# Art and Soul 2020-2021 Events

**Visio Divina, Praying with Art**

* When: Monday, September 28th @ 7pm [EST]
* Where: Zoom
* About:

Join artist and spiritual director Michelle Morris as she guides us in the practice of *Visio Divina*. *Visio Divina*, or “divine seeing” in latin, is the contemplative practice of using art to pray. For the artist and art lover, visio divina is the perfect complement to the appreciation of a work of art and will enrich how you view art as well as deepen your communion with the Divine, who is the ultimate artist. In this online presentation Michelle will give a brief introduction and background of *Visio Divina*and lead us in contemplating one of her own sacred works of art.

**A Journey Through the Artists Rule**

* When: Begins January 2021
* Where: TBD
* About:

     Join Artist and Spiritual Director Michelle Morris and take a journey to find your inner artist/monk in the pages of The Artist Rule, by Christine Valters Paintner. Beautifully written, this book will guide us week by week for twelve weeks as we uncover and discover how to connect to our inner artist and our inner monk. We will meet quarterly to discuss 3 chapters, one to be read each month, and participate in a guided art activity.
    “Paintner, spiritual director and Benedictine oblate, invites readers to discover and develop their creative gifts in a spiritual of prayer and reflection. This twelve-week course draws on the insights and practices of Benedictine spirituality to explore the interplay between contemplation and creativity.” This is truly an inspirational book that connects your art to your inner monk!