



# Calling All Creative Spirits

June 10 – 12, 2016

Enter Into

“CIRCLE OF  
ART!”

IGNITE Your Creative  
PASSION!

Saint Mary-by-the Sea Retreat House  
101 Lehigh Avenue Box 382  
Cape May Point, New Jersey 08212-0382

For further information, please call (609) 884-8708.

*Saint Mary-by-the Sea,  
a historic Retreat House  
in Cape May Point, NJ*

*overlooking the  
Atlantic Ocean  
and welcoming its  
guests with  
glorious redroofs.*

*The Sisters of Saint Joseph,  
Philadelphia, PA, are inviting  
you to come and experience  
the beauty and peacefulness  
of Saint Mary-by-the Sea.*

*This weekend will include  
opportunities FOR PRAYING,  
REFLECTING AND CREATING  
ART that will nourish and  
invigorate your creative spirit.  
On Saturday, professional  
instructors will offer a variety  
of workshops with ample  
opportunity to create! Both  
beginners and advanced  
students are welcome.*

OPTIONAL DAY on  
FRIDAY, June 10

Arrive at 9:00 AM on  
Friday and spend the  
day participating in  
exercises to “warm up”  
your creativity!

# WORKSHOPS

## OPTIONAL DAY ON FRIDAY

Arrive on Friday after 9:00 AM and ease into the weekend with exercises to “warm up” your creativity.

## SATURDAY WORKSHOPS

### Watercolor

**Jim McFarlane**

Experience the beauty of transparent flowing washes, and practice techniques that can help you take your paintings to the next level. Simplify the scene by focusing on shapes and learn to build on what nature gives us.

**Supplies to Bring:** Watercolor tubes of paint (Winsor Newton, Holbein, Maimeri, Daniel Smith, American Journey, DaVinci), watercolor paper (Arches or Fabriano), flat and round brushes, sea sponge, palette, drawing paper, cheaper watercolor paper pad, masking tape, house sponge, easel

**Jim McFarlane**, nationally and internationally recognized artist and popular teacher, is the former president and signature member of the American Watercolor Society. He is also a signature member of the Pennsylvania Watercolor Society, the Philadelphia Watercolor Society and the National Society of Painters of Casein and Acrylics. He is past president of both the Philadelphia Watercolor Society and the Greater Norristown Art League.

### Mixed Media Mono printing

**Christine Zaccardi**

Be adventurous and experiment with mixed media mono printing on gel plates without a press. Incorporate any found textures with different surfaces and paint to create a stack of magical prints that can be further manipulated with other medias. Expand your creativity by layering over your prints, incorporating nature with them, journaling over them and tearing them for use in your collage art pieces. Create the texture for your mono prints using stamps, lace, string, yarn, acrylic modeling paste, corrugated cardboard, corks, foil, die cut letters, frisket fluid, combs, sponges, palette knives, old credit cards and any items you deem interesting.

The different paints you will use are acrylic, gold leafing, water soluble crayons, acrylic inks, and walnut inks. Enhance the prints with glitter glue and paint, charcoal and Notan and Zentangle designs.

### Supplies to bring

9 x 12 size min or larger Sketchbook with a spiral ring, Small comb, tweezer, scissor, spray bottle, hand hole puncher, palette knife, x-acto knife, mini cutting surface, kitchen sponge and or sea sponge, plastic circle or square stencil, old credit card or hotel room key

**\$50 Materials fee** for: foam gelli plates, brayers, paints to be used, colored cardstock, deli paper, textured paper/surfaces, tyvek paper, foil, laminating film, frisket, feathers, yarn, pipe cleaners, rolling pins.

**Christine Zaccardi** is the founder and director of the Drawing Room, graduated from the School of Visual Arts with a BFA in Graphic Design. She worked for many years designing logos and marketing campaigns for a large printing company that serviced the tri-state area which included Fortune 500 companies as well as local businesses. Chris launched the Drawing Room to supply area artists of all ages with an outlet that provided NYC quality instruction minus the commute. Chris's passion is painting, although she has a master's eye for color, pattern and design.

### Visual Improvisation Collage Workshop

**Carol King Hood**

Discover a whole new world of possibilities, combining the elements of paper, water base paint and glue. We will be creating beautiful, color filled works on paper simply by tearing paper and using our imagination. This is a hands on workshop, back by popular demand. You won't be intimidated, there are no set rules. Come prepared to free your spirit and use your God-given talents and imagination.

**Carol King Hood** is an accomplished colorist and oil painter. She has been painting since her early childhood. Carol is listed in the Grumbacher 2015 Hall of Fame Artist. She is a teacher and solo exhibitor. Carol's work is known nationally and collected by private collectors, corporations and hospitals.

## **The of Art Journaling**

**Joannie Cassidy, SSJ**

Art journaling is a prayer form in which, "simple art, poetry, and journal forms express or respond to prayer." It can be one of the many avenues that support us in prayer and in journeying with God and ourselves. Allow your creative spirit to be open. Come as you are.

**Joannie Cassidy, SSJ**, Director of Campus Ministry Chestnut Hill College is a retreat and spiritual director, with a Master's in Pastoral Studies, with concentrations in spirituality and peace and justice. As a woman of prayer, Joannie has come to experience art journaling as a gateway to deepen her relationship with God and her own transformation.

## **Zentangle: Contemplative Drawing**

**Lisa Verna Hibberd**

Life is an art form and the Zentangle Method is an elegant metaphor for deliberate artistry in life. The workshop will begin with a meditation to connect to the whole of Creation and the drawing exercise will encourage you to not have a preconceived idea of your final result; your creation is not restricted by your expectations but will connect you to the expanding evolution of the Creation inside all of us. Please bring pens and paper.

### **Lisa Verna Hibberd, LMT, CYT**

Lisa's background is art and design, she is a Certified yoga teacher and licensed massage therapist. Along with offering both of these services over this weekend, she will be sharing her understanding how we are a continuing embodiment of Divine Creation. Even the 'mistakes' are part of the whole when we can stand back and look at it.

## **Exploring the Creative Process through Abstract Expressionism**      **Cathie Meighan, SSJ**

The workshop will focus on the creative process in the style of abstract expressionism. Using Joanie Mitchell's staining process to begin the process involves an interior response to the physical process of making various marks made on the canvas with alternative tools; pushing and pulling paint. It is a holistic response to the creative process.

**Supplies Needed:** acrylic paint, canvas, or canvas board alternative tools to apply paint: cardboard, shower squeegee, palette knives, anything that can make an interesting mark. Be sure to wear old clothes.

**Cathie Meighan SSJ** has been teaching art for the past twenty-seven years. She received her BA in Studio Art from Chestnut Hill College. Sister Cathie's post baccalaureate endeavors have included studying at the Pennsylvania Academy of the Fine Arts, Barnes Foundation, and Tyler School of Art. She has recently received her MFA from The Vermont Studio Center/Johnson State College. Since receiving her MFA, Sister Cathie has been in various art shows in Philadelphia and Delaware including an online exhibition. She is a member of the Philadelphia Sketch Club where she finds a supportive artistic community along with exhibition opportunities.

### **Artist Statement**

My body of work entitled *Emerging* is about my encounter with paint, color and an evolutionary process. My work evolves out of what I consider to be a choreographed dance. The paint and the marks lead me through an interior movement, which dictates my response, as I am led through each painting. My work is predominately non-representative yet figurative at times. Each painting presents me with a new experience, a new dance, a new encounter. I am Evolving.

## **GIFTS FROM THE SEA WORKSHOP with Trish McMonagle and Terri Amig**

“The sea does not reward those who are too anxious, too greedy, or too impatient.”

Anne Morrow Lindbergh's *A Gift from the Sea*

This **FULL DAY** workshop will be based on our own observations and reflections inspired by Anne Morrow Lindbergh's seminal book, *A Gift from the Sea*. The book is about her own reflections in a time of solitude while at her beach cottage. She draws parallels to her life as a woman from the details in her beach finds or gifts. We will begin the workshop with a brief discussion of some of the highlights of the book. After this we will take a long walk on the beach to make our own discoveries. We will bring them back and take some time to examine our finds.

After lunch, we will take the next two hours drawing and writing about our discoveries by carefully examining each detail and relating it to aspects of our lives. The last hour will be an open discussion of what we have discovered.

Please bring your copy of *A Gift from the Sea* to the workshop. Drawing materials will be supplied and Terri will be there to help you with your drawings. Looking forward to our discoveries!

**Terri Amig** attended the Corcoran School of Art and Design, Washington, D.C., California Institute of Art, Valencia, California with further studies at Pennsylvania Academy of Fine Art, with Timothy Hawkeworth, and at Anderson Ranch in Colorado. She lives and works from her home/studio near the coast of southern New Jersey.

**Trish McMonagle** has a B.S. in Social Work from Stockton University, New Jersey. Trish also lives in southern New Jersey and will be working in private practice from The Healing Garden, Cape May Court House, New Jersey in the spring. She is a Natural and Holistic Health Coach. Trish encourages self-care mentoring in the setting of and reaching goals, the support of healthy lifestyle choices, and positive steps toward wellness; assistance in developing tools and techniques to manage stress, improve relationships, and increase enjoyment in career and life roles.

### **ALSO INCLUDED IN THE WEEKEND:**

prayer experiences, Eucharistic liturgy, reflection,  
sharing, yoga, porch sitting, dolphins!

**LOOKING FORWARD TO WELCOMING YOU!**



# CALLED TO BE CREATIVE



## 2016 REGISTRATION

Name \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_

Home Phone: \_\_\_\_\_  
Cell \_\_\_\_\_  
E-mail: \_\_\_\_\_

### ACCOMODATIONS

\_\_\_\_\_ I prefer a first floor room      \_\_\_\_\_ Please place me near these attendees:  
\_\_\_\_\_

\_\_\_\_\_ No accommodation necessary

### MEALS

\_\_\_\_\_ No dietary restrictions      \_\_\_\_\_ Gluten Free diet  
Other: \_\_\_\_\_

\_\_\_\_\_ I will attend Friday night supper      \_\_\_\_\_ I will not attend Friday night supper

### WORKSHOPS AND FEES

\_\_\_\_\_ Optional Day: Begins Friday, June 10 @ 9:00 AM **FEE:** \$ 330.00 for total weekend  
with meals  
\_\_\_\_\_ Weekend beginning Friday, June 10 after 4:00 PM **FEE** \$290.00 for Friday  
evening with meals

**WORKSHOPS** (Choose two – Morning (1), Afternoon (2) Times for Saturday: 10:00 AM to  
12:15 PM and 1:30 PM to 3:45 PM If you desire a full day with an artist put 1 only on the line  
for that particular workshop EXCEPT WHERE NOTED.

\_\_\_\_\_ Watercolor \_\_\_\_\_ Visual Improvisation: Collage \_\_\_\_\_ Zentangle: Contemplative Drawing  
\_\_\_\_\_ Mixed Media Mono-print \_\_\_\_\_ Art of Journaling \_\_\_\_\_ Gifts from the Sea (full day  
only)  
\_\_\_\_\_ Creative Process with Abstract Expressionism (PM only)

There is an additional fee of \$50.00 for **Mixed Media Mono-Print**. Total fee owed: \_\_\_\_\_

**Please make checks to: Sisters of Saint Joseph**  
**Mail to:** Called to be Creative  
Saint Mary by-the-Sea Retreat House  
Box 382  
Cape May Point, NJ 08212