

Connecting New

June, 2021

Sometimes we are surprised during our prayer times, both by what happens and what does not happen. I share a recent experience of mine to illustrate, and if you feel so moved, welcome you to share your experiences with me.

My prayer time was to paint (non-dominant hand finger painting) an experience that I had a week or so earlier. In that experience I was sitting looking out the window and was deeply struck by the energy, beauty and aliveness in the colors – a variety of blues in the sky with appointments of white and a variety of greens in the plants and grass with compliments of browns. This energy was feeding me and at the same time I sensed that this energy also flows through me.

As preparation for painting I make a prayer of surrender and invitation, asking God to help me express what is deep within me and for God to express what God wants me to know. For me, the process of painting is one that is very non-thinking, where I lose myself. I started by selecting and squeezing onto my palette white, about five shades of blue, about seven shades of green and a few shades of brown. The next thing I knew the painting was completed. After I clean up, I usually look at the painting to see whether I notice anything and to get in touch with how I feel about it. See for yourself below.



I liked how the painting made me feel, and after a few minutes I realized that the sky was mostly white, not blue. One of my first thoughts was that perhaps I would

make another painting to “get it right.” However, I quickly choose to honor the painting as it turned out.

Later, when meeting with my spiritual director, she asked what the white may represent to me, and I responded “openness.” I believe that is what God wanted me to know.

May we all open ourselves to notice and participate in the awesome, beautiful and miraculous aspects of life set before us each day.

Peace and Blessings,
Clarence

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