

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

Sponsored by: Friends of Silence

**June 23-June 28, 2019**

**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 D.C., features Appalachian Trail and Shenandoah River access, nature's renewal, recreation, silence, solitude. Comfy, simple accommodations. Facilities include a modern Retreat Cabin, library cottage, tent sites, a spring-fed pond, and a large deck overlooking the river. Additional accommodations at Rolling Ridge Study Retreat and neighboring cabins.*

[www.rollingridge.net](http://www.rollingridge.net)  
[www.stillpointmountainretreat.org](http://www.stillpointmountainretreat.org)  
[www.friendsofsilence.org](http://www.friendsofsilence.org)

**Register and pay online at**  
[www.friendsofsilence.org](http://www.friendsofsilence.org)



**Retreat to the Ridge!** 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:** Sunday— June 23-3:00 p.m.  
(Supper potluck)

**Retreat Ends:** After Lunch Friday—June 28-2:00 p.m.

**Retreat Features**

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

***More Info:***

Mary Ann Welter  
301 277-5767 or  
301 332-5780

**mary\_ann\_welter  
@yahoo.com**

Deposit payable to:  
**Friends of Silence**

**Fee:** \$425

**Ways to SAVE:**

**Register and Pay by 5/15/19** \$400

Available *Scholarships, Sibling Discounts*

**Help Out!**

*Big Discounts with Parents as  
Staff/Artists*

Send Check and  
Registration Form to Mary Ann Welter  
3806 30<sup>th</sup> Street, Mt. Rainier, Md. 20712