



# Creativity Matters

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The Path of  
**Change**



**November 2022**

# Welcome to The Path of Change

*"I wonder, particularly in a time where everything seems urgent, what the role of pause and breath is, in this season, to help us gear up for whatever this transformational moment we find ourselves in is."*

[Rev. Jen Bailey](#)

*"[We need] space to imagine a new way, and new self. Not moving or pushing but sitting and cultivating... [the goal] is to allow you space and time to reflect on your past, present, and future. To imagine a new beginning."*

Rev. Sara LaWall

Creative folk know what it's like to wait. That mysterious and unpredictable creative muse can't be rushed. It arrives on its own schedule. But we trust it. That's what artist types do: We don't just wait for inspiration, we wait *and trust*, knowing that waiting isn't a fallow space, but a generative space. Waiting isn't necessarily opposed to action. It can, as we know, be the birthplace of the new, the seedbed for change. In honor of that, here's a poem to kick off our work this month!

What if pushing is only half of it?  
What if there is time to waste?  
What if rushing is what got us into this mess?  
What if catching our breath shrinks the clouds  
and expands our view?

What if space for breathing  
is what enables the seed of change to take root?  
What if pausing allows the longing to grow?  
What if it's not about taking control of life,  
but being quiet enough to hear life speak?  
What if slowing down is what allows us  
to notice we're not the only ones who long for change?

And what if catching our breath isn't about resting up,  
but the way we finally and fully feel our pain?  
What if the quiet is what enables us to notice  
how uncomfortable this life of comfort has become?  
And what if comfort has been withheld from us?  
Wouldn't that mean that rest is a revolutionary act,  
allowing us to combat a culture that works to keep us tired, and numb?

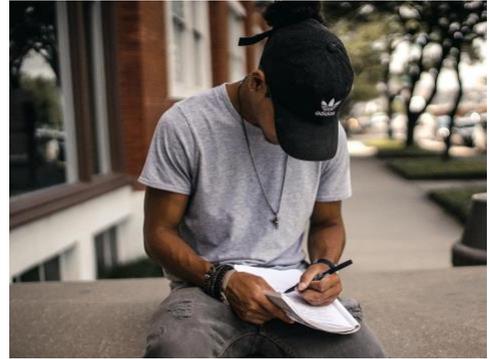
What if, in the end, it is silence that allows us to hear  
the still small voice inside  
that says,  
"We can no longer wait!"

- Rev. Scott Tayler

# Your Creative Journal

Our packet starts with question prompts for your creative journal. Journaling is about “priming the pump” and slowly working your way into our monthly theme. It will likely also give you some fodder for whichever monthly project you pick.

And most importantly, by doing this monthly journal practice, you will end up with an amazing documentation of your work and ideas throughout the year. Your 2022-23 themed journey will be captured all in one place!



Here’s a video tutorial to get you excited about our regular journaling practice, with some tips about how to get the most out of your engagement with it:

- <https://www.youtube.com/watch?v=A5D9VDQ07h8>
- <https://www.youtube.com/watch?v=0IMApFYGklw>
- <https://www.youtube.com/watch?v=Ngicx8jJrTg&list=RDCMUCAHLBmt0pveszM50Tm4zpmw&index=3>
- <https://www.youtube.com/watch?v=mWRki37iOzg>
- <https://www.youtube.com/watch?v=mWRki37iOzg>

## Creative Journal Prompts for The Path of Change

*Pick whichever questions capture your imagination. Answer with words, images, collage, colors, whatever form of expression that the question or prompt evokes. Come to your group ready to share where your wonderings lead you.*

1. If you could change one thing about your past, what would it be?
2. How has your creativity changed you?
3. How have you changed your understanding of “the point” of creativity?
4. What part of you no longer exists? How are you truly and radically different from your younger self?
5. If you could reclaim a trait or strength from your childhood or young adult self, what would it be?
6. What social change most has your heart?
7. What social change do you think you can most directly and substantially influence?

# Project Prompts

Take your pick! At least one, maybe more! Go as deeply as you desire. To make it easier for you to do a creative project during the month, the project options have varying levels of complexity and time commitments.

Remember to practice letting go of self-judgment and any expectations of professional or “artistic worthy” quality. The quality that matters is the quality of the experience and the richness of your personal journey. These projects are here for you and your journey of discovery.

## Option A

### The 5 Changes that Made Their Mark on You

We go through many changes in our lives. But often we fail to notice or fully appreciate the gift that those changes gave us. So this month, use your art to revisit and honor the key changes or unique chapters of your life and reclaim what gift, blessing or beautiful mark each period of change left on you.

Here’s one way to go about it:

1. Identify at least five major chapters of your life so far. Or to put it another way, identify five moments, relationships or events that altered you in a significant way. To help you think about the kinds of changes you are trying to capture, consider using these sentence prompts:
  - *I became...*
  - *I learned...*
  - *I left behind...*
  - *I no longer...*
  - *I turned into a...*
2. Imagine and then sketch out an image, scene or symbol to go with each event, making sure that the image, scene or symbol captures the change in yourself.
3. Then use your chosen medium (paint, collage, pencil, photographs, etc.) to illustrate and bring those “change moments” to life.
4. Give some thought to how you want to organize your 5 images. Some might do it linearly like in a comic strip; others might organize them organically as a photo collage on one sheet of paper.

## Option B

### Change the Way You Contain Your Art

What contains our art, shapes our art. Art in a wooden frame has a very different impact than art painted on a cup or tattooed on your arm. So why not house your art in a brand new way by creating one of these amazing “books”?!

- Creating an Explosion Book: <https://www.youtube.com/watch?v=NvwZGPFJ8i4>
- Making a Turkish Map Fold Book: <https://www.youtube.com/watch?v=FpxfuOwUbYs>

## Option C

### Uncover Your Unnoticed Changes

Change sometimes happens so slowly we don't even notice, often in fundamental areas of our lives. So this month, use your art to illustrate how a major aspect of yourself has changed over time. Here's a fill-in-the-blank exercise to help you identify which area of your life you want to explore:

***How has your relationship with \_\_\_\_\_ changed?***

***Time      Family***  
***Money    Love***  
***Success   Self-love***  
***Striving   God***  
***Rest      Spiritual Practice***  
***Friends   Intimacy***  
***Regret    Shame***  
***Joy        Hope***  
***Beauty    Your Body***

## Option D

### Change the Ordinary or Unsightly into Something Interesting

The artistic eye sees potential where others only see the unsightly or uninteresting. So use your creativity this month to transform something in your home, yard or neighborhood into something interesting. Here's are some examples to inspire you:

- Dingy wall drawings:  
<https://unsplash.com/collections/e-02XESxS-c/graffiti>
- Mouse house street art: [https://www.boredpanda.com/anonymouse-mouse-miniatures-artists-sweden/?utm\\_source=google&utm\\_medium=organic&utm\\_campaign=organic](https://www.boredpanda.com/anonymouse-mouse-miniatures-artists-sweden/?utm_source=google&utm_medium=organic&utm_campaign=organic)
- Hidden fairy houses:  
<https://www.tiktok.com/discover/Hidden-Fairy-Homes-%E2%80%8D%EF%B8%8F?lang=en>  
<http://playcreateexplore.blogspot.com/2012/04/hidden-fairy-house-in-woods.html>

## Option E

### Inspire Change with Chalk

Art has always been used to advocate for justice. It shakes people loose from their routines and wakes them up to important issues. One of the most accessible ways to use art in the service of justice is through chalk art. So go buy some chalk and get to work on the sidewalks around you!

So many inspiring ideas here:

[https://www.google.com/search?q=social+justice+chalk+art&source=lnms&tbm=isch&sa=X&ved=2ahUKewj4mqvyscr6AhWQRjABHhAhBzAQ\\_AUoAXoECAEQAw&biw=1440&bih=788&dpr=2](https://www.google.com/search?q=social+justice+chalk+art&source=lnms&tbm=isch&sa=X&ved=2ahUKewj4mqvyscr6AhWQRjABHhAhBzAQ_AUoAXoECAEQAw&biw=1440&bih=788&dpr=2)

## Option F

### Rearrange a Room... in Order to Rearrange Your Life

What's spiritual about rearranging a room or painting your study a new color? Well, [experts](#) and [poets](#) say quite a lot, actually. So this month why not give it a try and find out for yourself.

The goal is obviously not just to alter a space in your home, but to notice what gets altered and stirred up in you. Happiness? Empowerment? Courage? A sense of control? Reconnect with the past? Reconnection with yourself? Start by giving some thought to the change in your life you want to make or support and then put your creativity into changing up your personal space!

## Option G

### Engage The Path of Change Using Your Favorite Modality

This is our standard, open-ended option. Simply use your favorite modality (i.e. form of creative expression: drawing, painting, collage, movement, film, taking pictures, etc.) to represent your take on the monthly theme: The path of change.

For instance it might be about representing what you've learned from life about the path of change. Or maybe it's something that captures your struggle with it. Or you might use a favorite quote of yours for inspiration.

Don't feel hemmed in. Let the general theme of Change take you where it will. Come to your group ready to share not only your end product but also your process and what new insight/perspective you gained from it!

## Option H

### Three from Janet

One of our wonderful packet thought partners is Janet Salmons. Follow this link to check out three wonderful prompts about change from her: <https://docs.google.com/document/d/16z30bRAqErhcfaH-8UNn-ebTYaciDROA/edit?usp=sharing&ouid=101245613595157190644&rtpof=true&sd=true>

1. Go with the Flow...?
2. The Color of Change
3. Ups and Downs of Change

# Grab Bag: Some Extra Sources of Inspiration:

- Reflect on how art can be a tool for social change:  
<https://www.youtube.com/watch?v=7o6kbRBFLdI>
- Here are 5 steps to make your own political and social change art:  
<https://www.youtube.com/watch?v=JMVd5k2a2IM>
- Here are 30 American artists using their creativity to confront racism:  
<https://www.youtube.com/watch?v=QANHASsPQ2k>
- One example of how creativity can flip the racial dynamics between American women:  
[https://qz.com/1009338/in-a-photo-series-for-o-magazine-racial-dynamics-between-white-women-and-women-of-color-are-flipped/?utm\\_source=pocket\\_mylist](https://qz.com/1009338/in-a-photo-series-for-o-magazine-racial-dynamics-between-white-women-and-women-of-color-are-flipped/?utm_source=pocket_mylist)
- This queer muralist is turning her art into activism:  
<https://www.youtube.com/watch?v=a6QdclHwg-4>
- So many reasons to be grateful for creativity. One of the biggest is [how it changes our brain](#) for the better!

## Reminder

### New Approach to Online Engagement: Creative Cafe

Over the past couple of years, we've experimented with a number of ways to connect and share online. None of them have really taken hold. Luckily our Creativity Matters Consultant, Elizabeth McKoy, has invited Creativity Matters folks to join in on the Facebook page she runs for creatives. This is not an exclusive UU space, nor an exclusive Creativity Matters space. But it is a wonderfully inspiring online space. So if you are interested, join by typing in "Creative Cafe Group with Elizabeth" into your Facebook search bar or go directly there with this link:

<https://www.facebook.com/groups/648413942466985>

**Packet Creator Notes:** These packets are a collaborative effort. A number of people work with our team lead, Rev. Scott Tayler, to put it together. We particularly want to recognize our Creativity Matters Consultant, Elizabeth McKoy, for the many project and in-group activity ideas she shares monthly. We also appreciate the suggestions we get from participants like you. If you have ideas for upcoming project prompts, send them to Rev. Tayler at [scott@soulmatterssharingcircle.com](mailto:scott@soulmatterssharingcircle.com).



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