



# Contemplative Creativity

Fabricia Lima and Sylvia Sepulveda

## Introductions:

Sylvia Sepulveda - I use she/her pronouns, I'm affiliated with Christ Episcopal Church, Anacortes and I live in Anacortes which are the ancestral lands of the Coast Salish and Skagit people.

Fabricia – I use she/her pronouns, I'm affiliated with Adapt to Be, and I live in Philadelphia, PA which are the ancestral lands of the Lenape people. I reside in the Manayunk neighborhood.

This presentation will be recorded, so please turn off your video if you'd rather not be seen in the recording.

Today's presentation:

More of an “info”-shop than a workshop,  
due to materials and time limitations.

We'll provide a link to a resource where you can try  
Contemplative Creativity yourself on your own schedule, or  
join us in community.

Origin - It wasn't off-the-shelf!

Important example of how our individual spirituality can inspire a community experience.

Response to a Covid-time desire to create compelling content that was both communal and independent, scheduled and on-demand.

## Inspiration:

EfM's focus last year was spiritual maturity – exploring to some extent the symbiosis between individual and corporate spirituality.

Corporate spirituality/religious institution – often a pre-formed communal identity that we join and energize with our own spirituality.

Individual/personal spirituality – we explore and form our own spiritual identity, often through contemplative practices like Centering Prayer, Welcoming Prayer, etc.

## Inspiration, cont'd.:

“Goodness” video during EfM last year, featuring Jonathan Wilson Hartgrove.

He spoke to fruit growing from the inside out, from a mature plant. The seed, then the plant, needs to be whole and healthy in order to provide fruit.

Goodness starts with the individual before it can expand to community.

It isn't focusing on outward appearances, for individuals or communities - like church websites.

This was an especially compelling and timely message, as I was in the middle of coordinating the renovation of our church website during a shelter-in-place protocol.

## Website Ministry?

Yes!

Could we find a way for the website to multi-task, to act as a marketing tool as well as provide a place to be and grow, to be a 24/7 virtual sanctuary?

## Answered Prayer:

The following day, during Centering Prayer, that yearning revealed itself as Contemplative Creativity – an interfaith contemplative practice that would join art and companionship. All my previous contemplative formation work embodied in one! (Ignatian Prayer, Catechesis of the Good Shepherd, CP, Welcoming Prayer.)

The website, partnered with live meetings via Zoom, could serve as the “prepared environment” - a place to gather in companionship as a group and, later, as an independent resource (video and instructions.)

The artist would present the topic and, as with other contemplative practices, the participants would be allowed time to follow their inner teacher.

I searched the internet and found Fabricia’s website, knowing, when I saw the COGS icon, that she’d know exactly what I was looking for.



## Fab and I Outlined Contemplative Creativity:

Fabricia would provide Art as a container for personal and spiritual growth – **spiritual direction is essential** to retaining focus on **process vs. product, being vs. doing.**

- Art Lesson and a lesson video, Spiritual Direction, and meeting facilitation once a month.
- Participants provide their own materials.
- A safe space where vulnerability is recouped with insight.

Extremely important:

Funding - A Diocesan Pop-up grant funds over 80% of the program costs with the balance funded by donations.

Thank you Diocese of Olympia! Thank you Rev. Canon Arienne Davison for shepherding us to that resource and to Valerie Reinke!

## Church Resources:

- Schedule sessions, plan topics and materials with Fabricia based on community need/interests, market to community and beyond.
- Our current community crosses four time zones and just as many faith traditions.
- We post lesson instruction and video on website each month.
- Meet for weekly group practice** – short meditation, contemplative art practice, sharing, close. Join us anytime on Thursdays at 5 pm PDT.
- Contemplative Creativity Webpage - [www.christchurchanacortes.org](http://www.christchurchanacortes.org)**