

# Art, Vocabulary of the Soul Theme for the weekend: TBA

This is a hands-on retreat. We will spend time listening and creating. I will be specifically teaching from a pictorial art perspective, but what I teach can be applied to other types of art as well, i.e. writing, photography, poetry, dance, music, etc. I write poetry, and songs as well as paint and the spiritual process for each is very similar.

Scripture for the weekend – \*\* to read ahead of time\*\* to prepare your heart for the weekend.  
(See other attachment)

What to bring:

(Bedding and towels are provided by King's Fold Retreat Centre.)

- **Salad to share for Friday Dinner ( if you have allergies, please bring something that you can eat.)**
- **Bible**
- **Journal/ sketchbook**
- **Pencils/pen**
- **(your personal items)**
- **Apron or painting shirt** for Friday evening's group activities
- **Art supplies for your medium of choice** (i.e. Supply list check lists below; instrument; writing implements, etc. This will be for *Saturday afternoon-evening and Sunday morning.*)
  - (I will be bringing watercolors and acrylics if you do not have your own supplies already. \$15 will cover the supplies for the weekend for watercolor. \$25 will cover supplies for acrylics. Let me know if you need this.)

***Note: we provide the supplies for Friday night's art projects***

**Below is a checklist for those bringing their own art supplies of one of the following mediums:**

watercolor	oil	acrylic
<p>Brushes (at least the following)</p> <ul style="list-style-type: none"> <li>• 1" flat brush for Watercolor</li> <li>• ¼" flat brush for Watercolor</li> <li>• #6 &amp; #3 round brushes for Watercolor</li> </ul> <p>palette : for watercolor with several wells for mixing and separate wells for holding the color</p> <p>Tubes of paint (minimum): (good brands – Valencia by Maimeri; Holbein: Daniel Smith; Reeves)</p> <ul style="list-style-type: none"> <li>Alizarin crimson</li> <li>Lemon yellow</li> <li>Pthalo blue</li> <li>Ultramarine blue</li> <li>Violet</li> <li>deep green</li> </ul> <p>spray bottle</p> <p>Arches Watercolor 140 lb paper</p> <p>Green painters tape</p> <p>3 cardboard boards (to attach the WC paper to)</p> <p>Rags</p>	<p>Brushes (at least the following)</p> <ul style="list-style-type: none"> <li>• 1" flat brush for Watercolor</li> <li>• ¼" flat brush for Watercolor</li> <li>• #6 &amp; #3 round brushes for Watercolor</li> </ul> <p>Palette</p> <p>Tubes of paint (minimum):</p> <ul style="list-style-type: none"> <li>Titanium white – large tube</li> <li>Deep red</li> <li>Lemon yellow</li> <li>Cyan blue</li> <li>Ultramarine blue</li> <li>Violet</li> <li>deep green</li> </ul> <ul style="list-style-type: none"> <li>• Gesso (small jar, white)</li> <li>• Walnut alkyd</li> <li>• Winsor &amp; Newton Brush cleaner and restorer</li> <li>• Canola oil</li> </ul> <p>stretched canvas or gessoed masonite boards or Canvas paper mounted on cardboard</p> <p>Rags</p> <p>Palette knife (optional) easel for painting on</p> <p>A box to put the wet paintings for your return trip</p>	<p>Brushes (at least the following)</p> <ul style="list-style-type: none"> <li>• 1" flat brush for Watercolor</li> <li>• ¼" flat brush for Watercolor</li> <li>• #6 &amp; #3 round brushes for Watercolor</li> </ul> <p>Acrylic palette</p> <p>Tubes of paint (minimum):</p> <ul style="list-style-type: none"> <li>Titanium white – large tube</li> <li>Deep red</li> <li>Lemon yellow</li> <li>Pthalo blue</li> <li>Ultramarine blue</li> <li>Violet</li> <li>deep green</li> <li>Burnt Sienna</li> </ul> <p>Gesso (small jar, white)</p> <p>Mediums: matte, gloss, etc.</p> <p>spray bottle</p> <p>Support of your choosing:</p> <ul style="list-style-type: none"> <li>• stretched canvas or</li> <li>• gessoed masonite boards or</li> <li>• Canvas paper mounted on cardboard</li> <li>• Or watercolor paper</li> </ul> <p>Rags</p> <p>Palette knife (optional) easel for painting on</p>