

**SPIRITUAL PRACTICE
COLORING/DECORATING/DRAWING**



Time for ALL Ages –Guest Preacher, Denise M. Cawley



In Preparation for our service Sunday, please think about what spiritual practices are going to get you through this pandemic. Only staring at screens is not going to hold your soul during this trying time. Please either draw your own chalice or color this chalice while listing in the flames things you want to do in this time for spiritual practice. Will it be walking, meditating, coloring, painting, singing, dancing, playing an instrument, doing sit-ups, chopping vegetables, finger labyrinths, knitting, quilting, working out, etc.

What is spiritual practice?

Spiritual practice is an activity where your mind can wander. Where repetition of sound, movement, prayer or meditation can allow your mind to wander. The easiest way to think of this is that the activity is such that it can be done without concentration. Then the spiritual practice is one that can be done repeatedly multiple times a week, in order to truly benefit.

If you have ever driven somewhere and don't recall how you got there, you had your first taste of a spiritual practice.

If an idea came to you when you took a shower, gardened or took a walk on a familiar path, and your mind worked out something you had been concerned about, you experienced the benefit of spiritual practice.

Either print this drawing of a chalice - or draw your own. Use your computer or get out your favorite markers. List your spiritual practices in the flames. You can decorate the flames and/or on the base. As you list what you will commit to doing to give yourself the benefit of spiritual practice during this tough time.

IT MIGHT BE:

Flame 1: Dance party

Flame 2: Basketball or exercise

Flame 3: Mediate for five minutes

Flame 4: Chop veggies or help in the kitchen

Flame 5: Draw or craft

Flame 6: Make bed daily

Put your name on it. Hang it on your fridge or medicine cabinet after you take picture or scan it. You can email it to church or tag us on Facebook. We can also share them in our virtual coffee hour.

Any ages welcome. Any ability. Kids who cannot write can have adults help. Teens and youth and elders welcome.

Crayons, markers, pens etc. You can do computer graphics - whatever you like. Just let this be a fun exercise for you and your loved ones while you shelter in place.

