

Picture Sources

1. Sven Schlager~
2. Map of the southern sky , Durer 1515*
3. Fall of Icarus, Pater Paul Rubens*
4. Cigar makers, Public archives^
5. Baptism of Jesus, Pierodella Francesca*
6. Photo, Stephen Wood
7. Man and woman on beach, 1893, Thomas Pollack*
8. Elijah and the Angel, Deric Bouts, 1464*
9. Photo, Stephen Wood
10. Sunlit bush, Lucasz Szmigiel ~
11. The Vendramin Family, Titian
12. Bright cloud, 1834. Samuel Palmer *
13. Cliff top houses, Jonas Lavoie-Levesque~
14. Light of the World* Holman Hunt ,1832
15. Harmony in blue and silver trouville, 1865, James McNeill Whistler*
16. Leaf, Grzegorz Mleczek~
17. Curved library of books ,Patrik Goethe~
18. Simeon's Song, Rembrandt, 1669*
19. Man on shore, Todd Quackenbush~
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23. Coming from Evening Church, Samuel Palmer, 1830*
24. Swimmer, Jacob Walti~
25. Haymakers resting,C. Pissaro, 1891*
26. Unknown
27. Zebras, David Meier (picography.co)
28. Coalmine in the borinage 1879, Vincent van Gogh*
29. Woman with a mirror, K Utamaro*
30. Self portrait, 1907. Paula Modersohn Becker*
31. Winger Dance, Hugo Simberg, 1903*
32. Self portrait, 1901 Heinrich Kuhn*
33. Photo, A. Hook
34. Watch, Levi Saunders~
35. Unknown
36. Waiting for the ferry, 1915. Nikolay Bogdanov-Belsky*
37. Friends, Konstantin Makovsky*
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39. Butterflies, Odilon Redon*
40. Young Christian girl, 1894 Paul Gaughin*
41. Annunciation, 1443 Fra Angelico*
42. Hillwalking scene, Charles S.~
43. Supper at Emmaus, 1602. Caravaggio*
44. Morning in Riesengebirge, David Casper Friedrich*
45. Portrait of a woman, Robert Campin*
46. Underground, Sam~
47. Oktybar, Volkov Yefim, 1883*
48. July Night, Fredrick Child Hassam, 1898*
49. Entombment, 1611 Peter Paul Rubens *
50. Kneeling man planting, 1881 van Gogh*
51. Rest on the flight to Egypt, Gentileschi
52. Fir forest, Gustav Klimt*
53. Niagara falls, Pavel Svinyin*
54. Stamp from Wiki Commons
55. Children's Games, Pieter Bruegel, 1560
56. Two Crosses by Bridget Braybrooks

* Wikiart.org ~ unsplash.com
^nos.twnsnd.co/

A need for inns on roads, islands in seas,
Halts for discoveries to be shared,
Maps checked, notes compared.
From ASJ Tessimond's, Not love perhaps



Discoveries shared

A gallery of topics covered in Coracle groups, with some topic material summarized in downloadable form (see <http://www.coracletrust.org.uk/gallery>)

Exploring the energies, struggles and spiritualities arising from transitions in faith through the life journey.

The Coracle Trust

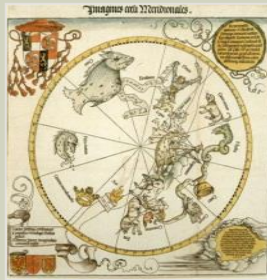
www.coracletrust.org.uk - coracletrust@gmail.com

16 East Preston Street, Edinburgh, EH8 9QB



A new space

Second growth:
Discontent, restlessness,
doubt, despair,
longing as signs of growing pains.



Mapping the journey

I need to be humbled, cooked in the
tears of loss for any deeper life to
emerge.

And there was a new voice,
which you slowly recognized
as your own.

Roger Housden on a Mary Oliver poem



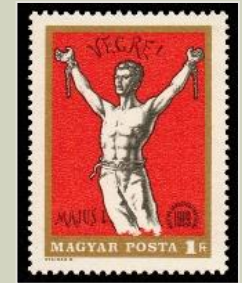
The return to wonder

Seen it all, done it all, heard it all.

Mid-life,

the "no more bullshit passage".

Cynicism and the love of all things.



Forgiveness

Lord, transform our prejudice, nurture our
growth, deepen our questions, widen our
view, challenge our comforts.

May our thoughts make us explorers.



Orientation, Disorientation and New Orientation

Disorientation...an abrupt or slowly
dawning acknowledgment that
constitutes a dismantling of the old
known world and a relinquishment
of safe, reliable confidence in God's
good creation...ragged, painful disarray
and abrasive.

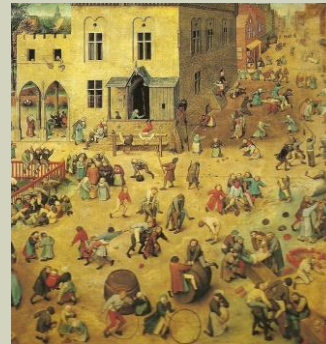
Walter Brueggemann



Heritage and Lineage

What was my instructive upbringing
in the faith? In what ways did it
help? In what ways might it have
hindered?

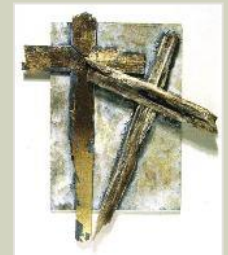
We have got to start conservative
with certainty and boundaries.



Play

It takes the four seasons
of our life to develop the art of
doing all things playfully; that is,
religiously.

Janice Brewi and Anne Brennan



Letting go

The signs of transition are a resurgence
of immense fear, so the temptation is to
return to the tried and tested. Which
is half right.

Richard Rohr



Leavetaking and homecoming

The LORD had said to Abraham,
“Leave your country, your people
and your father’s household
and go to the land
I will show you.”

9



True Self and False Self

Somewhere, somehow, we began to
live as if we were separate, alone
and in danger. Once afraid, we
constructed a self out of that fear
and have been steadfastly defending
it ever since.

Kabir Helminski

10



The body

Our rootedness, our sense
of place and space,
is profoundly bodily.

God delights in being visible and
tangible in human skin.
The Blessed Trinity dwells deep
within our bodies.

Daniel O’Leary

45



Gender and spirituality

Ascent and descent
for women and men.

Richard Rohr

46



Stages of faith

Faith is a verb, a process of
becoming, involving our loving,
trusting, believing, acting,
suffering, valuing, knowing,
committing.

Alan Jamieson

11



Nature and the soul

Discreetly, secretly,
someone is saying
here I am,
here I begin.

Kenneth White

12

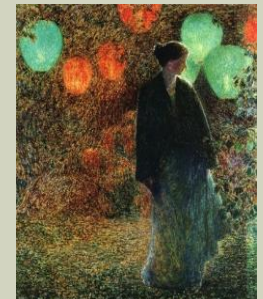


Waiting

Why wait?

What are we waiting for?

47



Exploring the gift of our dreams

All dreams, (even the nasty ones we
care to call “nightmares”), come
ultimately in the service of physical,
emotional, and spiritual health and
wholeness.

Jeremy Taylor

48



Transition

Infatuation and enchantment
Nesting and manipulation
Crisis
Resolution and Integration

49



Generativity and stagnation

Caring is the greatest thing,
caring matters most.

Friedrich von Hugel

50



Beauty

In the experience of beauty
we awaken and surrender
in the same act.

John O'Donohue, Divine Beauty

5



Thresholds and conversion

If we wish to live freely and
expansively we must learn to die or
diminish, take some risks.

6



Exhaustion

Why am I so tired?

51



Lost

The old skin splits.

We live by shedding.

Robert Frost

52



Gender and spirituality: Androgyny

Religion is always, in one sense
or another, about making one
out of two.

Richard Rohr

7



Acedia

Torpor and the refusal of joy.
The word literally means
“not caring” or
“being unable to care”.

Kathleen Norris, The Noon Day Demon

8



In and through the body

The body is a doorway into inner space or presence.

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Looking at the whole

The heart of adult faith development is expressed in an invitation to move beyond pre-critical expressions of faith, through a dark-night type experience, and into a post-critical faith.

Alan Jamieson, Chrysalis

42



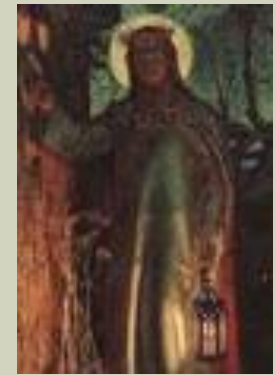
Distance and intimacy

The unitive life

Entering deeply in to the soul so as to enter more deeply into humanity and the mystery of God himself.

Peter Feldmeier, The Developing Christian

13



Hospitality

Creating space between people.

Henri Nouwen, Reaching Out

14



Hospitality and the Eucharist

Eucharist living

Liturgy and life

43



Silence

What does it feel like to be silent before God and others?

44



Landscape and the soul

What imprints have landscapes made on your soul?

15



Relinquishment and unlearning

To attain knowledge, add things every day.
To attain wisdom, subtract things every day.

Lao Tsu

16



Synchronicity

Where there is surrender
synchronicity tends to follow.

17



Jesus and the archetypes

All of life is archetypal. Jesus
therefore had within himself
all the patterns of being, relating,
growing, and ministering that all
people have.

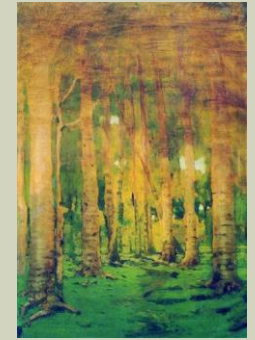
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Rediscovering friendship

Fidelity through changes.

37



Letting the light in

Lenten theme

Leaves are emerging
as if to greet
the resurrection.

Philip Larkin

38



The two major tasks of the spiritual life

Elements from a childish past,
images and energies from
a deeper self...may signal readiness
for something new.

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Ways of knowing

Time for intuition, inklings and
trusting the unconscious.

Everything is gestation and then
rebirthing.

Rainer Maria Rilke

20

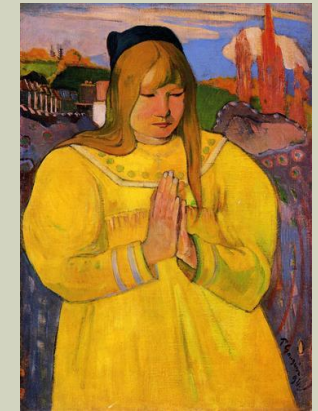


Monarch Waystations

For many wayfarers (post-chrysalis
faith people) waystations will be a
place to alight, to be refreshed and
then be beckoned on again.

Alan Jamieson, Chrysalis

39



Prayer

Looking into the mirror
of the Infinite being

40



The cup of life

Meditations on the mingling of joy and sorrow.

33



Our relationship with time

It is morning,
afternoon
or evening.
Begin.

Thomas Merton

34



Home (and the vision of wholeness)

What and where is home?

21



It's not about you

What gets you out of bed in the morning?

At the end of the day, do you think
Have I done enough?

22



Good endings

What is my characteristic style
of coping with endings?

35

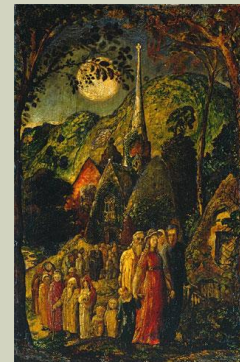


How to live a life

Everything is already given.

Richard Rohr

36



Place

I wake to a perfect patience of
mountains...

To merciful Him
Whose only now is forever.

EE Cummings, The Little Church

23



Second life

This hidden life,
this first courageous life,
seems to speak
from silence.

David Whyte, Second Life

24

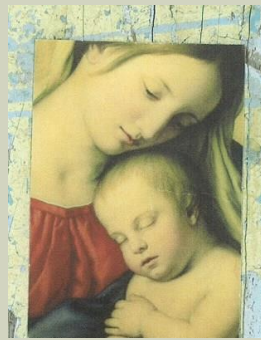


Stop
An urban retreat

What might stopping look like for you?

Be. Here. This moment.
Now is all there is,
don't go seeking another.

25



Satisfaction

Owning our own journey and sinking
into the deeper story.

26



Windows on the soul

Two portraits:
the soul
in different stages of life.

29



Aging well

Do some things get better
as we age?

What might these be?

30



Humility:
Embracing imperfections and
limitations

A consideration of the Beatitudes

27



Social justice

What does the LORD require of you
but to do justice,
and to love kindness,
and to walk humbly with your God?

Micah

28

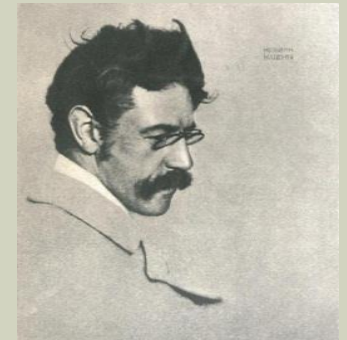


Playfulness

Don't call this world adorable, or useful,
that's not it.
It's frisky, and a theatre for more than
fair winds...
Don't call this world an explanation, or
even an education.

*Mary Oliver, Where does the dance begin, Where
does it end?*

31

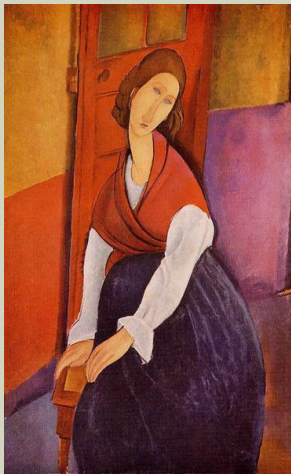


Introversion

The impact of internalizing the
extroverted bias in culture.

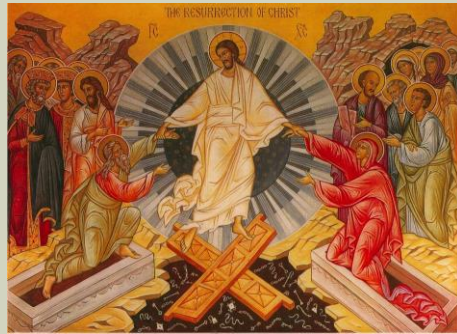
Susan Cain, Quiet

32



Grief
Conscious living
and conscious dying
Stephen Levine

68



The harrowing of hell

For all of us, somewhere within,
there is a threshold or gate beyond
which we feel we dare not go
Malcolm Guite

69



Supplementary Topics A

Inner brochure



Healing and Trauma

The role of touch.
An exploration of Capacitars

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Feeling at home

Exile, Homeland
and Negative Capability
not go

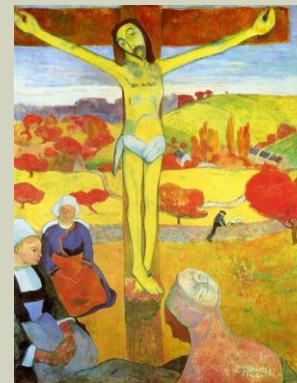
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Supplementary Topics B

Comprises more recent topics
covered but as yet not fully
transferred to this brochure.

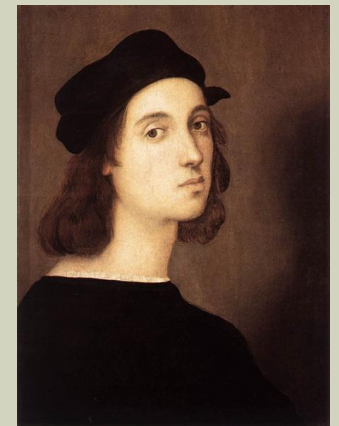
See 'Supplementary topics list
B'



Integration

The actual task is to integrate the two
threads of one's life...
the within and the without.
Pierre Teilhard de Chardin

58



A life inventory

59

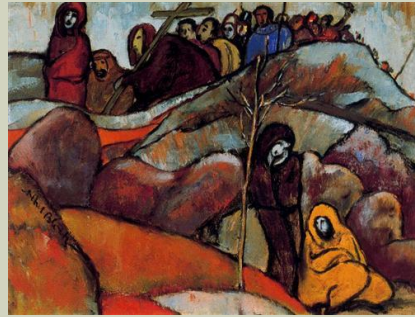


Faith as an enabler

Faith...our small but necessary offering to any new change or encounter.

Richard Rohr

60



Metaphorical living

Rituals and symbols that mark and hold life/soul transitions.

Richard Rohr

64



Four stages of life

Moving from having what you love to loving what you have

Richard Rohr

64



The life and truth of the imagination

Asking for guiding images

65



Vigils

Sitting with impasse, dead ends and possibilities

62



Making space

Decluttering and simplifying

63



What lies behind everything I now see?

Life is always moving, never still, always on the way, diminishing, coming back

Jeremy Driscoll

66



The tender gravity of kindness

Know sorrow and revel in uncertainty

Naomi Nye

67

Picture sources ctd

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58. The yellow Christ, Paul Gaughin*
59. Self portrait, Raphael, 1506*
60. Victoria Alexander~
61. Procession with cross, Albert Bloch*
62. Easter vigil, Mykola Pymonenko*
63. House on a river (Old house), 1915, Egon Schiele*
64. Cam Adams~
65. Igor Lepilin~
66. Kristóf Víz~
67. The twins, 1923, Boris Grigoriev*
68. Jeanne Hebuterne in red shawl 1917, Amedeo Modigliani*
69. Anon
70. A fishing boat in Dieppe harbour, 1929, Christopher Wood*

* Wikiart.org ~ unsplash.com

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66. What lies behind everything I now see?
67. The tender gravity of kindness
68. Grief
69. The harrowing of hell
70. Feeling at home

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71. Freedom and the further journey
- *In the second half of the spiritual life, you are not making choices as much as you are being guided, taught and led (Richard Rohr)*
72. Facing the world
- *Self portraits*
73. Influences: Books
- *What has shaped you?*
74. Influences: Invitation, Call, Dream
- *Therefore, holy brothers and sisters, who share in the heavenly calling. Heb 3*
75. Learning out true name
- *Who am I?*
76. Time, as sacrament
77. Yes and the inner gesture of surrender
- *It is not about outer capitulation but about inner opening (Cynthia Bourgeault)*
78. Paths taken, paths not taken
- *We 'stand inquiring' (John Donne)*
79. Death: Nine contemplations
- *My material resources will be no good to me.*
80. Happiness
- *In the middle of my winter I found an invincible summer. Anon*
81. Creating and inhabiting ritual
- *Every religious symbol when it originated was an experience surpassing knowledge. (James Roose-Evans)*
82. The art of walking
83. Faith and trusting the Big River of God's providential love
- *It's grace that forms and also fills a void within us (Simone Weil)*

by chronological order

84. Why we do what we do
- *Looking at our drivers from birth and into adult life*
85. Transitions
- *At times it will appear that nothing is happening". (Matt Licata)*
86. The joyful mind
- *What might a joyful mind be?*
87. Love
- *There is only ever loving and not loving. (Anon)*
88. Original religion
89. Anxiety and experience
- *To be fully alive is to feel one's ultimate existence within one's daily existence. (Christian Wiman)*
90. Image and song
- *praying which is not only inseparable from daily life and work but inseparable from song." (Esther de Waal)*
91. Story: Hearing echoes
- *What story of the Gospels most sounded like what I needed to hear? (Padraig O'Tuama)*
92. Icons
93. Why grow up?
94. Becoming
- *The gift has been given (Mary Oliver)*
95. Pilgrim rules of resonance and Correspondence
96. Re-creation and leisure
97. The power of touch
98. Kenosis (self -emptying)
99. Perplexity
100. Awe