

COMMUNAL ART FOR THE PARABLE OF THE MUSTARD SEED

The Flying Birds in the Tree of Life

- **PREPARE IN ADVANCE:** On a large display board (say, the ones used by kids for their school science projects), I invite you to illustrate (or an ask an artist you know) to illustrate the Tree of Life with birds flying away from the tree.



- **PREPARE IN ADVANCE:** Cut out many pieces of paper that is shaped like a bird flying away (see below), then hand one to each participant.



- Then, during the “Work” (or Art Activity) phase of the Spiritual Support Group Session, invite the participants to write on their flying bird, a word(s) or phrase that represents that which they want to see take flight in their life.



- After they have written that word(s) or phrase, the facilitator will tape the word together with the many birds flying away painted on the display board.



The birds represent the support group’s deep yearnings in their life: things they want to manifest and take flight in their lives. You (the facilitator) may read all of their deep yearnings back to the group as you close the session.