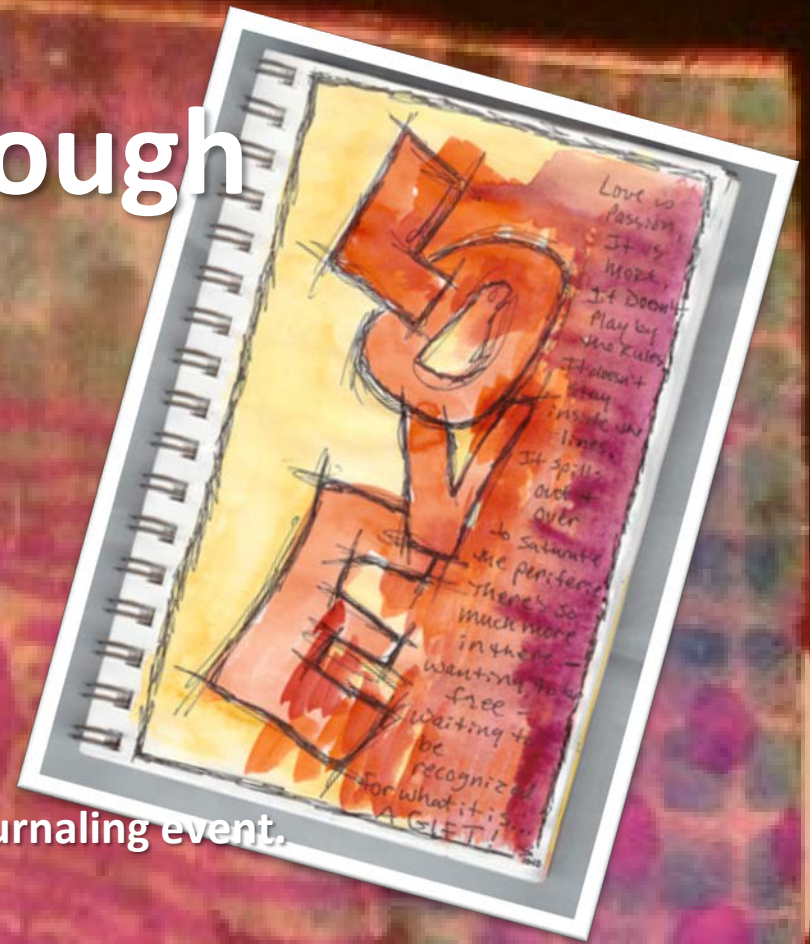


Spiritual Growth Through Art Journaling

Women's Ministry Event

February 10, 9 a.m. - 12 noon

- Lisa Lounsbury who will lead us with an amazing Art Journaling event.
- For women and high school girls.
- Lisa will be demonstrating several methods of creating a journal and then participants will be able to create their own.
- Throughout the process Lisa relates how the creation of the journal is similar to how God works in our lives.
- This event requires no artistic ability only the desire to be in communion with God and your thoughts.



The fee, \$40/person,
includes a light breakfast
and all art materials.

Friends are welcome to join!

Register online:
www.immanuel.us



About the presenter:

Lisa has developed the program Art Lab Rx which blends neuroscience, properties of art materials and relevant life experiences to help attendees experience transformation and enlightenment. Lisa states, "By applying the rich mixture of psychology, neurology, art, and theology to the canvas of my community, I have been given the gift of witnessing precious transformation, catharsis and enlightenment. This is the hardest work I've ever loved."

Lisa Lounsbury, MA, is a licensed associate Marriage and Family Therapist.

For more information contact Bev Osekowsky at bosekowsky@comcast.net or 952-934-5824