

Sound as Prayer

with Ana Hernandez

*Saturday,
October 29
9:00—3:00*

*St. John's
Episcopal Church
207 Albany Ave.
Kingston*

*\$10 fee
lunch is included*

Registration Deadline
October 17

To register, contact:
Val Stelcen
vstelcen@dioceseny.org
or
845-338-1086

FALL HAM DINNER!



A delicious
Fall Ham Dinner
is available for takeout
after the workshop.
Served with green beans,
yam soufflé, and scalloped
potatoes—all homemade.
Adults \$14; Seniors \$12.
Order ahead by calling
845-331-2252
or pay at the door.

A workshop for all who sing and want to sing

Join us as we re-discover God with and in our voices. We will invite deep listening to experience the ways sound touches spirit and learn how sound can enhance well-being, leading us into more fulfilling relationships. Using simple chants, global songs, and the shared creation of sound and silence, we'll have a day of transformation and big fun.

There will be singing, drumming, movement, and group improvisation to provide you with more tools to enhance your spiritual practice and skills for building community—to invite, encourage, and include absolutely everyone in building deeper relationships with God and with one another.

*A composer/arranger, workshop facilitator, author, and mischief maker, **Ana Hernandez** works with people to create beautiful liturgies in many different styles. She teaches tunes for times of grace, abundance, joy, as well as times of grief, anger, and dishevelment, helping people all over the church (and beyond) find their voices and use sound as a way to come to a deeper experience of God. Her list of creations includes eight recordings and a book called **The Sacred Art of Chant: Preparing to Practice**. You can learn more about her work at www.anahernandez.org.*

