

Catholic Faith Corner

Understanding, Teaching, and Living the Faith

Sea of Galilee at Sunrise



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Let a Picture Shape Your Prayer

by KATHLEEN GLAVICH, SND on [MARCH 28, 2012](#)
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St. Teresa of Avila, an expert on prayer, knew the power of a picture. Looking at an image of the wounded Christ changed her life. She taught that visuals can “awaken love.” Using the photo at the top of this blog, here’s an example of how prayer can flow from a picture. Some background: The shot was taken in Tiberius. I got up at 5:30 am to capture the sunrise and waited until a bird alit on a tree branch, but this herald of the dawn is barely discernible.

1. Prepare to pray: Quiet down. Ask the Holy Spirit, who dwells in you, to help you.
2. Gaze at the picture, put yourself into the scene, and let thoughts surface. Any of the following reflections can lead to thoughts about something personal, a past experience or a situation in your life.
 - The Sea of Galilee...Jesus walked on its waters...helped the apostles catch loads of fish from it. . . quieted its storms with a word. . . took pleasure in its beauty
 - The sun . . . essential for life. . . gives light and warmth. . . rises each day . . . dispels darkness . . . Jesus is our sun
 - Stream of light across the water. . . the sun’s rays reach out to me. . . I am touched by Christ and enabled to share his life with others.



Mary Kathleen Glavich, SND

I'm a Sister of Notre Dame, of Chardon, Ohio, the author of seventy-plus books on religious education and spirituality, including a novel, *The Fisherman's Wife: The Gospel According to St. Peter's Spouse*. I enjoy giving talks and am a pastoral associate at St. Dominic Church.

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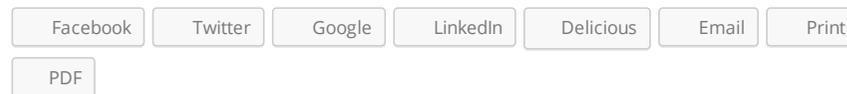
- The bird . . . life . . . God cares for it . . . it has its back to the sun, like people who ignore the Son
- The dead sticks standing . . . once they were green and lush . . . they still serve by adding interest to the photo
- The hills . . . part of the beauty of the country. . . Jesus went off to the hills to pray alone

3. Speak to God depending on how your heart responds to the thoughts the picture evokes. Listen to him.

We just celebrated the funeral Mass of one of our Sisters. Mary Lou Sleeve's picture of the Good Shepherd graced her program cover, and the homilest led us through a reflection linking elements in this picture to Sister's life. As a teenager, I was especially moved by Salvador Dali's painting "Christ of St. John of the Cross," a unique version of the crucifixion.

What artwork or image touches your heart and is a potential prayer-starter for yourself or others?

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Melannie Svoboda, SND March 28, 2012 at 9:28 am



I loved your idea and your example, Kathleen. When I make my annual retreat, I always take several books of paintings, photography, and other works of art along with me. Some of my most fruitful meditations have centered on a single painting or photograph—whether famous or obscure, religious or “secular.” Since I work with words so much during the year, I enjoy moving beyond them with the visual arts. I also use music for meditation in much the same way—classical, religious, songs from musicals, country, jazz, blue grass, rock, etc.



About Sister Kathleen Glavich, SND

Jesus ordered us to make disciples of all nations and teach them. Mary Kathleen, a Sister of Notre Dame from Chardon, Ohio, responds to this call through writing, speaking, giving retreats, and teaching. Her motto, adopted from Eddie Doherty's gravesite, is "All my words for the Word!"

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REPLY

Kathleen Glavich, SND March 28, 2012 at 9:53 am



Great ideas for a retreat, Melannie. In addition, I like to bring my camera on retreat and take my own photos. Our Chardon property is filled with photo opportunities: the blue heron, the brook, maybe a rainbow--all things that lift our minds and hearts to God.

REPLY

Deborah Carlin April 2, 2012 at 11:27 am



Thank you so much Kathleen. I will share this with our teachers here at GACS. Students respond so well to this kind of prayer.

REPLY

Kathleen Glavich, SND April 2, 2012 at 11:58 am



I'm glad you can pass on this idea, Deborah.

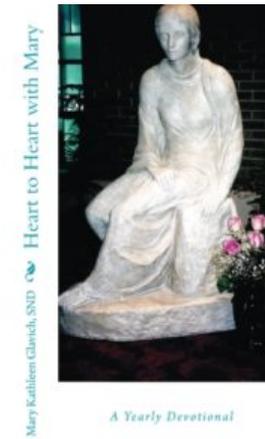
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Newest Book

In "Heart to Heart with Mary: A Yearly Devotional" Our Blessed Mother speaks to us every day of the year and a suggestion is provided for a response. It is similar to the popular book "Jesus Calling" and can be found on Amazon or purchased from me.

Featured Book

Totally Catholic! A Catechism for Kids and Their Parents and Teachers

Do you wish you had a simple, child-friendly summary of what Catholics believe? This book took first place in the Association of Catholic Publishers awards 2014 in the category of Children's Books. It can be purchased from Pauline Books and Media or from me. (\$14.95)

A Heavenly Book

Do you believe in angels? Most people do. The Catholic Companion to Angels offers heavenly facts about these majestic creatures, confirming that you can turn to them for help. Uniquely, The Angels comes with three covers (statue, stained-glass, or painting). Choose the one you like best.

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My First Novel!

The Fisherman's Wife is the story of St. Peter's spouse, the long-suffering but delightful woman who puts up with Peter and his obsession with the itinerant preacher named Jesus. Through her we meet Peter, Jesus, and other biblical characters. In Capernaum she witnesses Jesus' healings and hears his words. The book is based on the Gospels, legends, and what is known about first-century Jewish women. The rest is sheer imagination. Order directly from me FOR AN AUTOGRAPHED COPY at kglavich@ndec.org.

A Bit of Humor

A Slow Student During indoor recess, the third and fourth graders were playing school. Taking part in the game, the teacher, Sister Janet, sat at a child's desk. Adam, who was playing the teacher, came up to her and asked, "And just how many years have you been kept back?" (from "Why Is Jesus in the Microwave?")

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The Sisters of Notre Dame of Chardon, Ohio, belong to an international congregation of more than two thousand apostolic women religious. We are one in mind and one in heart for the transformation of the world in Christ.



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