

The Coronial Times

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GREETINGS FROM THE AAC

By: Claren Copp-LaRocque

Hello friends! First, a big thank you to all of the readers who wrote in last week to say hello, send a craft idea, or share thanks. We love hearing from you!

I've spent the week rediscovering small things that bring me joy, like a favourite mug with coffee in the morning or a poet capable of creating still moments in chaos. Mary Oliver is one of those poets for me, so I've chosen to share a poem of hers that I find very powerful right now. Related to the sentiment of the poem, I am carrying with me these days the imagery that Quakers use in prayer. Instead of saying "I'm praying for you," they say, "I'm holding you in the light." I've always felt that this was a powerful image. In these days of self-isolation and social distancing, it can be hard to remember our connection with the rest of the world. But think on this: if our collective action is proof that we are all thinking and hoping and wishing the best for other people right now, then the whole globe is lit up like the sun with love for each other. We carry that light with us everywhere.

I love you. Have a great week!

SUNRISE by Mary Oliver

You can
die for it--
an idea,
or the world. People

have done so,
brilliantly,
letting
their small bodies be bound

to the stake,
creating
an unforgettable
fury of light. But

this morning,
climbing the familiar hills
in the familiar
fabric of dawn, I thought

of China,
and India
and Europe, and I thought
how the sun

blazes
for everyone just
so joyfully
as it rises

under the lashes
of my own eyes, and I thought
I am so many!
What is my name?

What is the name
of the deep breath I would take
over and over
for all of us? Call it

whatever you want, it is
happiness, it is another one
of the ways to enter
fire.

THE EGG ISSUE

This week we have compiled a list of activities we have developed and found on the web from creatives who make really cool things and have really rad ideas -ALL ABOUT THE EGG

check out our website www.thelebel.ca under #athomewiththelebelladies for more creative at home activities



EGG TEMPERA PAINTING ON BLOWN EGGS

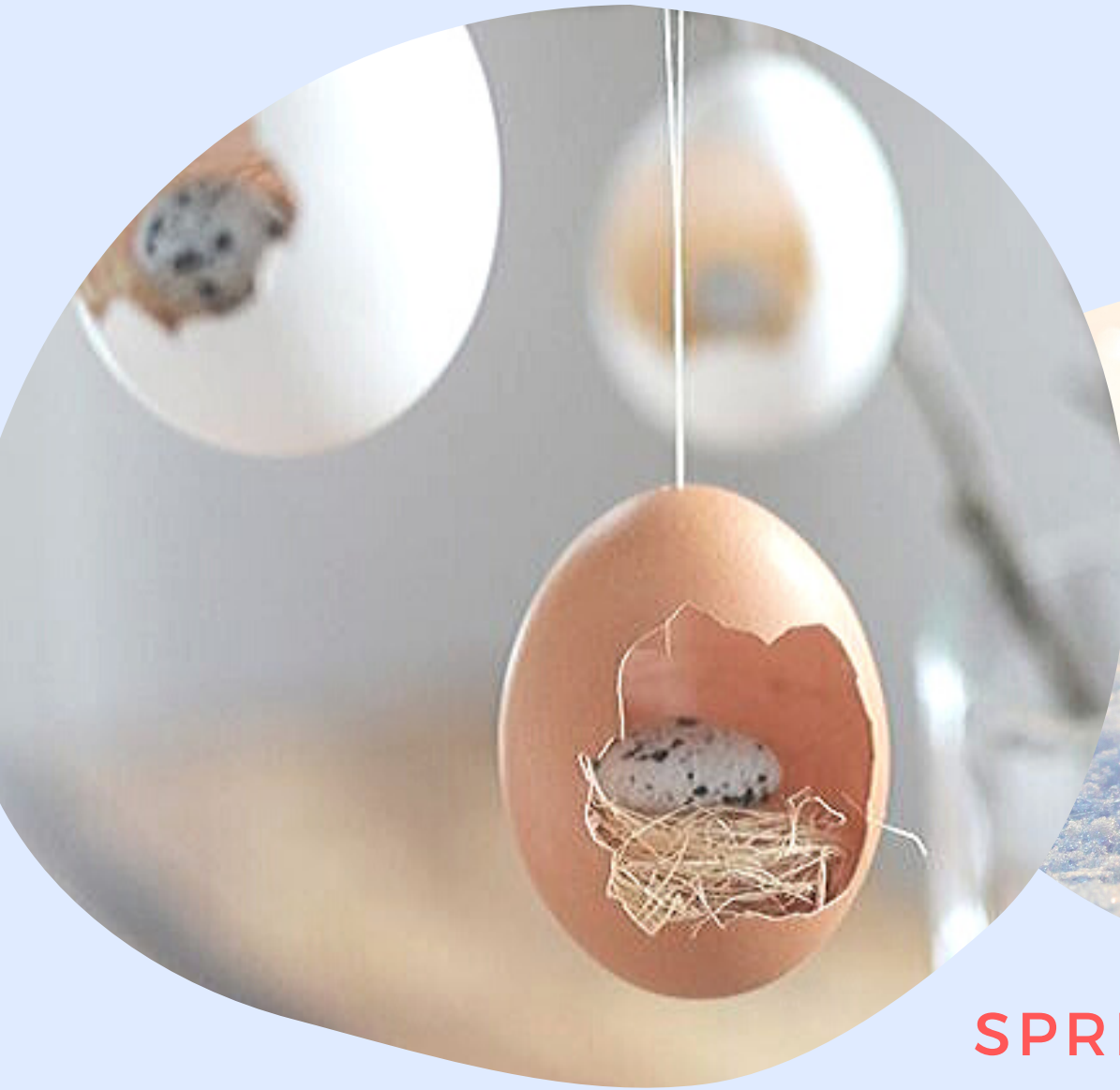
By Stacey McRae

My Grandmother used to send over hand painted blown eggs she had made for our Easter Tree. She lived in Denmark where my father is from and was a beautiful 'maker' I would call her. She was a seamstress by trade and had a tiny stone basement as her studio, but my the works that would make the trip over to us from that small space! She had an exquisite eye and hand for detail. I have wanted to spend time painting blown eggs to hang on our Easter Tree, just like she had, for years. This year, I have the time.

FULL TUTORIAL ON WEBSITE



EGG SCULPTURES



SPRING WATCH:CROCUS & TULIPS

WATERCOLOUR EGG HANDMADE CARD



POM POM EGGS



[TUTORIAL LINK](#)