



LOVE....

St. Paul tells us in his letter to the Corinthians,

“So faith, hope and love remain, these three. But the greatest of these is love.”

What is LOVE? That’s a million-dollar question, isn’t it? People from time eternal have been trying to define love; artists, poets, philosophers, songwriters, young and old, women and men. Everyone has an answer to “what is love?” - and they’re all probably correct!

Love is often expressed in our actions...our service to others. Creating arts or crafts may not seem like an act of love, but think about all the people sewing masks and other protective gear for medical staff. Those acts of creativity are certainly being done with great love! How you approach your creativity is not inconsequential and your intention can be prayerful and grace-filled.

In my second video on “creative spirituality” I use the theme of Love as my intention as I guide you through a simple technique of zen doodling. Holding this intention of “Love” we send our thoughts, prayers and energy into the world and to those who need our love the most at this time.

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.

One of my favorite authors Leo Buscaglia wrote, *“To live in love is to live in life, and to live in life is to live in love. To me, life is God’s gift to you. The way you live your life is your gift to God. Make it a fantastic one!”*

Whatever you do today...approach it with love....and make it fantastic!

*Peace and all good,
Sr. Glenna*

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