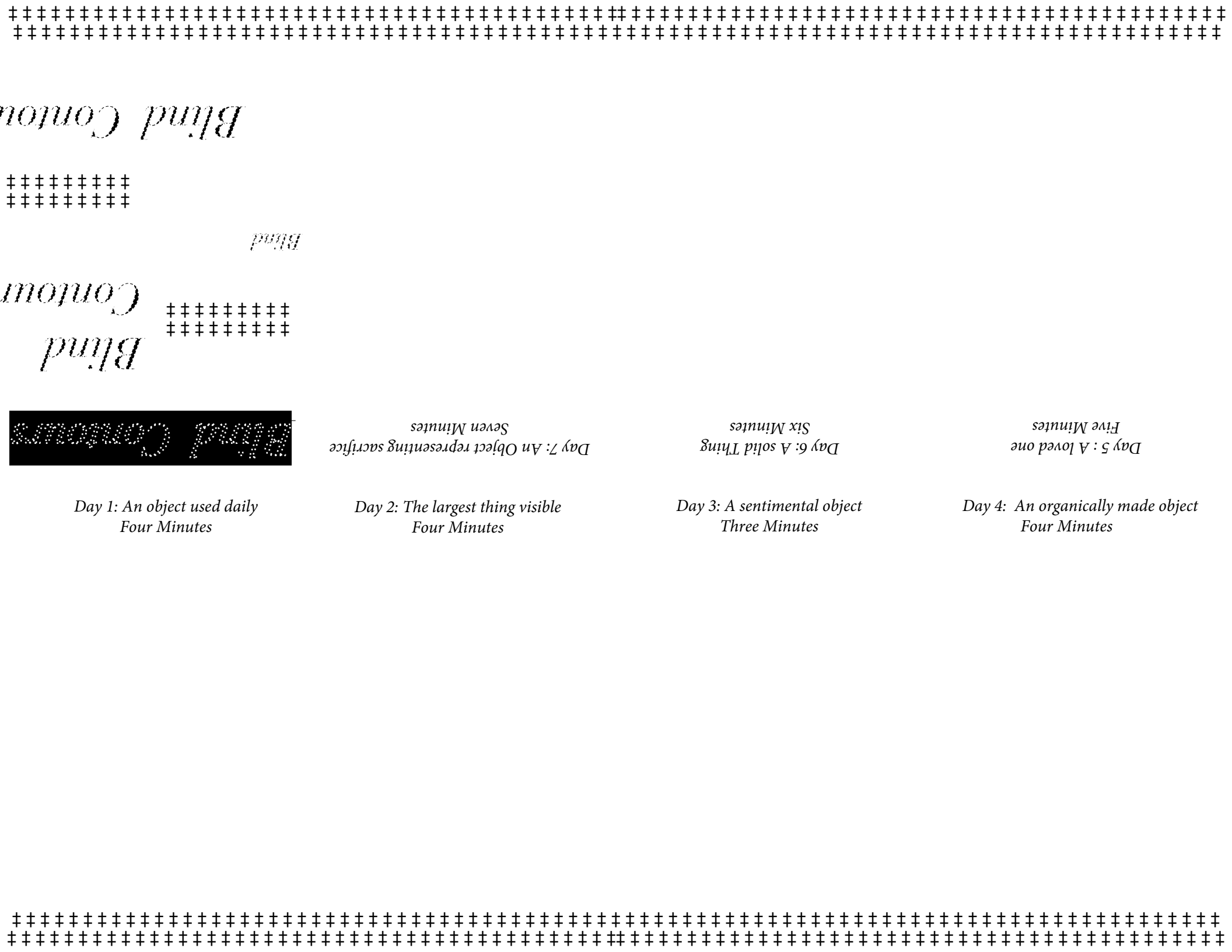




LENT 3: Wednesday, March 4 – Tuesday, March 10

1. Fold the zine following the provided instructions
2. Once a day, make a **Blind Contour Drawing** ‡ on any page by choosing an object as suggested by the heading prompt.
3. Create seven drawings over seven days

Be attentive, slow yourself.

‡ ‡ ‡ ‡ ‡ ‡ ‡

Blind Contour Drawing –

A *Blind Contour Drawing* is a timed drawing that is done without looking at your paper. Eyes must be on the object being drawn, as long you are actively drawing. Focus on drawing continuously, outlining each detail visible. Push yourself past the point of “being done,” only stop when the timer runs out.

There are three rules:

1. **Do not look at the paper**, you may only look at the object being drawn
2. **Do not pick up the drawing utensil**, as best as you can, make only one continuous line
3. **Be slow**, take time moving your eye and utensil at the same pace

This is an exercise in attention, stillness, and respect. Attention to the things around oneself. Stillness of one’s body and mind. Respect for what is being drawn.

The “product” of your work will be the act of attention, the act of stillness, the act of respect. Forget any notion of a correctly done drawing.

example on the right

To see these instructions and learn how to fold and cut your zine, visit

[www.resurrectionphl.org/
lenten-devotional-zine-3](http://www.resurrectionphl.org/lenten-devotional-zine-3)



Blind Contour of a toy gift from a friend.

