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Illumina “40” begins on Ash Wednesday. It’s a simple creative journey, exploring the themes of lent through art journaling. Lent is traditionally a time to fast and pray and this course is designed to explore the prayerful aspect of lent. Prayer is sometimes described as spiritual connectedness and it is often thought that Jesus wandered in the wilderness to pray and renew himself spiritually. It’s not realistic to think we could go for a 40 day desert walk alone as Jesus did, but we can try to cultivate a similar connectedness with the spiritual part of ourselves. The wilderness was a place of survival, where physical human needs were put aside so he could focus on developing his spiritual strength. Just as Jesus removed himself from day to day life in his journey into the wilderness, creating art is removed from the day to day activities, so it could become a symbolic journey for us.

Illumina workshops focus on three areas of a spiritual life: prayer, sacrament and community. By following the 40 journaling exploration, you will get to practice art as a prayerful activity on a daily basis. The sacramental aspect is achieved when you make invisible things visible – so thoughts or feelings that would normally remain invisible are made tangible through creative processes. The connection with community is made by knowing that other people are engaging in the same creative activity on the same day, it can be further strengthened by meeting together on a Sunday evening: 7pm St Francis Anglican Church, Medowie.

Introduction and Ash Wednesday service 9th March 6.30pm St Francis Anglican Church, Medowie.
Sunday gatherings begin Sunday 20th March 7pm St Francis Anglican Church, Medowie.

Illumina
Family art and spirituality workshops

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