

ART AS A TOOL FOR UNDERSTANDING

PURPOSE

To explore how we can use expressive art to deepen communication and understanding.

PARTICIPANT OBJECTIVES

To encourage the women to learn about each other through creativity and the sharing of working together on an art project

PROCESS

Welcome by co-leaders and host

Gather art supplies — these can be inexpensive children’s art supplies or a variety of materials, for example, clay, sticks, stones, colored paper and glue, berries, or beads. Paper can be scraps or reused office paper. Ask the group to select a theme for the activity. Some examples of themes are: personal spiritual experiences, religious teachers or teachings, metaphors (light, darkness), symbols, our story of creation or origin, how our lives reflect our understandings, our understanding of our relationship with the sacred, how different traditions use the hands in prayer. Divide the chapter into smaller groups of 2 or 4.

DIALOGUE

- Allow time for centering and reflection, and for getting comfortable with the idea that no one needs to be ‘an artist’ to do this exercise. Ask the teams to work with the materials in any manner they feel comfortable, to communicate through color, shape, design, collage, or other forms.
- Gallery Walk: When all are ready, gather around each work in turn, and ask each team to share on what they have created