

ArtServe Regional Day – Swindon

Venue: Immanuel United Reformed Church, Upham Road, Swindon, SN3 1DH

Date and time: Saturday 8th March 2025 10am – 3pm

We are continuing with our 2024 Festival theme of Creating Harmony, and we'll be focusing on creating harmony within ourselves, our homes, churches, where we live and work. We have picked a Bible verse as our focus, and this will run throughout the day in the various workshops and activities on offer.

Bible verse focus for the day: John 14:27 – 'Peace I leave with you; My peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.'

Our draft programme is noted below, and we will be aiming to start on time with refreshments. We invite you to bring a packed lunch, and we will provide drinks and biscuits throughout the day.

There is no charge to come and join in the day, although donations would be appreciated, to cover costs, if you are able.

Programme:

10.00am: Refreshments and welcome

10.30am: Workshop 1

11.50am: Workshop 2

Lunch (a chance to chat with friends and eat your packed lunch)

1.45pm: Workshop 3

Closing blessing

There will also be a finger labyrinth focus for our prayer station, which will be available throughout the day, and there will be a colouring table for those who may wish to take a little quiet time for themselves. The church also has a beautiful garden if you need a little time to yourself in the fresh air.

All materials will be provided, although it would be helpful if you could bring a Bible with you.

There is a bus stop outside the church on Upham Road and the number 17 bus stops here and runs from the main bus station in Swindon Town Centre, which is a short walk from the train station. There is also free car parking available at the church.

There will be a choice of workshops, and some will run concurrently. Brief details are noted below. Full details will be sent out following registration.

Creating Harmony in difficult situations:

During this workshop we will reflect on the challenge of creating harmony in difficult situations, be they at home, work, church or where we live. We will be using Bibles during this session, which will include creating a written piece of work.

Wellbeing jars and notes to self:

This is a hands-on creative workshop, which includes decorating a lidded glass jar, with paints, peel-offs, pressed flowers, braid, beads etc., then filling it with a variety of things, including different coloured strips of paper with notes on. These are similar to the Bible verse jars you can buy, but these jars include wellbeing quotes, Bible verses, mindfulness exercises, etc. There is also the option to add notes on things you personally find helpful to create harmony within your own mind and considering what 'notes to self' we can put inside to support our own mental health and wellbeing.

There will be some Bible verse prompts available, by Chris Duffett, who is our keynote speaker at this year's ArtServe Festival in October.

The dove – a symbol of peace:

You will be offered a variety of ideas and resources to create several different doves. During the creative time we will make and share ideas together, how these can be used with all ages, during worship, in prayers, and as decoration for different times in the church year. (Or simply to hang in your home, or use as beautiful gift tags).

Lectio Divina and Bible Journaling with music:

We will share a Lectio Divina exercise and enjoy a time of reflection to journal and share our thoughts. Little journaling books will be provided for you to keep. There will be opportunity to consider your thoughts and reflections through music, pictures or words.

Lectio Divina literally translates as 'divine reading', and it is a traditional Christian practice that involves reading, meditating and responding to Scripture. It provides a reflective opportunity to deepen our understanding of God's word and its meaning for each of us.

Woven bookmarks:

Bookmark size looms will be provided, already prepared with the warp thread, for you to mindfully weave a bookmark with a variety of different yarns. During the session, we will consider the mental health benefits of craft and the creative process, and reflect on The Divine Weaver poem.

Please send any questions to events@artserve.org.uk and we will get back to you as soon as possible.

We hope you will be able to join us and look forward to welcoming you.

Michelle, Jacqui, Gill and Richenda.