

Sister Betty Lou Knox's Ministry of Art



In this presentation, Sister Betty Lou Knox, CSJ shares a selection of her paintings and the inspiration and spirituality within each piece of art.

"I don't name all my paintings."



"It's more about what they mean to me and what they can express."

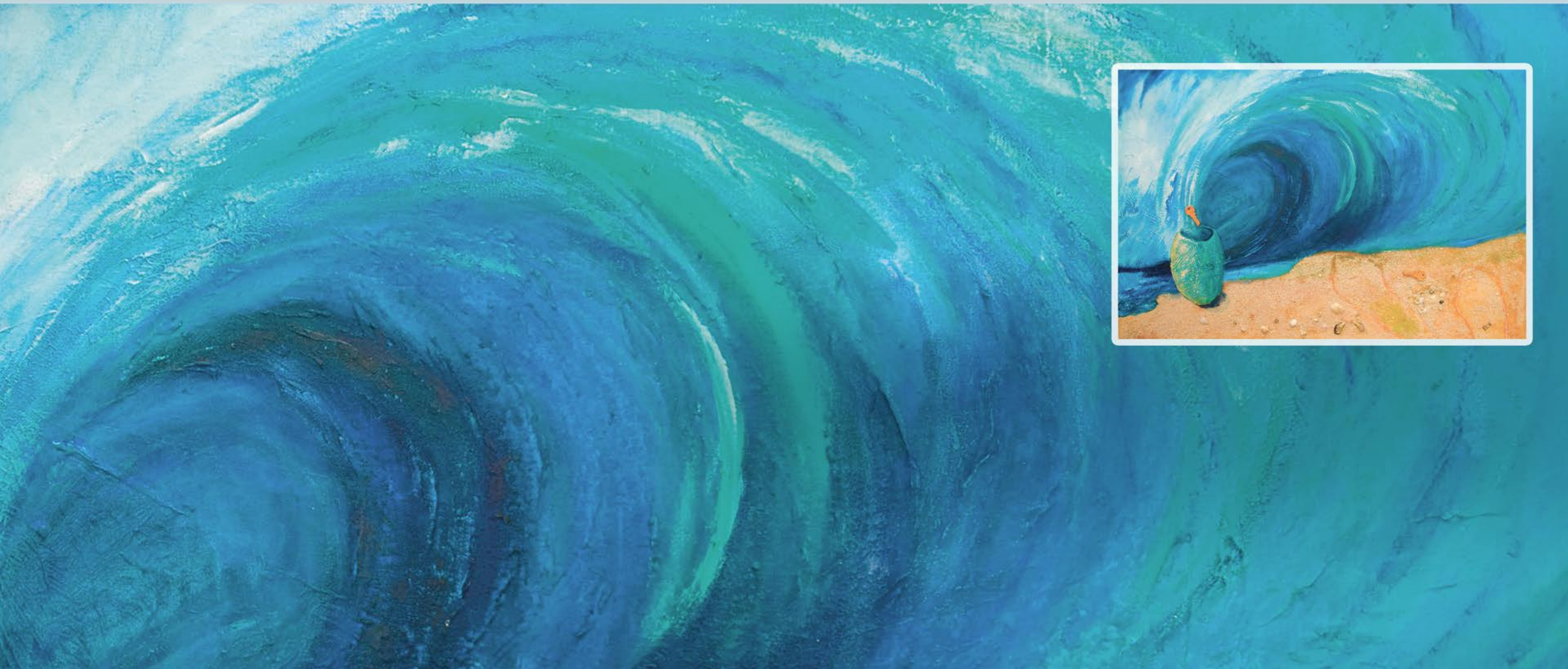
"Most of my paintings start with photos. This painting, however, was from my imagination. I call it my self-portrait."

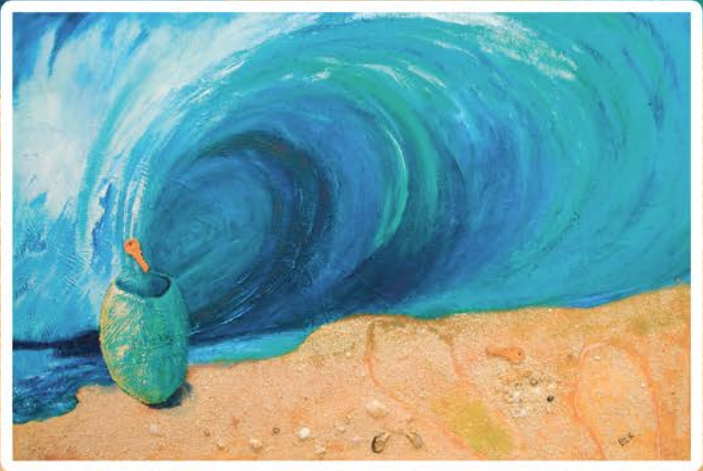




*"My footprints point to the mystery
and beauty of the ocean."*

"For me, the waves in this painting symbolize the flow of life through the spirals of light and darkness."

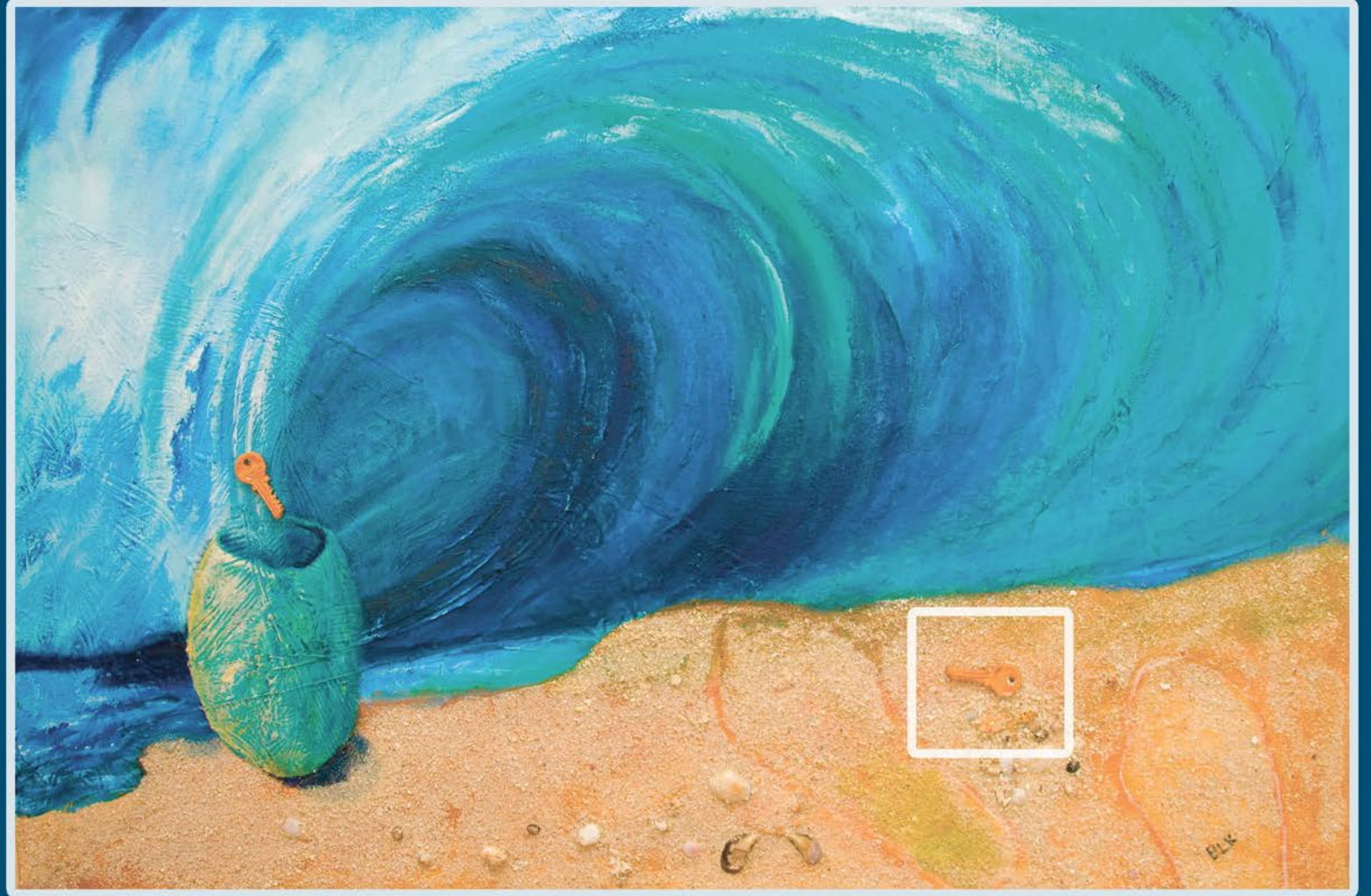




*"The sand represents the footprints
I've made through my path in life."*



"The empty pinch pot represents my openness to receiving the abundant gifts of God."

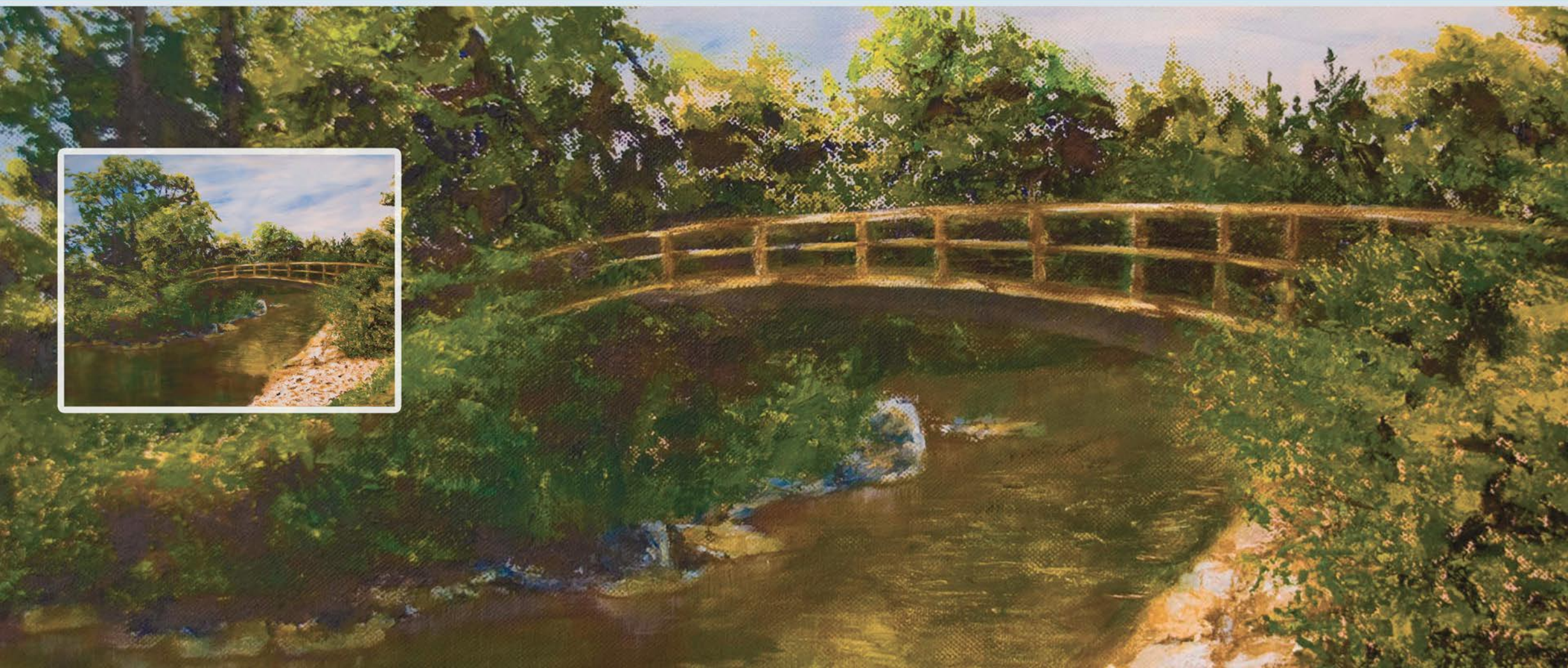


"The identical keys represent the call and response to be co-creators, sharing God's blessings with others."

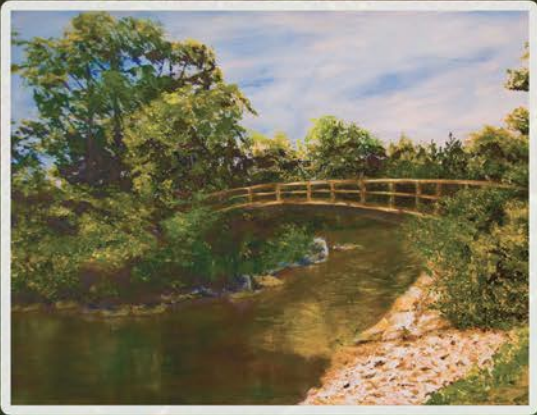


"This painting is called Take a Step Into the Future."

"I was inspired by the symbolism of bridges while visiting a serene Japanese garden in Florida."



"In Japanese culture, a bridge is a symbol encouraging us to reflect on our lives, give thanks for all we have received and ask for forgiveness."





"This painting is also about me asking myself: Can I let go of the past? Am I ready to cross the bridge into the future?"



*"This is a painting of
Peggy's Cove, Nova
Scotia."*



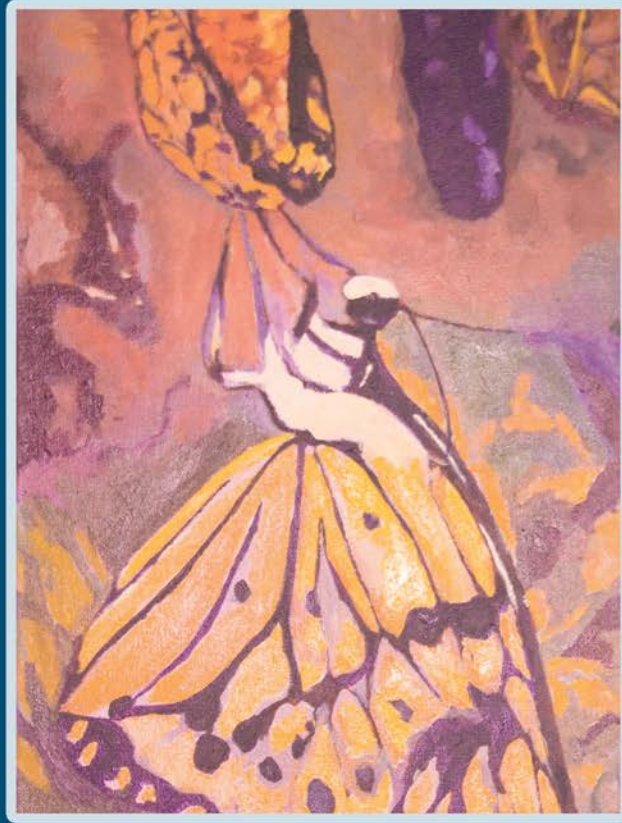
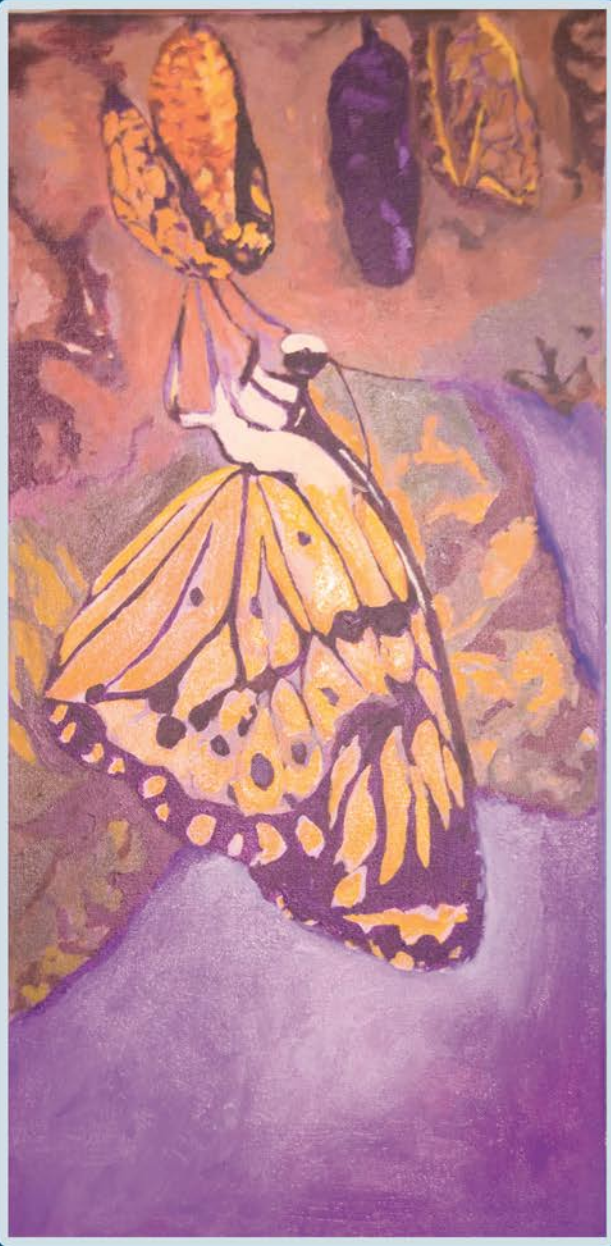
"I tried to convey the simplicity of the homes and the rugged rocks with the incoming tide."

*"I had a
contemplative
moment walking
on the shore of
Lake Couchiching."*



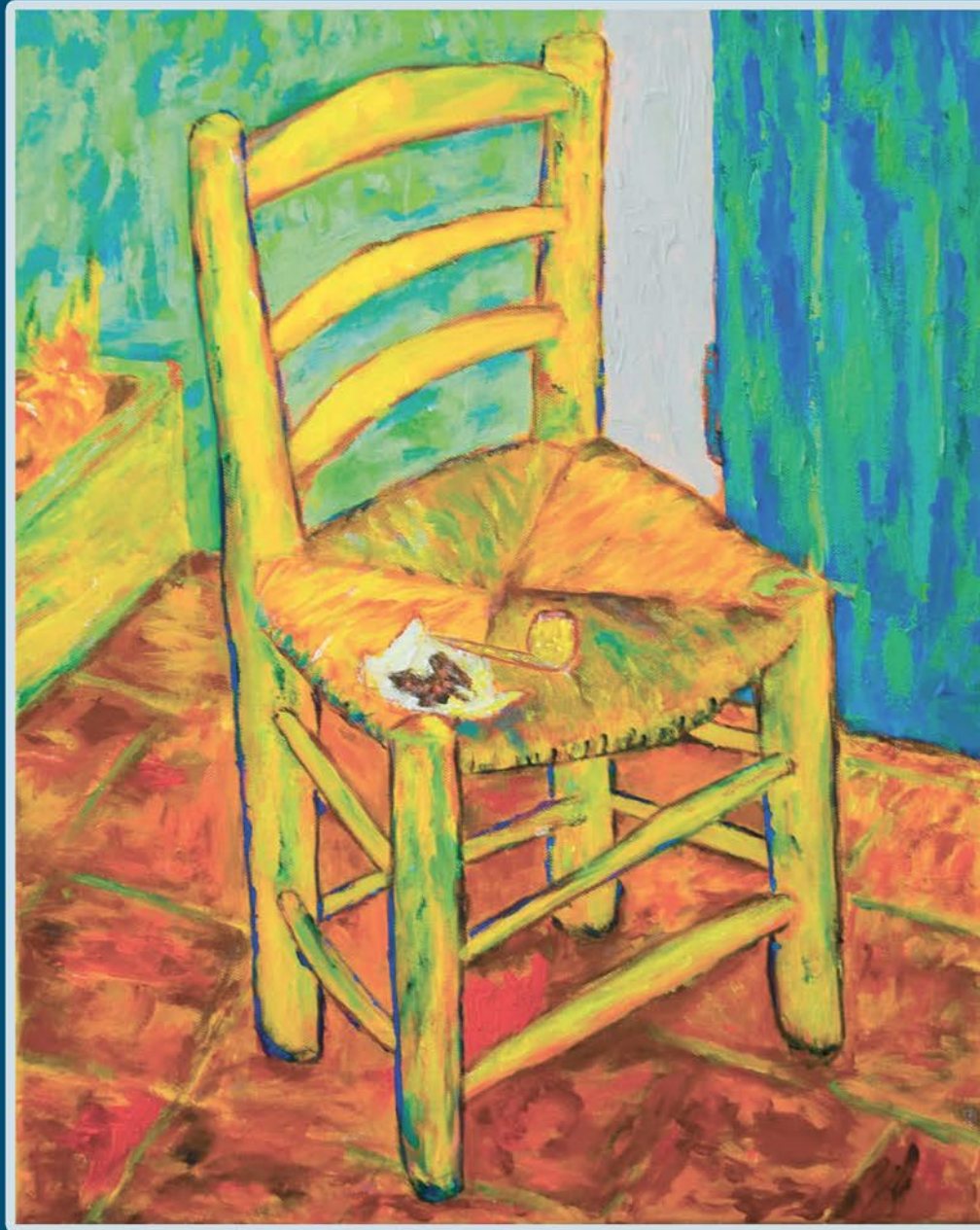
*"This painting
captures the
cattails and vibrant
colours of fall that I
saw there."*

"This painting is called Letting Go - Free to Fly."



"I enjoy waiting for butterflies to land. And I have photographed many. Here, I painted this butterfly clinging to its cocoon in the final minutes of transformation."

*"This is my take on
Van Gogh's Chair.
I love Vincent Van
Gogh's artwork."*



*"I was trying to
learn to layer
things more and
learn from the way
he creates a sense
of direction in his
paintings."*

"This piece took about four layers of painting to get the feeling of the flesh of the orange and its sections."



"I wanted to make you feel like you could taste it."



"These are the Scarborough Bluffs. They are the last remnant of the Great Ice Age."

"What a marvel to think that the first glacier here happened 70,000 years ago."



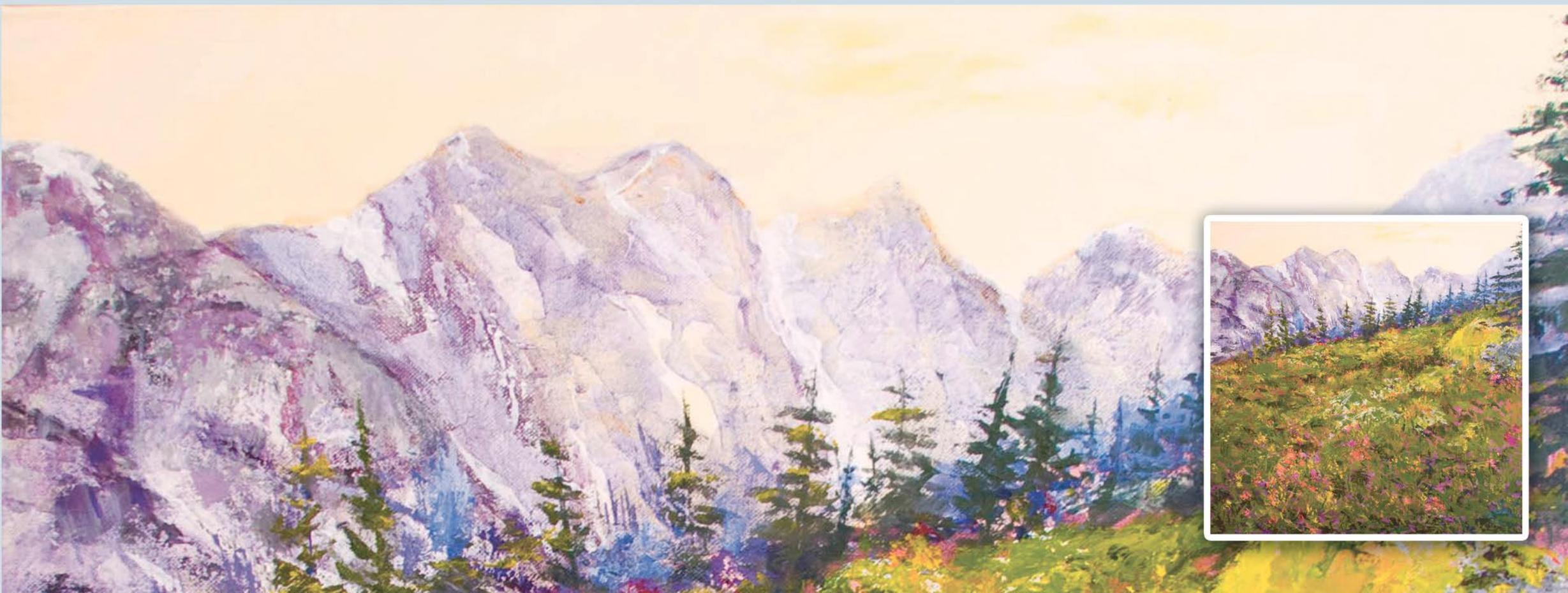
"After completing the first layer of the painting, I felt as if I had made the climb up the bluffs."

"There are so many layers and layers to convey the depth I want here."

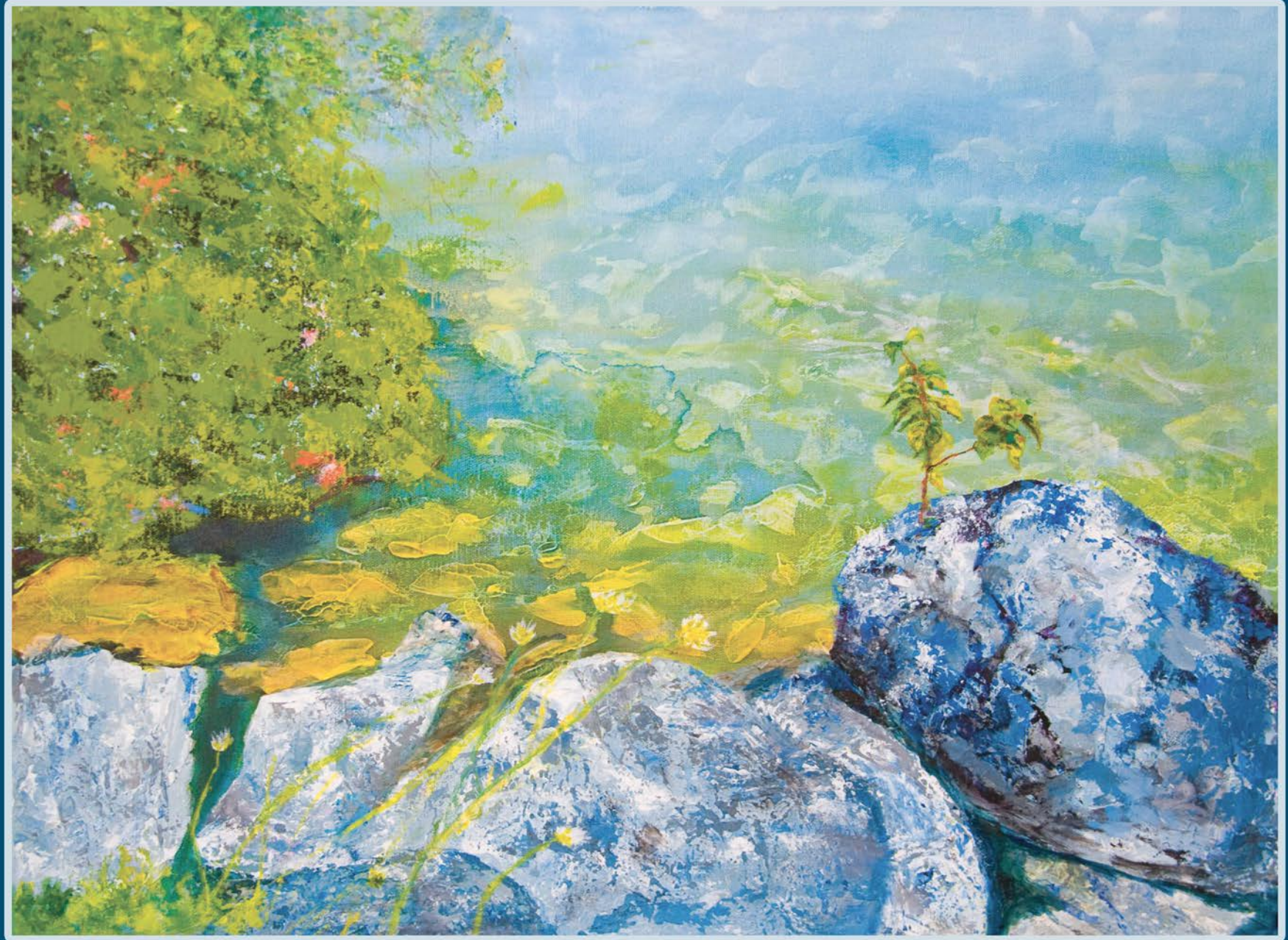


*"This is a painting of Banff
National Park, Alberta."*

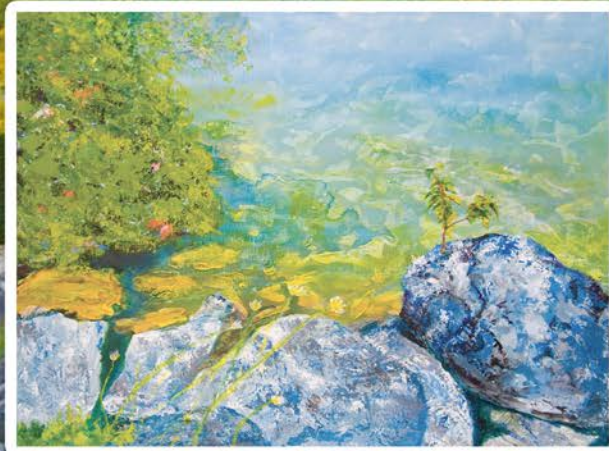
"Mountains expand my soul. I feel big when I am standing on a mountain top and standing in awe of the vastness of the scene."

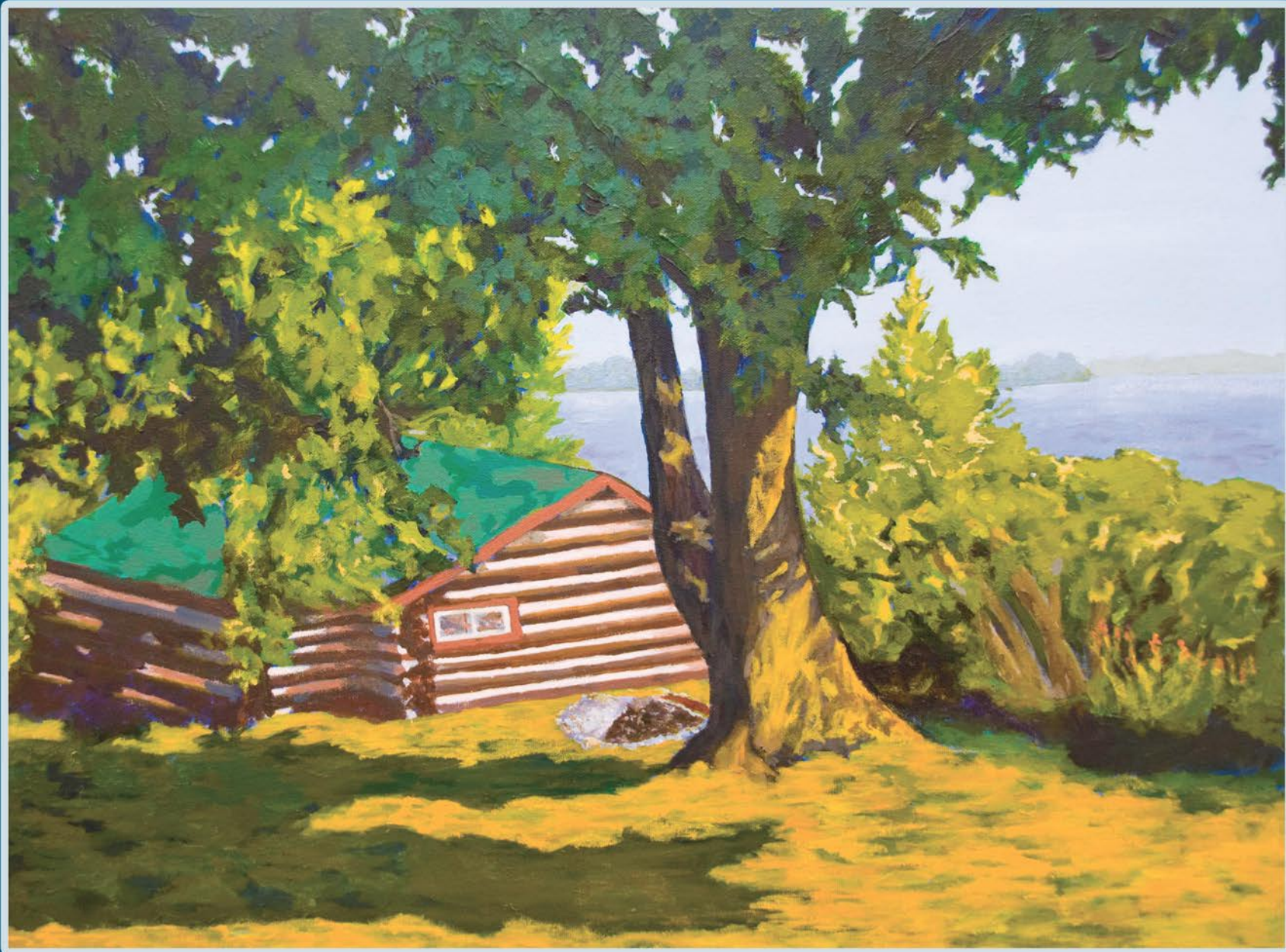


*"This is a painting
of my favourite
spot at Invermara,
the Sisters' Summer
Residence in
Orillia."*



*"It's at the beach.
I'm trying to present
the wonder of a
tree growing out of
the rocks."*

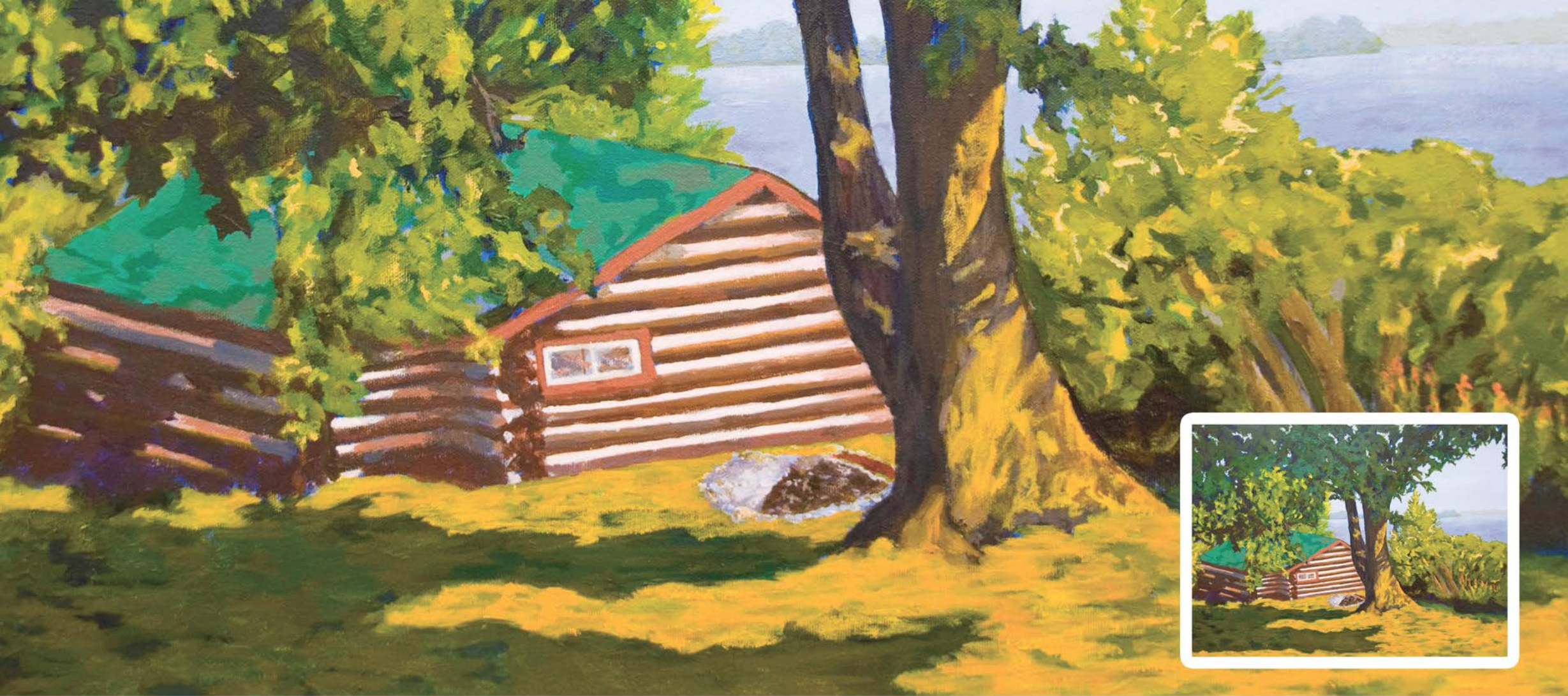




*"This is a
perspective at
Lake Simcoe."*

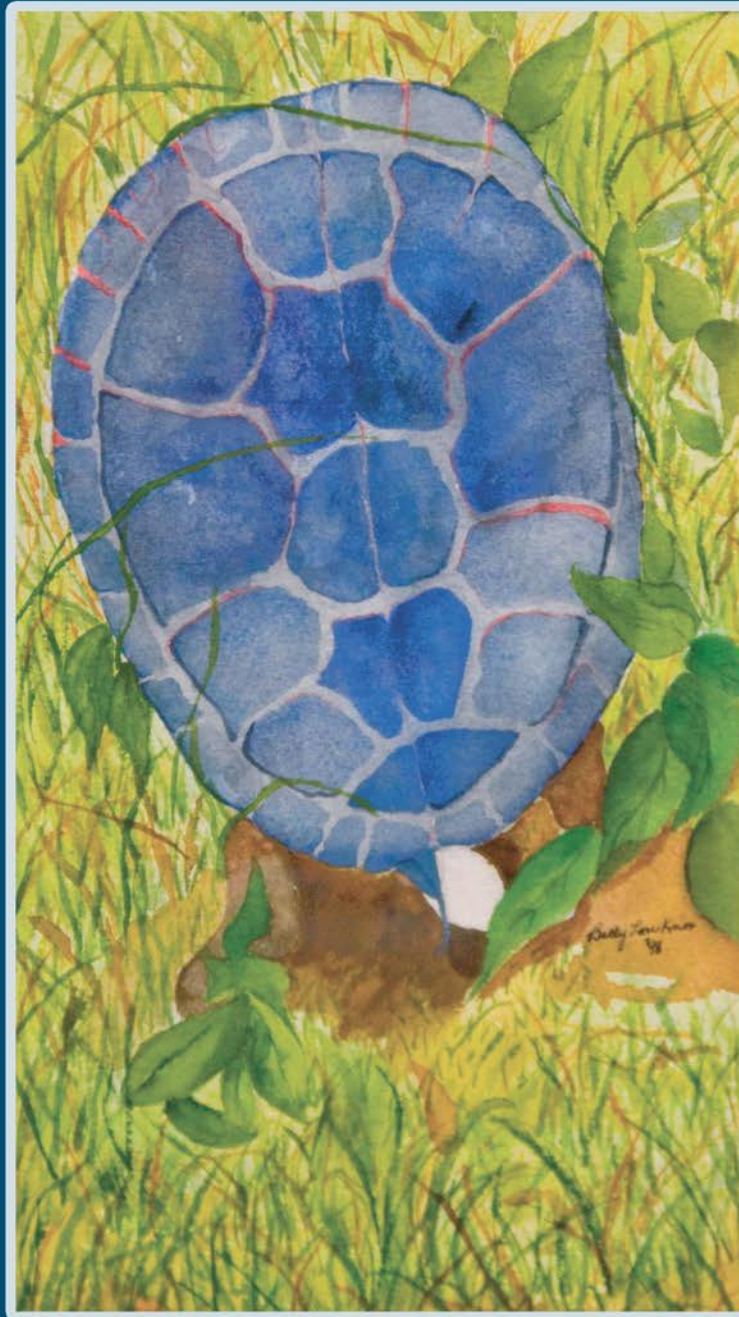
"I was standing by this cabin, thinking of the First Nations people and their dilemmas, and how this cabin was built by two First Nations men."





"What I love about it is the shadows, the brightness and the medicine wheel by the tree. It keeps the First Nations people present to me."

*"I was in London,
Ontario and I saw this
turtle in the grass. I
took a photo. She
seemed so scared.
Her head and legs
went inside her shell."*



*"And I wondered why.
Then suddenly, her
legs pushed back out
and into the Earth. Her
little tail flipped out as
she laid her eggs."*

*"I couldn't wait to
paint this experience
in watercolour."*



"When flying from Chicago to Toronto, I took a series of photos. I used one photo as a starting point for this painting."



*"During my journey, there was a summer thunderstorm.
And I saw a whole seascape of darkness below but with
this beautiful sunset above."*

"This watercolor represents a moment of truth for me."



"Whether we see it not, the sun rises and sets every day. Our creator is always present in nature, in our journey, and everything else in the universe."



Sister Betty Lou Knox is a Sister of St. Joseph of Toronto. She joined the CSJ Community in 1951.

Her ministries have included teaching elementary school; missionary work in Guatemala; living in L'Arche Community in Winnipeg; palliative care; working with refugees in Vancouver and Toronto; volunteering in an art program for people with mental illness at Creative Works Studio; and also authoring the 2009 book *Greening with Hildegard of Bingen: Mystic for the 21st Century*.

Learn more about the Sisters of St. Joseph of Toronto at **www.csj-to.ca**.