained photographer/artist, who has often wondered what God wants

her to do with her creativity. This activity feels like one answer. If you'd like to try it out, please join her at this workshop!

Sunday 9:30 - 11:00 (choose one)

### **1. Healing Touch**

This workshop will include an introduction to energy centers in the body (chakras), and how your energy centers determine health of the body, mind, spirit. Keeping energy centers open and flowing. We will cover what Healing Touch can do for you, including self-care you can do at home, and how to find a Healing Touch therapist. A sampling of techniques will be directed and tried, participant to participant.

**JoAnn Abbott** is a registered nurse with over 30 years of experience in health care, primarily hospital, giving direct patient care. She is a Level 4 Healing Touch practitioner, with 7 years experience in energy work, currently with the Healing Arts Department, Mayo Clinic Health Care System, Red Wing, MN, doing pre and post-op Healing Touch treatments surrounding a patient's hospital experience. She is also doing inpatient Healing Touch for medical patients.

### **1. Leaning Tree Watercolor Painting**



Even if you've never used watercolor materials before, you will experiment with techniques to create your own 8" x 10" painting of a leaning tree, similar to the tree from Clearwater Forest lore. You will be supplied with paper, brushes and a small palette and will learn how to saturate the background with blended color before using special glue and oguru paper to make the foliage for the pine tree. More paint will complete your

masterpiece. Participants will take home some supplies to continue experimenting with watercolor painting.

Cost: \$15 for materials, payable to the instructor

Number of participants: 15

What to bring: Nothing needed (but experienced painters are welcome to bring their own palette and brushes if they prefer.)

**Jan Sacco** has been coming to Chrysalis, as often as she has been able, since 1985. She is a retired teacher who took up a watercolor painting as a new hobby in retirement a few years ago. A member of Valley Community Presbyterian Church in Golden Valley, she serves as the Elder for Mission. Jan is proud to be the oldest sister of Betsy Rock-Zutz!

### **The Science of Happiness**

“Happiness is when what you think, what you say, and what you do are in harmony.”

- Gandhi

Scientific evidence is growing that the connection between the mind and the body, between well-being and physical health is real. Come learn what science is saying about the mind, body and spirit and the connection to happiness. Studies show that people who are more optimistic or have a greater sense of purpose have at least a 20% reduced risk of developing major illnesses. Learn how to stay happy and positive through work, family, and life stresses. This workshop returns by popular demand.

**Barb Wasmoen**, a steering committee member, is a retired 7th grade science teacher with a very understanding husband and 2 grown, fun loving kids. She loves gardening, knitting, and quilting. The beauty of the woods, women, and God's message have drawn Barb to Chrysalis for many years.