

Thomas Hart Benton, *The Hail Storm*, 1940



****First Question First****

What is *your* immediate reaction to this artwork?

Trust it. Write about it. Use the guide sheet for help.

Continue reading for another perspective and journal questions.

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Excerpt from my journal:

A beautiful sparrow died at our side window yesterday, a boom that was as big as the previous day's lightening bolt that broke open the sky. Portending death? Reminders of the fragility and transience of it all? I don't really need any reminders, living in it daily. Strange happenings lately. A fox dashing down the alley, tail straight out so he was a horizontal punctuation mark. With the bird dying yesterday, I continue floating along. Maybe this is what shock feels like. Or acceptance of the fragility, our fragility, my fragility.

Q.) Have you been experiencing any “strange happenings” lately? Write about them and your interpretation of these events. Try to stay in your heart with this, quieting your “rational” mind. Paying attention to what the day brings our way can help us to re-engage with life as we grieve.