Contemplative Photography Gathering

Saturday 31 October 9:30am to 4:00pm
with Frances Marston

They say that a picture is worth a thousand words – and that the camera never lies! And, in this fast-paced, always-turned-on digital age, it's never been easier to create pictures through photography. These days, just about everyone can point and shoot and – voilà! – they have a picture to post and share.

But what about photography as a contemplative practice? Surely not! Join the Benedictus Contemplative Photography Group to find out how this can indeed be a transformative practice. Come and find out what happens when you slow down and look through the lens in a different way – to see the world with fresh eyes, when things you'd never imagined reveal themselves in all sorts of life-giving and enabling ways.

The group has been sharing this journey since an introductory workshop early in 2023, steadily growing ever since with members based all around the country. So, this will be an opportunity to meet face-to-face, for locals and out-of-towners alike, and for potential members to dip a toe in our contemplative photography practice waterhole. We'll begin with an introductory/refresher workshop that will be 'hands on' with plenty of opportunity for 'doing'. After a short outline of tips and tricks, Frances will guide us through some simple contemplative photography exercises that will help you engage with this practice.

So come along with your camera – phone, tablet, compact, DSLR, or whatever other device does it for you – and see what you can see or, more precisely, see what images reveal themselves to you!

We will meet onsite in the hall and grounds at St Ninians (Cnr Brigalow & Mouat Sts, Lyneham ACT).

There is no cost but PLEASE REGISTER if you plan to attend – email benedictusphotography@gmail.com. BYO packed lunch; morning and arvo teas provided.

The day will go something like this:

- The 'Listening' experience – some theory before practice
    - What IS 'contemplative photography'
    - Becoming a contemplative photographer: tips and tricks
- The 'Sharing' experience – the group's experience so far
    - Group 'check in' on progress and processes
    - Sharing ideas or suggestions
    - Q and A
- The 'Doing' experience – some practical exercises to be undertaken in the grounds of St Ninian's (or within the buildings and veranda if the weather is iffy!)
- The 'Contemplative' experience – a reflective exercise using images created by 'Doing'.