

Welcome to Spring into the Arts at the Christine Center!



Guided Campus Art Tours:

Join us for an enjoyable and informative 20 min. introductory tour on the half-hours with a volunteer docent as needed. You are also welcome to a self-guided stroll of the campus to enjoy the beauty of our grounds, our large outdoor sculptures, and other points of interest.

SATURDAY April 24: 10:30, 11:30, 1:30, 2:30; 3:30

SUNDAY April 25: 10:30, 11:30, 1:30

Self-guided: Any time, with map.

Singing bowls:



AT 11:00 AM AND 2:00 PM EACH DAY experience our popular singing bowls in the Christine Center Chapel. There is a daily 20 min. demonstration by Valerie Haberman and Sister Johann Seubert. They are played by striking, or by rotating a mallet around the outside rim to produce a sustained musical note, for a wonderful, relaxing experience.

Intuitive Painting demonstration and optional guest participation



AT 1:00 PM EACH DAY join S. Gabriele Uhlein at Studio Hope. It is the actual, historic building that served as the Willard Post Office from 1926 to 1983, when a new post office was built, and the old building was moved "a piece down the road" to the Christine Center. S. Gabe will give an intuitive painting introduction and demonstration, and all are welcome to join in the fun! Painting aprons and brushes are at the ready!

Concluding Drumming Circle **Saturday 4:30 pm / Sunday 2:30 pm**



All guests are welcome to join in a 20 min. concluding Drumming Circle. The Christine Center has a collection of 20+ mostly hand-crafted drums. Gather round the fire and join the fun as we celebrate our love of the Arts with sound. Expertly guided by Christine Center friends, no drumming experience is needed. Just take up a drum and follow along!

Meet St. Hildegard of Bingen



Cookies of Joy!
Tea and cookies available all day.

For your refreshment and enjoyment, we are offering tea and cookies based on the healing recipes of Saint Hildegard of Bingen. St. Hildegard is a 12th century Christian mystic renowned for her art, music, and healing recipes. The Cookies of Joy were first made over 850 years ago.

St. Hildegard of Bingen said that they should be enjoyed at regular intervals to increase holy joyfulness and positivity!

Her spice mixture for joy and positivity: cinnamon, nutmeg and cloves... was recreated a few hundred years later by the monks in Nuremberg as part of the spice blend for the traditional German Christmas cookies known as "Lebkuchen". ("Good-for-aliveness" cake).

According to St. Hildegard, this trio of life-spices: cinnamon, nutmeg and cloves... *"will reduce bad humors, enrich the blood, and fortify the nerves... help remove hate from the heart, assure good intelligence...and give one a joyful spirit."* As they are "powerful medicines", Hildegard advises adults may take up to five cookies a day, but children no more than three!