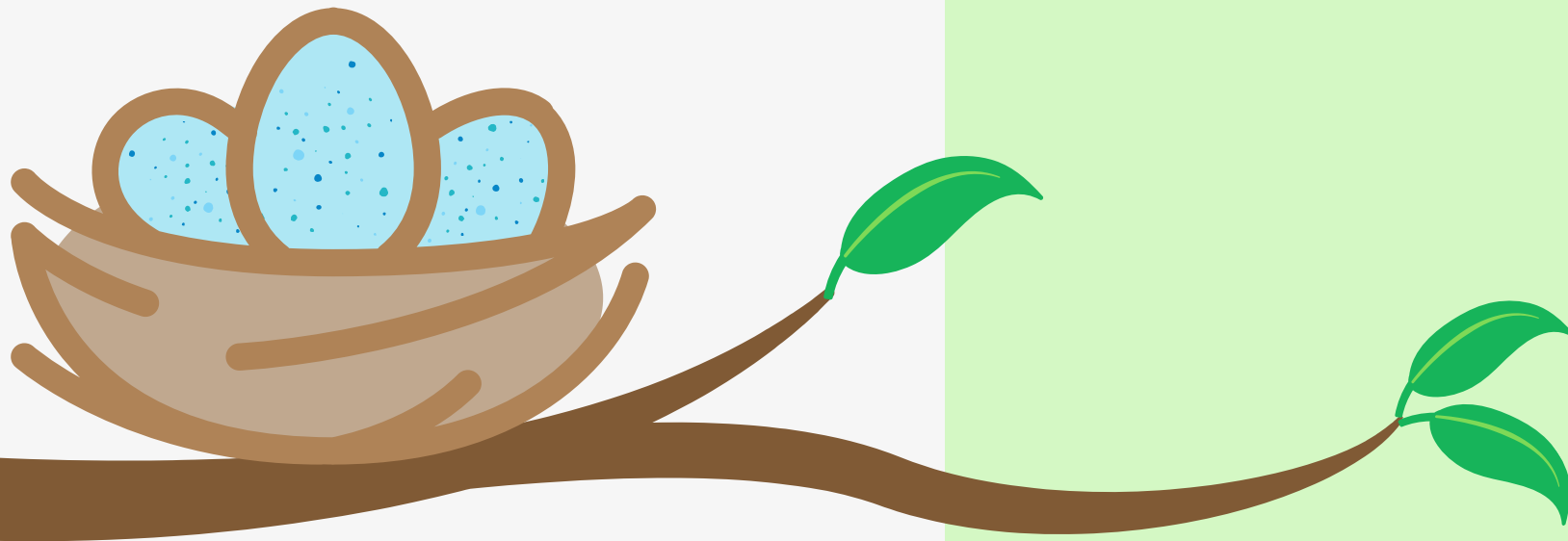


# The Nest

Art & Spirituality Center



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Art enables us to find ourselves and lose ourselves at the same time. -Thomas Merton

MINISTRY VISION

# MISSION STATEMENT & VALUES

Our mission is to offer gracious hospitality while providing opportunities for connecting with God & community.



## 01 Hospitality

Welcoming people and doing all we can to engender a true experience of community, connection, and belonging that reflects God's abiding love.

## 02 Community

In a time when people long for connections but often hesitate to reach out to form new relationships, we seek to build a community where they are known, included, and valued.

## 03 Spiritual Development

Offering opportunities to recognize, receive and expand our openness to be avenues of God's grace ultimately calling forth lives that embody the love of God more and more.



*The Nest*

# Philosophy



We are called to wholeness - the wholeness of body, mind, and soul. The Nest Art and Spirituality Center designs opportunities for creating, healing, and growing into wholeness. The process of creating connects us to the pulse of the divine - opening us, surprising us, healing us, and drawing us closer to God. Through opportunities of guided meditation, creative spiritual practices, and non-guided art activities we will be called to continually return to God and remember whom we are created to be. Through these activities, our relationship with God might be further developed, nourished, and deepened.

## What does The Nest offer?



### Open Studio

Open studio is a space for seekers and creatives to come and paint, write, create, and explore. During your church retreat, family reunion, or group the open studio is available upon request or on scheduled days. A sign on the bulletin board outside the Dining Hall will list available times. Enjoy the space and create with one of our free unguided projects or purchase a project to craft in your own time.



### Retreat Programming

A painting or creative session can be added to your retreat schedule and themed to meet your retreat goals.

### Workshops

Workshops will offer a morning project, lunch, and afternoon activities such as hiking, free time, open studio, and a closing program.

### Retreats

Through The Nest, we will be offering a variety of Art and Spirituality retreat opportunities. Retreats will vary each year.

Programming may include:

- SoulCollage
- Creative Spiritual Practices
- Contemplative Prayer
- Prayer Shawls
- Creative Writing
- and more...

*"What art offers is space - a certain breathing room for the spirit." - John Updike*

# GUIDING THOUGHTS

We offer these guiding thoughts to ensure an open and safe environment for creators and seekers to freely explore their art and spirituality.



## Centering

Before you start take a moment and breathe - offer a prayer or the creative space's blessing before you start. Allow yourself to settle into your body and set your intentions to accept whatever comes your way.

## Non-Judgmental Area

We believe that your voice is the most important. As facilitators, we are here to hold space for you as you create. You are the creator and the only one who can determine if something is right or wrong - finished or needs something else.

## Awareness

The process of creating connects us to the pulse of the divine. We encourage you to come into the creative space with open energy and a willingness to learn/discern what it is that you need to learn or hear.

## Encouragement

There are times that our creation might evoke images, memories, or feelings. Please be kind to yourself as you sit with and process these feelings.

## Be Kind

We encourage you to give your inner critic a break! Let your inner critic know that they are welcome to take a break for a couple of hours. They can go for a walk, enjoy a bubble bath, or do anything they'd like as long as it's not with you.

## Therapeutic

You may find the process of creating to be enlightening and therapeutic but we are not offering therapy. As facilitators, we are journeying along with you during the creative process. We are here to listen and hold space for you. It might be beneficial to continue the process with a licensed therapist or counselor.



## Location

The meeting space within Gill Dormitory will host The Nest Art & Spirituality Center. As one of the least used spaces on the site, with easy access to all guests, and as a space that has access to water and bathrooms it is the best option on site. Gill will continue to be the youth dormitory but does need minor repairs and refreshing.

# The Nest's Needs



To create The Nest, there is much to be done! We will be building tables to match the dining hall's tables, purchasing furniture and equipment, painting, preparing the building, and buying art supplies. We've begun minor repairs and painting in Gill Dormitory and are applying to several grants to support The Nest's creation.

Your support will help the vision fully take flight as we prepare for The Nest's first visitors when we can safely gather together again. In March, we will host a virtual auction and an at-home Art Box fundraiser. We will be reaching out to churches, Sunday school groups, and others. Be a part of this new way that Beersheba can offer people hope, healing, and creative connection to God. We are also accepting donations of well-cared-for supplies and equipment. If you or your church want to support The Nest, please contact Sarah at 931-692-3669 or [sarah.ratz@tnumc.com](mailto:sarah.ratz@tnumc.com).

We hope you will partner with us to bring The Nest to life for when we can safely gather together! Stay tuned to our social media to see the transformation and keep updated!.



Thank you for  
your support!



## CONTACT INFO

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