

# Epiphany Retreat: Out of Darkness

## Further Information

During these retreat days we will be inviting you to spend some of your time creatively. Therefore, it will be helpful if you have some, all, or any of the following materials available:

For example:

Coloured pens, pencils, crayons, paints, inks.

Paper to draw/paint/write.

Clay.

Materials to make a collage:

Old magazines/newspapers you can cut up.

Natural objects (leaves, grasses, tree bark etc)

Wool, cloth etc.

Glue/paste.

You do not have to be an artist; you just need to be willing to engage with the 'journey' and be able to share a little with other participants. We will also be sending you some material each day to pray with and reflect on.

