

# BARN OWL (Issue 4 October 2020)

*Welcome to October's Barn Owl. We highlight events and resources for people interested in the arts and spirituality. This bumper issue begins with Art Café and ends with carrots!*

## Art Café: A place to meet up on Wednesday mornings!

You're warmly invited to join us at the virtual Art Café to explore a different work of art, and talk about life, spirituality and all that intrigues and inspires us. The Café takes place on Zoom, starting at 10.30am for an hour.

Here's this month's programme:

Oct 7 <sup>th</sup>	North and South: two fifteenth-century panel paintings from the Courtauld Collection
Oct 14 <sup>th</sup>	Darkness to Light: <i>No.1, White and Red</i> by Mark Rothko (1903-70)
Oct 21 <sup>st</sup>	<i>Sheep Piece</i> by Henry Moore (1898-1986)
Oct 28 <sup>th</sup>	Artworks by Georges Rouault (1871-1958)

Please phone me on 01508 538014 or e-mail [NickGarr39@aol.com](mailto:NickGarr39@aol.com) for more information and the Zoom link.

## Deep Talk Session

Deep Talk is 'a new, fresh, and happy method for developing communities. It is a soul gymnastics trampoline for the community: it helps to empower you and helps you grow. It helps you find lost muscles, the real parts of your soul, with which everyone can be a whole person just as they are.' (Revd Jeremy Clines).

Following last month's successful and enjoyable session, Nick and Helen are offering another opportunity to participate in a Deep Talk 'story' on November 9th, 7.30pm via Zoom. Please contact us for an invitation or more information. There will be a small fee to support the Barn's work.

## Need Creative/Reflective Space?

The Barn at Rockland Rectory is available at various times for individuals or groups of up to six who would like to spend some time during the day there for art, meditation and refreshment. Please contact Nick Garrard for further details.

## Mental Wealth Week

The National Gallery is hosting three free online events between October 5<sup>th</sup>-9<sup>th</sup> to explore, discuss and support good mental health through art. The events cover talking and drawing for mental health, empathy and looking, and a mindful look at Gallen Kallela's *Lake Keitele*:

<https://www.nationalgallery.org.uk/events/mental-wealth-festival-at-the-national-gallery>

## Faith and Modern Art

This year's BP Young Artist Award was presented to Egbert Vincert Modderman for *Restless*, his portrait of the Old Testament priest Eli. In 'Of Church and the Visual Arts', Revd Jonathan Evens reflects on the complex but abiding relationship between Christianity and modern art and introduces us to exciting new artists in the field.

<https://www.artlyst.com/features/church-visual-arts-revd-jonathan-evens/?fbclid=IwAR3f-taadC6grj-o2E41OWwE-AXW949fTdsp-RXUnt5WyxP2BCFx2jo4TZY>

## Conversations with God beyond Words

Revd Jessica Aidley organises and leads prayer painting retreats and in this video introduces the practice of prayer painting

<https://www.youtube.com/watch?v=Ts7HYrXeaf0&feature=youtu.be>

Other videos can be found on her YouTube channel 'Conversations with God beyond words'. Powerful and moving.

## Free online resources from the Brehm Center for Worship, Theology and the Arts

### The Arts and the Story of God

"The Bible is more than just an explanation for the "way things are." It is a story about the truth, beauty, and goodness we are each invited to live into. This material will recast the traditional narrative of Creation, Fall, and Redemption as one of Wonder, Heartbreak, and Hope, and invite you to participate in that story as a creator, made in the image of the Creator God. You need not be a professional artist to engage with this content—just bring a responsive posture and a desire to know God through the act of making.

We estimate that this will take you 7.5 hours to complete (but not all in one sitting!)."

In response to the pandemic, this is free of charge during October.

<https://formation.fuller.edu/courses/the-arts-and-the-story-of-god/>

## Learning to Look Around: How Artists Help Us to Find a Home

Shannon Singler, Executive director of the Brehm Center, explores how art can help us cultivate a sense of belonging and presence.

[https://fullerstudio.fuller.edu/theology/learning-to-look-around-how-artists-help-us-find-a-home/?mkt\\_tok=eyJpIjoiTm9FMEIEVTVaV00xTTJGaSlInQI0iJQdUFNc2FFcEhybjMIN29ZQXFtNWlwdjNcL0RH eVdtUGhsNXFpUXpqUDhpOUZQd1pNQk80VW9RY2phbGhud2x0UFVcLzI0eWdRc1NaOWtcL1N4RWN6SmhZWE w0N0xqOG1vZE00SVlKWXBSXC9wTWFsUUV0b25QNWswWDJINmFick96dkMifQ%3D%3D](https://fullerstudio.fuller.edu/theology/learning-to-look-around-how-artists-help-us-find-a-home/?mkt_tok=eyJpIjoiTm9FMEIEVTVaV00xTTJGaSlInQI0iJQdUFNc2FFcEhybjMIN29ZQXFtNWlwdjNcL0RH eVdtUGhsNXFpUXpqUDhpOUZQd1pNQk80VW9RY2phbGhud2x0UFVcLzI0eWdRc1NaOWtcL1N4RWN6SmhZWE w0N0xqOG1vZE00SVlKWXBSXC9wTWFsUUV0b25QNWswWDJINmFick96dkMifQ%3D%3D)

## On being a religious artist

Revd Jonathan Evens interviews Peter Koenig on his sense of vocation to be a religious painter.

[https://www.artway.eu/artway.php?id=1117&lang=en&action=show&type=current.%C2%A0Do&fbclid=IwAR3b3Umd\\_5Fi0A5ZEMielXu9CySxPLTluOKxH9DVnVHouZYcqusfpMszuKA](https://www.artway.eu/artway.php?id=1117&lang=en&action=show&type=current.%C2%A0Do&fbclid=IwAR3b3Umd_5Fi0A5ZEMielXu9CySxPLTluOKxH9DVnVHouZYcqusfpMszuKA)

Hidden Gem Galleries

The Guardian highlights some of Britain's lesser known galleries with helpful links. Some pearls to be gathered here...

<https://www.theguardian.com/culture/2020/oct/02/10-of-the-best-hidden-gem-art-galleries>

## Contemplation – with carrots!

This comes from Spiritual Directors International and Barn felt the crossover between art, spirituality and healthy eating is too good to miss out!

"PRACTICE CHALLENGE - PEELING CARROTS - Inspired by Anne Hillman and her book "The Dancing Animal Woman."

- 1) Find a lovely large carrot. Top and tail it. Then peel it. Save peelings for compost. No compost? Toss them under a bush. The snails and slugs will take it from there.
- 2) Admire the freshly peeled carrot. Smell it. Run your fingers along its newly smooth surface. Open your mouth. Then .... tap your skull with the carrot. Lightly. Listen for the hollow sound. Your head has just become a percussion instrument. Don't hurt yourself, but tap out a rhythm. Become aware that you are resonating. Your emptiness a space of creation.
- 3) Resume peeling the carrot. This time on to a dinner plate. As the orange curls multiply, bend down to smell again. Resume peeling, noting how the peels get larger and then smaller and diminish until the carrot breaks or you cannot create another peel.
- 4) Choose a fat curling peel of carrot with its sweet core in bold evidence. Eat it one bite at a time. Counting silently to ten between each nibble.
- 5) In spite of any left over shame from childhood about playing with your food, use the remaining peels to make a face depicting how you feel at this very moment. Extra peels can be used for hair, beard, earrings, etc.
- 6) Admire your creation. And your creativity.
- 7) Take a photo with your phone. Post it on Instagram or Facebook or email to a friend as a self-portrait.
- 8) Eat your art.

Blessings to you all.

Many thanks to Anne for her inspiration. And to Richard Rohr and the Center for Action and Contemplation for sharing her work. Source: <https://cac.org/the-rhineland-mystics-weekly-summary-2020-08-08/>

For the full posting see

<https://www.facebook.com/sdiworld/posts/practice-challenge-peeling-carrots-inspired-by-anne-hillman-and-her-book-the-dan/10157438541612694/>

*Barn Owl is always looking out for art and spirituality resources to share. Please e-mail or phone me if there's anything you'd like to suggest. Many thanks!*

*Nick Garrard*

Bishop's Officer for Christian Spirituality through the Creative Arts (Norwich)