

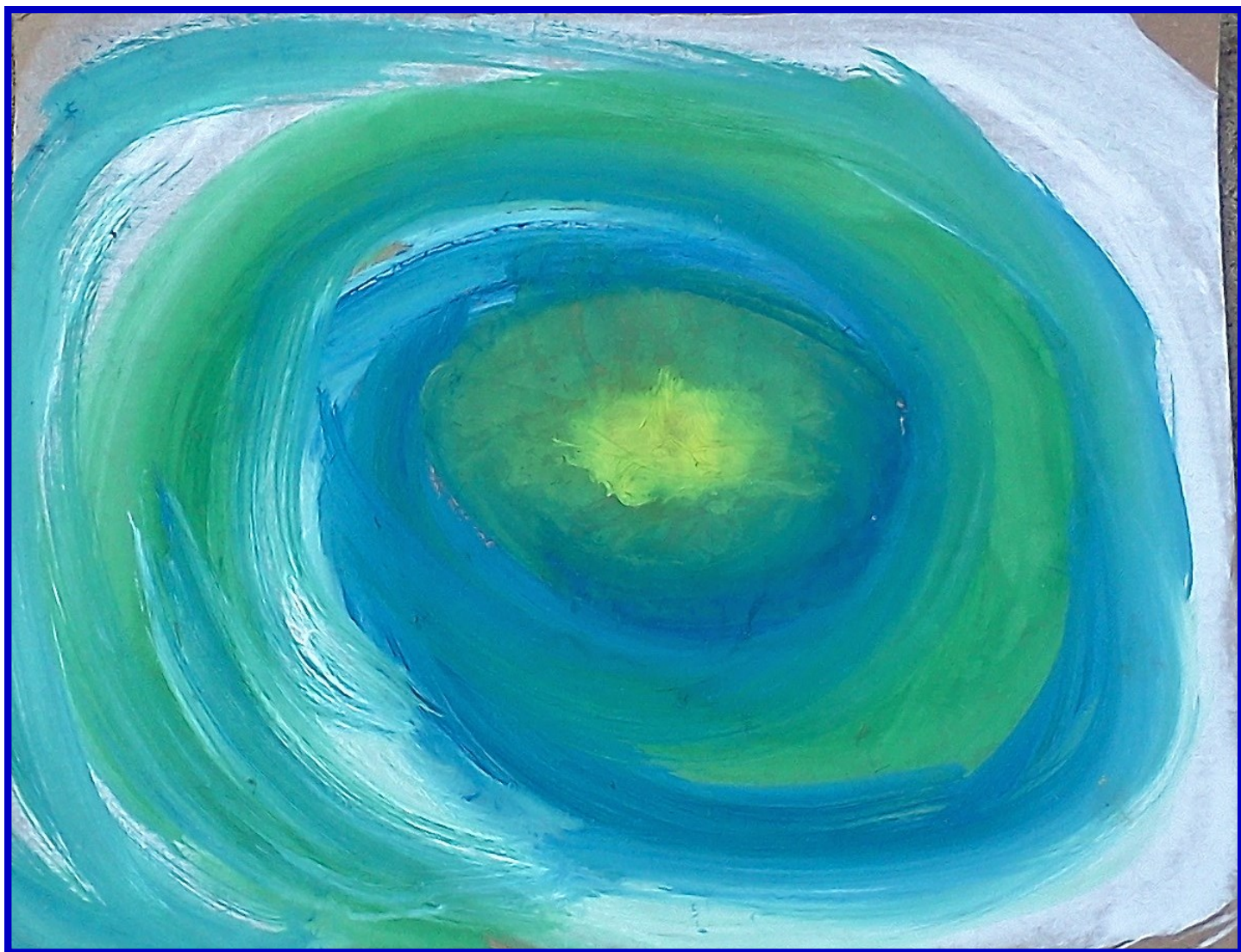


# *Types and Shadows*

Journal of the Fellowship of Quakers in the Arts

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*Book Art © Melissa Dey Hasbrook*

## ***In this Issue...***

**Book art by Melissa Dey Hasbrook, Michigan, and Judy Ballinger, Pennsylvania; also social comment art by Namaya Productions of Vermont and an essay by Trudy Myrrh Reagan of California; photos from FGC and the Tri-Quarter retreat in New Jersey.**



*Maria Cattell @ B. Seitz*

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*Types and Shadows* is published quarterly by the Fellowship of Quakers in the Arts (FQA), c/o Philadelphia Yearly Meeting, 1515 Cherry St., Philadelphia, PA 19102. **FQA Membership is \$28 annually.**

*Submission deadlines are:*  
**Sept. 15, Dec. 15, March 15 and June 15.**

*FQA is an arts ministry for Quakers and others under the care of Trenton M M.*

## *Our Clerk speaks...*

We're still glowing a bit from our FGC Gathering experience in July. The art show in the Quaker Arts Center was a great success with 20 exhibitors showing 45 works in various media and about 150 Gathering attenders visiting the gallery throughout the week. The continuously running slide show, put together by Blair Seitz, featured 36 artists. Many visitors sat on a bench to watch the entire show. Visitors also wrote favorable comments in our gallery guestbook, e.g., "lovely," "soulful," "spirit is here," "whoopee," "wonderful wonderful wonderful." One person wrote: "I look forward to this portion of FGC. It's wonderful to have such talented artists displayed." Thanks to Phil Furnas, Blair Seitz and Judy Ballinger for all their hard work to organize the show!

On Tuesday evening FQA sponsored a discussion led off by the question, "Is there a Quaker testimony of beauty?" About 35 people attended. We did not get an answer to the question! But it sure sparked a lively discussion which made it clear that art is close to the hearts of many Friends.

On Friday afternoon, 150 or so FGC attenders who participated in art-related workshops displayed their workshop-generated artwork in the main studio (on the floor above the gallery) for the closing reception. Vonn New kicked off the event with her bells ringing us into worship in a unique worship which was both meditative and joyous. It involved instruments and chanting—a great way to link worship and the arts. The main studio was packed for this event and there was lively interest in the art being shown.

Meantime, as I write this, we are between the art show at Mt. Holly Meeting, held in August, and the art show and workshops FQA is sponsoring for the New Jersey Tri-Quarter retreat in early October. Next year we hope to work with Caln Quarter to arrange an art show at their annual retreat in early May. We are also planning to work with FGC again at the 2015 Gathering at Western Carolina University in Cullowhee NC, July 5-11. The theme is "Seeking Wholeness." And can we be whole without art?

Yours for the arts,

**Maria Cattell**

PS Did you see the reviews of FQA board member Chuck Fager's new book, *Angels of Progress: A Documentary History of the Progressive Friends 1822-1940*, and of FQA member Eileen Kinch's poetry collection, *Gathering the Silence*, in the August 2014 *Friends Journal*?

## *From your editor*

I am happy that we are again able to have a variety of written and graphic art from across the country in this issue of *T&S*. I became aware of **Melissa Dey Hasbrook's** combining words and book art at Friends General Conference because of her fine displays there. I promised two issues back to publish **Myrrh's** afterthoughts on her science article and art in the *Leonardo* science journal. **Judy Ballinger's** book cover on the back cover of *T&S* compliment's Melissa's book art. I hope we are shocked by the social commentary art by Namaya Productions. And please enjoy the photographs from FGC and our weekend at Tri-Quarter, Medford, New Jersey event. -Blair

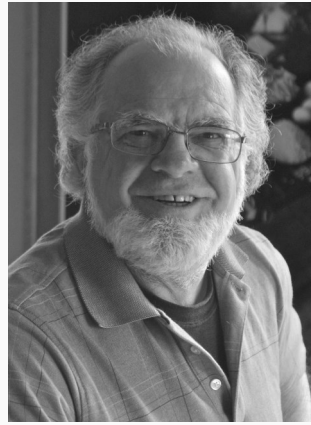
## *FQA board notes...*

The FQA board met at Lancaster Monthly Meeting on September 21, 2014. Among many of the items discussed, the board appointed two committees. One will work on ways of promoting and expanding FQA through our monthly Quaker meetings. This effort will be headed by Doris Pulone and Judith Weiss. The board also appointed a group led by Phil Furnas to bring together the many facets of FQA's gallery and art participation at the 2015 Friends General Conference. The board continued its efforts to establish FQA chapters where there are groups of FQA members across the country. Improvement of FQA's website and on-line membership payments continued.

## *FQA members march in New York City...*



**FQA member Chris Field enjoys poster of young climate change marcher at 81st street in NYC. Photo by Editor**



**B. Seitz ©J. Ballinger**

FQA members were among some 400,000 who marched in New York City to urge dramatic steps to slow carbon emissions in advance of the climate change discussions at the United Nations.



**Scene of climate change marchers edging along NYC's Central Park. Photo by the Editor**

## *A Letter...*

Greetings. I signed up at Gathering to receive info on chapters for FQA. There are a number of us in Michigan and nearby who are interested to figure out something. Some of us already are meeting to "art" together since our powerful experience worshipping with Friend Jennifer Elam.

Also, I am being hosted by Kalamazoo Friends Meeting on October 18, for an arts and spirituality event.

In closing, my recent blog posts at [http://l.facebook.com/qAQGE5SopAQGACfIEuX9qrI3aeQVeFFeK\\_XuInyAmZ9\\_HVQ/deyofthphoenix.com](http://l.facebook.com/qAQGE5SopAQGACfIEuX9qrI3aeQVeFFeK_XuInyAmZ9_HVQ/deyofthphoenix.com) are focused on the impact of experiencing art with Quakers at Gathering. my recent August post offers a slideshow of the book art I exhibited at the FQA reception.

Warmly, Melissa Dey Hasbrook

## *Melissa Dey Hasbrook lauds her creative time at Friends General Conference*

**O**ver the summer, I attended my first FGC Gathering after seven years of Quaker worship. The encounter was profound and continues to "make way" to the surface of life, a parallel to my creative process -- as for me, experience makes way for form. And, indeed, the shape of Gathering significantly emerged through an arts workshop taught by FQA member Jennifer Elam and the FQA exhibition curated by Philip Furnas. I am grateful to these Friends and the workshop cohort for sharing moments of challenge and healing. Here is a peek at my book art created throughout Gathering, including the final poem written during the workshop. This art's form is teaching me about the week's experience -- in other words, an embodiment of Gathering's powerful spiritual and emotional events.



*Melissa Dey Hasbrook is photographed while traveling at St. Bee's in Great Britain.*



*Finished, closed art book made by Melissa in FGC workshop led by Jen Elam*



for every mirror there is a moon  
who sings to the sea as she forever  
moves to the motion of the moon  
the water splashes every shore with  
every tide of every day and night  
there is no stopping this force of moon  
nor force of water no matter what  
man says nor does nor woman nor  
child nor memory nor forgetting

for every movement there is a body  
that shakes and dances that cries  
and sings that knows the difference  
between pleasure and pain that knows  
how pleasure may beget pain and  
how pain may beget pleasure

for every body there is a soul  
that is bound to the flesh tethered  
and woven and bled to the bone  
that speaks in tongues and in  
silences that knows itself beyond  
knowledge that confers to the  
cycle of the moon forever  
waxing and waning

∞

and so it goes that the child speaks  
whether or not the adult listens  
be it the adult who is the child  
or the child who is the adult do  
not assume that we are different  
apart from height and weight  
we have eyes and hearts and  
these feet must walk when we  
have them and the possibility to  
move whether corporeal or spiritual

speak to me about you and hear my  
voice between your teeth for this  
imaginary space that starts and  
ends from my ears to your mouth  
is a continuous cavern that engulfs us both no  
matter what words we hurl at one another or  
keep lodged in our sinew  
we breathe the same air even as we  
claim separate territories know  
that you and i are we us our  
whole may be fractured or flawed

## Poem written by Melissa Dey

### Hasbrook at FGC

Editor's note: Melissa's poem is formatted as she requested.

but entirely one in many hold me  
as i hold you that we may be  
in the know of the soul

∞



*Melissa's book art displayed at FGC/FQA artist reception*

**FQA member Melissa Dey Hasbrook attends Red Cedar Friends Meeting of Lansing, Michigan, and is a sojourner at Kalamazoo Monthly Meeting. An article in the Greater Lansing Arts Council states, "Melissa's interest in combining poetry with visual elements, along with her experiences with violence and healing, led Melissa to her next project.....says Melissa, "The poems are the springboard for the mixed-media work that I am shaping around them." Melissa keeps a website and blog at: [deyofthephoenix.com](http://deyofthephoenix.com) Her e-mail address is: [MelissaHasbrook@gmail.com](mailto:MelissaHasbrook@gmail.com).**



**Counter clockwise from above: Zan Lombardo speaks at gathering of artists on the theme of a Quaker testimony of beauty; Circle of artists share thoughts about personal experience with art as beauty; Visitors share art in FQA's Quaker Center for Art at FGC 2014; FGC art workshop group shares card collage outside the gallery; Attendees at FGC's Friday evening art celebration participate in musical and movement worship led by Vonn New. Photos by the editor**



© Namaya 2012  
www.namayaproductions.com



## Art as Social Comment

Above: "War is the Shit of Humanity" © Namaya Left: This 7' wide mural is made from the flags of Israel and Palestine. It has the names of 350 of the villages destroyed by the Israeli Defence Force since 1948. It has a memorial candle in the middle to commemorate the Holocaust. Both works were sent to T and S by Namaya of Vermont-based Namaya Productions.com. The editor has chosen to print them to add to our discussions about art as social comment.

**Notice:** You are receiving *Types and Shadows* because you are a valued FQA member (check your address label to see if you are paid up). Please show your Journal to a friend who might become an FQA member or supporter of Quaker artists. To become an FQA member or supporter your friends need simply to write a check for \$28. (or whatever is affordable. It can be less or more) and send it to FQA c/o Friends Center, 1515 Cherry St., Philadelphia, PA 19102. The new member will receive the current *T&S* and be featured in our next membership publication.



# My afterthoughts on writing “Can Personal Meaning be Derived from Science?” for the journal *Leonardo* by

Trudy Myrrh Reagan

I am very sympathetic with the Muslim view that God is everywhere, and all and more immense than we can imagine. What has been learned just since I was born in 1936 about the outer reaches of the universe, and the intricate dance of quarks or organic molecule catalysts, has been more wonderful than anyone could have imagined. The size of the universe, and the number of galaxies in it, has ballooned. Its ages been recalculated over and over again. It now stands at 37.8 billion years old. The lively activity of small organisms, with the combination and recombination of their organic molecules, and their purpose-driven search for food, make life on earth a more creative place to us.

Out of theoretical mathematics has emerged predictions of black holes, antimatter, the Higgs boson, and more. Patterns we see in nature have mathematical underpinnings. This shows some deep relation between matter and number, as Pythagoreans proposed in 550 BCE. It is a certainty that exists in the here and now, and forever.

Quite apart from humankind, even our studies of science and mathematics, there is a majesty and eternal flow in the unbuilt world. I felt this even as a child, especially during the ages of 10 to 15 when I lived at the edge of the Great Smoky Mountains National Park.

Still, for helping us through our lives, science, mathematics, and awe of nature provide only half an answer. In my 77 years of experience, religious practice has brought me wisdom, an ethical sense, the support of community, and illumination.

This is hard to say because I am from a family of mostly hardheaded materialists. It makes it hard for me to utter the word "God." It is even harder for me to dismiss the idea of God after being surprised by grace with an experience of what Quakers call "the Inner Light." I learned that Mother Theresa had such an experience in a rail-

way carriage when she was young, and declared that she spent the rest of her life hoping for its recurrence. Whether, as some say, certain areas of the brain are involved in this is irrelevant when my experience half a lifetime ago brought me an awareness of a path of goodness through life, and the energy to pursue it.

Not everyone is blessed with this vivid response. Nor did it remain vivid for me. It is like falling in love in that way. However, we can draw close to it with music, poetry, meditation, or heart-lifting worship. I was privileged as a teenager to visit many black churches that powerfully invoke the spirit. When I encountered Catholicism in college, I could feel the power of ritual for people. It can be called forth, say, on a vision quest in the desert, full-immersion baptism, Sufi dancing, or any number of practices from religions around the world.

For this reason, I can say that science has not replaced religion. It provides a floor for knowing where we are in beyond-human space and beyond-human time. As humans, we need this floor. Otherwise, why would each human tribe have constructed a creation myth?

On the other hand, I can say also from experience that a religion that tells me what to believe, whether by creeds, authority of clergy, or the promise of supernatural rewards and punishments, merely stirs the embers of my skepticism.

I was lucky to attend a secondary boarding school run by the Religious Society of Friends (Quakers) and I became one. Quakerism is a practice of truthfulness, compassion, nonviolence, and simple living. We believe everyone has God within them, which we call the Inner Light, and we respect it in everyone. It is a demanding behavior standard, and I have spent many hours in Quaker silent worship discerning what this means in my own life. At critical points in my life, people within my Friends Meeting group have come forward to be my mentors. Through them, I exceeded what I thought I could do in the course of helping others and delving deeper into myself.

I also continue to seek wisdom from viewpoints like Buddhism, Taoism and other faiths. Combined with my life experience, it has been a journey of continual surprise, and one that steadies me.



## Vineyards and Villages

# 2015 Artist Retreats in the South of France

At Centre Quaker Congénies, located in a lovely valley between the Cévennes Mountains & the Mediterranean Sea

Saturday 9 May to Friday 15 of May *and*  
Sunday 27 September to Saturday 3rd of October

### What to expect:

In the peaceful building and garden we can take the time to create or reflect on the act of creating art, in silence or in discussions with other artists.



- The language will be English but French is also spoken. Open to all.
- Transportation to interesting venues to paint, but the peaceful garden and surrounding village may be sufficient inspiration.
- A model for a portrait session if that is desired.
- Artists can choose to present their work to the group for a sharing of ideas.
- Facilitator: Karina Knight, professional painter and installation artist, [www.karina-knight.com](http://www.karina-knight.com).
- Open format: Each day planned according to choice: work collectively or separately.
- Maximum of eight interested amateur or professional artists
- Non-artist partners welcome.

### What to Bring:

- Material to draw, paint, etc. This is a 2D program.
- Work in progress if you choose.
- Books to take inspiration from and willingness to take inspiration from the environment and from others.
- Perhaps questions about your artistic direction and the nature of creativity.....
- Let us know what you plan to do and if you need easels, folding tables etc. as we might be able to help.

### Other Activities:

There will be evening activities, including music, and we offer bicycles (or will lead a trip) for anyone who would enjoy a ride through medieval villages with their fountains, churches and cafes—all begging to be immortalized with your paint brush, pen or camera.

Combine or extend your stay to continue creating or view local sights such as Pont du Gard, arena in Nimes, walled town of Aiges-Mortes, or some Provencal attraction. Enjoy walking, bird watching, kayaking, horse-riding, etc.

### Cost:

595€ (460€ for shared occupancy) includes 6 nights accommodation, all meals, transportation to local painting spots. Also special rates if you decide individually or as a group to stay longer to continue creating or for sightseeing. Ask us.

Getting Here is Easy: See our website or email us for details.



Contact Resident Friends Judy or Dave at:  
**Centre Quaker de Congénies**  
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Photos of FQA at  
Tri-Quarter,  
Medford NJ



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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.

*Cover and inside: Book art and FQA review by Melissa Dey Hasbrook*



*Cover, book art © Judy Ballinger*