

## *Praying with Color*

Who are you missing? What places are you missing? Who or what are you grateful for? Are you worried about someone?

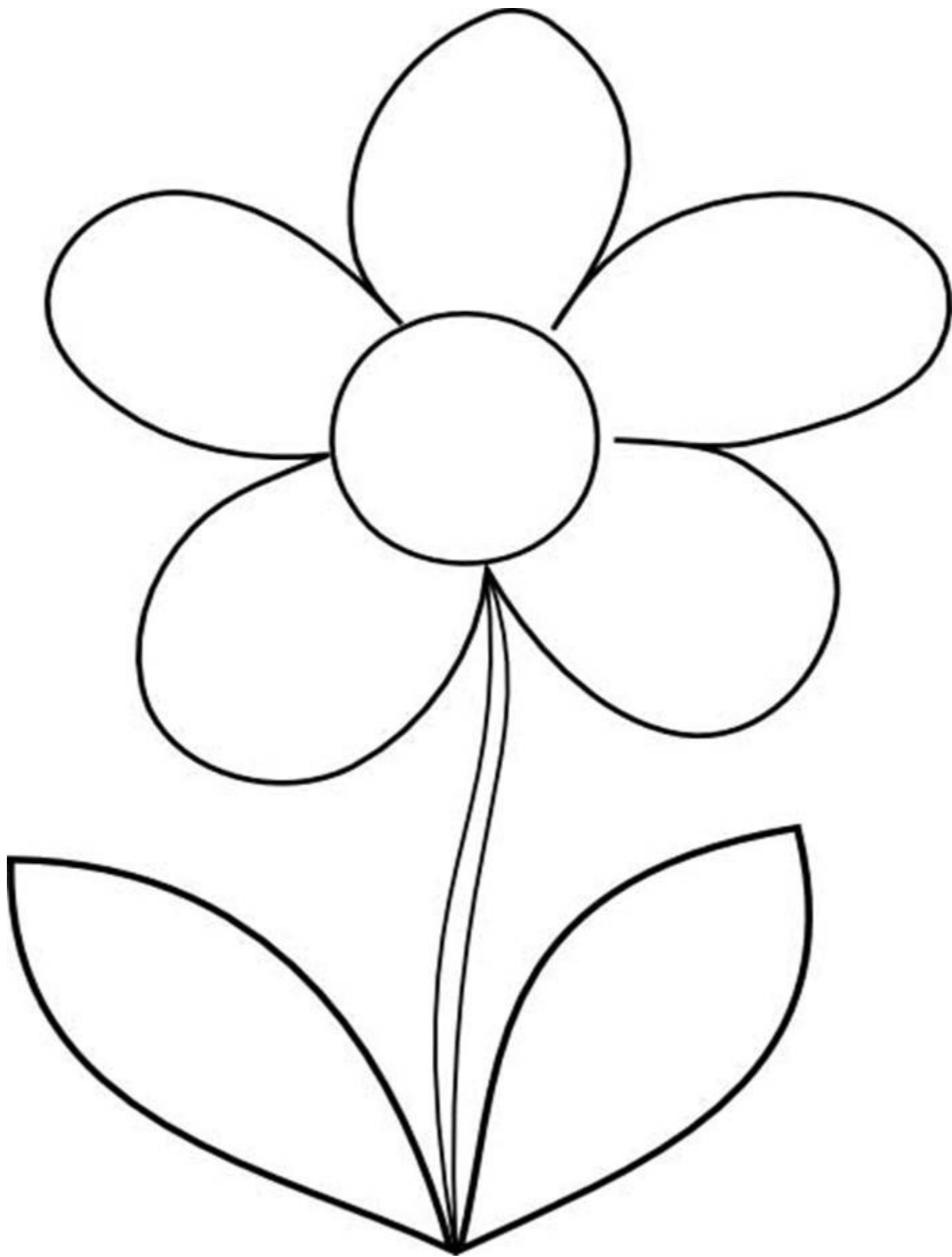
You may like to write the name of a person, pet, place - whatever is meaningful to you – in the center of a flower, or one on each petal of a flower, and spend some time thinking about that special thing while you color. You may like to do a little each day. Or, maybe you can talk or Zoom with someone and put their name on the flower and color as you chat!

When you're done, you may decide to hang your work where you can see it - to help keep loved ones in mind. You may like to send your flower to the person you were thinking about (and explain how you colored with them in mind).

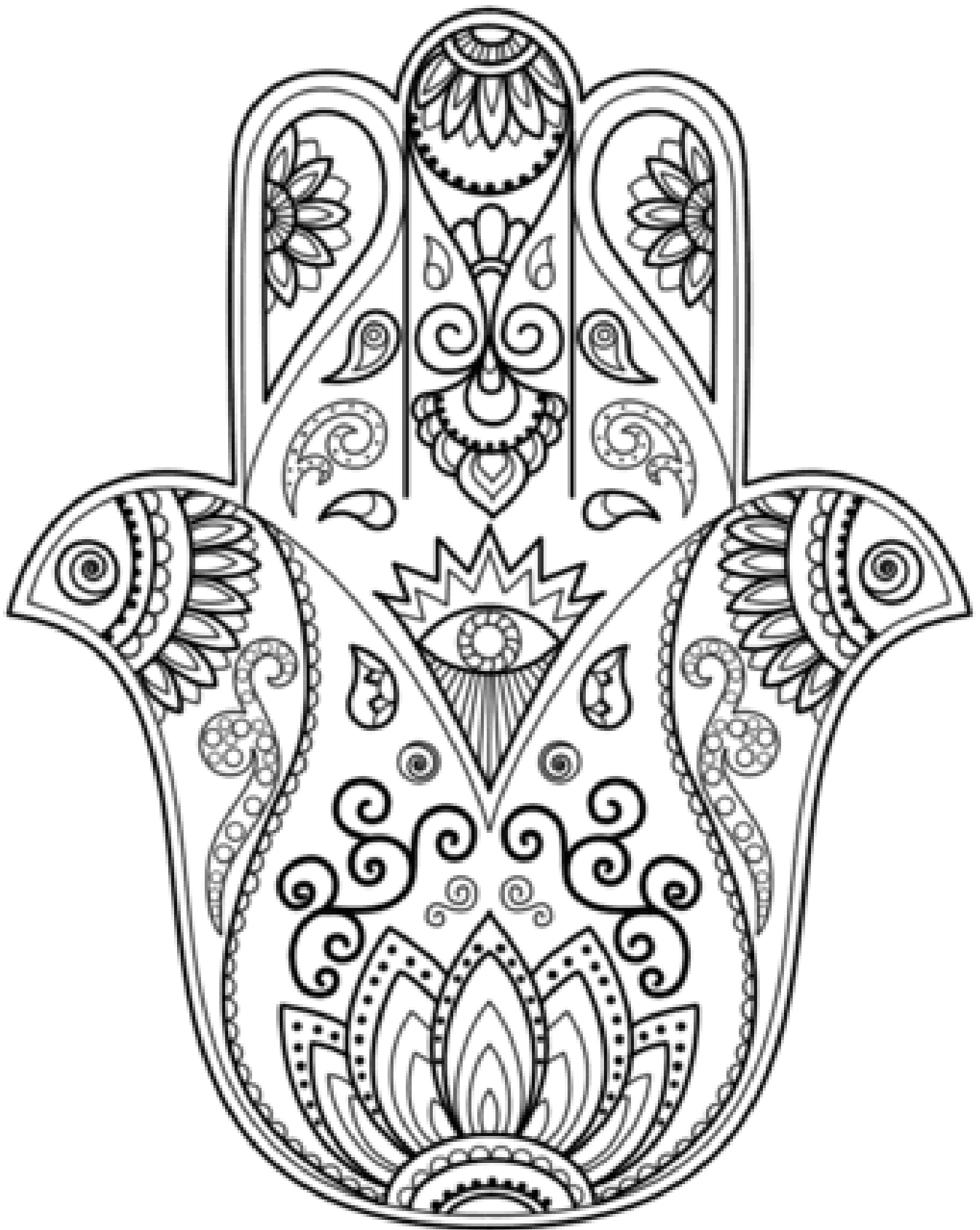
Here are some templates, or you can draw your own or find other pictures on the internet. It doesn't have to be a flower - it can be anything!

You may like to use color pencils, markers or crayons. You may like to glue pieces of colored paper or tissue paper on (like Eric Carle!). Or rip pieces of a magazine or newspaper. Or bits of nature you find on a walk.

There are many ways to get creative with this... the idea is to focus your mind and hand on the coloring, and focus your heart and spirit on the person, place or thing you are coloring for.









art by Shala Kerrigan  
[www.donteatthepaste.com](http://www.donteatthepaste.com)