

Close-ups, Reflections, and Shadows

*A photographic reflection exhibit by
Sr. Fran Glowinski, OSF*



"A Selfie" by Sr. Fran Glowinski, OSF

Mindful

by Mary Oliver

Everyday
I see or hear
something
that more or less

kills me
with delight,
that leaves me
like a needle

in the haystack
of light.
It was what I was born for —
to look, to listen,

to lose myself
inside this soft world —
to instruct myself
over and over

in joy,
and acclamation.
Nor am I talking
about the exceptional,

the fearful, the dreadful,
the very extravagant —
but of the ordinary,
the common, the very drab,

the daily presentations.
Oh, good scholar,
I say to myself,
how can you help

but grow wise
with such teachings
as these —
the untrimmable light

of the world,
the ocean's shine,
the prayers that are made
out of grass?



Sunset over Fox Lake

Close-ups, Reflections, and Shadows

My name is Fran, short for Francetta. I am a vowed member of the Wheaton Franciscans, and had been a ThirdOrderSecularFranciscan since freshman year of high

school. Being in Nature for beauty, joy, wonder, connection, companionship and solace has been my way for as long as I can remember. From Francis of Assisi I learned to see Sisters and Brothers everywhere I looked. Photography has

Sunset at Little Sister Pond





Herrick Lake in Winter

been a primary way for me to appreciate and experience the gifts of Life and Nature. It started in the fourth grade when I received a Brownie camera for my Confirmation. Within Nature, being in or near Sister Water is as primally soothing as breathing itself.

It was my privilege to work the last 14 years of ministry (I retired in 2016) as a chaplain at Loyola University Medical Center. There I worked with patients, families and staff struggling with forms of cancer or cardiovascular diseases...or who had

landed in our Emergency Department. After a difficult day, heavy with grief or dread, I would sit or walk by Lake Michigan or, after I moved to Wheaton in 2010, on our lovely Motherhouse grounds.

Or I would circle Little Sister Pond, just a five minute walk from my home. Her little waterfall has refreshed my soul more times than I can count.

Path at Herrick Lake





North Side Park Maples

My special loves as a photographer are close-ups, reflections and shadows. Soap bubbles are, in those categories, challenging and lovely subjects to play with. They reflect so generously in their brief lives what is

around them. I never tire of seeing the progression of colors they refract before they burst. And do you know that at 20 degrees F or below, they freeze? You may be able to see lacy frost grow right before your eyes!

These days I mostly take pics with my iPhone. On occasion I still love to use Sweet Pea, my Nikon D3300 SLR with a long lens permanently attached. She is so good at getting moving things like birds or dragonflies. And subjects at a distance, of course.

For what am I grateful? For eyes to see. For how Nature both reveals and hides the Creator...how it holds, soothes, and teaches us but also challenges and defies us. For lenses in eyes, cameras, binoculars, micro- and telescopes. For opportunities

Fox Lake Reflection





Barn Swallows

Reflection at Lincoln Park Zoo



to see, hear and feel Beauty,
Kindness and Truth...and
to share these especially
through photographs.

Thanks, [Tau Center](#), for the
opportunity to put all this
into words and share them
along with some favorite
Nature pics.

Fran Glowinski, OSF

Rascal, a Resident Squirrel





Australian Bat

**Sammy,
Beloved Puppy**





**Tulips at North
Side Park**



Beeyoutiful



Splendor in the Grass



Spendor in the Grass



**Snowflake on
my Scarf**



Frozen Grass



Selfie in Bubbles

Reflection in the Eye of the Beholder



Light through a Portal





Sunrise over Indian Ocean

**Clouds Reflected
in a Puddle**



Little Girl Walking at Low Tide



Fallen Tree Gives Life at Lincoln Marsh



Reflection at Lake Delavan



*A spirituality ministry of the
Wheaton Franciscans*