



PAINTING AGING

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Photo by Roger Hutchison



45 Minutes



All Ages



Newcomer Friendly

Overview:

Explore the spirituality of art and the art of spirituality

Materials and Setup:

You need to select a Bible passage/s, reading, video or podcast. There are some selections in the Scripture, Friendly Voices, and Videos and Podcasts tabs and in the Sharing exercises.

Painting the Bible is for everyone, those with no artistic leanings and those seasoned artists in our midst. Our materials are paper, acrylic paint or pastels, our hands, and the meditation of our hearts. We gather together and reflect on Bible passages in a way that intertwines the creative arts and the beauty of poetry.

Setup is key. Tables are arranged so that everyone is part of a group, not painting on their own. Supplies are shared, and the art is done in community. The end result is not the painting that is created. It is the conversation, sharing, and listening that takes place around the table. While there is grief, sadness, and loss, there is also hope. There is an opportunity for celebration as we gather together. Reflect on how you are caught in a pervasive process of conditioning that, rather than being under our control, is under the influence of karma and afflictive emotion.



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Instructions:

Invite participants to hold the selection/s in worship with an invitation to move to the art table when they are moved.

Results are to be shared with all participants. You may consider displaying the art in the meetinghouse with a brief explanation.

This type of painting works for all ages: children, youth, and adults. You can also combine all age groups together.

Credits:

From Painting the Psalms, as practiced by Palmer Memorial Episcopal Church.
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