

# Life Stories

## Session plan

**You will need:**

**Second hand books**

**Pens/ pencils/  
paints etc**

**Scissors & glue**

**Printed questions  
(optional)**

**Notes for group leaders...**

***The work created as part of Life Stories will be displayed in the art exhibition at Together 2024 in Newport - The Salvation Army's big Territorial event. People from across The Salvation Army will have a chance to see the work created. Last year's art exhibition has also been displayed at the Edinburgh Fringe Festival and at Strawberry Field, Liverpool. It is possible that the audience for this work is much wider than just Salvation Army members.***

***Whilst you may lead a whole group through the session please check for permission from individuals to share their work in the exhibition.***

***Creating your life story may well be a helpful, reflective process for all participants. Give time and space for people to reflect, respond and create. It may take significantly more than one session for some people to complete their work.***

***The process of reflecting on one's life and creating art may well be emotive for participants. It is important to give people this opportunity, but consider how you can offer pastoral support as and when it is needed.***

***Group members may be willing to share their stories and experiences up to a point, but not be comfortable in sharing every detail. Allow people to respond as they feel able and do not probe beyond this point. Give people space and opportunity, not an obligation. Allow participants to choose which questions they want to respond to.***

***The point of Life Stories is not to create the most beautifully drawn or painted pieces with amazing technique and top quality materials - the point is to give people an authentic voice. Encourage participation and give participants permission to make their mark in whichever way they choose.***

***Work can be offered anonymously for those who do not wish to be named.***

***You don't need to create your work on every page - just 5 or more pages would be great.***

***Use a bookmark or ribbon to indicate where your own work is in the book - maybe even stick spare pages together to prevent the viewer spending time leafing through pages to find your work.***

***If you are worried about pencils or pastels rubbing then spray your work with hairspray before sending. If using watercolours then spread a thin layer of PVA glue over the page to protect your work.***

***Contact [music@salvationarmy.org.uk](mailto:music@salvationarmy.org.uk) to organise submitting your completed books.***



**Music and  
Creative Arts**



# Music and Creative Arts

## The Session...

Start by selecting a second hand book to use as your 'canvas'. This may be a book which is important to you, maybe the title speaks to you in some way, or maybe it's just whatever you can lay your hands on.

You will write, draw, paint or express yourself in whatever way you choose on these pages. You don't have to fill the whole book! Just pick a page and get started. When you feel you're done - you're done!



Below are some questions and ideas that may help spark your creativity. Choose whichever you like and respond in your book. Maybe each page in your book is a different answer to a question. Maybe one question fills multiple pages - it's up to you.

Who are you?

How do people describe you?

What is important to you?

What are the key moments in your life?

What are your favourites?

Who matters to you?

What is the best advice you've been given?

What place makes you happy?

Do you have a favourite quote?

How did you first meet The Salvation Army?

Do you have a favourite bible verse?

What songs speak to you most?

The best way to live life is...

What are you proud of?

How did you get here?

What are you scared of?

What is The Salvation Army to you?

Who is God to you?

If you could be anything, what would you be?

It might be helpful to talk about some of those questions in your group, or in pairs to prompt ideas.

If you don't want to draw or paint, maybe write words across the page. Maybe you could highlight or black out words from the original text to create meaning?

When you feel you have completed your work put something inside the front cover to indicate who you are. This could be your name and location, or something which describes your relationship to The Salvation Army eg 'Service User at...', 'SA Employee', 'Member of .... corps' etc

## Prayer

Father God, you have created us all differently. We all come with our own experiences and stories, our joys and sorrows, our memories and hopes. We thank you that you have given us each a voice with which to speak, creativity to express our ideas and emotions, and a unique story to tell. We pray that by sharing our stories we may understand each other better and learn to live as your children together in harmony.

Amen