



SEEING IS BELIEVING

Exploring perception and prayer with photography



We invite you to
take a moment to
pray for Ukraine



WELCOME & INTRODUCTIONS



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WHAT IS CONTEMPLATIVE
PHOTOGRAPHY?



Contemplative
photography is all
about being awake
and aware, here
and now.



It's a way to make, not take photos



It's a way to approach your camera as a tool
to deepen your seeing, your awareness and
your attention

It's a way to
slow down
and resist the
temptation to
rush into
taking a shot
or to keep
shooting





It's a way to
make or receive
images that
speak to the
heart

It's a way to
view your
photographs
and let them
speak to you



PHOTO SAFARI

Theme of the Day: Shapes & Colors



You could look
for colors that
catch your eye



You could
explore
patterns and
angles



You could look
for colors and
lines in everyday
objects



You could explore
framing,
architecture and
light and dark



You could see
what you find
outside the
nearest window

O DEAR LORD

THREE THINGS I PRAY

to see Thee more clearly
to love Thee more dearly
to follow Thee more nearly
DAY BY DAY

PHOTO SHARE

**text 1 photo to
(734) 395-2696**

REFLECTION & JOURNALING

What first caught your attention?

Do you see something different as
you look at it now?

What do you notice in yourself as you
contemplate this image?

HOMEWORK

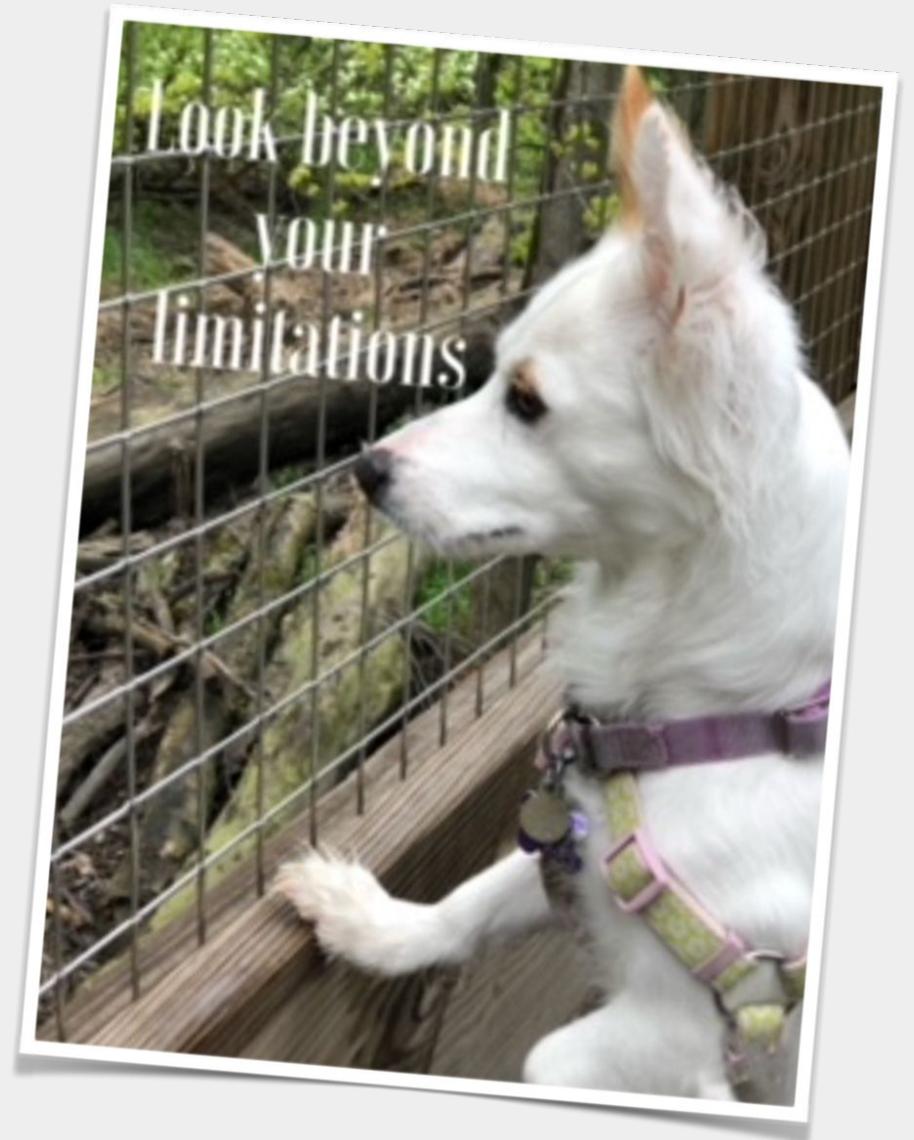
Continue your photo safari exploring shapes and colors in everyday life. Journal about what you notice, what you learn and what you're curious about.

NEXT WEEK

We'll begin exploring perception and prayer through the lens of your camera! Pick 1 photo from the week to share at the beginning of our next class together.

ARTSANDMINDFULNESS.COM/SEEING-IS-BELIEVING

- Class Presentation Slides
- Link to Facebook Group: Trinity Seeing Is Believing
- Music Playlists
- Tips for Contemplative Photography
- Photography Tips & Tricks Using Your Phone





May the light of your heart
open you to seeing more
clearly,
quietly,
thoughtfully,
creatively,
mindfully,
generously,
prayerfully.