

Let Us Pray... in Color for Cuba

Facilitated by R.E. Vilmarie Cintrón-Olivieri

Description

Join us for a time of prayer and reflection in a meditative, playful, spiritual practice that includes doodling and coloring. No drawing experience is necessary. This will be a time for reflection and connection with God, praying in artistic ways. The suggestions below stem first from Sybil MacBeth's book *Praying in Color: Drawing a New Path to God* and from the facilitator's own experiences. These are offered as guidelines, not as prescriptions or obligations. Organize your space and supplies as feels right to you, according to your possibilities and abilities. Know that prayers come as they come. Enjoy the process and the time together with God and with your siblings in Christ as we pray... in color.

Gather Your Supplies

- Paper: a journal, a sketchbook, cardboard, or any surface for doodling, painting, or creating.
- Pens or pencils
- Colored pencils
- Markers
- Crayons

Prepare the Space

1. Find a relaxing environment, a space that you consider conducive to spiritual reflection.
2. A well-lit area is best, with a table that has enough surface space to be comfortable and arrange the art supplies freely.
3. Consider ambient music, if desired.

As alternatives, consider fun tempera paint sticks, paper scraps, glue, and scissors for a collage, clay or Play-Doh to sculpt, or watercolor (or acrylic) paints and 140 lb. paper and brushes to paint.

Important Notes About the Practice

1. We tend to be critical of our art process, particularly if we don't consider ourselves creatives or "artists." Sybil MacBeth, author of the book and creator of the practice, advises us to "dismiss the inner critic" and feel free to pray. Rather than producing a "work of art" for others to admire, the goal of praying in color is to pray in a manner that engages body and mind, integrating motion and color as we spend time with God. **Have no doubt—rather than doodles, these are prayers.**
2. When doodling and coloring, know that the answer to the question, "Am I doing this right?" is always, "Yes." Yes, you are doing this right.
3. During our meeting together, we will be engaging in gratitude and intercessory prayers for our siblings in Cuba. You (or your church group) may wish to share the art-prayers with our siblings, yet know this is entirely optional. Your prayers are yours.

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For Further Exploration

- Watch Sybil MacBeth introduce the practice and the book here: <https://www.youtube.com/watch?v=K2WigoKhqM>
- Visit the Praying in Color website at <https://prayingincolor.com/praying-in-color>. Explore the page, especially the “Ways to Pray in Color” tab.
- If you wish to be familiar with the process, download the resource here: <https://prayingincolor.com/wp-content/uploads/Handout-for-Praying-in-Color-2020.pdf>.

Facilitator: Vilmarie Cintrón-Olivieri

Born and raised in San Juan, Puerto Rico, Vilmarie is an educator, Presbyterian ruling elder, and Global Ecumenical Liaison (U.S.) with Presbyterian Life & Witness, an agency of the Presbyterian Church (U.S.A.). She holds degrees in education and has devoted her life to teaching, Christian and leadership formation, and service across all levels of the PC(USA). In 2018, she made denominational history as Co-Moderator of the 223rd General Assembly alongside the Rev. Cindy Kohlmann, becoming the first Hispanic Latina and Puerto Rican person to serve in this role. These days, Vilmarie feels closer to God in prayer through color, shape, and movement, exploring art as a form of prayer and engaging in one of her preferred spiritual practices: watercolor painting. She lives in Aguadilla, Puerto Rico, with her husband of 30 years, José Manuel.