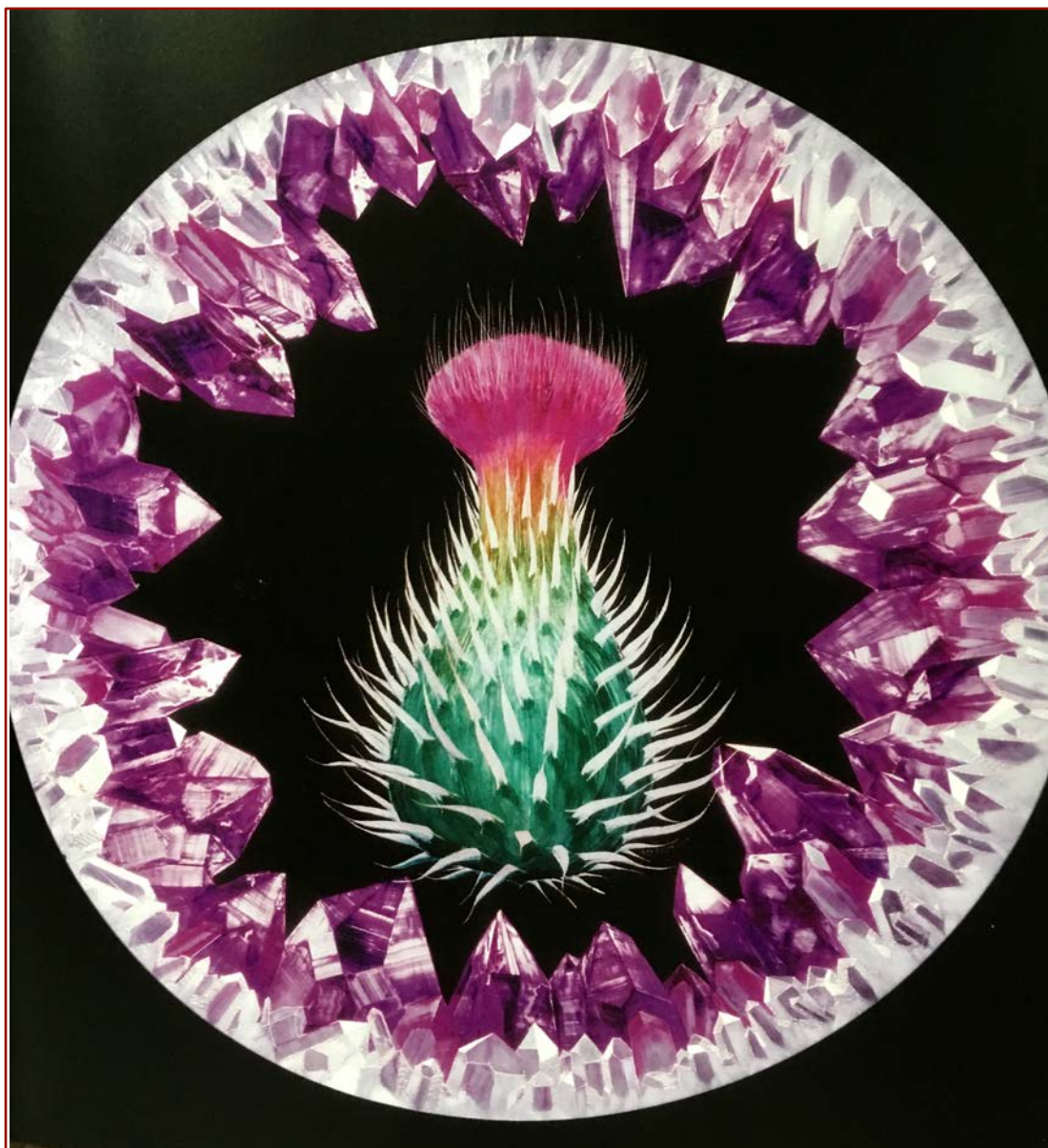




Types and Shadows



Number Governs Form

*Amethyst crystals and the flower of a thistle, familiar things, demonstrate orderly numerical patterns; from **Essential Mysteries in Art and Science** by Trudy Myrrh Reagan*

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Featured Cover Art: "Number Governs Form," 45" diameter, acrylic on plexiglass © Trudy Myrrh Reagan from her book, **Essential Mysteries in Art and Science**, 2019, 103pp. ISBN # 978-0-9967056-8-4

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FQA is an art ministry for Quakers and others under the care of Trenton Monthly Meeting.



Quaker Arts Center

at Friends General Conference, Grinnell, IA



Top: "Dance of All," watercolor mural, © Zan Lombardo; Above: L. to R. visual-arts curator Leo Quirk (NYYM), performance curator Micah Sommersmith (NYM), contributor J. Lee Cook (PYM), committee member Mey Hasbrook (LEYM), and clerk Bonnie Zimmer (SEYM). Below left (top): "Faces of Addiction," photographs © Eric Hatch (OVYM) (also see article: friendsjournal.org/faces-of-addiction/); Below left, (bottom): QAC gallery visitors: Below right: "Leaf Choker, Peacock Colors," fiber arts, beadwork © dest/jess(ie)/etc. purvis (name as requested);.





Blair Seitz, Editor
© Judy Ballinger

When **Trudy Myrrh Reagan's** book arrived, Judy, my wife, and I nearly fought for a first read. I am still enamored by **Mystical Essentials**. Thanks to **Phil Furnas** who brought **Exsul Van Helden's** art to my attention. And to **Sandra Johnson** who sent in her poem--all just right for our times.--Blair

Annual FQA Projects Review...

FQA is happy to have helped local FQA member organizers from around the nation to present art events under our 2019 theme, "The Arts of Peace and Justice" (Some events are still to happen!)

Jesse White, organizer of Pendle Hill's "Art of Solidarity" picnic said that their event in May was "absolutely worthwhile and we are looking forward to participating in next year's themed initiative."

Jeanmarie Bishop presented two private salon performances of HERETIC, the story of Mary Dyer, in Phoenix and Scottsdale, AZ, also in May. On September 13 and 14, 2019, the play will be performed and filmed at Spring Friends Meeting in Snow Camp, NC at 7pm. On September 15, HERETIC will be presented from 3-5pm at Chapel Hill Friends Meeting.

Kalamazoo Friends Meeting held a series of workshops on "Justice, Environment, & the Arts" on May 9-11 and June 8, 2019, which, among other things, included Potters for Peace. The series also included a talk on "Nonviolent Earthcare and Mahatma Gandhi," "In Relation", a mobile-arts installation, and other events.

The theme of the **Caln Quarter Camp Swatara Retreat** weekend, May 3-5, was "Our Community is Love: Where does it lead?" Discussions and a coffee house on that theme was held on Saturday evening. In addition to art displayed, FQA member Michael Klingler performed songs with guitar and mouth organ.

Red Cedar Monthly Meeting held events on the theme of "Art and Peace and Justice" on May 18-25. There were activities all week as well as a week long art show with live performances.

"A Braid of Many Strands: Peace, Justice and Love," FQA's **Quaker Art Center** at Friends General Conference, Grinnell College, IA, July 1-6, included display as well as performance art. **Mey Hasbrook and Bonnie Zimmer** were primary organizers of the art center (see photos, pages 2-3)

"The Way to Peace and Justice: Listening and Art with Heart" is the theme of the FQA art show and art workshops to be held at the **Tri-Quarter Gathering** at Camp Ockanickon, Medford, NJ, September 28-29. To show artwork at Tri-Quarter or for more info, email triqtr2019@gmail.com or dpulone@comcast.net. **Doris Pulone** is organizer of the art event.



Top: FQA member Michael Klingler, plays with soul; Above: FQA member Judy Ballinger explains silk painting, both at Swatara FQA art coffeehouse. @ editor

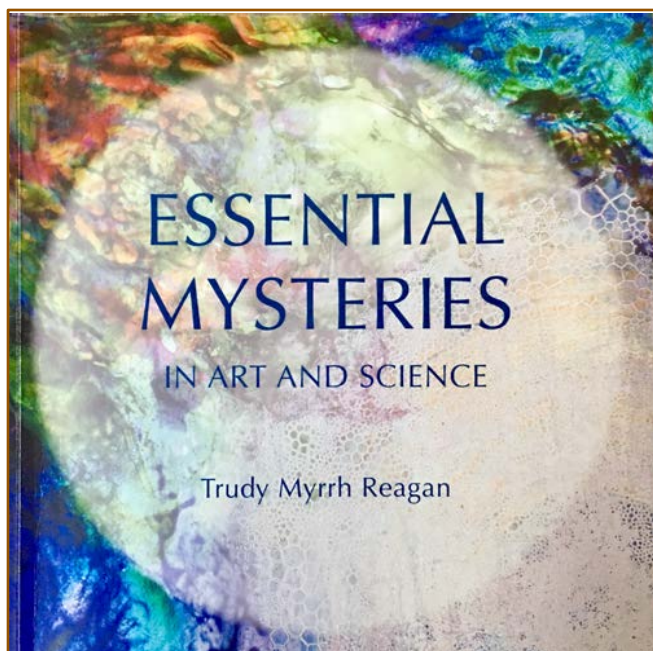


Left: "Transcendence" © Leo Quirk. Above: "Creatives in Faith & Action", L. to R.: J. Lee Cook, storyteller, "Amazing Grace,"; Micah Sommersmith, emcee; Beverly Ward and John Heimburg (SEYM)--their **Bohn Jeverly**, acting troupe performed "Climate Change Theater." all QAC Photos © Mey Hasbrook

Trudy Myrrh Reagan bridges art and science in her book, Essential Mysteries



Trudy Myrrh Reagan



Book cover, ©2019, 9 3/4" square

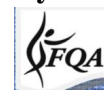
Artists thrive with nature as their subjects. They note symmetry, texture, color and build impressive compositions from nature's designs; however, FQA Palo Alto, CA, member **Trudy Myrrh Reagan**, takes us deeper. Beginning with a scientific truth, she imagines how to illustrate it graphically, artfully, abstractly--from the mathematical structure of atoms to the unbelievable expanse of the universe as she brings her knowledge of science into her striking artworks. In her 2019 book, **Essential Mysteries in Art and Science**, Myrrh presents 12 full page mandala-like paintings including "Emergence," "Complexity: Synchrony Prevails," "Intertwined" and "Death Teems with Life." The next 50 pages of the book are richly illustrated essays about each of the mandala concepts. She takes us to marvels of the most tiny subatomic particle ("if an atom were as large in diameter as the dome of St. Peter's Basilica in the Vatican the nucleus in the center would be as a grain of salt") to the

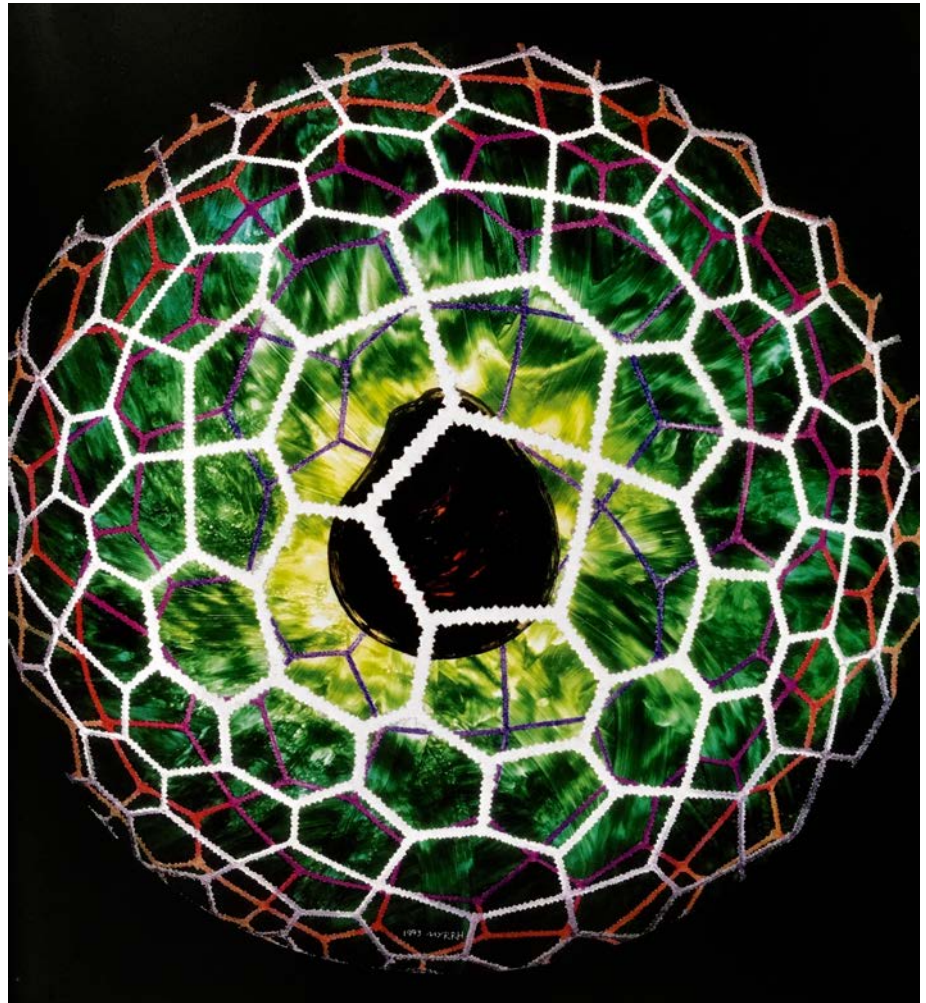
expanse of 200 billion galaxies."To give an idea of the size of Earth, it is a speck on the solar flare," she says.

Her art gives one the sense of these incredible realities. To show that "Number Governs Form," Myrrh paints a thistle flower surrounded by the geometric shapes of amethyst crystals (see cover). She explains, "Many plant leaves, seeds or petals grow in a pattern based on Fibonacci Numbers, a numerical sequence that creates lovely spirals."

In her 12 essays about each artwork, she delves into her personal experience and science, learning a lot from her physicist husband. For "Life Creates," she says, "A vision came to me of a globe inspired by D'Arcy Thompson's drawing of a radiolarian, a one-celled creature with a glossy shell. That such beauty exists at the microscopic level astonished me!"

In the essay, "Complexity: Synchrony Prevails" Myrrh notes, "An example close to home ...is how our cells turn food into energy. The pathway from absorbing the food to burning the calories for energy require a bewildering number of chemical reactions...performed in exact sequence..." Each essay includes additional art illustrations. In her introduction she observes that In childhood her interest was sparked by viewing crystal structures under a microscope. Combining our imagination about creation and appreciation of art makes the beautifully designed **Essential Mysteries** a thrilling, mind stretching gem. --editor





LIFE CREATES

"Radiolarian diagram of a microscopic one-celled organism. The black center suggests the living protoplasm, while white lines represent the glassy cage it creates. This is the boundary between the living and inorganic." -Myrrh



Note: the Myrrh paintings shown on these pages are 45" diameter acrylic on plexiglass discs (editor's apologies for inadvertant cropping otherwise fully round images).

TURBULENCE

"Mathematical models of fluid flow are very effective until they reach the point where fluid becomes turbulent. The simple geometric figure in the center represents our ineffective effort to understand it." --Myrrh

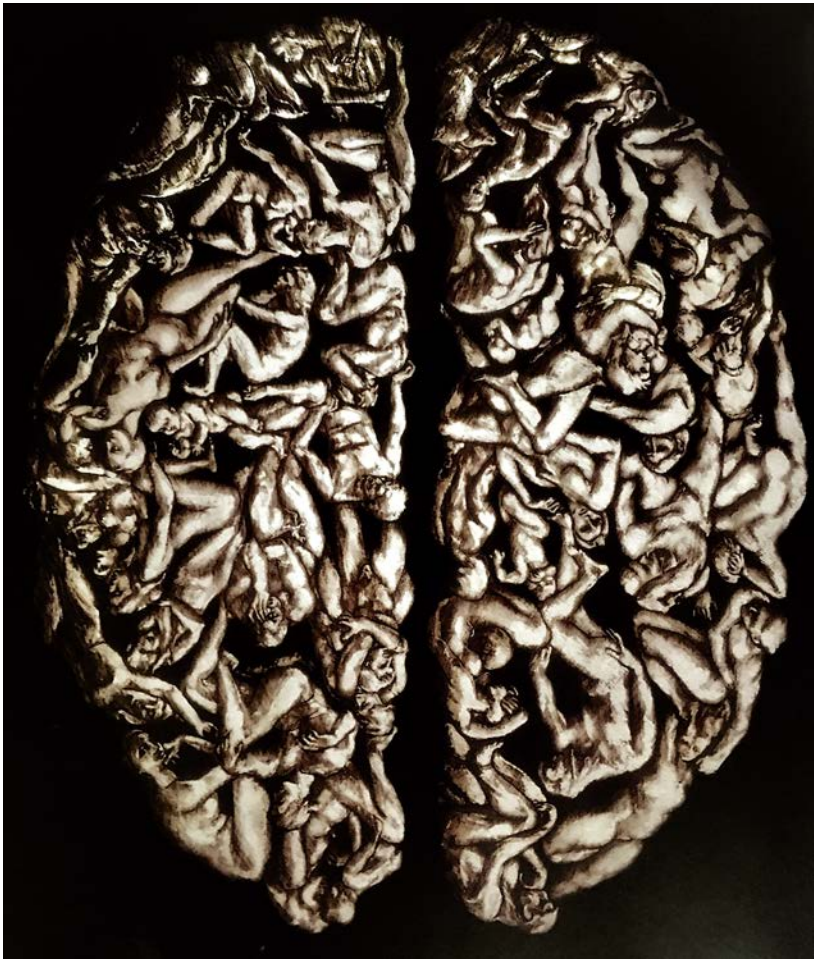
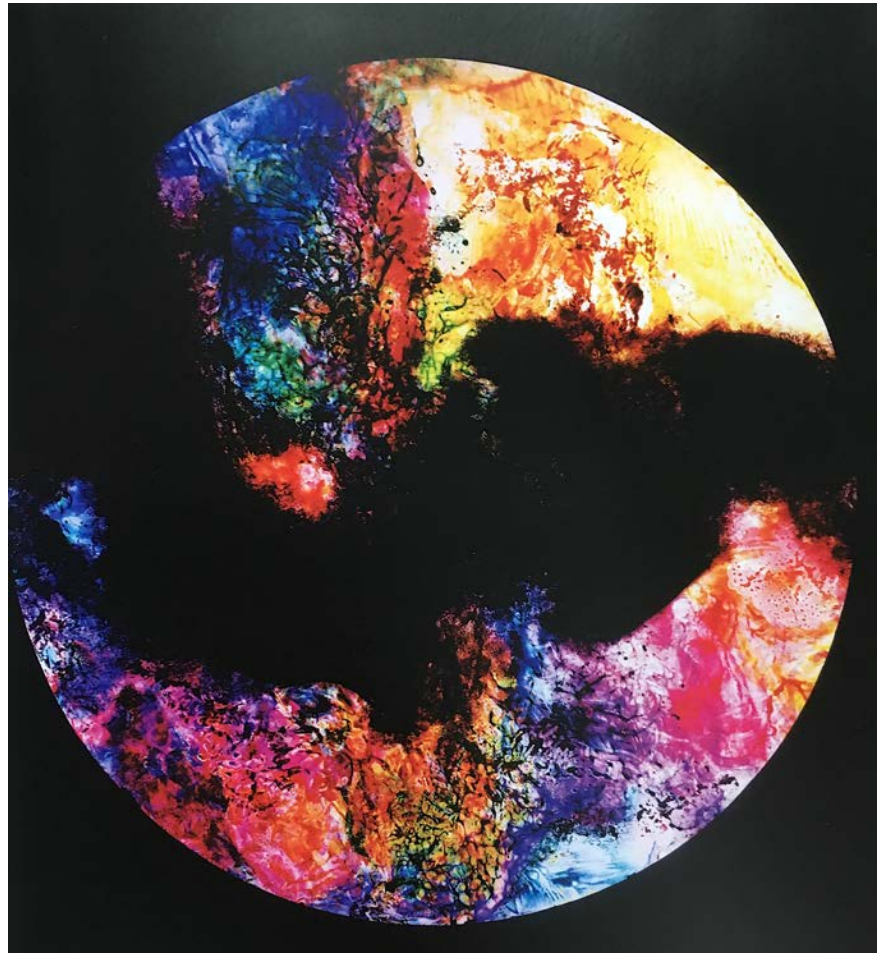
ENERGY BECOMES MATTER

"Abundant energy suddenly became the Universe 13.7 billion years ago. Einstein found that energy and matter are equivalent, expressed mathematically as $E = mc^2$, where E is energy, m is mass, and c the speed of light." --Myrrh



DEATH TEEMS WITH LIFE

"From dust we came, to dust we return--but the dust is full of small organisms creating life out of almost nothing" --Myrrh



Trudy Myrrh Reagan, according to art critic Dewitt Cheng, has brought together art and science like few others. In 1981, Trudy formed YLEM: Artists Using Science and Technology. In 2017 she mounted a solo exhibition of fifty works at the Peninsula Museum of Art. Her works were diverse in subject including landscapes, Salvadoran refugees and capitalist immorality and media. The art is informed by Quaker and Buddhist teachings, according Cheng. Myrrh's website is a feast: myrrh-art.com.

BRAINS IMAGINE

It's a mystery...,How do molecules and neurons think, and how does combining different ideas make a Eureka Moment? As you do a double-take, you observe your own brain imagining." --Myrrh

Mother Earth is wounded

She cries out in agony

Her servant winds are perturbed
Capricious and wild
Angrily changing, swirling, violent, destructive
Gales and gusts.

Flames of fire consume trees, bushes, brush
Wind carries the red hot heat
Burning houses, animals, people
Anything in its fiery path.

Those who live by the sea
are swept away by tsunamis.
The magnificent waters conceal dying reefs,
once alive with life in the millions.
The ocean is imperiled by those
who would drill, dump, despoil.
Oil, slippery on the surface,
slowly sinks, killing creatures below.

Somewhere there are droughts, somewhere there are floods.
Crops wither in the fields
While cattle die of thirst.
Torrents of water rush through city streets,
Cars, offices, houses, children---all are at risk.

Earth's lovely breast-like mountains have their peaks removed
While chemicals are injected into her veins to release gas.
Dangerous missiles are buried deep in her flesh.

Mother Earth is wounded
Scarred, bruised and raped.

Ancient peoples once respected her
But now,
Weep, weep for Mother Earth.

Earth Day 2014
Sandra Rae Johnson
srjohn3@verizon.net

Displaced People

Paintings by Exsul Van Helden

Essay by Phil Furnas

Last November, the Homewood Friends Gallery, Baltimore, PA, exhibited 21 paintings by Exsul Van Helden, a member of Homeland Meeting and resident of Baltimore since immigrating from the Netherlands in the 1980's. A director of film and photographer as well as professor of film at Johns Hopkins, Towson, Stevenson, Maryland-Baltimore County, Universities and Goucher College, he unveiled his skill as a painter by presenting canvases which portray displaced people and groups who have become refugees due to wars and violent conflict during the past 65 years.

Portraits, for example, "Young Girl After the Bombing of Mosel" (p. 10) during the invasion of Iraq, show shock and dismay, tangible and riveting – a vision that conveys the horror of war and loss of the girl's dignity. The portrait goes beyond a photojournalistic approach and employs a striking composition with a vivid

contrast of light and dark to express the artist's interpretation. Other compositions like "Yazidis Fleeing From ISIS in Iraq" (see back cover), convey the effects of war on the civilian population irrespective of their ethnic or country of origin.

Early in his career, Exsul worked with and studied minorities in Europe, USA, Central and South America using his 35 mm camera and trying to capture life of these different cultures. Following this fieldwork, he joined the Amsterdam City Journal, a Film collective where he began his first effort to address social issues with the use of film.

Van Helden's Homewood exhibit shows that military conflict and political turmoil have created a refugee problem worldwide. Exsul included a world map showing where refugees are housed in rudimentary camps throughout Europe and the Middle East. A report on the international refugee problem entitled "The Refugee Crisis" was also provided at the show. This report documented the extent of the crisis by country and showed nations' unwillingness to tackle the refugee problem at their borders.

The artist composed these haunting paintings as a testament to displaced people throughout the world and



Exsul Van Helden



"Border Crossing from Syria to Turkey," 13" X 10," Acrylic @ Exsul Van Helden

has offered the paintings for sale at modest prices; proceeds from which are to be donated to charities which aid refugees.

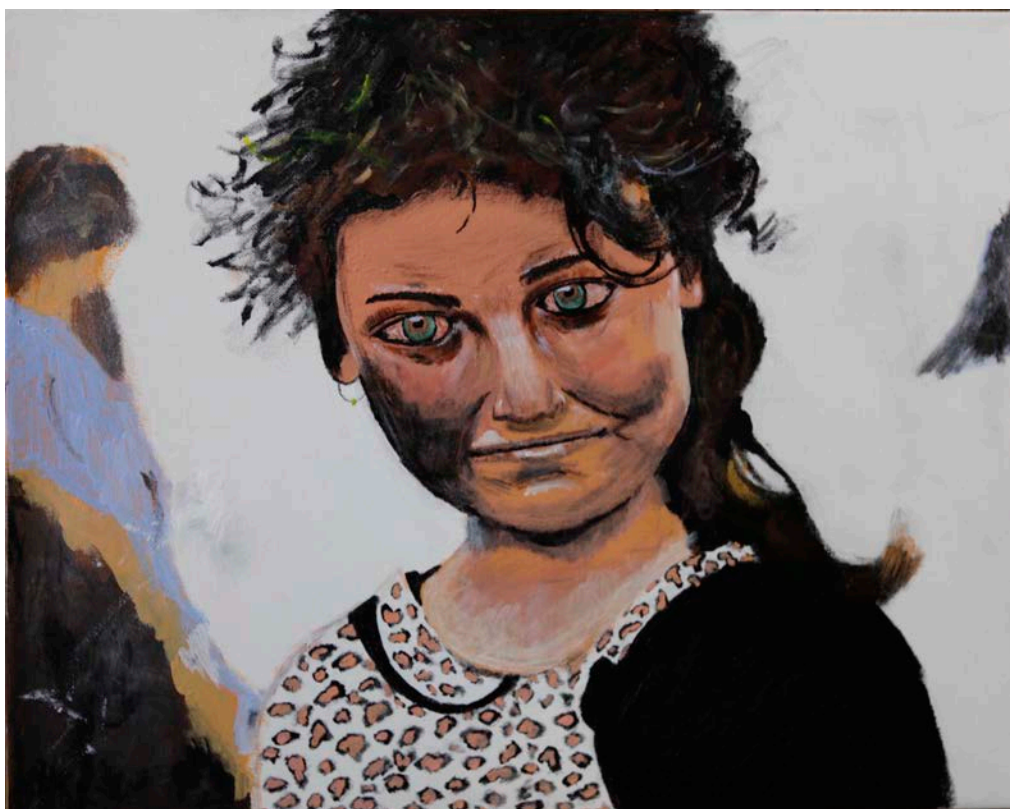
Exsul has produced the movies "Women Between Worlds" and "New Roots," both focusing on immigrants and refugees. He has worked with former students to produce public service notices for the International Rescue Committee, the Refugee Youth Program, International Social Services, the Asylee Women Enterprise, Asylee Housing Network and Adelante Latina.

This exhibit was beautifully displayed in the social room of the Meetinghouse and many from the Meeting and from the neighborhood were impressed by the skill and content of the work. The exhibit has been shown at schools and community centers in the Baltimore vicinity. Exsul discusses with students how newcomers can be welcomed to the U.S.

--Phil Furnas is a member of the Homewood Meeting Working Group for the Arts.



Above: "World War II, Berlin," 32" X 24," Acrylic; Below left: "Lebanon, Mother Looking for Son," 24" X 20," Acrylic; Below: "Mosul Iraq, Young girl after the Bombing." 20" X 15," Acrylic, all © Exsul Van Helden



Types and Shadows history of Quaker Artists feature

With permission of author Gary Sandman, *T&S* shares vignettes of Quakers from his book, *Quaker Artists*, as well as his monthly releases, garysandman@cox.net.

COSTA RICAN FRIENDS

A beautiful sound: Costa Rican Young Friends playing classical music on a platform up in the canopy of the Children's Eternal Rainforest.

Costa Rican Friends were founded in 1951 by eleven Alabaman and Iowan Quaker families. They were fleeing the coming military-industrial complex in the United States. Specifically, some of the Friends had refused to register for the first peacetime draft and had been imprisoned. They were also drawn by the Costa Rican government's invitation to immigrants and by the abolishment of its army. Travelling overland in trucks and oxcarts, led by Hubert Mendenhall, they settled in Monteverde in the northwest of the country. Friends established farms and built a cheese factory. Out of a concern to protect their watershed, they set aside large areas of the land. Those areas grew into the massive Cloud Forest Reserve. Nowadays the reserve is the focus of ecotourism, the main local business.

Monteverde Monthly Meeting numbers about 100 Friends. A small worship group in San Jose also gathers. In 1951 a Friends School was created to serve both Quaker and non-Quaker students. In 1983 the Centro de Amigos para la Paz, a peace center in San Jose, was founded. The CAP engages in a number of projects: conflict resolution programs with Alternatives to Violence; human rights investigations and observers for elections in Honduras; efforts to increase awareness about the struggle of the Palestinian people; the Casa Hostel Ridgeway for international travelers; the Finca la Bella, a community farming project, with Quaker Earthcare Witness; and the Monteverde Institute, an education and research center, with local people. Over the years Friends have intermarried with Spanish and Indian Costa Ricans, and there is a close relationship with the Catholic Church.

Costa Rican Friends practice various arts. Living in a remote place without theaters or cultural centers, they first provided their own entertainment. Family nights, moved around to various houses, took place, and later coffehouses were organized. Community plays and musicals were put on. Square-dancing on Saturday nights at the Meetinghouse, with the Guindon family as callers, has long been a tradition. Some Friends are painters or storytellers. Quaker artists and craftspeople offer their works in art galleries in downtown Monteverde. The Friends School teaches the arts. In the 1990's Quakers helped create the Monteverde Music Festival, first featuring classical music and later expanding to many genres. And during the fundraising efforts for the 60th anniversary of the Friends School, Young Friends played in the canopy.



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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...

Book review of Essential Mysteries. which features reproductions from original acrylic paintings and essays by Trudy Myrrh Reagan, Palo Alto, CA; Poem by Sandra Rae Johnson, Hightstown, NJ; Acrylic Paintings, "Displaced People," by Exsul Van Helden, Baltimore, MD



"Iraq, Yazidis Fleeing from Isis," 20" X 15," Acrylic, © Exsul Van Helden