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Back to Basics

May we go back to basics: From complicated tastes to a taste for the simple; From instant gratification to delayed gratification; From chasing status to acceptance of a humble position.

May we accept May we accept ourselves May we accept each other May we accept You May we accept the good things You give us – no longer grasping, but holding out open hands ready to receive with thanks Your every good gift. Amen.

'I have suffered from Schizophrenia for most of my adult life. I've discovered two of the most important steps for me are self acceptance and relaxation (not striving for perfection). I seek to reflect this in my art.' Craig Watson (1969-2015)

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