

A CREATIVE SPIRITUALITY REFLECTION

What is mine to do?

On his deathbed, St. Francis of Assisi said to his brothers, "The Lord has shown me what was mine to do. May He show you what is yours." And so, this is the question that Franciscans, like myself, ask themselves throughout their lives, "*What is mine to do?*"

During these days of unprecedented uncertainty and tragedy, we may find ourselves experiencing high levels of stress, anxiety and even self-doubt and confusion. There are some who have essential work and can easily find a sense of purpose and duty. For some of us, we sit safely at home and ponder, "What is MINE to do?" How am I being called to respond to the needs of the times?

Certainly, staying at home is exactly what most of us are called to do! But, there's more. Our responses can include being more attentive to our prayer life; staying connected to friends, family and neighbors, particularly the elderly or those who live alone; sharing of our resources if we have spare food or supplies; these are just a few ideas...

What I am doing these days is to continue to hold the world and especially my loved ones, family and friends, in my heart and prayers. One of the ways that I am doing this is to engage in a practice of creative spirituality using an art technique called Zentangle®. Rick Thomas, co-founder of the Zentangle method wrote this week: "*I hear lots of talk about 'essential services.' In my opinion, Beauty is an essential service - particularly during the promotion of Fear. One antidote to fear is to do something. One of the best things to do is to create something beautiful and do it with gratitude.*"

How I use this method as a prayer practice is to name an intention as I engage in simple drawing techniques to create these elements of beauty. Please watch the attached video to see some of my latest creations and the prayer intentions behind them. Maybe you'll be inspired to create some of your own.

I wish you all a blessed and prayerful Holy Week, as you pray to the Lord to show you what is yours to do.

*Peace and all good,
Sr. Glenna*

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