

# THE PRACTICE OF CONTEMPLATIVE PHOTOGRAPHY AND JOURNAL-WRITING



FACILITATED BY INGRID CYROS, MDIV

"The contemplative practice of photography and journaling is how I explore who I am...and *Whose* I am. These revered "shimmering" moments are spectacular gifts and have inspired me to share this contemplative practice, with others."

Photo-making and journaling has the potential to help us to navigate some of life's toughest terrain, hard losses, as well as transitions - It is a means for discovery and renewal. That has been my experience, and it has made all the difference.

Ingrid earned a Master of Divinity Degree and Certificate in Spiritual and Pastoral Care (Andover Newton Theological School), Spiritual Care Specialist certification (AAPC), and Spiritual Direction credentials (Gateways to God, Andover, MA). Ingrid lives in Newburyport with her husband. She is mother of two adult children. She enjoys painting, cycling, and takes an imaginative approach to photography, gardening, cooking, and preparing for a guest's arrival. Ingrid may be contacted at: [ingridcyros@comcast.net](mailto:ingridcyros@comcast.net)

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This is a two-part offering. Register by May 14. If you are unable to attend one of the parts, contact Ingrid directly at [ingridcyros@comcast.net](mailto:ingridcyros@comcast.net) to discuss options to participate. The fee for this course for up to 10 participants has been covered by the Clergy Renewal Grant from the Lilly Endowment, Inc. I hope you will join me!

## Part I: Intro to Contemplative Photography

Zoom mini workshop  
May 16  
5:30 - 7:00pm

This will be a brief overview of "the practice", a guided meditation with image (*Visio Divina*), and time for questions and answers, all in preparation for photo exploration on Plum Island. This session will be recorded.

## Part II: Photography Exploration (and optional Journal Writing)

On Plum Island  
May 20  
9:30am -  
12noon/1:30pm

On Plum Island, Rain or Shine  
Sandy Point, at the Parker  
River National Wildlife Refuge

Following the photography  
exploration:

- Lunch: Bring a "brown bag" lunch to enjoy at my garden in Newburyport
- Group Sharing: final words and send-off blessing, ending at 1:30pm

[HancockChurch.org/sabbatical](https://HancockChurch.org/sabbatical)