



Types *and* Shadows



Issue 75

Spring 2018

Journal of the Fellowship of Quakers in the Arts



Featured Cover Art: Bottom, left, Photograph © Mey Hasbrook; Top: "Stef and Luc," acrylic on board, 10 x 8"; Bottom right: "What remains," from the Health and Healing Series, 20.5 x 35.5," mixed-media, both © Jesse White

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From our clerk, Maria Cattell

Dear Friendly Artists,

Is it okay to be a Quaker artist? Today we have FQA and the Quaker Art Center at the FGC Gathering. The July 2018 issue of Friends Journal will focus on "Creativity and the Arts." But it hasn't always been that way. George Fox, in 1670, sternly warned Quakers to "serve and worship" their Creator, not "go invent and make things like a Creator and Maker."

In 1806 Philadelphia YM urged Quakers to watch over their youth, "to prevent their going to stage-plays, horse-races, music, dancing, or any such vain sports and pastimes." Things hadn't changed much by 1895, when Thomas Hodgkin said that "for human conduct and human happiness, it is far safer to ignore Art altogether."

These quotations are from Esther Mürer's Beyond Uneasy Tolerance, published by FQA in 2000. The FQA website has more excerpts from Esther's book--and much else.

In "A Quaker Art Pilgrimage," Chuck Fager discusses Edward Hicks's struggles with his irresistible urge to paint and perceived conflict with his Quaker ministry. Chuck also gives more recent examples of the tendency of some Quaker artists to deny their art.

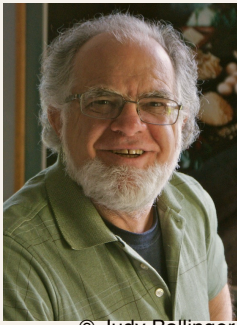
Have you ever wondered what Quaker art is? Or what it means to be a Quaker artist? Read Gary Sandman's "Common Traits of Quaker Artists," from his book, Quaker Artists. Gary says that outwardly there is nothing shared in art created by Quakers. Quaker art can be simple or complicated, virtuous or wild. What Quaker artists share is that many explore the testimonies through their art and use "silent Meeting for Worship to go deeper within themselves."

These are samples of the many articles about Quaker art and by Quaker artists on our website. Our home page is rich too. The February 2018 home page features Blair Seitz's exhibit, "One Camera, Seven Lives," news about "The Arts in the Beloved Community" project, and more. Previous home pages are archived so you can view them too. All are freely available on the FQA website. Give it a look! <fqaquaker.org>. And send your own material for posting to Sandra Cade (sandralcadephd@yahoo.com).

Yours for the Arts,
Maria

PS: *Going to the FGC Gathering this year? FQA will be coordinating the Quaker Art Center again. Check it out on the FGC website or contact Phil Furnas (pbfurnas@gmail.com), Bonnie Zimmer (sandbox33@gmail.com) or Mey Hasbrook, on page 11, (quakerartscenter@gmail.com.)*





**Blair Seitz,
Editor**

© Judy Ballinger

From the editor...

You will notice a few minor changes in the design of the **T&S** pages as a result of changing to iStudio Publisher. This has involved a learning curve for me. However, it is a pleasure to feature the art of **Jesse White** who I met at Pendle Hill where she directs the art program. Note that this year **Mey Hasbrook** is taking leadership of the Quaker Arts Center (QAC) at Friends General Conference held in July. Mey explains the gallery on page 11. She has also contributed poetry, prose and a photograph for this journal. **Susan Chast**, a frequently featured poet at FQA events and in **T&S** now has her own poetry book of soul searching poems. And don't miss **Doris Pulone's** invitation below. Enjoy, Blair

The Arts in the Beloved Community by *Doris Pulone*

(2018 FQA National Arts Project)

The hope for the 2018 FQA national art events (May -December 2018) is to have art representing diversity in the FQA community and, also, to widen that community to be inclusive of others outside of our usual group.

There are many FQA artists and Meetings who already have relationships with other local art organizations and individuals. We would love for us all to hear about them! Please write a paragraph or two about your artistic partnerships. Email them to dpulone@comcast.net.

FQA can support your planning and small financial contributions are available on a first come basis.

FQA is its own "beloved community," however, we can be richer by expanding our connections!

Here are a few projects under "The Art of the Beloved Community" planned for this year so far (write to dpulone@comcast.net to add yours!):

May 4-6: The Arts in our Beloved Community at Camp Swatara(Caln Quarter Annual Retreat): Art Show all weekend. May 5: Coffeehouse Meet the Artists and Discussion. Camp Swatara, 2905 Camp Swatara Road, Bethel Township, PA. Email blair@blairseitz.com or mgcattell@aol.com

July 4 – Aug 18: Snow Camp(NC) Outdoor Dramas including "Pathway to Freedom" & "Sword of Peace". This project is being supported by Spring Meeting, North Carolina and FQA in coordination with Snow Camp (see snowcampoutdoortheatre.com or email chuckfager@aol.com for times, directions, tickets, further info.)

October 19 (2:00 – 9:00 pm) "Beat Your Blues Bluegrass & Barbeque" produced with help of FQA and local community art groups including South Jersey Acoustic Roots Society and Albert Music Hall. Mount Holly Friends Meetinghouse, 81 High Street, Mount Holly NJ. Email dpulone@comcast.net

FQA member Trudy Myrrh Reagan, founder of paper for artists using science and technology

YLEM served early tech artists, who wanted a way for people to meet face to face and share ideas. Trudy notes, "As the founder and author of this paper, I was amazed at what YLEM became. Named after George Gamov's name for the primordial stuff that became the universe, I saw again and again how the stuff of imagination become real in a similar way. It was a wonderful part of my own personal development to encounter all the innovations that happened during its 28-year run." To read the entire article go to:

<https://www.mitpressjournals.org/author/Reagan%2C+Trudy+Myrrh>



The Heart Breaks Open

Pendle Hill arts program director Jesse White gives clues on how

The Light emanates and permeates. It finds us when we feel whole and it finds us when we feel broken. Leonard Cohen sings, "Ring the bells that still can ring. Forget your perfect offering. There is a crack in everything. That's how the light gets in." Sufi master Hazrat Inayat Khan says, "God breaks the heart again and again and again until it stays open." When we are heartbroken, vulnerable, or wounded... we must remain faithful, trusting that the Light will meet us here in these places. This is not to diminish our feelings of fear – of course, we may find in dark places great fear – but one cannot take any brave action without first being afraid. Letting ourselves remain open and courageously vulnerable eases our ability to hear the Word and to be led.

Art-making can provide catharsis and transformation. As we create, we may find deep feelings that want our attention, mindfulness and mending. I see it as my role to help others face and honor these deep feelings and safely arrive on the other side of transformation, providing tools for each participant to let in healing Light. I believe that Spirit asks us to love ourselves and others as Spirit does: exactly where we are and exactly as we are.

As a creator, a healer and a teacher, I am called to meet others where they are and to craft and maintain safe spaces in which they can creatively take the next step in their life journey. In Arts and Spirituality programs at Pendle Hill, we establish our space and our community as a sanctuary. We identify ways that we can remain safe and grounded. I continue to hold the group in safety and Light throughout each session.

I teach that we were created to create. As children we colored with abandon, caring little for what sur-

faces, walls or clothes we painted on in the process. As children we collaborated with the Creator, and let the Spirit move us and move through us into our art. We still have that creativity, and that connection to God! I work with creators to return to this experience of divine collaboration.

Within our sanctuary, creative, spiritual and emotional risk-taking can occur. Risk-taking is essential to growth, and it is how we find personal transformation. I guide participants as they identify patterns, cycles or memories that no longer serve them. They face what needs to be seen within themselves, explore it creatively, and let go of what needs to be released. They pass through a threshold into a dark space of unknowing. It is here, in this darkness that a new seed begins to grow. Deep in the soil of unknowing we really see how much the Light wants to heal us.

And then: it is the first morning, a newness, a re-birthing, a transformation that begs for celebration. Our openness and courageous vulnerability lets in the Light. Illuminated, we change ourselves, and our creative work (a visual narrative of that transformation) will change others.



Jesse White



"Threshold," from the Moments in the Journey Contemplative Series 40 x 40," oil on canvas © Jesse White

Jesse White is a painter and altered book artist, poet, art therapist, and teacher. She currently serves in many roles: the Arts and Spirituality Coordinator for Pendle Hill, a Teaching Artist for Artwell, the Director of Pigeon Arts (a cathartic art-making organization serving the Greater Philadelphia area) and the clerk of Frankford Monthly Meeting of Friends. You can learn more about her teaching at <http://pigeon-arts.org> and at <http://pendlehill.org> and see more of her art at <http://pigeon-arts.com>.



Above: "Street Lamp Dancer" 50 x 50," Oil on Canvas; Right: "Rebound," 36 x 48," oil on canvas, both © Jesse White





Above: "Love You All the Way to Here," 5 x 7," encaustic on board; Below: "Cityscape," 3 x 4,' oil on canvas, both © Jesse White



Beauty

by Mey Hasbrook

Beauty ages.
Beauty breaks.
True, what once was will never be again,
yet still Beauty is.

Day by day, Beauty cracks.
Its shards blend with Earth.
Indeed, the whole no longer holds
as Beauty expands.

....

Beauty is not a face,
nor an image projected
by mind's eye.

Beauty shines from behind eyes
and with the benefit of doubt
that all of us have hearts.

Beauty simply is Love,
Kindness before Judge,
Kin before Cruel.

...

What I know is true
is that You and All
are Beautiful.
All. All of Us.

And whatever state of affairs
is hovering in the air
does not deny this
Truth.

Beauty still is.
Whatever words, thoughts,
or even actions unfurl,
Beauty be Beauty.



Photograph © Meg Hasbrook (Friends General Conference 2017)

I will remember Thee in Beauty
I will pray Beauty for Thee.
I will be Beauty best I can be.

And I will rest in Beauty
as the whole no longer
holds.

poem composed at Friends General Conference 2017

“Fallow Times: Creativity in the Desert”

by Mey Hasbrook, Kalamazoo Friends Monthly Meeting.

These days I’m contemplating the fallow cycle of creative process and its resonance with dry seasons in spiritual life, often misconstrued as barren. Around this time last year, such a phase began for me. Circumstances beyond my control, which I resented from their onset, required stillness from me. In recent months, gratitude flows more readily for gifts still taking shape through the unexpected change and loss.

The abrupt shift meant pausing my active community arts ministry with long stays abroad to a focus on health recovery. While learning what balance means amidst ongoing variability, new writing themes arose. Overall these themes weave together spirituality, women, and nature into a fiction project -- a first-ever endeavor for me, moreso a consummate poet and journaler.

As with much of life these days, my spiritual practice has simplified. Expectant waiting, listening, and silence have deepened in necessary ways. Through rough patches, I return to what is clear -- the Light that resides within me and all of creation. Here in the desert -- or, better yet, this dry season -- joy is possible, Spirit sustains, and creativity offers companionship.

In closing, I share words by C. Winifred Lamb (c. 1954) found in the Irish Friends’ likeness to Faith and Practice.* The text has carried me through recent months. My worship upon it extends beyond Quakers to wider humanity and a call to build community through the arts:

How can we, such a small insignificant group of people as the Society of Friends

help to stem the tide of evil and hate, and greed and fear that is so widespread in the world today? By getting, I believe, the true balance in our lives between ‘Being and Doing.’ To be always doing works without Faith has been tried and found wanting. If our communion with God is static, does not grow and develop, leading us out to the world of men and of need, it is not true Communion. Man must find for himself the true balance between the inward and the outward or else fail. So each one of us, if we are truly seeking daily God’s will and plan for us, will be given the strength and power to do it. And in the hour of our own and other’s need, when we are terrified or frightened by outward events, we will be given the courage and power to stand firm in our Faith in God, that He has been daily giving us . . .

*From Chapter 4, “Faith in Action”; section “Service - love in action”; 4.13. Quaker Life and Practice: A Book of the Christian Experience of the Religious Society of Friends in Ireland (2012).

Notice: Take time to puruse **FQA's** website: www.fqaquaker.org. You will find much of interest including a members' list, many relevant articles, special features and all the past **Types and Shadows** as well as announcements.

Meeting the Night

by Susan Chast

Their bedtime was before the sun
disappeared behind its glow—
snacks and story were pre-dark
as were tuck-in and dream time.
Rarely did they visit night on purpose or befriend dark.

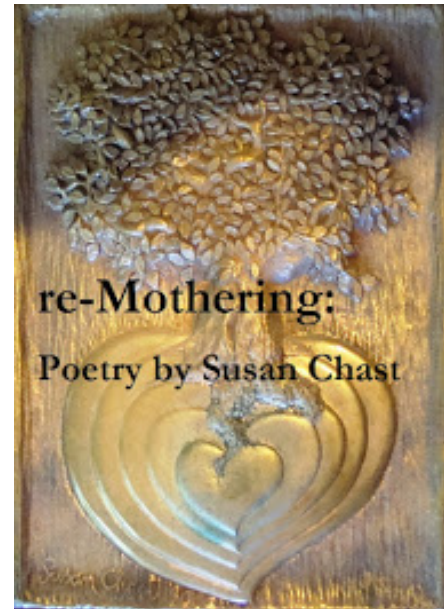
Now night sneaks up on them,
seeps in to wrap them in sound--
tympani and bassoons—so
they tuck blankets under toes
and pull them over their eyes as if dark could not see them.

I tell them stories, I who
have fallen in love with night
so my eyes open to join
its stars, my ears rejoice
at its music and my hands enjoy touching its heart.

And they agree to stay up
to meet and greet the dark night
with me. Soft, we kneel on rugs
beneath the picture window
on a moonless night and rest our foreheads on its coolness.

Blankets puddle around us
in case we need their safety
but instead of lifting them
we hold hands and sing *twinkle
twinkle little star* and find sparkling eyes studying us.

from Susan's book, **re-Mothering: Poetry of Susan Chast**



Book cover, re-Mothering.....

Susan Chast has published her first book of poetry, *re-Mothering: Poetry by Susan Chast*. She presents 70 poems about getting and giving nurture from and to family, friends, companions in faith and love, God, Earth, elements of nature, stories and imagination. Susan was Artist in Residence at Pendle Hill in 2016 when she said, "I write ceaselessly: a poem, journal entry, or blog post daily pour from my experience of theatre, teaching, faithfulness, and activism. God urges me to write, to use my particular skills in the service of love and justice." Susan taught theatre at the College of William and Mary. She is active on the digital site, Poetry United. Visit her blog at: susanspoetry.blogspot.com/.

Quaker Arts Center at Friends General Conference--2018

by Mey Hasbrooke

Inquiries about the QAC: email, quakerartscenter@gmail.com, or phone (908) 331-1840.

Friends, I'm excited to share news about the Quaker Arts Center hosted by FQA at the 2018 FGC Gathering. Thanks to the FQA board and gifted volunteers, there's a newly-formed QAC Committee. I will be the curator of the show. We are mindful of past practices while growing the QAC in response to feedback from last year.

In such a spirit, we aim to deepen interaction across Gathering and widen participation. The committee is discerning directions of growth. One member framed this in terms of George Fox's call to being patterns and examples. Another member placed it within FQA's mission, as it encompasses ministry and outreach.

This year we are issuing a call-for-proposals (CfP) taking inspiration from Gathering's theme, "The Power of Truth". Exploring spirituality through contemplation, action/ activism, and the arts, we weigh the verse Micah 6:8, "He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God" (NIV).

An exhibition of visual and literary arts will take place amidst programming--possible performances, literary readings, as well as demos, discussions, and more. Please join us in the experience and, wherever possible, help spread the CfP across Friends' meetings and social networks, plus direct invitations. This year we especially welcome first-time participants and are communicating with Friends groups from Gathering.*

As in the past, general entries also will be accepted. What we're calling "advanced entries" may be

submitted through June 10th; participants are encouraged to submit as early as possible. All art forms and varied activities are invited; space and other practical matters may impact curating decisions. The CfP and entry system are published on FQA's website this year, fqaquaker.org. Your helping hands make a big difference, whether joining us on-site or lending distance support. If you have someone in mind and/or are active in a Friends group from Gathering*, please connect with potential participants. Thanks for however you may contribute to growing Gathering's QAC and, in turn, FQA.

*QAC outreach letters have been sent to Adult Young Friends, Friends with LGBTQ Concerns, the High School Program, the People of Color Center, and Quaker Earthcare Witness.



The Quaker Arts Gallery is a project of the Fellowship of Quakers in the Arts and Friends General Conference (FGC). FGC 2018 art (below) for the theme, "The Power of Truth" is used by permission.





Types and Shadows, Journal of the Fellowship of Quakers in the Arts

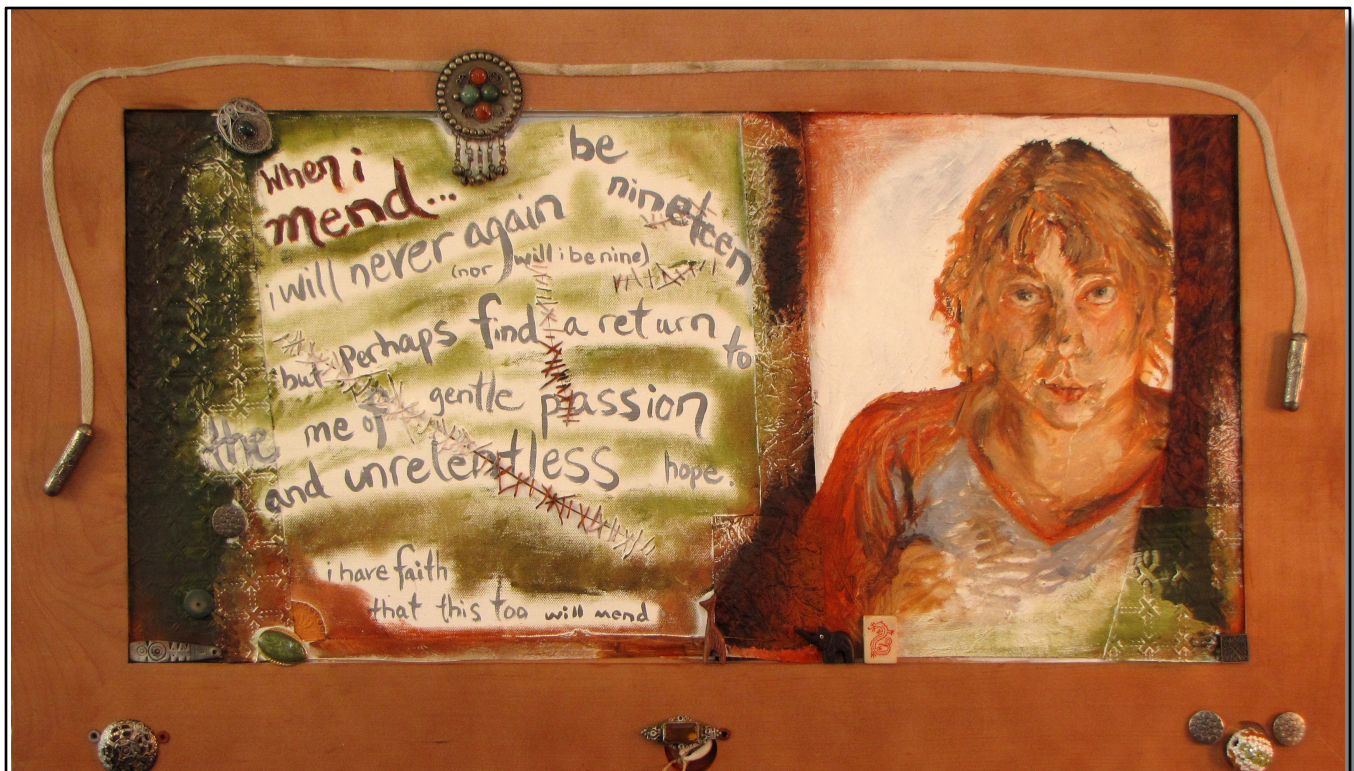
119 Burnett St, Baltimore, MD 21230

FQA Statement of Purpose

To nurture and showcase the literary, visual, musical and performing arts within the Religious Society of Friends, for purposes of Quaker expression, ministry, witness and outreach. To these ends we will offer spiritual, practical and financial support as way opens.

In this Issue...

Oil and mixed media paintings and essay by Jesse White; poetry, essay and photograph by Mey Hasbrook; poetry by Susan Chast; FQA 2018 national art projects with the theme "The Arts in our Beloved Community," by Doris Pulone



"When I Mend" from Health and Healing Series, 20.5 x 35.5" mixed media on wood © Jesse White