

**Josephine Trotter, *Farm Near Bures, Suffolk*, 2016**



**\*\*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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Coming back to life. Smelling the white roses swaying in the breeze. Stepping out the door to post the mail. Feeling interest in new recipes to try, even if the actual preparation still lives in the distant future. Picking up an instrument, dusting it first, then playing an old friend of a song. Remembering ourselves. We're still in there.

It seems all of us are stumbling trying to find our way back to life now. We may be steeped in grief for our dead loved one. Or leveled at the loss of our job, our home, our community if we were forced to move during this covid pandemic. This is a big, messy time for all of us as we take steps to re-enter life while carrying such sorrow. It can feel daunting.

But we may also feel like newborns transfixed with every color, sparkle of light, or texture. The world out there may feel almost painfully beautiful, as though we recognize all the richness we've had to shut our eyes to for so long. We may feel scared all the time. Overwhelmed with the chaos of life outside our homes. Or feel oxygen in our lungs, our wings beginning to stretch. Each of us must find our own re-entry pace. And hold ourselves and each other in compassion along the way.

Q.) What does re-entering life look like to you? What do you want to do this week for the first time in a long time?