

# PRAIRIE CENTRAL MINDFULNESS PAINTING

**Saturday, January 14, 2023**

**10:00 am - Noon**

**First UMC in Elmhurst**

**232 S. York Rd., Elmhurst, IL 60126**

**Cost \$5**

**Deadline: January 12 Class limited to 20 people**

**Register at [umcnic.org/calendar/prairie-central-mindfulness-painting](https://umcnic.org/calendar/prairie-central-mindfulness-painting)**

Join us for a morning of peaceful reflection and mindful painting. We will spend some time pausing from our hectic life and preparing our minds for thoughtful creativity through group meditation and Scripture. Through group demonstrations, some simple brush techniques will be shown to give you some ideas for your own acrylic painting on canvas. Individual guidance will be given as needed. As each person is unique, each painting will be also. After layering the canvas with a background color/texture, you may choose to add a short Scripture verse to your painting. If you'd like to jot down a partial verse from the Bible or a line from another inspiring reference, please make sure it is only 1-7 words long.

We will be working with acrylic paints, so please dress accordingly. All supplies are provided for you. Come and enjoy and find a deeper connection to your faith journey.

Instructor: Marie Strauch from Strauch Art School  
[www.strauchartschool.com](http://www.strauchartschool.com)



**Northern Illinois Conference**  
OF THE UNITED METHODIST CHURCH