

a place of 

G R A C E

### Begin Small

If you're starting this week already tired, you are not alone. Not every Monday arrives with momentum. Some arrive with sighs. So today instead of setting goals, try setting down what is heavy. Here is a simple practice for this week:

#### *The Practice of One Gentle Thing*

- Place your feet on the floor.
- Take one slow deep breath in.
- As you exhale, whisper, "God is here."
- Ask: *What one gentle thing can I do today?*

Not five things. Not a full turnaround. Just one thing. One gentle thing.

Drink water.

Step outside.

Light a candle.

Send a kind text.

Rest for ten minutes without apology.

Even in the creation story, God pauses. Blesses. Rests.

You are allowed to begin small.

Grace is not waiting at the finish line.

Grace meets you at the first quiet breath.

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Help us grow the A Place of Grace community! In celebration of the tenth year of A Place of Grace and the TEN retreats *per month* offered where companions can gather in shared ministry, we invite you to send this email to ten people you believe would be blessed by participation in A Place of Grace retreats and tell them why you thought of them! Go ahead! Send to 10! Thank you!!

7:30 to 8:00 a.m.  
 8:00 to 8:30 a.m.  
 Taste of a Practice for early birds, people on the way to work, and those with mobility challenges. Downstairs; use the back door from the parking lot.

9:00 to 11:00 a.m. 2-hour retreat

11:30 a.m. to 12:00 p.m.  
 12:00 p.m. to 12:30 p.m.  
 12:30 p.m. to 1:00 p.m.  
 Lunch Hour Taste of a Practice.

1:15 to 3:15 p.m. 2-hour retreat

3:30 to 4:00 p.m. Elementary students'  
 4:15 to 4:45 p.m. Middle School students  
 5:00 to 5:30 p.m. High School students  
 5:45 to 6:15 p.m. End of Day  
 Taste of a Practice

All retreats from 11:30 a.m. to 6:16 p.m. will be held upstairs in the studio.

7:00 to 9:00 p.m. 2-hour retreat, downstairs; use the back door from the parking lot.



You are invited to join us for "Grace at the Gallery" at Von Dell Gallery & Studios, 102 E Ferguson, Wood River, IL, each Tuesday for seven weeks, beginning February 3rd. Same practice all day. Different practice each week! See the side-bar to choose the time that works best for you. **Please RSVP right away!**

2/3	Practice:	Prayer	Art
2/10	Practice:	Worship and	Wonder
2/17	Practice:	Audiendo	Divina
2/24	Practice:	Coaching	Cohort
3/3	Practice:		Selah
3/10	Practice:	Mission Madness	Workshop
3/17	Practice:	Healing and Wholeness	

**RSVP** one week ahead for individual retreats according to your schedule.

## RSVP for Grace at the Gallery

2/11/26

Seven of us met at Riverbend Family Ministries on Wednesday and did some reorganizing. RFM was a daytime warming center during the recent frigid temperatures with unhoused neighbors chauffeured from a local Overnight Warming Center to RFM where they could, and did, sleep comfortably around the edges of the large room, knowing they were safe and warm. Snacks and blankets and warm clothes had been



donated, so we sorted and reorganized those for the next cold snap, expected later this month, and we reorganized "the Walgreens closet," so it's ready to grab supplies when these unhoused neighbors need to shower. It was such an honor! We hope you'll join us when we serve again in the future!

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2/11/26 1:00 to 4:00 p.m. **Registration for this series is FULL. Another series will be offered this summer.**



**Artful Expressions of Grief** retreats begin. This is a six-retreat series that takes place over three months on the 2nd and 4th Wednesdays of the month (**2/25, 3/11, 3/25, 4/8, and 4/22** for the first six-retreat series). Each retreat will feature a different practice *in addition to art* where companions can receive pastoral care and communal support as they work through grief over *any kind of loss*. There is a \$25 materials fee for this retreat. No previous art experience required.

[Click here to put your name on the waiting list!](#)



2/11/26

On Wednesday evening, we met at LoveJoy United to create, and oh what fun! We made bows out of Christmas wrapping paper. SO cute!! We'll meet again on March 11th for the next Mission Madness Workshop Retreat. Gather some friends, and come play!

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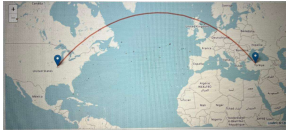
2/12/26



It was a Galentine Celebration at Thursday evening's Prayer Art Retreat, and we accentuated our tangles with watercolors. They turned out beautifully! Would you believe two of these tangles were new to everyone there?!

[Click to see our Galentines!](#)

2/18/26 Ash Wednesday



**Walk to Jerusalem begins!** On Wednesday, February 18th, the Walk to Jerusalem will begin with daily meditations/spiritual practices via email and Facebook group and podcast, daily check-ins, and our communal effort to walk the 6415 miles to Jerusalem. Register today! And invite friends!! **Local walkers who wish to participate in person and distant walkers who wish to participate by Zoom are invited to join Julie at the gallery (or online) at 5:30 p.m. for a kick-off walk, meditation, and imposition of ashes.** *We currently have eight walkers for the Lenten journey. In order to arrive by Easter, we will each need to walk 20 miles/day. If you were planning to join in, please let me know, and if you attempted to register via a previous Grace Grams and were unable to do so, please let me know!*

[RSVP for Walk to Jerusalem](#)

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2/25/26 9 a.m. to 11:30 a.m.



**Mission Madness Retreat at Uni-Pres Kindercottage** in East St. Louis. Working with the children at Kindercottage warms our souls! We snuggle. We read books. We work on motor skills. We practice the alphabet and counting. And we give their hardworking caregivers a little break here and there. What a joy and a blessing it is to be part of this work! You are invited to join us! We will meet at LoveJoy United Presbyterian Church, 2550 Rock Hill Road, Wood River in time to leave by 8:15. **Please RSVP by 2/20 if you plan to participate.**

[RSVP for Mission Madness at UPK](#)

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2/25/26 6:00 to 8:00 p.m.



**Boomwhacker Choir Retreat at Von Dell Gallery & Studios**, 102 E Ferguson, Wood River, IL. If you've never played Boomwhackers, you don't know how much fun you're missing! Join us for these monthly retreats to reflect on the lyrics to hymns of faith and then learn how to play them with others! IT'S SO FUN!! **Please RSVP by 2/20 if you plan to participate.** We can't wait to see you!

[RSVP for Boomwhacker Choir](#)

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**A Place of Grace is offering-based.** Cash offerings may be made in person. Checks may be mailed to A Place of Grace, 348 Snake Road, Dorsey, IL. Electronic offerings may be made via Venmo (@A-Place-of-Grace) or PayPal.me/JulieGvillo.

If you no longer wish to receive this email, please reply with "Unsubscribe" in the body of the email. Thank you for your continued support of A Place of Grace and its ministry in the community and beyond!

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