

## Soul Food



After all that holiday eating, why not spend this season of Epiphany feeding our souls? Escape for a while every day from the usual busyness and cacophony of stimuli that bombard us with sound and invitations to keep buying, keep running, and keep driving ourselves. Forsake all that for some soul food that nurtures you and your relationship with God.

### There are many possibilities.

- Read a book like *The Cloister Walk* by Kathleen Norris, *The Book of God* by Walter Wangerin, *Bright Flows the River* by Taylor Caldwell, *Till We Have Faces* by C. S. Lewis, or *Pilgrim at Tinker Creek* by Annie Dillard. Read something inspirational, something that deepens your spirit, broadens your mind and heart.



- Retreat into music that soothes you. Maybe it's jazz or blues. Maybe it's Gregorian chant playing in the background while you dust mindfully and slowly. Maybe it's Ralph Vaughn Williams' *Fantasia on a Theme by Thomas Tallis*, or some wonderful classical piece.



*"You may find in music a friend and companion, an inner voice that seems to sense what you need and which path you should take, a Divine Presence that lets you know you are being protected and guided."* –Stephanie Merritt

- Acquaint yourself with great art. If you don't have any good art books at home borrow one from the public library or a friend. Spend an evening pouring over the masterpieces of Corot, Rembrandt, Caravaggio, Monet, or Picasso, et cetera. Having soft music in the background and your favourite beverage at your side.



*"Art is a staple. Like bread or wine or a warm coat in winter. The human spirit grows hungry for art in the same way one's stomach grows for food."* -- Irving Stone

If you like to draw, or paint, or sculpt with clay, spend some time doing just that.

- Have a pizza party with a few friends and watch a movie like *Chariots of Fire*, *Babette's Feast*, *The Joy Luck Club*, *The Shawshank Redemption*, *Shadowlands*, or *The Spitfire Grill*. Talk about the movie afterwards discussing its impact on you.
- Have a soul and body refresher day in winter's loveliness. Go for a walk, a cross-country ski outing, a skate on a pond, a photo shoot. Catch some snowflakes on your tongue. Make a snowperson or snow angel. Thank God for this resting season, this turnaround time, this gestating time. And, of course, come home to something like a warm fire and a cup of hot chocolate or flavoured tea.



**"Our poor, splendid souls! How they fight for food!"**  
- Luci Swindoll