

## Instructors / Facilitators

**Rusty Lynn** is an artist living in Arlington, Virginia. He is eagerly and gratefully making art again after a long career in the helping professions. He works primarily in acrylic, creating abstract paintings, collages, and sculpture. His work is colorful, daring, and tinged with humor. He loves the mystery of color and form.

**Lisa Cole Smith** holds a BFA in Drama from Carnegie Mellon University in Pittsburgh, Pennsylvania, and a Masters in Theological Studies from the John Leland Center in Arlington, Virginia. Lisa is an actor, director, and coach, as well as the founder of Shadows of Light Productions and Convergence. Currently, Lisa serves as Executive Director and Senior Pastor of Convergence.

**Ann Timmons** has over 30 years of experience as a professional actor and singer, voice-over talent, and corporate spokesperson. Ann has been an assistant professor in Theatre and Speech Communications at the City University of New York, University of the District of Columbia, and American University. She leads acting workshops for adults, and is a valued speech coach to several private clients in the D.C. area. This varied background gives Ann a unique understanding of all facets of speaking and speech-making.

**Keely Kirk** trained with Mental Floss, a Miami-based improvisation / sketch troupe that performed at the Coconut Grove Playhouse. She went on to be a principal performer for over ten years with Laughing Gas Comedy Improv, Miami's longest-running improvisation theatre company. Later she moved to Chicago where she trained with IO (Improv Olympics) and Second City. Currently, Keely teaches three levels of improv all over the D.C. metro area. She performs around the country and conducts team-building workshops.

**Shelly Bell** holds a Bachelor's degree in Computer Science from North Carolina A&T State University. She is a certified Virginia Educator with more than seven years of teaching experience; she is also a Performance Poet and the director of Seven City Art Society, a community art organization based in Alexandria, Virginia. She is the author of the published novel "All Women are Stupid Sometimes." She has been featured as a spoken word artist in two stage plays, is a member of the 2011 Busboys and Poets National Slam team, and has performed at a host of colleges and venues all around the country.

**Grace Olson** holds a Graduate degree in Clinical Psychology from Central University in Venezuela; an Associate's degree in Computer Science from Miami Dade College in Miami, Florida; and a Bachelor's degree in Geography from George Mason University in Fairfax, Virginia. She is a life coach with many years of experience, a visual artist, and a bilingual writer, editor, and translator residing in Alexandria, Virginia. Grace creates abstract collages and jewelry using mixed media.

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### Registration Information

Register at: [www.convergenceccf.net](http://www.convergenceccf.net)

**All registrants must register for classes online, including drop-ins.**

### Questions about classes?

Jay Smith - Artistic Director  
[jsmith@convergenceccf.net](mailto:jsmith@convergenceccf.net)

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### Convergence

1801 N. Quaker Lane  
Alexandria, VA 22302



**CONVERGENCE**  
A CREATIVE COMMUNITY OF FAITH

**CONVERGENCE**  
**WINTER 2012**  
**Classes for Creative Development**

*Convergence's creative development classes are an important part of our mission to support the soul of the artist. Here we provide foundations and tools to deepen and enhance the creative mind, as well as creative approaches to expand personal boundaries helping to achieve a more, vibrant and successful life.*

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## **COURSES**

### ***Improv for Creative Development***

This course will provide students with guided exploration in the elements of improvisation for creative development of personal/group art, spontaneous group interaction and observation skills. It emphasizes the exploration of artistic impulses through spur-of-the-moment problem solving and creative risk-taking.

This course is designed to evoke the student's creative individuality and sense of freedom. It may also include idea-sharing and contact improvisation. Come and open your mind to freedom and fun!

**Cost:** \$80 (three 90-minute sessions)  
**Dates:** Fridays, March 9-23  
**Time:** 7:30 - 8:30 PM  
**Location:** Martha's Studio  
**Instructor:** Keely Kirk,  
keelyskirk@hotmail.com

### ***Verbalize Your Vision (Introduction)***

Learning to successfully verbalize your vision is essential for everyone, but especially for artists!

Whether you are talking to potential donors or patrons, speaking to a collaborative team, or interviewing for a "survival" job, you need to be able to communicate effectively.

In this interactive workshop, you will sample practical strategies to speak in public for your personal or professional advancement: commanding listeners' attention, decreasing nervousness and achieving greater connection with your audience, as well as other valuable tips.

**Cost:** \$40 (one 2-hour session)  
**Date:** Saturday, March 3  
**Time:** 1:00 - 3:00 PM  
**Location:** Martha's Studio  
**Instructor:** Ann Timmons,  
ann@anntimmons.com

### ***The Artist's Way***

The Artist's Way was written by Julia Cameron as an outgrowth of her journey as an artist. Our groups provide support for artists to unblock creative sources and explore the links between spirituality and creative work. Groups meet for coaching by facilitators and peer group check-ins. These groups are appropriate for both veterans and those who are new to the Artist's Way.

**Cost:** \$65 (12 1-hour sessions, book not included)  
**Dates:** January 19 - April 5  
**Time:** 6:30 - 7:30 PM  
**Location:** Gallery / Martha's Studio  
**Facilitator:** Lisa Cole Smith,  
lhawkins@convergenceccf.net

### ***The Artist's Way Lab***

The Artist's Way Lab is designed as a drop-in practicum for those who have taken the Artist's Way and would like additional tools and encouragement. Sessions feature creative play and exercises designed to help you continue your creative journey as well as a supportive check-in to stimulate progress and commitment.

**Cost:** \$65 for the course (12 1-hour sessions) or \$5 per session drop-in  
**Dates:** First and third Thursdays, February 2 - July 19  
**Time:** 6:30 - 7:30 PM  
**Location:** Gallery  
**Facilitators:** Lisa Cole Smith,  
lhawkins@convergenceccf.net

### ***Image Play***

This course is based in the Open Studio Process which includes writing with intuitive art making.

During the process, participants are invited to observe the evaluations and / or judgmental thoughts that arise in their own minds and to discover what can be learned from them. No prior art making or writing experience is necessary.

**Cost:** \$120 (six 2-hour sessions) and a \$15 fee for materials due to the instructor on the first day  
**Dates:** Wednesdays, February 15 - March 21.  
**Time:** 7:00 - 9:00 PM  
**Location:** Lab Community Room  
**Instructor:** Rusty Lynn,  
rustylynn@earthlink.net

### ***Mindful Meditation for Enhanced Creativity***

This course will introduce you to a mindful meditation practice to super charge your creative life. In any area of creativity, meditation can help increase your imagination by allowing you to release blocks and clarify goals. The practice lends grace to daily life and allows creativity to flow.

**Cost:** \$175 (nine 90-minute sessions)  
**Dates:** Tuesdays, February 7 - April 3  
**Time:** 7:00 - 8:30 PM  
**Location:** Martha's Studio  
**Instructor:** Rusty Lynn,  
rustylynn@earthlink.net

### ***The Art of Social Media***

This course is an introduction to social media management for artists in which the pros and cons of social media are brought to light using interesting and informative activities. Learn ways to use Facebook, Twitter, YouTube, etc. to extend your fan base, expand marketing practices, and increase exposure of your brand or product.

**Cost:** \$40 (one 2-hour session)  
**Date:** February 18  
**Time:** 10:00 AM - 12:00 PM  
**Location:** Gallery  
**Instructor:** Shelly Bell,  
sevencityart@gmail.com

### ***Creativity Coaching***

These individual sessions with a personal coach will help you define your vision and your creative talents. We will discuss strategies to identify your goals, focus on your priorities, manage your creative blocks, and capitalize on the conditions that keep you inspired and motivated in the long run. You will receive assignments throughout the course in order to encourage and track your progress. Each coaching session can take place in person, over the phone, or electronically.

**Cost:** \$225 (three 1-hour sessions)  
**Date:** Decided with Registrant  
**Time:** Decided with Registrant  
**Location:** TBD  
**Instructor:** Grace Olson,  
planetarium777@hotmail.com