

Celebrating Creation

Let the heavens rejoice, let the earth be glad; let the sea resound, and all that is in it. Let the fields be jubilant, and everything in them; let all the trees of the forest sing for joy. ~ Psalm 96:11-12

The healing properties of being in nature is undoubtable. Our spirits can be lifted by simple things like a breath of fresh air, the scent of spring flowers, the sound of birds singing, the vision of green returning to the trees and colorful flowers in our gardens. During this time of unique stress, isolation and grief, a walk outside is the perfect remedy to restore the body, mind and spirit. Find a place where you can enjoy nature and find refreshment for your self!

(please note: when in public spaces... I encourage you to follow the safety protocols of social distancing and wearing face masks...)

In my second video on “creative spirituality”, in honor of the recent celebration of the 50th Anniversary of Earth Day, we honor the Earth and simply hold the prayer intention for the care of Earth and all of creation as I guide you through a simple technique of zen doodling. I will review four main practices of “creative spirituality”

- 1) Prepare your space
- 2) Set your intention
- 3) Create your art piece
- 4) Express gratitude

In this video, I'll guide you through these practices by demonstrating simple “zendoodle” techniques using supplies that you may already have at home. However, these practices can be applied to any art or craft medium that you use.

Perhaps the official celebration of Earth Day has past, but it's never too late to read and pray. Please visit our website for some wonderful resources: <https://wheatonfranciscan.org/earth-day-2020/>

Peace and all good,
Sr. Glenna

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