

**ARTS TO THE  
RIDGE  
A Creative Spirit  
Retreat for Girls Ages  
10-16**

Sponsored by: Friends of Silence

**June 18-June 23, 2017  
Still Point Retreat at  
Rolling Ridge  
Near Charles Town, West  
Virginia**

**Things to Bring**

Sleeping bag or twin bedding, pillow, personal hygiene items including sunscreen and bug repellent, **sturdy, closed-toe shoes** for hiking and getting wet/muddy, outdoorsy clothes for warm and cool weather, pjs, a bathing suit, 2 towels, washcloth, hat, raincoat, journal or blank notebook, pens/pencils, tools of your own art (instrument, music, paints, sketchpad, skits, clay), a poem, story or song to share, and creative energy. Mark all belongings with your name, please.

*Still Point Retreat, adjacent to the 1,400-acre Rolling Ridge wilderness preserve 60 miles from Washington, D.C., features Appalachian Trail and Shenandoah River access, offers nature's renewal, recreation, silence, solitude, and comfy accommodations. Facilities include a modern Retreat Cabin, library cottage, tent sites, tipis, a spring-fed pond, and a large deck overlooking the river. Additional accommodations at Rolling Ridge Study Retreat, a nondenominational retreat facility committed to nurturing individuals, families and communities.*



***Retreat to the Ridge*** and bring your art with you. If you draw, dance, sing, write, play a musical instrument, sculpt, sew, or otherwise create—this retreat is for you! Practice in an inspiring mountain setting; share creative experiences with one another; explore the connection between silence, spirit, and creativity; try something new in sampler sessions with guest artists. Parents and younger sibs welcome.

**Retreat begins: June 18-3:00 p.m. Sunday (Supper potluck)**  
**Retreat Ends: After Lunch Friday—June 23**



***Fee:* \$425**  
***Ways to SAVE:***  
***Register and Pay by 5/01/17 \$400***  
*Scholarships Available*  
*Family/Sibling Discounts*  
***Help Out!*** *Discounts for Girls of Parent Staff/Artists*

***Features:***

**5 Overnights..... Kid-friendly meals..... Campfire.....  
Marshmallows....Visiting and Mentoring Artists....  
Hiking Trails....Pond.....River....Kindred Spirits....  
Creative Partnership with the Great Creator....**

***Info or To Register:***

**Mary Ann Welter**  
**301 277-5767; 301 332-5780**  
**mary\_ann\_welter @yahoo.com**

\$100 Deposit payable to: **Friends of Silence**  
Mail Check and Registration Form to 3806 30<sup>th</sup> Street, Mt. Rainier, Md. 20712