



Types and Shadows



Issue 94

Winter 2022-23

Journal of the Fellowship of Quakers in the Arts



www.fqaquaker.org

facebook.com/quakersinthearts

T & S Editor

Blair Seitz

blairseitzphotos@gmail.com

2101 Belmont Ave. #3223.
Philadelphia, PA 19131
610-223-5240

FQA Board Members

Jesse White, Clerk

JesseWhite013@gmail.com

Doris Pulone, Treasurer

Liz Di Giorgio, Recording Clerk

Keith Calmes, Membership

keithcalmes6@gmail.com

Pamela Williams

Jennifer Elam

Jonathan Talbot

Chuck Fager

Blair Seitz

Types and Shadows is published

quarterly by the Fellowship of Quakers in the Arts (FQA),
Editorial: 2101 Belmont Ave.
#3223, Philadelphia, PA 19131

Membership is \$30/yr

Membership dues payment and profile entry at fqaquaker.org or c/o Keith Calmes, 1933 State Route 35, Ste 105, PMB 242, Wall, NJ 07719.

T&S Submission deadlines are: Sept. 15, Dec. 15, March 15 and June 15.

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

Cover Art: painting, "Lebanon, Mother looking for Son," part of the Displaced Peoples series by Exsul Van Helden, a member of Homeland Meeting and a prof of film at Johns Hopkins U.

from our clerk...

Quaker artists are creating new horizons



Jesse White

Dear Creative Friends,

Welcome to 2023! May it be full of creativity, curiosity, and spiritual insight.

This year already has some incredible opportunities and events lined up. Did you know that as a member, you can list your events and opportunities for free on our website? Our events and opportunities pages have advertised: online and in-person creative and spiritual programming through Pendle Hill; art exhibit-submission deadlines for Friends Journal; music and meditation events; a series of online creative programs through FGC in writing, music, visual art, and photography; concerts; calls for artwork, music, presenters and facilitators.

Please check out these pages and add your own events and opportunities!

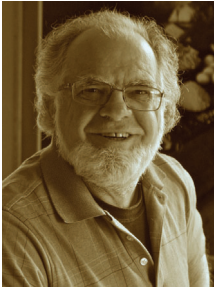
Also, if you haven't created an online profile yet, now is a great time to do that. Do you need support with this? Please check out our HELP page at <https://fqaquaker.org/help>. If you still need assistance, there are instructions on the HELP page on how to get further support.

Check out the nine FQA members in this T&S issue who are teaching, publishing, planning events or creating workshops. I have enjoyed my own workshops at Pendle Hill or online about poetry and self-awareness.

We look forward to experiencing your creative work and getting to know you through the Fellowship of Quakers in the Arts.

Light,





Blair Seitz

@Judy Ballinger

From the editor...

Good news for 2023! I have recently reviewed our memberships to learn that FQA has quite a few new members. The result of having new members is that beginning next issue you will see in **T&S** a lot of new art. I'm thrilled at that prospect.

If you don't have samples of your artwork on your membership page on our website, please insert them so that we can have interaction with one another.

This month the highlights of **T&S** are reports from members of their activities. I think you will agree that the energy of FQA members is outstanding.

Thanks again to my proofreader/editor Maria Cattell, FQA's former clerk. She's had a basket of "catches." I hope you will enjoy this issue of **T&S**. Blair

Quaker artists on overdrive...

Trudy Myrrh Reagan *announces an exhibit: Mugshots of the Watergate conspirators* Also featured: *IRAN-CONTRA'S 35th, through February 28, 2023, MID-PENINSULA MEDIA CENTER 900 N. San Antonio Road, Palo Alto, CA. Online exhibit for conspirators: <https://www.myrrh-art.com/watergate-2> and Iran-Contra's: <https://www.myrrh-art.com/iran-contra-scandal>*

Jennifer Elam tells us that her art and poetry are published in "Lexington Views" this month. The publication was a result of her presentation for Friends Assn for Higher Ed on Dec 20th, which was very well-received. (See Jennifer's art and poetry on next page)

Bronwen Mayer Henry, exhibitor at Pendle Hill and T&S featured artist shows her new work on her website with ads to her followers. See her facebook page at: <https://www.facebook.com/BronwenMayerHenry/>



"100 Messages from God," acrylic on canvas, 48" x 30" © Bronwen Mayer Henry

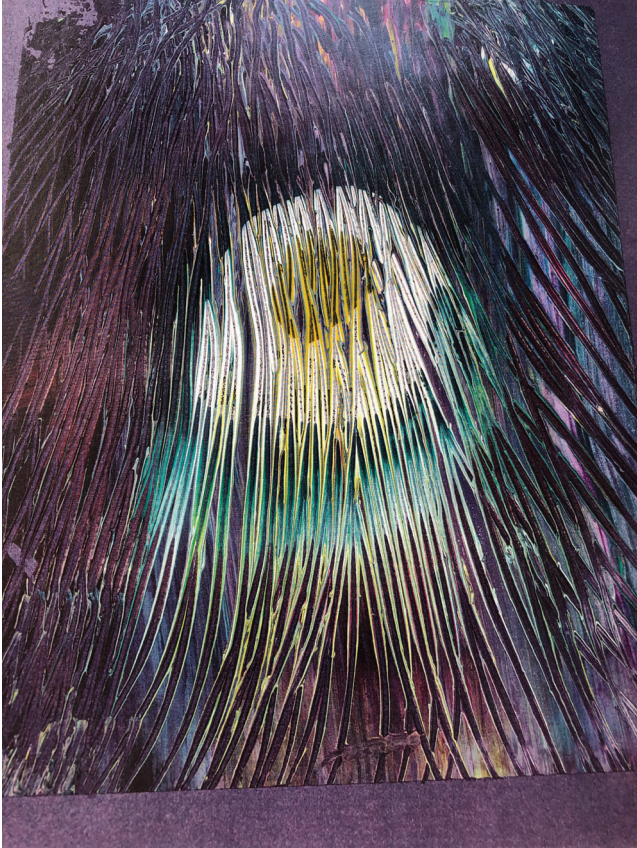


Judy Ballinger, (in blue) resident at Simpson House, Philadelphia, leads one of her art classes which recently viewed the Matisse exhibit (below) at the Philadelphia Museum of Art. The class is drawing and painting Matisse-like works of their own living space. photos © editor



See more Quaker artist activities on pages 4,

Jennifer Elam's
HALF PAGE



Lightning Bolts art and poem © Jennifer Elam

Lightning Bolts

*Distraught, scattered over the Universe,
fearful, lonely, not knowing where to turn;
finding so much support, yet not the center;
pieces for the center of the 1000-piece puzzle
of support appear to be lost, gone.
So many disparate pieces of life scattered...
geography, religious, political,
left and right, black and white, right and wrong...
even Braver Angels in disarray...*

*Cataracts say there are many different lenses to see through.
Attacks say we must look beyond the black and white
thinking. Grief says much is dying and has been.
Trauma says there is redemption in the pain.
Dissociation says I can bear the pain, with its help.*

*The lightning bolt brings synchronicities like never before.
The lightning bolt brings deeps of new depths.
The lightning bolt brings integration of the many parts.
I look into the eyes of the 3- and 5-year-old me
and that depth of Spirit is already there, waiting.*

*I look into the soul of the native part of me and the
dances and languages come, singing in tongues unknown,
Great Spirit waiting. I look into the parts of me that seem
to be at war with one another, wanting...and then the
lightning bolt of Spirit comes and peace within reigns.*

*The unknown way through is suddenly
known as a possibility that seemed impossible just yesterday.
Right left right left, pray is still the way!
Isn't a moment led by Spirit the best we have right now?*

Thank you, my Lightning Bolts of Life.

Doris Pulone welcomed visitors to celebrate New Year and Dr. Martin Luther King, Jr Day at the Mt. Holly Friends Meetinghouse, Mt Holly, PA with special events: **December 31 (NYEve): 5:00-8:00 pm:** Invited to enjoy each others' company at the Meetinghouse during an Open House: this year, we offered **International/Ethnic Foods** and more. Some brought musical instruments and additional food. **January 16 (MLK Day): 11:00am-1:00 pm** (also on Zoom): Mt. Holly Meeting invited the community to celebrate Dr. Martin Luther King, Jr.—a time when those who wish could share readings, thoughts, poems, songs in honor of the ideals and goals dreamed of by Dr. King.

Jonathan Talbot is currently sponsoring online workshops to learn more about his techniques including new discoveries used in his internationally published and widely collected collage art. For more email: jonathan.talbot@gmail.com or call: 845-258-4620.

On the bus to Sevilla

by Sandy Green



In Spanish, the double “ll” is pronounced like our Y; Yah, Ye, Yo, take your pick. My bus ride to Sevilla could be called by any of those names, sounds, or references. Tavira was the last stop in Portugal before we crossed the border into Spain on a two-hour bus ride to Sevilla, which turned into a Yah, Ye, Yo experience. I walked onto a full bus, and headed to my reserved seat, number 38.

As I approached my seat, my travel neighbor, sitting by the window; a large, good-looking, dark-complexioned man, of any possible origin, young enough to be my son. As I went to sit down, he said and this is the giveaway, “I knew it,” he said, “I knew it,” in perfect English, and I saw on his arm, guns, tattooed up and down both arms. Thus began my bus ride to Sevilla, a one hour and 45-minute ride without traffic, it turned into two and a half hours of life changing time.

As I sit here contemplating the meaning of this happening, for the life of me, I can’t remember his name. I can see his face, the tattoos, his dogs on his phone, I would recognize him if we met on the street today, but his name even though he told me, eludes me, was it Phil, or Chris, or Don, so for the sake of this writing I’m going to call him, Yah, Ye, or Yo, take your pick.

When I sat down, I said, what did you mean, “you knew it” and he said, he knew he would get the only other American on the bus, and a liberal to boot, he could tell. It is true, we were probably the only ones that didn’t stop talking the whole trip. The Brits were generally quite reserved, quiet, and complacent, and the Portuguese slept, while the Spanish could not wait to get home, they hate the Portuguese, and on some level the feeling is mutual. But clearly, I did not have to say to my travel buddy, *voces fala Ingles*, or *hablas Ingles*, we spoke English and we both knew exactly who we were talking to.

I do not know if any of you watch Ted Lasso, I do not, but I heard a very interesting interview with one of the main characters who talked about her tattoo, simply saying, “*don’t be judgmental, be curious*,” apparently, this comes from Walt Whitman, adopted by Lasso. I love this reference and am determined to take this opportunity to assess its possibility. Although he did not look like the Ted Lasso type or Walt Whitman’s as well. He too sought this as a means of passing two hours instead of dominating with his guns.

“So, why don’t you like Trump, his policies were excellent, look what he did for the economy, and

foreign policy, making friends with Putin and Kim Jong-un.” My curiosity would have to progress from a different direction. He showed me his dogs, front and center on his home screen, two black Mastiffs, enormously proud of them. I asked him where he was from, “Florida,” of course, but with a distinguishable accent, “where else,” I asked. Born in Tunisia, parents still there, he, out of all six siblings, is the only one in America, one is in Paris, London, the sister is at home caring for the parents; Muslim, but not religious. He came to

a living, something covert I discerned, because he didn’t say. He told me about his woman, a front-line nurse, right in the heart of the pandemic... Ah, I had my breakthrough, “how does she feel about the abortion issue,” I asked, “I’m devastated,” he

Pages 5, 6
and 7 Scenes
of Sevilla ©
Sandy Green



America and absolutely, unequivocally, loves the country, “it is the greatest country in the world,” served proudly in the Army and boy did he love those guns. “What would America be without guns,” he giggled, it is as American as Apple Pie. He had been traveling, I asked him what he did for

said, “she feels like you,” and you, he confessed to agreeing. Then he said, “the gender, five years old and they’re allowing parents to advance gender conversion therapy at five, parents are advocating for it,” and I said, “although this is politically incorrect for me to verbalize in my circle, I agree

with you.” I bite my tongue. At this point my battery was slowly whimpering, figuratively and literally. He offered to help, he let me use his charger, and we spent the next fifteen minutes or so on my phone, showing me shortcuts.

We talked about our travels, he showed me the cave he dined in at Lagos, and I showed him my abode in Tavira. Heading for Spain and then onto Tunisia to visit his parents, at this point we were in full communion. We shared our love for travel, photography, and dogs, showed him photos of my two adorable Frenchy grand dogs. He and his woman did not want children and they both were in full agreement. He had been married before without kids, possessive type, his current woman gave him free reign, unfortunately she could not make it on this trip.

The bus arrived at a stop in Sevilla, and as we neared the station, we both arose, although I was not sure this was my stop. He got up first, and we made eye contact, “*it’s the hypocrisy I can’t stand, or live with,*” and I extended my hand, we shook and said goodbye. I will always remember Yah, for God traveled with me, on this trip to Sevilla.

Text and photographs © Sandy Green



Sandy Green, a traveler and former development director at Medford Leas community, NJ, is a new FQA member and member of Haverford, PA, Monthly Meeting.

Quaker artists in overdrive (continued from p. 4)

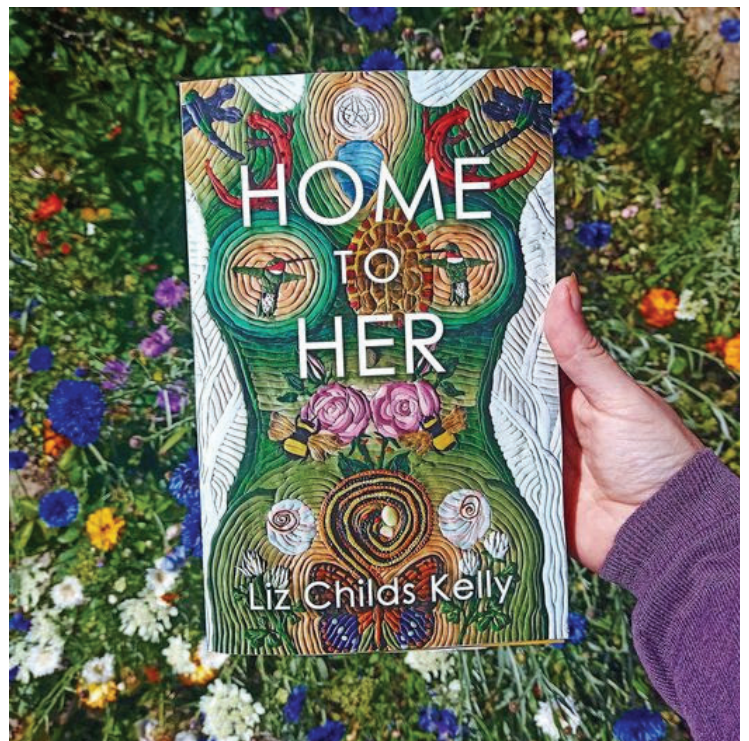
Arla Patch tells us

that her involvement with the Coalition of Natives and Allies and their work for Indigenous justice has been and still is a primary commitment.

However, doing the cover for *Home to Her* has reengaged my connection to art and healing. The author, Liz Childs Kelly, recently interviewed me for her podcast which came out late last year.

I've also been invited to create programming for the Viva Center in the Spring. I now have a new laptop, and am looking forward to offering art experiences virtually.

All this to say that I'm excited about the months ahead, and the possibilities of engaging with friends, in art and healing and just plain enjoying creativity with gratitude.



Cover art by Arla Patch on book by Liz Childs Kelly

SUN GOD

by Blair Seitz



Without my light box that I had left with junk in Reading, I felt myself coming onto the scary cliff of seasonal depression on mornings of late November, 2022. Though the box was a jerrymandered and nailed together thing, it did have the correct color fluorescent bulbs to lighten the winter blues.

Without the lightbox at our new Simpson House continuing care home in Philadelphia, to absorb true sunlight, I decided to sit on the 2nd floor veranda at noontime directly facing the sun. In the chilled air, but relaxed in meditation with the warmth on my face and chest, an epiphany dawned over me. The heat felt like I was sitting close to a bonfire in an evening's cold.

But thought told me that the coziness I absorbed came from the sun. I knew that the sun was a long distance away and, later when I asked Siri I was told that the fire that I felt is 91.51 million miles away, an astounding distance that I had forgotten from universe studies.

And then I learned that since the end of the last Ice Age about 25,000 years ago about the time humans migrated to North America and from about 10,000 years ago, Sun has continued its unlikely, magical relationship with Earth. Now, just the perfect distance and temperature holding Earth in its stable warmth that has brought a burst of plant and animal life beyond our wildest imagination—billions of species each evolved to a growth adapted to its place on Earth nourished by Sun in a balanced, sustained relationship that we have discovered nowhere else in the universe. A miracle, indeed.

Judy, my spouse, and I have been raving over nature videos free from YouTube: Switzerland, a bounty of colorful birds we had not known; the Andes, mountains, reaching to the sky home to multitudes of large antelope; Chile's Pacific coastal variations of sea animals, crustaceans and abundant sandy deserts leading to life-filled mountains. Learning about Siberia, the Canary Islands and the extravagant colors of kingfishers including the rare small multi-colored ODK, for example, of India's rainforest; also our own excursions to the thousands of bird species of Central America and the wildlife of Eastern and Southern Africa have together been mind stretching.

Sun, that warmth that I feel in my meditation, is the source of the never-ending bounty of Earth in this era.

Those ancestors who worshiped Sun held Truth. Our Creator is Sun. Our Higher Power beliefs are partial largely omitting Sun. God is Sun. Why have we made other gods when clearly it is Sun that has created magnificent life in and around us?

Yet, we learn that 69% of this bounty of life is finished, done, dead, from competition with people, destruction of habitat and global warming. That perfect thermal relationship is challenged and upset by fossil fuels spewing CO₂ into our atmosphere, we know. The energy drilled and scraped with engineered machines that has made corporate CEOs rich and Western civilization lifestyle luxurious.

CO₂ marches onward, pushing Earth's average temperature past one degree Celsius and heading fast to pass the 1.5 degree Celsius designated by thoughtful leaders as the point beyond which there is no return from a devastated Earth, as Sun must grieve, angered as Man's ignorance becomes one weather destruction after another; soon too many people drowned, too many lives starved to death, too many species lost to count, precious Sun created abundance lost.

Science told us for decades of our predicament. I knew beyond a doubt when I examined the maps of National Geographic in 2016, which showed all of the world's coastal cities laid waste in 15-foot ocean rise from global warming. It was a dire warning of a world without ice in 2000 years, a time span that seems now to be cut in half due to the speed of ice melt that is faster than earlier predictions. Worldwide glacier melt will raise oceans for our grandchildren to crushing heights. We may have already set in motion an irreversible melt. Forget nuclear fusion as our savior. Too little, too late costing trillions.

A Canadian based COP subgroup has just concluded an agreement of 200 countries—30 for 30. Voluntarily, by 2030, 30% of land and ocean may be set aside as a last-ditch commitment to save life from extinction. And the UN General Secretary has set 2023 as the year he will lead an all-out effort to get countries to block CO₂ emissions, to stop the fossil fuel corporations from ignoring God Sun.

I return to my meditative rocking chair on every day of sunshine to absorb Sun's light as gratitude for Sun's lifegiving power flushes over me. Be damned human capitalism's greed. Arise Sun. Teach us your power.

References: *Our Final Warning: Six Degrees of Climate Emergence* by Mark Lynas, 2022, and CBS, 60 Minutes, January 1, 2023, "Scientists say we are in the midst of 6th extinction."



Photograph, "Sun over Pymatuning Lake," pages 8-9 © Blair Seitz

I sit and breathe
Happy to be here
With a sense of being unhurried,
Of the sheer luxury of time,
And the way that the old ways were slow ways,
And that this slowness is what it takes to know something,
Whether you wait for hours for the animals to appear,
Or you return to a place over and over
To know it under many conditions.
In that sense
It's an act of resistance to our
Hurried,
Harried,
Distracted era.

Photo © John Holliger
Poem From Barry Lopez. *Embrace
Fearlessly the Burning World*



John Holliger

HALF PAGE

GUITAR CLASSICS

Keith Calmes played classical guitar Friday evenings in December, 2022, at the Philadelphia Museum of Art. He will also give a concert January, 21, 2023, 3-4 pm, at the Conference Center of the Chestnut Hill Public Library. Registration at www.CHPLNJ.org.

Pendle Hill

Jesse White currently conducting a Pendle Hill workshop online, "**Speaking with Spirit**," poetry immersive. Tuesdays, January 3, 10, 17, & 24, 6:30-8:00 pm Eastern Time (US & Canada) via Zoom.

Shows, talks, publications and book release

Cai Quirk was prolific in 2022: 64 talks and workshops, 10 photo exhibits, one four-month artist residency at Pendle Hill, three concerts and 17 publications. **Cai** has lots more coming up in 2023 including several solo and group shows and their book launch at the Society for Photographic Education National Conference at 9 am, Friday, March 17. Their book is *Transcendence: Queer Restoryation*. Order from: <https://www.skylarkeditions.org>

Types and Shadows history of Quaker Artists feature

With permission of author Gary Sandman, T&S shares vignettes of artists from his book, *Quaker Artists*. These essays are sometimes surprising as the artists date back to the era when artwork was condemned by Quakers. Sandman's book can be ordered from garysandman@cox.net.

CHRIS ZURICH

Chris Zurich (b. 1987) is an American singer and songwriter. His music is a blend of rhythm and blues, folk and electronica while his voice is reminiscent of Sam Cooke. His album *Black Ink* contains original songs, though he also plays many cover songs on his social media. Zurich performs regularly in the New York City subways. As well, he has appeared on the X-Factor as a finalist.

Zurich is not a Friend, but he attended and later taught at Quaker elementary schools. At the schools, he says, he learned about equality, peace and the environment. He adds that he saw that Quaker worship is open for anyone to lead it.

I was charmed by Chris Zurich's soulful, expressive voice and his deeply felt love songs. He is one of those performers who should be better known!

A quote:

“I have only good things to say about Quakerism... It's about treating everyone with the same respect... So I always found that cool and something I could get behind. I wouldn't say I think about it on a daily basis right now in my New York existence, but it's definitely embedded in who I am. I try to leave people and situations better than I found them. That's a very Quaker way of going about life”.

And two links, one to his “Destinations” video and one to his “A Change is Gonna Come” cover song in the Times Square subway station:

<https://www.youtube.com/watch?v=8rJDGrCbsbU>

<https://www.youtube.com/watch?v=JLv8sL3sL7Y&t=87s>



Gary Sandman



Types and Shadows, Journal of the
Fellowship of Quakers in the Arts
FQA c/o Keith Calmes, 1933 State
Route 35, Ste 105, PMB 242, Wall, NJ
07719.

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...

*Enjoy the art of Sadelle Wiltshire, VT; Sandy Green,
PA; Chris Zurich, NY; John Holliger, OH; Arla
Patch, PA; Jennifer Elam, KY; Bronwen Mayer
Henry, PA; Exsul Van Helden, Baltimore.*



"Knotwork labyrinth" large size © Sadelle Wiltshire