



Lynn Penney offers Art & Prayer workshops to churches, community service staffs, and other groups throughout the Northeast.

Workshop participants take a few hours, a day, or a weekend for quiet prayer and contemplation, as they express themselves with color and form.

**Art activities include:**

- Ⓢ Creating silk mandala paintings (circle paintings).
- Ⓢ Making prayer shawls with dyes and paint on silk.
- Ⓢ Creating unique prayer books.
- Ⓢ Weaving crosses with copper and fabric.

No art experience is needed.

Fees include reimbursement for art materials and travel, and an honorarium.



Lynn is a member of Union Church of Bay Ridge in Brooklyn, NY. In 2006, she completed a program at the Shalem Institute, where she received a certificate for leading Contemplative Prayer Group and Retreats. Her article on leading groups in making art as prayer appeared in the December 2007 issue of *Presence Magazine*.

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**An artist  
is not a special kind  
of person.  
Rather every person  
is a special kind  
of artist.  
-Meister Eckhart**

“Lynn Penney has a real gift for creating sacred space and adeptly invites retreat participants to find their place within it. Her art-as-prayer meditations engage even the most artistically challenged to create lasting expressions that are holy and personal. A day with Lynn is good for your soul.”

*Rev. David Lee Carlson  
Grace Episcopal Church, Port Jervis, NY*

**Taking time to  
listen within.  
  
Taking time to  
express ourselves.**

Making art is one of the ways that I pray.

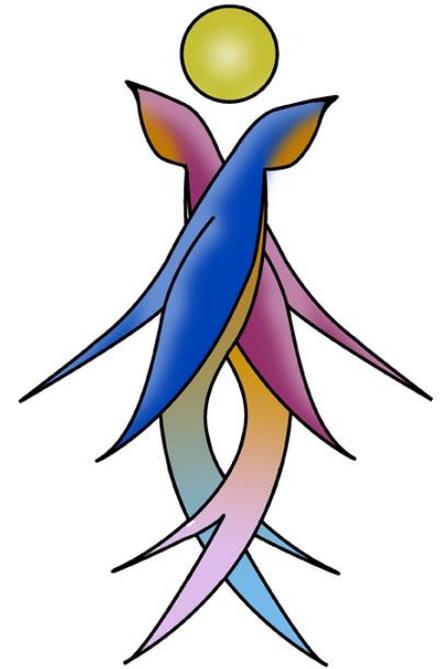
I have not always been an artist. I started making art in my mid-thirties when my father died. Through painting and other art making, I find that quiet center that is not just myself – it is also a place of God’s presence.

In Art & Prayer workshops, our focus is not on making “good art” – rather it is on creating something that speaks to what is sacred in our lives. Participants often find that making art can be a profound process of healing, prayer, and wholeness.

**- Lynn Penney**

“As a participant in a number of Art and Prayer Workshops led by Lynn Penney, I heartily endorse her as a facilitator in the artistic process with people of diverse backgrounds. She leads with an open mind and heart, encouraging people to discover the artist within who emerges within this safe environment. Lynn brings her gifts of curiosity, faithfulness, artistic discovery and compassion to these sacred gatherings where people really do experience what it means to be still and to know God.”

*Rev. Hannah Anderson  
St. Stephen’s Episcopal Church, MA  
Founder of The Blessing Cup*



**Art & Prayer Workshops**  
[www.artandprayerworkshops.com](http://www.artandprayerworkshops.com)