

אור התקווה

(Light of Hope)

From the Prayer Within to the Light Beyond

A Journey through Chagall's World

An Art Therapy Journey
Facilitated by Karín Sher

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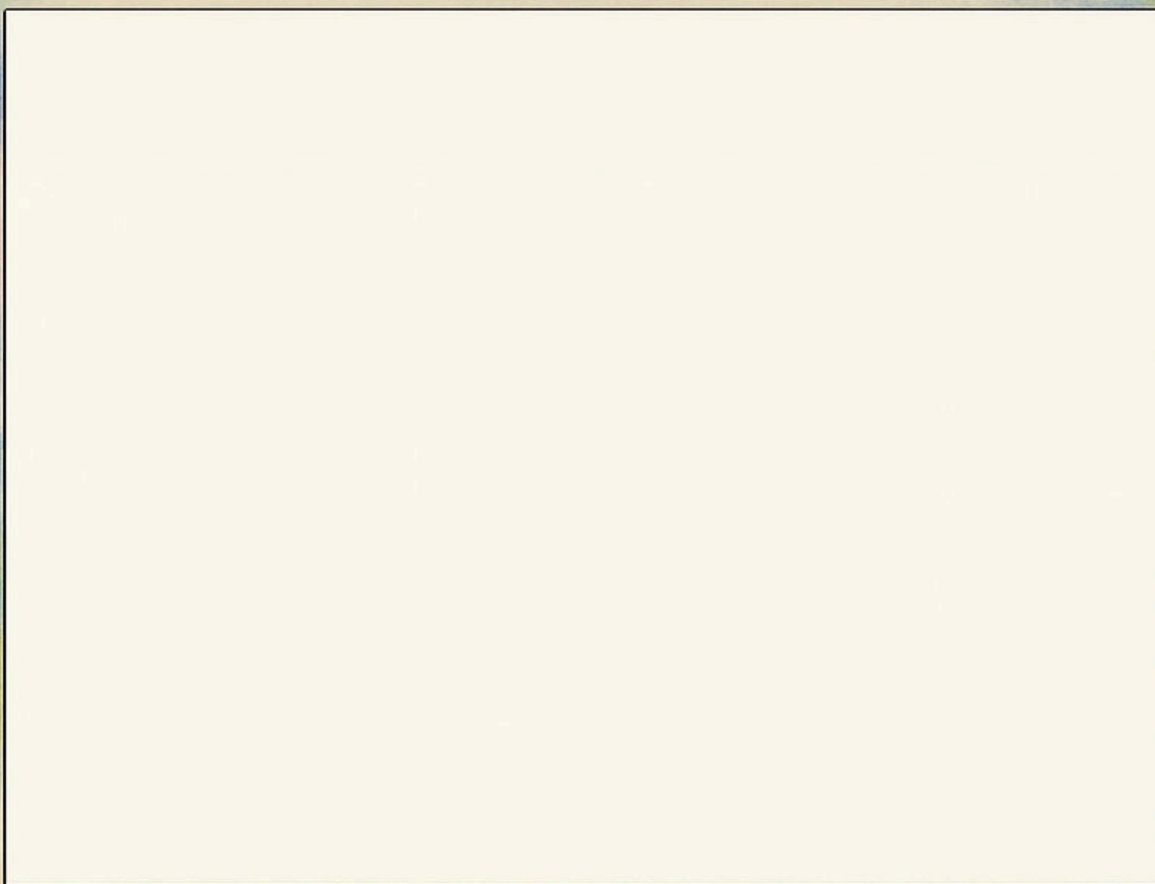
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OPENING & INTENTION SETTING

What intention do you want to set for today?

An intention is something you'd like to receive
from this day — for example, peace, connection, or
inspiration.



“If I create from the heart,
nearly everything works.

—Marc Chagall



Faith in Uncertainty

(The Praying Jew, 1914/1923)

Take a moment to notice what this painting awakens in you. What gives you strength when things feel uncertain?

Draw, write, or color your reflection here

“For me, a painting is a prayer, a silent cry of the soul.”

—Marc Chagall

Becoming in Chaos

(Birth, 1911–1912)

Birth is never quiet — it's messy, full of color, motion, and feeling. What does new life or transformation mean to you?



“In our life there is a single color, as on an artist’s palette, which provides the meaning of life and art.

— Marc Chagall

Light from Within

(America Windows, 1977)

Notice the light that fills this space — calm, steady, alive. What does hope mean to you?

Where do you find light in your own life?



“For me, a stained-glass window is a transparent partition between my heart and the heart of the world.”

— Marc Chagall

Reflections & Expressions

This page is for anything you'd like to hold from today—thoughts, memories, colors, shapes, or words that stayed with you. There's no right or wrong way to fill it—just let your hand move and your heart speak.

Write, draw, or create freely.



Thank You for Being Part of This Journey

Together, we traveled through Mare Chagall's world — from prayer and longing, through chaos and birth, to renewal, hope, and light.

This journey is not only about art— it's about what it means to be human: to feel deeply, to fall, to rise again.

As Jews, as people, and as creators of life, we carry within us the same spark that shines through Chagall's colors — the light that endures darkness and keeps illuminating the world.

Thank you for sharing your presence, your voice, and your heart today.

For any questions or to stay in touch,
you are always welcome to reach out:

ksher@arkchicago.org

You are warmly invited to join my art group:

Healing Through Art

Mondays & Wednesdays • 11:00–12:00

Gesher Program, The Ark