

Zineo Divina: Using a Lectio Divina practise to make a zine.

What is Lectio Divina?

Lectio Divina is the practise of reading scripture prayerfully, meditating on words or phrases, allowing it to rest in your heart and noticing what feelings, memories or inspiration it stirs in you. Alongside academic and intellectual study of scripture, Lectio Divina brings the Word alive to you in the moment, encompassing all the feelings, circumstances and worldview you hold at that moment. Lectio Divina can not only be practised with words, but also with images: meditating on colours, shapes, and images to inspire prayer.

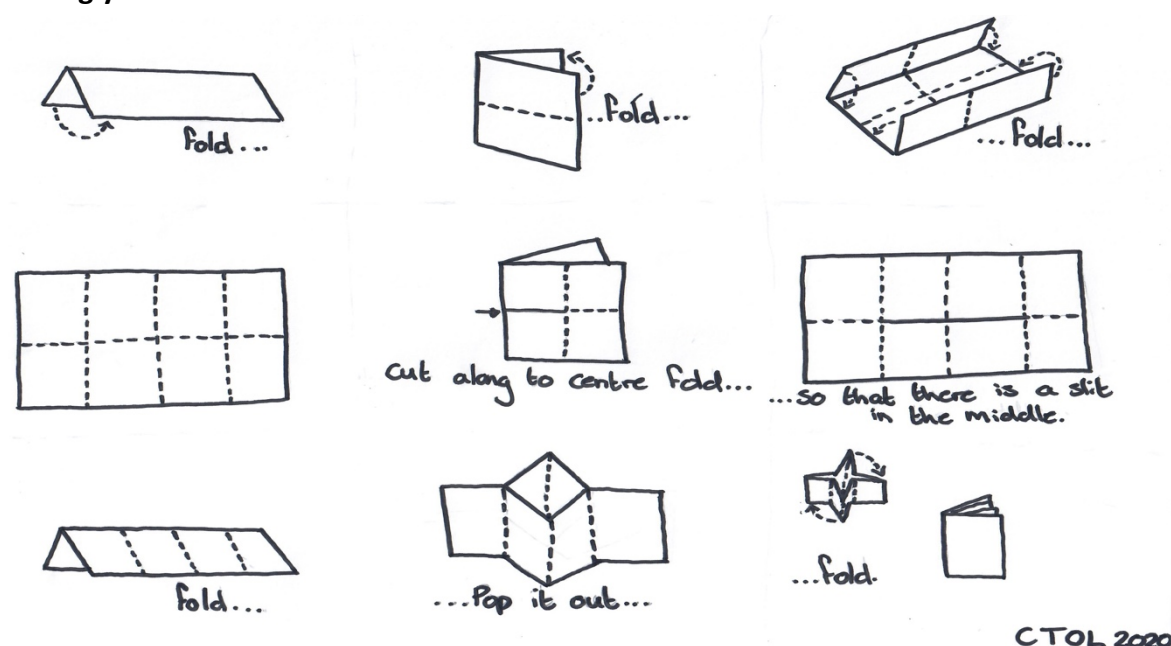
What are "zines"?

Zines are small subcultural publications that are distributed in very small circles. The pages of a zine are created as collages of images and words cut out of mainstream publications – newspapers and magazines. Zines emerged in the 30s and 40s as publications for different music or literary genres, science fiction fandoms. They were later used by activist groups, such as the Black Panther movement, certain feminist groups, and are still a popular format for fringe poetry publications. They have an academic and cultural value as evidence of marginalised communities that wouldn't have otherwise been documented. In this way, zines are intimate and deeply personal. Collage works well as a Lectio Divina practise because it removes the need for serious artistic judgement and skill.

What do you need?

- A sheet of A3 paper
- Scissors
- Glue stick
- One or two old magazines or papers

Folding your Zine:



Settling: Pick up a newspaper or magazine and find a comfortable sitting position. Close your eyes and listen to your breathing. When you breath in, let your breath draw your awareness from your head down into your heart. When you breath out, imagine you are releasing your expectations: pictures or words that you are looking for, and what you will produce.

Shimmering: When you are ready, begin to flick through your mag or paper. Try not to read the articles. Notice what images or words you respond to – what shimmers or stand out. It can be either a resonance or dissonance. Cut them out. You might want to look through more papers and repeat this process.

Sorting: Once you have gathered enough images and words, arrange them throughout the pages in your zine. Try not to think about this too much, but there may be certain combinations that resonate more with you. Don't worry about filling all your zine pages.

Seeing: Gaze on your completed zine. Move through the pages slowly. Is there meaning beginning to emerge? Is it sparking memories or emotions in you? Allow those memories, emotions, or meanings to unfold in your mind. You may want to respond by writing things down, or simply just holding them in your heart.