



**MINISTERING
TO GOD'S BELOVED**

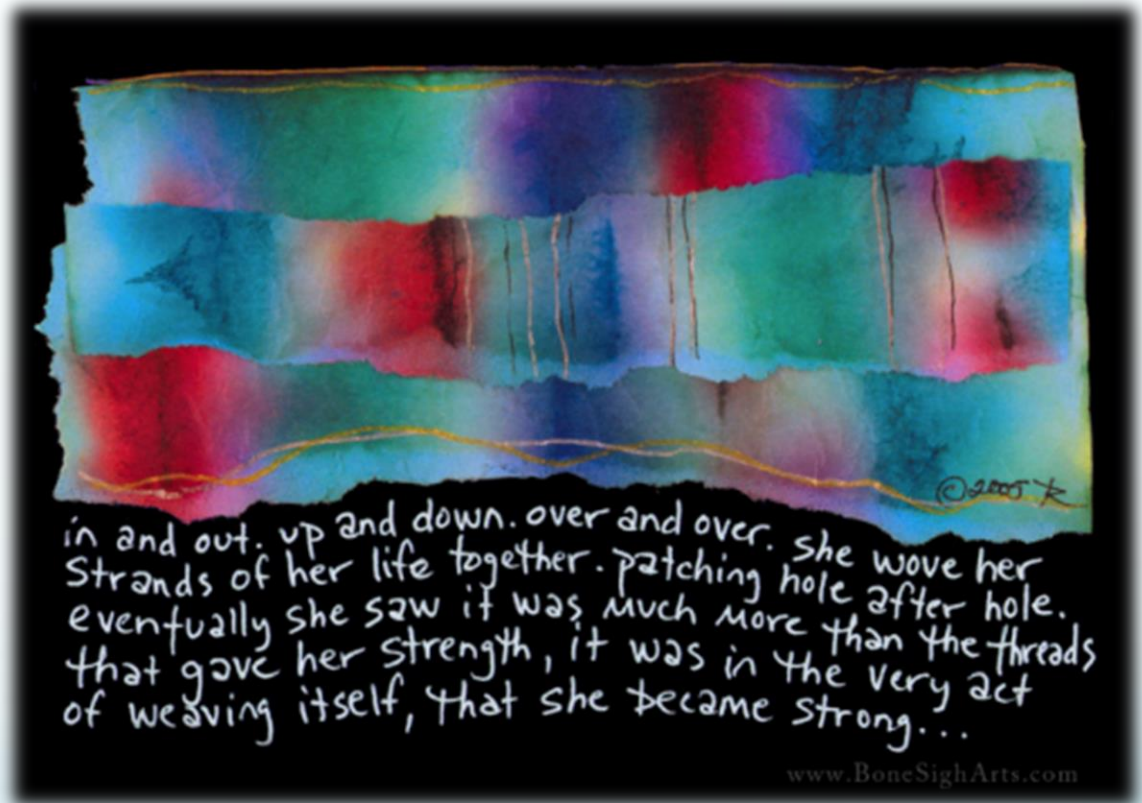
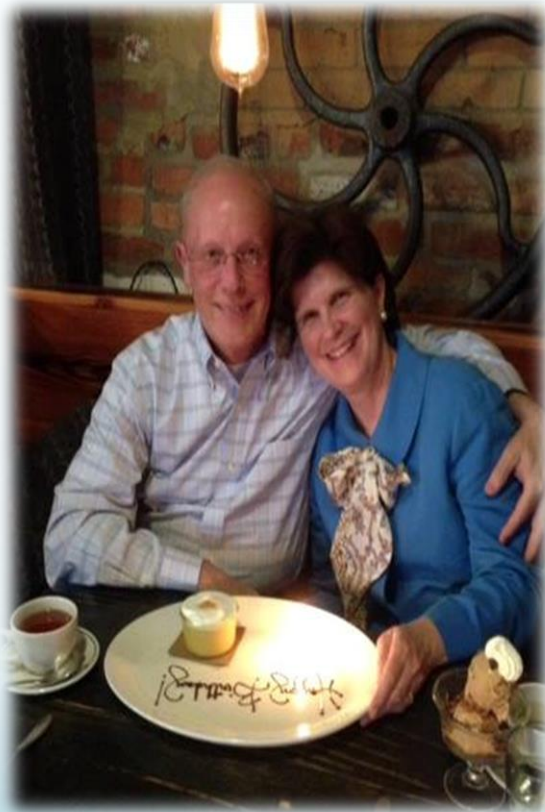
serving and learning
from those who are vulnerable

**Joint Convention of the
Catholic Health Association
Of Saskatchewan
and the
Saskatchewan Catholic
School Boards Association**

WELCOME



Weaving the tapestry of my life... with beauty & vulnerability



www.BoneSighArts.com



Setting of Intention

- This evening we will “talk of poems, prayers and promises and things that we believe in...” (John Denver)
- This keynote presentation is not intended to be an exercise in problem solving or mastery of a particular skill, or a research analysis - it is an invitation to awaken the senses and engage the soul’s voice...in solitude and community – as we enter into the transformative dance of beauty and vulnerability.
- We will celebrate questions more than answers and honor Mystery with a capital M.
- We will experience the intrinsic relationship between beauty and vulnerability.
- I invite each of you into this reflective practice. I hope it will lead you into an exploration of your own experiences of beauty and vulnerability....I am here as one among you.

The Beauty of the Dancer: Embracing Our Own Vulnerability



The Beauty of the Dancer: Embracing our Own Vulnerability

- Defining beauty
- Defining vulnerability
- Exploring resistances to being vulnerable
- Exploring research findings on shame and vulnerability (Brene Brown)
- Stories of courage and vulnerability
- Closing grace note

This I Believe...

- To experience beauty is to experience vulnerability.
- To embrace vulnerability is to embrace beauty.
- It is not possible to recognize or embrace another's vulnerability if I do not first recognize and embrace my own.
- Metaphor is the language of the soul.
- We resist vulnerability because it reminds us of our fragility within a culture that prides itself on invincibility.
- Vulnerability reminds us of who we are – limited and mortal – blest and broken, beloved of God
- We hunger for beauty, we are saved by beauty

Like water, beauty is ordinary and essential,
as well as extraordinary and magnificent.



We find beauty at the intersections, the edges,
the center of so many experiences.



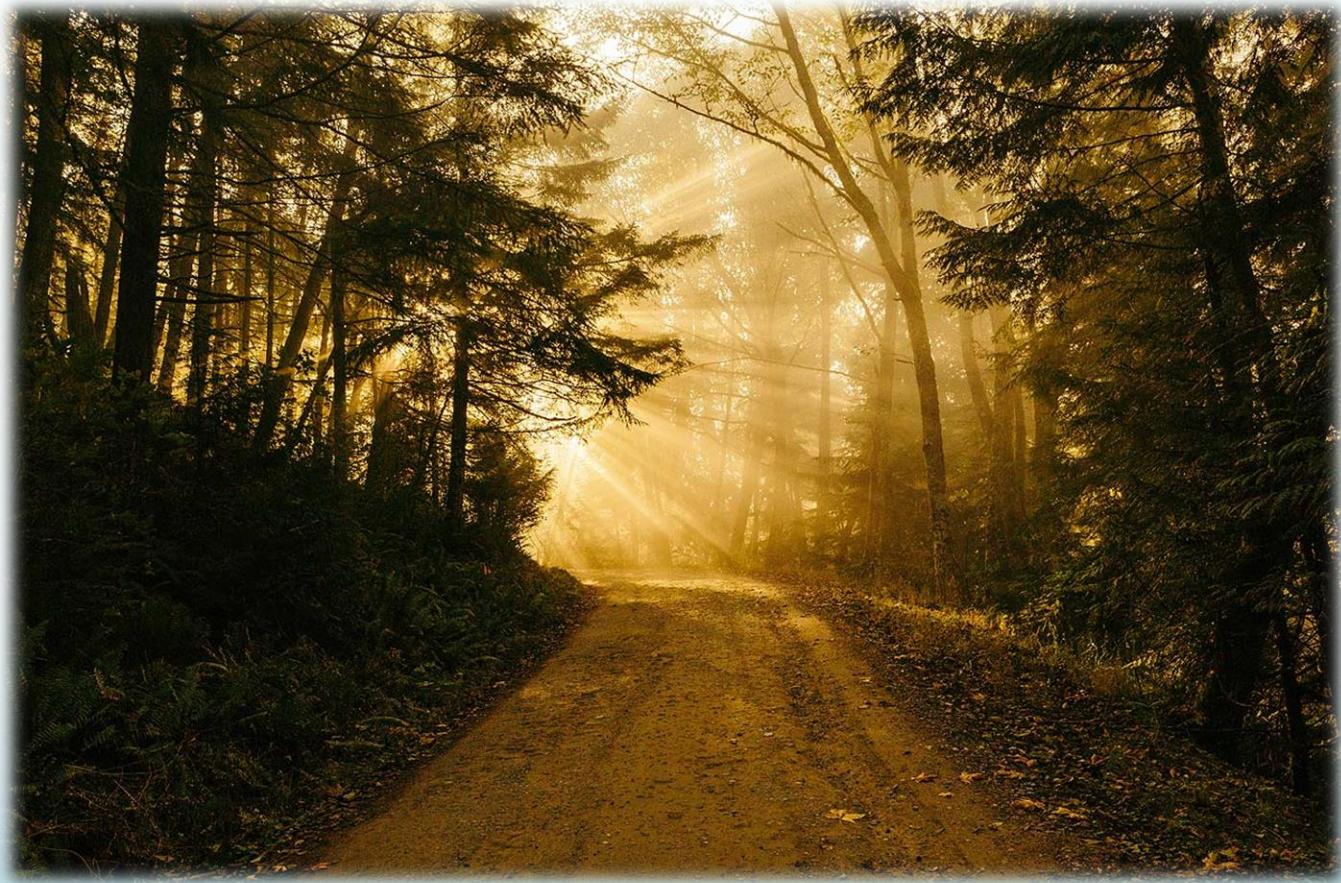
Beauty refuses to yield to analysis,
to our quest for perfection.
Beauty moves within and around us,
rearranging our moods, taking us home.



Beauty is an energy, not an image,
and that energy can go anywhere,
that energy takes on an image,
a form that is intimately aligned with our own vulnerability.



Beauty is always moving and beauty is very still,
the light in the dark and the dark in the light.

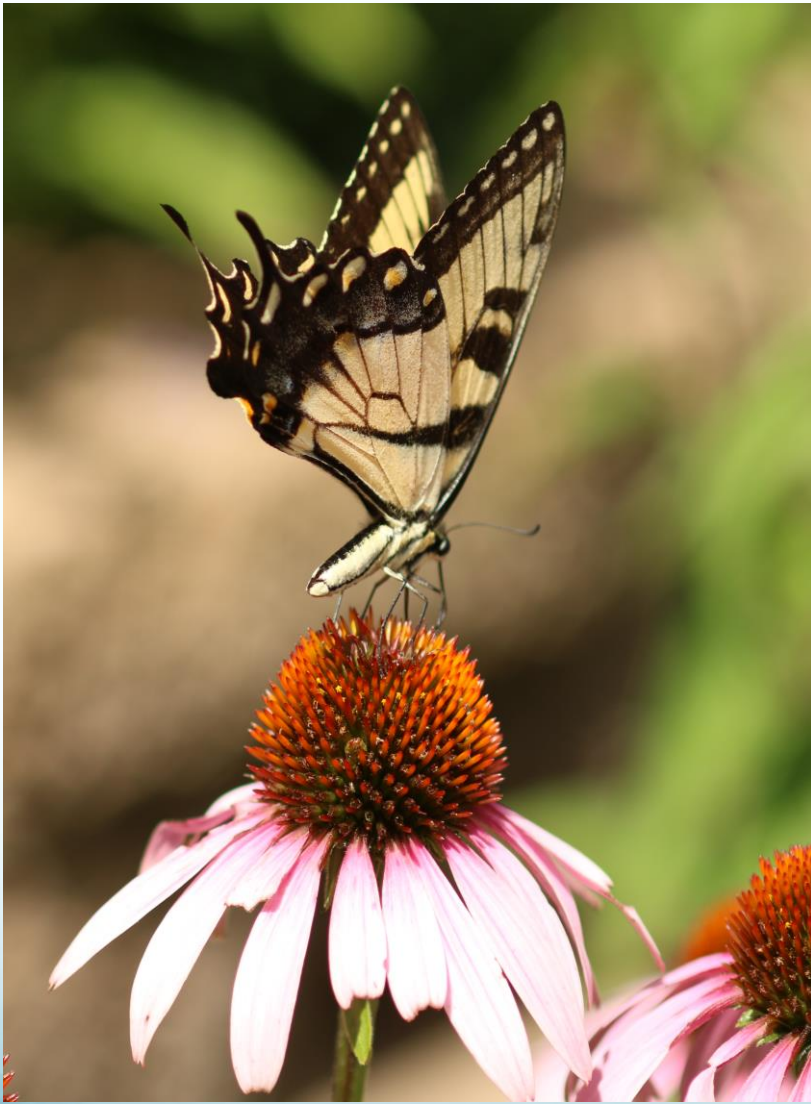




- We are born with an inner beauty. Made in the image and likeness of God.
- That beauty is either recognized and lovingly mirrored back to us or it is obscured and distorted.
- Our experiences in life either affirm or negate what God has created.
- Throughout our human growth and development – vulnerability and beauty are in a continual dance – a delicate and courageous dance.

Remember in whose image you were made





Beauty

Beauty is startling. She wears a gold shawl in the summer and sells seven kinds of honey at the flea market. She is young and old at once, my daughter and my grandmother. In school she excelled in mathematics and poetry. Beauty doesn't anger easily, but she was annoyed with the journalist who kept asking her about her favorites — as if she could have one favorite color or one favorite flower. She does not mind questions though, and she is fond of riddles. Beauty will dance with anyone who is brave enough to ask her.

The Book of Qualities – J. Ruth Gendler



Allow beauty to shatter you regularly.
The loveliest people are the ones who have been burnt and broken
and torn at the seams, yet still send their open hearts into the
world
to mend with love again, and again, and again.
You must allow yourself to feel your life while you're in it.

Victoria Erickson

Gently Turn...

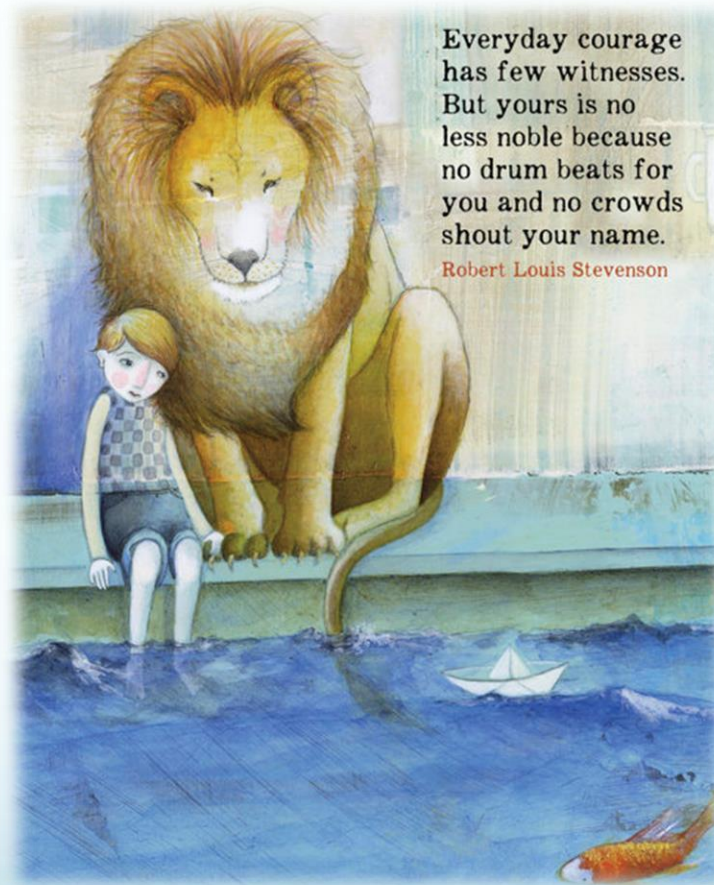


Vulnerability is a guardian of integrity...
what sustains the human spirit. Anne Truitt



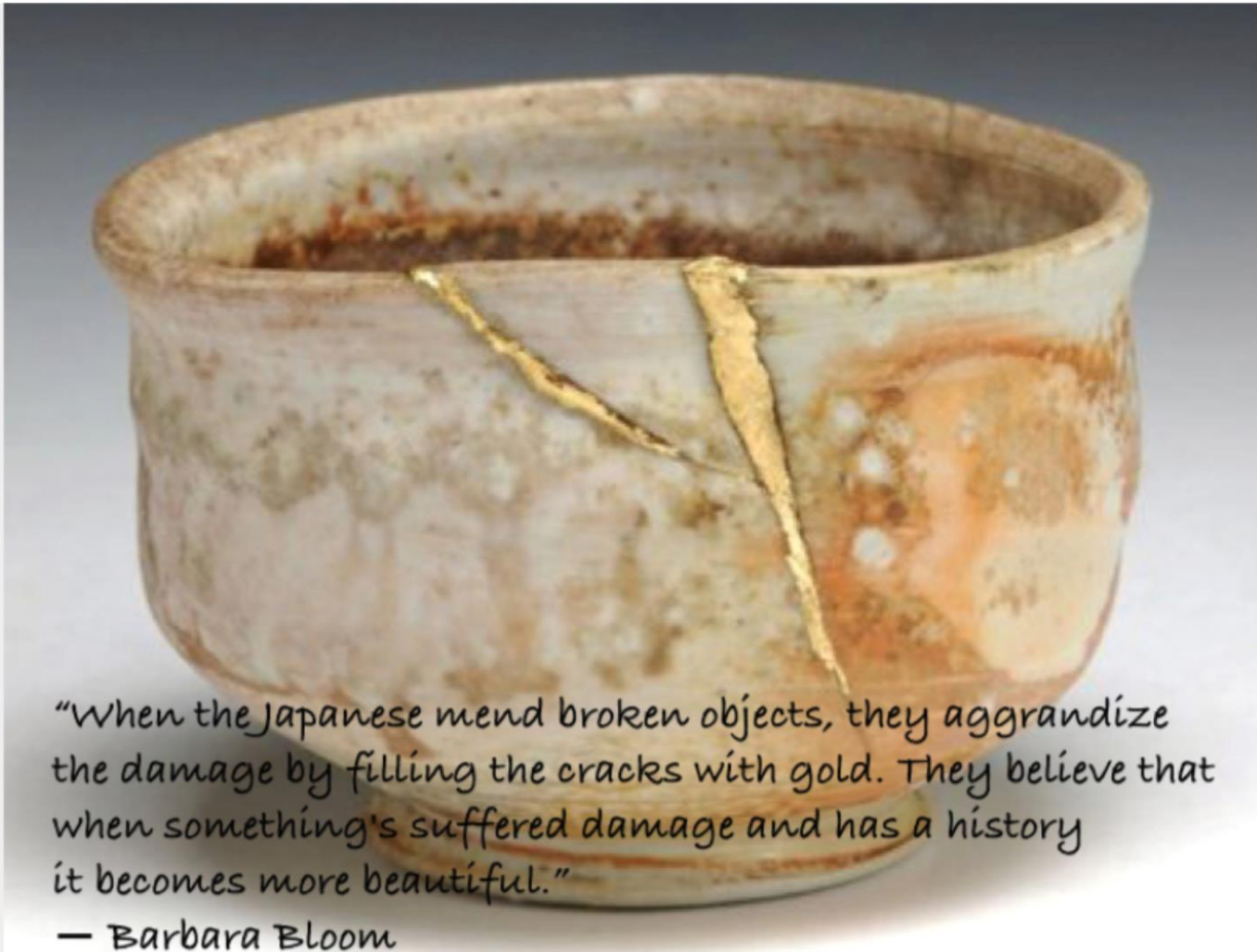
Vulnerability is our most accurate measurement of courage.
You can't get to courage without walking through vulnerability.

Brene Brown



Everyday courage
has few witnesses.
But yours is no
less noble because
no drum beats for
you and no crowds
shout your name.

Robert Louis Stevenson



"When the Japanese mend broken objects, they aggrandize the damage by filling the cracks with gold. They believe that when something's suffered damage and has a history it becomes more beautiful."

— Barbara Bloom



Real isn't how you are made,
said the Skin Horse.
It's a thing that happens to you.
When a child loves you for a long,
long time,
not just to play with,
but REALLY loves you,
then you become Real.

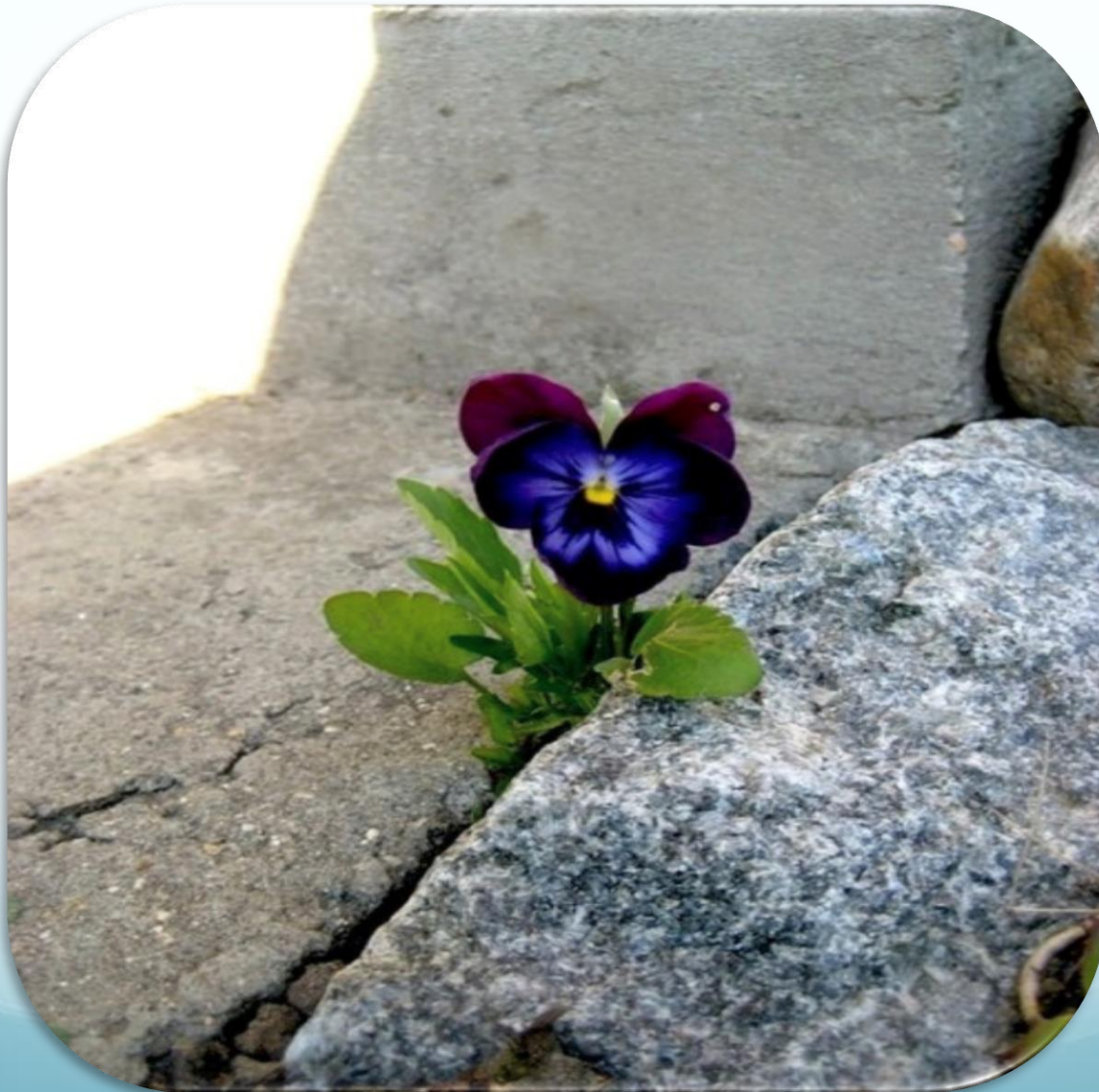
Velveteen Rabbit

Majorie Williams

Gently Turn...



Why do we resist being vulnerable?



Impermanence



We have not been raised to cultivate a sense of mystery. We may even see the unknown as an insult to our competence, a personal failing.

Seen this way, the unknown becomes a challenge to action. But Mystery does not require action;

Mystery requires our attention. Mystery requires that we listen and become open.

When we meet with the unknown in this way, we can be touched by a wisdom that can transform our lives.

Rachel Naomi Remen



Gently Turn...



Research Findings on Vulnerability

Brene Brown

(WOMEN)

- Shame is being an outsider - not belonging
- Shame is being rejected
- Shame is not being able to do it all
- Shame happens when your mask is pulled off-it is unbearable to be seen as vulnerable
- No seat at the table with the pretty and popular girls
- When people see that we are not holding it all together
- Make sure no one sees how really hard you are working

Research Findings on Vulnerability

Brene Brown

MEN

- Men aren't really permitted to share their vulnerability; they are expected to be strong, invincible etc.
- When vulnerable - men either fight or flee
- Shame is failure at work, sports, marriage
- Shame is being wrong
- Shame is being defective
- Shame is when you are soft
- Shame is showing fear

The paradox of vulnerability

- Vulnerability invites us to be transformed beyond our perception of our “self”.
- Vulnerability opens us to the capacity for great joy but also for great suffering.
- The more able we are to embrace our own vulnerability (and our shame), the better able we are to access our courage...to show up and speak the truth – with love.

It doesn't interest me if there is one God
Or many gods.

I want to know if you belong — or feel
abandoned;

If you know despair
Or can see it in others.

I want to know
If you are prepared to live in the world
With its harsh need to change you;
If you can look back with firm eyes
Saying "this is where I stand."
I want to know if you know how to melt
Into that fierce heat of living
Falling toward the center of your longing.

I want to know if you are willing
To live day by day
With the consequence of love
And the bitter unwanted passion
Of your sure defeat.

I have been told
In that fierce embrace
Even the gods
Speak of God.

~ David Whyte ~ (Fire in the Earth)

Self Portrait



Gently Turn...



Narrative
invites the
soul into
dialogue with
oneself

You cannot
HEAL
what you refuse to first
acknowledge.

— Bryant McGill



The only choice we have as we mature is how we inhabit our vulnerability, how we become larger and more courageous and more compassionate through our intimacy with disappearance, our choice is to inhabit vulnerability as generous citizens of loss, robustly and fully, or conversely, as misers and complainers, reluctant and fearful, always at the gates of existence, but never bravely and completely attempting to enter, never wanting to risk ourselves, never walking fully through the door.

Consolations: David Whyte



Our Town – Thornton Wilder



At birth we awaken and emerge to become visible in the world.
At death we will surrender again to the dark to become invisible.

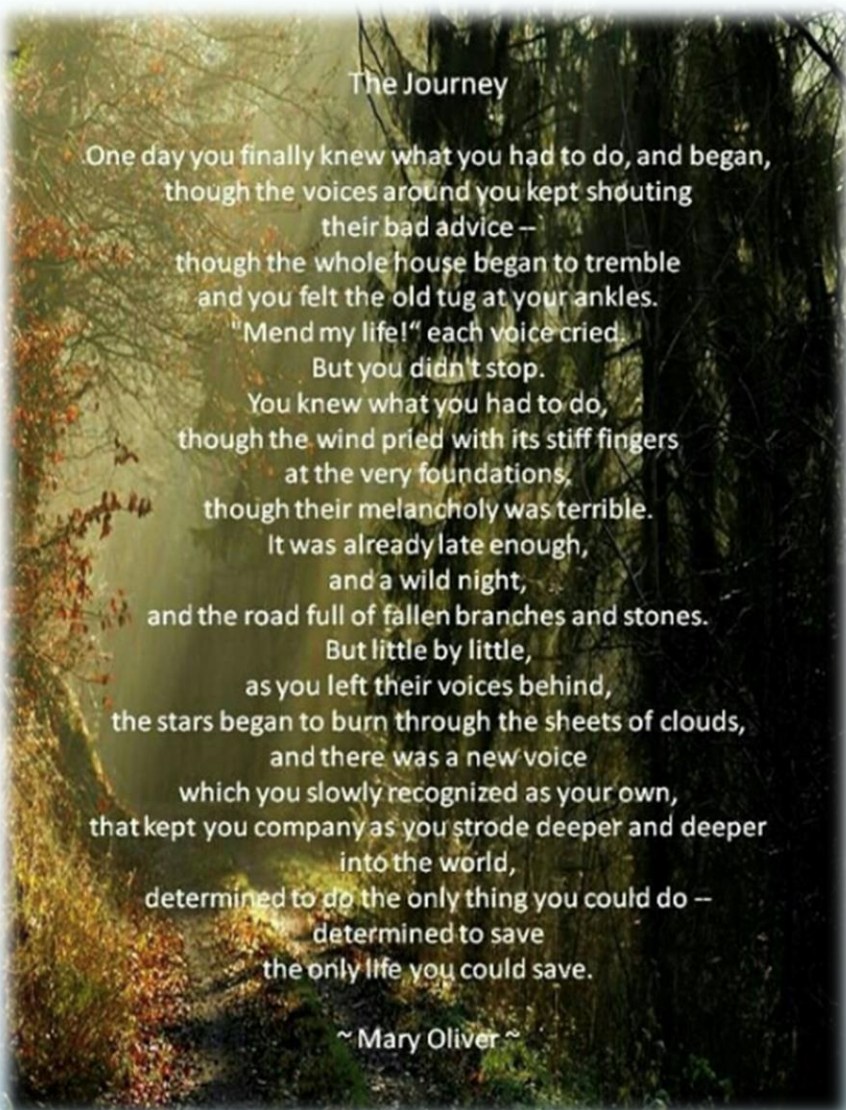
Awakening and surrender:
they continuously frame each day and each life,
in the dance of shadow and light, in the dance of beauty and vulnerability.
The Invisible Embrace - John O'Donohue



States of Grace



Open Studio
PRODUCTIONS



The Journey

One day you finally knew what you had to do, and began,
though the voices around you kept shouting
their bad advice —
though the whole house began to tremble
and you felt the old tug at your ankles.
"Mend my life!" each voice cried.
But you didn't stop.
You knew what you had to do,
though the wind pried with its stiff fingers
at the very foundations,
though their melancholy was terrible.
It was already late enough,
and a wild night,
and the road full of fallen branches and stones.
But little by little,
as you left their voices behind,
the stars began to burn through the sheets of clouds,
and there was a new voice
which you slowly recognized as your own,
that kept you company as you strode deeper and deeper
into the world,
determined to do the only thing you could do —
determined to save
the only life you could save.

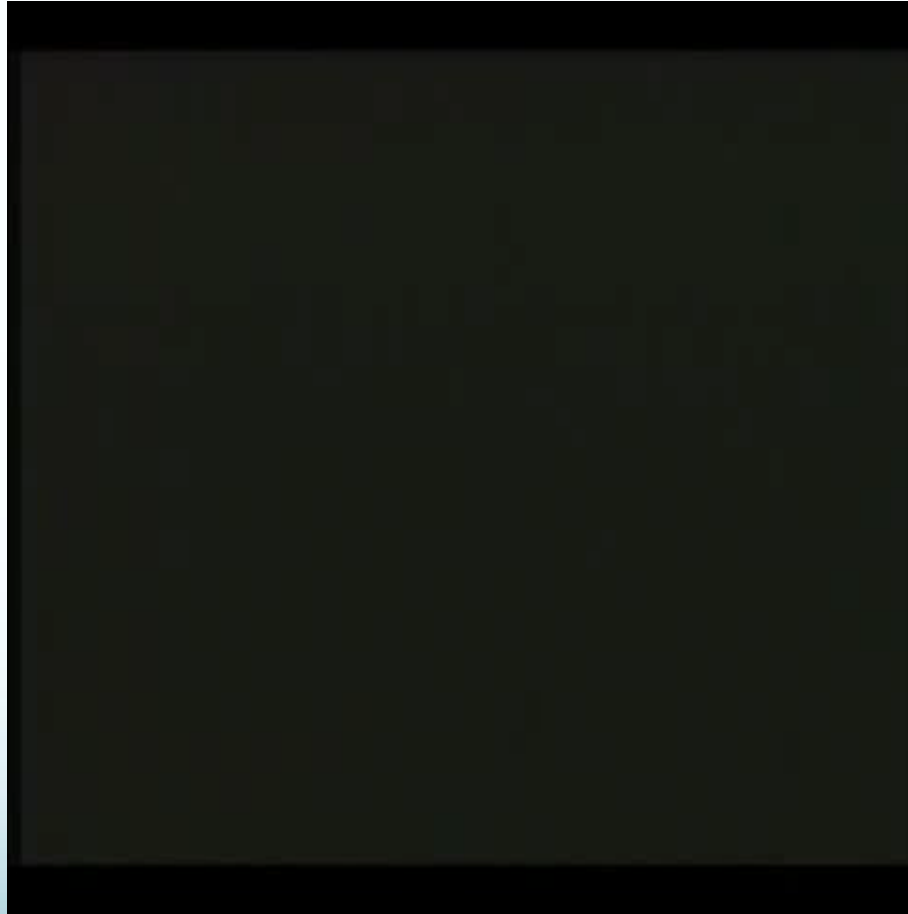
~ Mary Oliver ~

Gently Turn...



Closing Grace Note

It's In Everyone Of Us –David Pomeranz







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