May, 2023

I recently had the privilege of vacationing in several countries in Eastern Europe, and as part of that trip visited a number of Orthodox churches. This was new to me and very striking because the interior walls and ceilings of these churches are completely filled with icons (sacred images of Jesus, Mary, saints). When I say completely filled, I mean literally every inch of space is covered with icons in the form of frescos, mosaics, painting, sometimes even gold leaf. It made an impression.

My understanding is that these icons are one essential medium for those Christians to not only venerate the Divine, but also to connect with the Divine through extended gazing upon these images.

So this month, I invite you to notice, rediscover, retrieve and/or create the sacred images in your life. Surely there are many. These could be photographs, collages, drawings, paintings. One example that comes to mind is the collection of photos assembled to honor someone's life at their memorial. And once you have your sacred images, I invite you to pray with them, to connect in a fresh and deeper way with the Divine, to honor, give thanks and to receive what God is offering in that moment.

Below is the sacred image I painted yesterday. It represents the love that flows through and out of my family. What could be more sacred than that? I would love to hear from you if you wish to share yours with me.

May we be ever more attentive and responsive to the sacredness in which we live.

Peace and Blessings,
Clarence