



Types and Shadows

Journal of the Fellowship of Quakers in the Arts

Issue # 67

Spring 2016

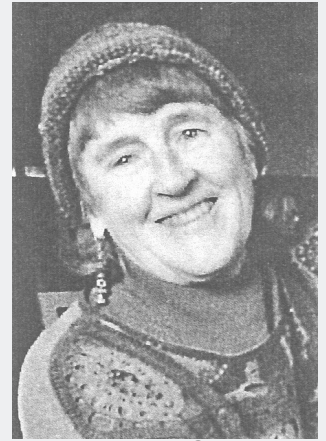


"Yin Yang," fabric, 5' X 5' © Denny Webster

In this Issue... Fabric art by Denise Webster, Greenville, SC; Music compositions by Winifred Keane, Wallingford, CT; A tribute to Terry Foss, Medford, NJ.



www.facebook.com/quakersinthearts



Maria Cattell © Seitz

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Our clerk speaks...

Dear Friends,

I hope that by the time you read this, spring has

finally arrived and I am back in my garden. "Gardening is the slowest of the performing arts," as Mac Griswold said. And when winter hangs on into April, as it has here in south central Pennsylvania, it's very slow indeed. There's nothing much for the gardener to do outside. Just have to take up the cudgels, as my brother David said. By cudgels he meant take up the knitting needles. Knit and relax.

For all you artists whose media are faster moving than gardens, opportunities are arising.

FGC Gathering

Registration for the FGC Gathering is now open. If you have art to display in the Quaker Arts Center or can volunteer to help at the Center, be sure to sign up for that when you register for the Gathering.

Blair Seitz has put together a digital slide show of FQA artists which runs continuously during hours the Center is open. You don't have to attend the Gathering to have your work in the slide show of FQA artists. Just get in touch with Blair. Share your art with Quakers from all around the USA.

The 2016 Gathering will happen in St. Joseph, Minnesota, July 3 to 9. You can review the program and register online at <www.FGCgathering.org>.

New Jersey Tri-Quarter Retreat

The 2015 retreat was rained out by a nor-easter. This year FQA will be involved again. And we'll be doing our sun dances for good weather in October.

FQA Website Fundraising Campaign

Have you looked at the FQA website recently <fqa.quaker.org>? It has a wealth of art-related material. But it's an antique, a vintage '95 model which needs to be brought into the 21st century. We have launched a fundraising campaign to upgrade the website. If you care to contribute, please send your check to our treasurer Doris Pulone, 305 Red Lion Road, Southampton NJ 08088. Contributions to FQA are tax deductible.

FQA Board – An Invitation

We're looking for new members for the FQA Board. Sometimes we meet face-to-face, at other times by telephone conference call. So you needn't live in the Philadelphia area to serve on the Board. You are welcome to visit a Board meeting, in person or by phone, without making any commitment to serve on it. If you are interested, let me know <mgcattell@aol.com>.

Yours for the arts,

Maria Cattell

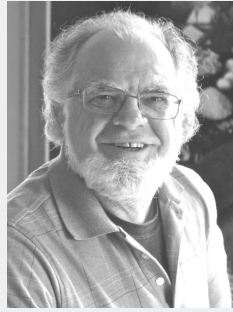
Types and Shadows is published quarterly by the Fellowship of Quakers in the Arts (FQA), c/o Philadelphia Yearly Meeting, 1515 Cherry St., Philadelphia, PA 19102. FQA Membership is \$30 annually.

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 MM.

From the editor...

I'm at the age when I look back over my life to appreciate the turns it has taken. I believe that assessment goes with growing older. So I appreciate this month's artists—**Winifred Keane**, age 85, who has published a retrospective of her life-long career of composing music. I have written a brief



Blair Seitz @Ballinger

summary of her compositions. And I appreciate **Denny Webster's** walking through the twists and turns of her leading to do healing fabric art. She provides an honest portrayal of how leadings may turn out quite different than expected. Speaking of appreciation for life, *T & S* gives a tribute to our friend, **Terry Foss**, whose life took a sudden turn earlier this year. I hope you enjoy this journal.—Blair

FQA board and Friends General Conference (FGC)...

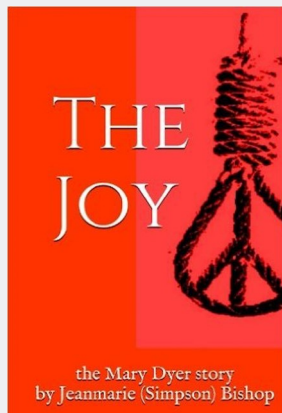
Please refer to the clerk's column on opposite page for important information for participation in the FGC Arts Center.

Save the Date!...

May 14 - 20, 2017 - "The Art of Fearlessness Project": Imagine an art event that evokes, gets people talking about, and celebrating FEARLESSNESS. FQA is planning nationwide art happenings to do just that in spring of next year. We are looking for folks (FQA and others) who are interested in planning or being a part of this week of The Art of Fearlessness. Call Doris Pulone at 609-801-1126 (or e-mail dpulone@comcast.net) for more information or to share your vision of an event.

Just released...

The Mary Dyer story, "The Joy," in book form available on Amazon.com. is a one-person play written and performed by Jeanmarie (Simpson) Bishop.



Gary Sandman creates website for Quaker art and artists...

Gary Sandman will share thoughts on Friendly art and artists on his website blog, garysandmanartist.com. The website includes a list of Quaker art, artists quotes and an excerpt from the second edition of his "Quaker Artists" book. It also includes the new columns he has written since the publication of QA2: Emmylou Harris, Mary Vaux Walcott, Drunk History, Harold Loukes, Willem Sewel, Quaker Dream Writings, Josiah Coale, Cecily Wood, Douglas Steere, John Perkin, Ann Docwra and Path to War. As well, you can find the new QA columns at the Facebook page "Quaker Artists History" at <https://www.facebook.com/quakerartisthistory/?fref=ts>. Gary sends the new columns to small list of Friends each month, too. If you would like to receive them, let him know. Please post a link to the website if you have a website or blog. Gary says he would be delighted to post a link to your website or blog.

Make a Joyful Noise!

at Maison Quaker in the South of France

Thurs 6 Oct to Tues 11 Oct, 2016

Lift your spirits with a musical adventure at Maison Quaker. Experience or talent not necessary--just a willingness to sing, play, learn or just listen.

Cost: 445€ for shared occupancy (575€ private room) includes 5 nights' accommodation, meals, everything but concert admission and one lunch.

Also... Autumn Artist Retreat

Sat 24 Sept to Tues 4 of Oct., 2016

We invite artists (professional or amateur) to join us for 6-10 days of creating and camaraderie in the south of France. All are welcome, Friends and friends. Cost: 695€ private (560€ shared) includes accommodation, most meals and transportation. Additional days are 90€(65€ shared) per day. To register, contact Judy at centre.quaker.congenies@gmail.com

Leadings down an Unplanned Path

essay and fabric art by Denise Webster

In early 2002, during a Silent Vigil for Peace held on the Boulder Mall (CO), I received a leading. One of those unbidden ideas that will not leave you alone. An “earworm” without the music. I had had these before and vaguely dreaded this one. They change your life, these leadings. The first one had led me into nursing and the second into the feminist movement. I found that even when I was quite prepared to move in other directions with my life, I was unable to

do so. I would have nagging dreams at night and then during the day I would have unwelcome reactions to issues I would have preferred to ignore. But those leadings occurred before I came to know (yes, another leading) that I was a Quaker. I didn’t regret that leading, nor do I now. But this new leading promised more work, which was something I truly did not need.

It was *something* about “healing from trauma”. Since this was very much an aspect of what I had been teaching and writing about, the specific issue came as no great surprise. As a feminist nurse psychotherapist, I had been working for many years with women who had been traumatized. In the seventies, I helped to found an early rape crisis center, and more recently I had been working on a therapy team dealing with domestic violence. As a professor of psychiatric nursing the theme of trauma frequently lurked in the background of my academic teaching and scholarly research. For the previous ten years I had been studying women’s self-care for interstitial cystitis, a poorly understood chronic pain condition. I had come to recognize that chronic pain often involved some history of a trauma, physical or otherwise.

After alternately ruminating and meditating on the idea for several weeks, I was fairly confident I was called to do something related to Quakers and healing from trauma. This awareness, of course, no longer meant I was compelled to rush out and do something as I had in the past. This time it would involve Quaker process—i.e. there would be no rushing. First there was the letter to Ministry and Counsel, and then the appointment of a Clearness Committee. It was many weeks before the committee could meet with me and several more weeks before a recommendation was taken to the Meeting for Worship for Business. Finally, in the late spring of 2002, I was cleared to start the process with the University’s Institutional Review Board, to undertake a study of “Spiritual and Religious Responses to Healing from Trauma.” Another institutional process began its slow progression through channels.

“Calvi Healing Quilt,” fabric, 5’ X 5’ © Denise Webster





The composite of 5' squares is about 18' x 18.' Denny's full size quilts are reduced to 60" x 60" through a photo and sewing process. © Denise Webster

Before I received approval to commence the study I received a phone call from a representative of "Friendship Bridge", a Denver-based organization working in Vietnam to facilitate graduate education for nurses. As a result of many years of providing "bridge courses" to prepare nurses to attend graduate school in Thailand, there were a total of six master's prepared nurses in all of Vietnam. Would I consider

spending a month to travel to Vietnam at my own expense? Of course I would, since the timing seemed providential. More paper work, visa applications, class preparation, packing and a series of required injections eventually landed me in Vietnam in late summer of 2002. There I met many wonderful people, learned quite a bit about the culture and returned to Colorado

with much to think about but no wiser about my mission.

In the process of preparing myself to do the healing study, I visited Friends Hospital in Philadelphia, read numerous articles, books, and Pendle Hill Pamphlets, and eventually ran an advertisement in the *Friends Journal*, seeking participants for the study. For the next several years I gathered information from men and women who self-identified as Quakers/Friends who were either “healers” and/or “healing” from trauma. The interviews, on top of a full schedule of teaching, clinical practice, research, writing and administration, were slow-going. My earlier experiences with leadings had prepared me to sail through doors that opened in response to my slightest desire. This time I mostly felt tired.

Then, in the fall of 2005, I had a very personal “opening” while I was driving in the mountains—I was having a stroke. It seemed unlikely, since I had no risk factors, but my right hand seemed to have become quite numb. Earlier in the day I’d had difficulty speaking. However, the symptoms came and went, so, after I returned home, I decided to sleep on the possibility. By morning, it was clear that “Way had closed” in more ways than one.

After I was released from the hospital, I sent letters of resignation to the journals for whom I served on editorial or review boards. I turned over my research responsibilities on several projects and spent many weeks in rehabilitative therapy for my speech and right hand. However, as the only remaining faculty for the only graduate program in psychiatric nursing in the state and for many hundreds of miles in any direction, it was unthinkable for me to step down from teaching. My cohort of students had another eighteen months of required specialty courses before they could graduate. Using a combination of online teaching, weekend intensives, and great understanding on the part of students, we all limped along until spring of 2007, when I retired from the university—many years



“Dreamcatcher,” fabric, 5’ X 5’ © Denise Webster

sooner than I had planned. Clearly my leading had taken me down a blind alley.

Fast forward six more years. Now living in South Carolina, closer to some of the children and grandchildren, my husband and I returned to Colorado to attend the Friends General Conference in Greeley. It was during a workshop there that I stumbled upon my guilt over the uncompleted healing project leading. It had been there all along, of course, but I had managed to keep it at bay by moving our home twice and by spending any free time I had engaging in my passion for working with fabric—first quilting, and then art quilting. But this time the guilt came with an awareness that I might be able to “complete” the project if I considered alternative methods of “representing” research findings.

I had taught Qualitative Research Methods for doctoral students in the two years before I retired and was intrigued by examples of researchers who attempted to make their findings more accessible to those who had participated in research projects. Few research participants subscribe to research journals, but many want to find out what has been learned from



“Game of Life Labyrinth,” fabric, 5’ X 5’ © Denise Webster

their contributions. Hidden in the *Sage Handbook of Qualitative Research*, third edition—a textbook requiring a forklift to carry-- were examples of Activist Social Science research using Arts-Based Inquiry. Art, theater, prose, music, dance, and poetry were among the myriad of socially-conscious ways to “give back” to individuals and communities that had provided important data to researchers. Now I had a plan that felt “right”.

Finally, it seemed that “Way had opened”. In the next fifteen months I reviewed my written inter-

view data, researched the visual symbology of color and image and completed the creation of nine “Healing Quilts,” illustrating the traumas and methods used for healing that had been described to me in the years before my stroke. Each quilt is five feet square and is based on the traditional pattern of a healing mandala. Some are based on a single interview, while others resulted from shared themes, such as violence, medical traumas, personal betrayals or the consequences of wars. Two of the quilts represent “public” Friends:

George Fox and John Calvi. I based my George Fox quilt on information about his healing “miracles” and John Calvi’s quilt primarily from his recently published book, as well as an interview.

I hope to be able to exhibit one or more of these quilts at Friends General Conferences and other venues that might be accessed by the research participants, as well as others who may find the “information” useful, provocative, or pleasantly bizarre. Sometimes our leadings take us down paths we never planned.

Denny tells us that the fabric art pieces displayed here are shown together for the first time. Individually, a few pieces were shown at the "Sacred Threads" exhibit and at the Professional Art Quilt Associates-South (PAQA-South) and the Asheville Quilt Show. She has exhibited regularly at "Sacred Threads," PAQA-S, and once at Kentucky’s annual Paducah quilt show. Denny has been the featured artist with her "Ladies" quilts in three exhibits. These shows were all benefits for battered women or women who were in recovery from being forced into the sex trade. Denny is a retired professor of psychiatric nursing at University of Colorado and from practice as a feminist therapist. She is a member of Atlanta Friends Meeting and attends the Greenville (SC) Friends Meeting. Do take a look at her website: www.dennywebster.com



*I saw . . . that there was
an Ocean of
Darkness and Death*

*But an Infinite Ocean
of Light and Love,
Which flowed over the
Ocean of Darkness*

**"George Fox." fabric,
5' X 5' © Denise
Webster**



"Healing Stories," 5' X 5,' fabric © Denise Webster

Wanted: Your art. You may think that we have a long line up of art for *T&S*. Not true. The editor doesn't always have art for the next issue. so send your art jpegs to blairseitzphotos@gmail.com. And do you have art for the Friends General Conference (FGC) PowerPoint display to show in the fgc art gallery? Send those jpegs to Blair at blairseitzphotos@gmail.com.

Long-time FQA member Winifred Keane releases her 'Swan Song' — "Composing for 60 years" CD

By the Editor

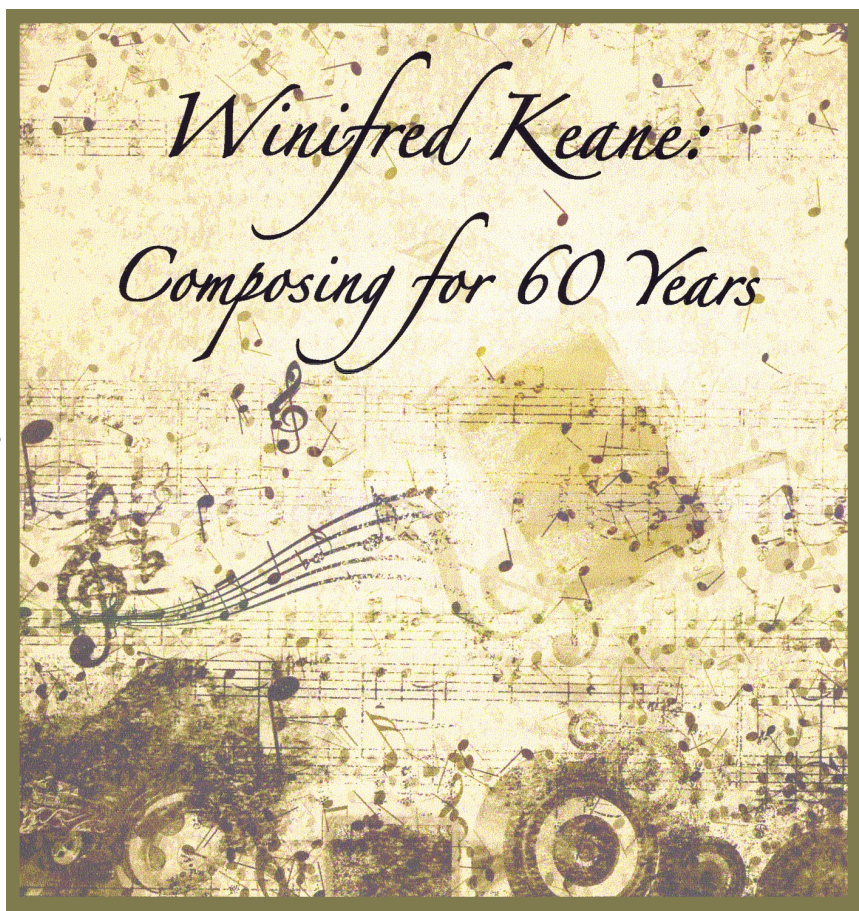
I met Winifred Keane when she traveled from her Connecticut home to Harrisburg, PA to participate in the Quaker art show at my midtown gallery. Following the afternoon of art viewing, music and readings, several of us, Winifred included, retreated to Nick's Café next door where we continued our art talk. I learned a lot about Winifred's music compositions for major events. That was at least 15 years ago. Winifred is now 85 and celebrating her many accomplishments.

As I write I am listening to Winifred's CD, mellow and relaxing, "French Horn Duets." These first renditions on the 2nd CD were written over a ten-year period when she played the horn. Several pieces are memorials to her father. The CD music notes also indicate that "St. Francis Prayer," written for two sopranos and a flute, was inspired by Quakers.

Winifred was born in Beijing, China where her father was a Navy doctor. One of her compositions was written after a visit to Beijing and was performed by the New London, Connecticut, U.S. Coast Guard Band. Another composition, "Kaleidoscope," was composed for LUMIA, the Theatre of Light, and was later performed by the Elm City String Quartet of Yale University. "Scot Free" and "Bright Me White" were performed in New York City by the Gregg Smith Singers. Many of her compositions combine vocal and instrumental scores.

Winifred Keane is also a poet. And here is one of her poems.

Reaching, Reaching
Reaching, Reaching
Toward the Ineffable Unknown
The Source of all Being
Creator of the Universe
My Soul yearns for your Love and Light.



Winifred Keane 2 CD cover

This year Winifred is setting some of her own poems to music, including "Reaching, Reaching." In her letter to me, Winifred says, "Creativity is like an itch you have to scratch; It's like being a little bit pregnant." She is enjoying reading *Invention of Wings*, a novel which we have read in our own Quaker book group. Based on historical facts of slavery and women's rights, the book notes Lucretia Mott. I admire Winifred's intent to remember and celebrate her life's work while she continues her creativity. Learn more at www.winifredkeanecomposer.com.

[-poser.com](http://www.winifredkeanecomposer.com). And here's another of her recent poems:

December

Barren trees reveal the starkness of the lake
Winter coats are worn against the biting wind
Lights of color begin to lighten darkest days
Rejoicing music abounds in glorious abundance
And warmth of family and friends keeps the cold at bay

Types and Shadows gives tribute to Terry Foss, an art photographer and avid FQA supporter.

After a bout with cancer, Terry passed on early this year. We remember him for his work for FQA as well as years of service to American Friends Service Committee as their traveling photographer. Terry participated in our art shows as well as faithfully placing each issue of *T & S* on the FQA website. We will all miss Terry's talent as well as his humble and compassionate personality. *T & S* reprints four of Terry's photographs as our tribute.



Clockwise from top; 360 degree view, Maine; Wissahickon Valley Park; West African bakery; Gum Pods, all © Terry Foss



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Philadelphia Yearly Meeting
1515 Cherry Street
Philadelphia, PA 19102

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.

Fabric art by Denise Webster; Music compositions by Winifred Keane



"Balkan Refugee Camps," fabric, 5' X 5' © Denise Webster



"Triple Spiral Betrayal," fabric, 5' X 5' © Denise Webster