

August 21, 2024

Daily Reflections



Center for Spiritual Development

A PHOTOGRAPHER'S VIEW - PART ONE

By Alicia M. Rodriguez

From the Book of Psalms and the Gospel of John

*"For you, LORD, give light to my lamp;
my God brightens my darkness."*

PSALM 18:29

"Blessed are those who have not seen and have believed."

JOHN 20:29

Reflection

There are three key camera functions that every photographer shooting in manual mode needs to understand: shutter speed, international organization for standardization (ISO), and aperture. Today we will be focusing on shutter speed and ISO.

Shutter speed and ISO control the amount of light. Using shutter speed to manipulate the amount of light will cause the photos to either be sharp or blurry if there is any movement within the frame. ISO, on the other hand, will affect the photo by having it be sharp or grainy.

When doing photography as a spiritual practice I like to think of myself as the shutter speed and God's divine intervention as the ISO. Shutter speed must be manually adjusted according to how light or dark a scene might be, so I see it as manually adjusting my faith and prayers according to how light or dark my current situation in life may be. The darker a scenario is, the more light I let in over a long period of time -- finding support and peace within my community or adding extra prayers and meditations in my daily life to keep me moving forward and looking towards happier times.

When it comes to ISO, I do not control the amount of light -- but I do control the amount of sensitivity for the sensor to pick up light. If I use a high ISO on a bright day, everything in my photo will be washed out like a giant white blob. However, if I use a high ISO on a dark night, I can make the photo look like it was taken during the day -- in this scenario, the sensor is picking up light that I can't see with my own eyes. (It is because of this that I have learned to question when a photograph was taken!) This makes me think of Thomas, who demanded the evidence of his own eyes before believing in the Resurrection ... even though Jesus had said he would rise again. It reminds me that there are things in life that don't need an explanation, especially when it comes to answered prayers. I often like to know how my prayer was answered so I can thank all involved, but I have come to understand that sometimes it is better to thank God for the answered prayer and, in return, pray for all who prayed for me.

Shutter speed and ISO go hand in hand, balancing each other out to create a perfectly lit image with just the right amount of clarity and grain. Likewise, practicing my faith and trusting in God's way of executing His plan help balance my spirituality and incorporate it into my everyday life.



Light Perfectly Balanced

By Alicia M. Rodriguez

For Pondering

- What are some ways that you allow light in when you're surrounded by darkness?
 - Do you allow yourself to blindly follow God's plan for you? If so, what are some ways you do that? If not, what are some ways you can start?
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For Prayer

*O Lord my God,
allow me to let your light shine in so I may reflect it out to others.
Instill in me as great a trust in your plan
as you have trust I will fulfill that plan
in accordance with your will.
Amen.*

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