



Types and Shadows



Issue 95

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Journal of the Fellowship of Quakers in the Arts



www.fqaquaker.org

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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: "alice with the dancing rabbit," watercolor, 18" x 26," © Mark Kaufman, an image from his bipolar expressions on pp. 5-8.

from our clerk...



Jesse White

The Fellowship of Quakers in the Arts invites you to become more involved in our community.

Do you want to connect to other FQA members? Would you like an opportunity to share a skill or worship share on a creative theme? Would you like to MC a poetry reading or talent show, or perform a musical, dance, or dramatic number? FQA welcomes program proposals for 1-time online workshops/programs/events to connect our community of creative members. Please email your proposals and contact information to Jesse White, FQA Clerk at pigeonarts01@gmail.com.

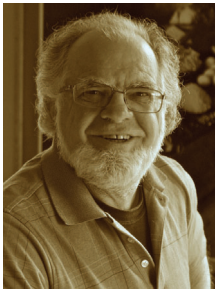
Do you have a larger program or event you wish to lead, or a project that you'd like support from FQA to make happen, or an educational program you wish to attend to further your creativity? FQA is revamping our grant-making system. There will soon be an official application form for small grants to support our members' creative work and learning. Stay tuned for more information! In the meantime, please reach out to me with your questions: pigeonarts01@gmail.com.

What are other ways you'd like to see FQA connect to its members and the wider Quaker world? We welcome your ideas and look forward to hearing from you!

Light,

Jesse White, Clerk





Blair Seitz

@Judy Ballinger

From the editor...

It's a great pleasure—maybe because I have had bipolar illness in my extended family and have been close enough to severe depression myself—to feature Mark Kaufman's art, which leaves no question about the highs and lows of bipolar expression. I'm happy, too, to see that Cai Quirk's book is out. Take time to hear Cai's speech and see their photos from a Denver, CO, presentation. Also, please note the opportunities for FQA members to display art and become more involved. —Blair

Alert...

FQA's clerk also includes an opportunity to assist the **T&S** editor in the coming months of this year. This could be a means of learning what is involved in being an editor.

FQA's editor of 12 years, Blair Seitz, has informed the board that he will be retiring from the volunteer position December 31, 2023. The last issue of **T&S** that Blair will edit will be the January 2024 issue. Our clerk, Jesse White, asks for anyone to assist Blair for the rest of 2023.

New Compositions...

Keith Calmes tells us that he just finished a recording of meditative original compositions for solo guitar entitled "Lullaby with Stars." It will be released online shortly. Also, his composition for three guitars entitled "Selvaganesh" will be published by Guitar Chamber Music Press very soon. This is written in the style of South Indian (Carnatic) music. Hear Keith's classic guitar on his YouTube channel: <https://www.youtube.com/watch?v=5THm8-yODQY>

FQA member...

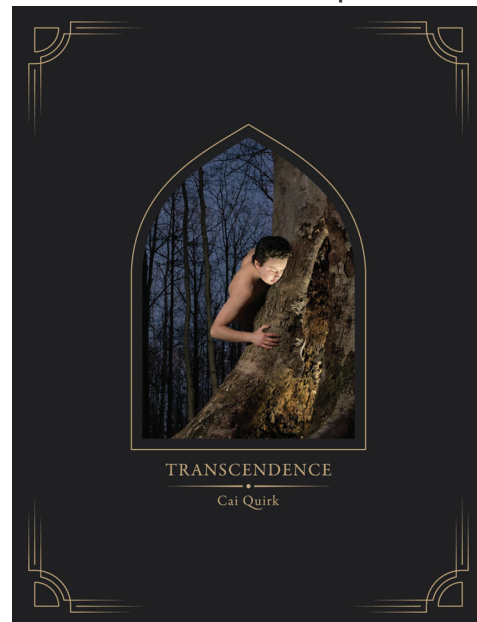
Rebecca Ross tells us that one of her works, "Berks Jazz Fest III," is in the Art of Jazz show until April 21 at the Schmidt Gallery of Goggleworks Center for the Arts, Reading, PA.



"Berks Jazz Fest III," acrylic, 36" x 48" © Rebecca Ross

Cai Quirk's book...

It's time to reveal Cai's new beautiful book cover! The last few months included long hours and an intense amount of work to complete the book.



The center of the cover is a die-cut shape that reveals the full version of 'each twilight' when the book is opened. At least 300 copies will be going to LGBTQ+ libraries! To hear Cai's speech at the Society for Photographic Education National Conference in Denver and view his photographs go to: <https://www.youtube.com/watch?v=gX1KQWpiC0Y>

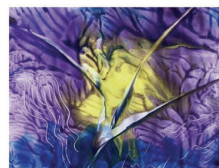
Jennifer Elam's

HALF PAGE

Most of us are traumatized these days. There are many ways that we deal with our soul's challenges. Creative expression has been found to be one of the most effective tools. I am presently teaching an Arts and Writing class and these paintings came forth as led by Spirit, with messages for our challenges. To have us come and teach our workshop for your meeting/ organization, contact me, Jennifer Elam, jenelam@aol.com.



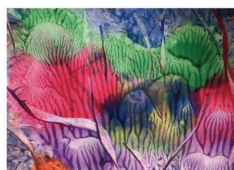
Bits of Growth Can Be Seen Coming



Soul Floating Over the Universe



Light Shines through and Soul Finds its Grounding

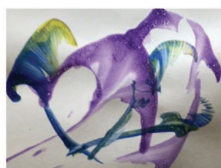


Soul Begins to Find Grounding



Building Community

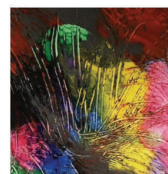
Healing for Soul's Challenges



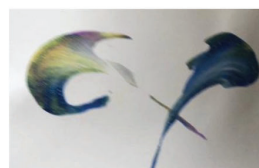
Dancing Together



Making Friends



Meets Major Challenges by Carol Dollins



Partnering



Singing

Peeping at Neighbors

by Carol Lange

Green and glistening
summer leaves
reach across the fence
of soft light fragrant wood
with holes to peep through
and a smell of ancient forests.

I peep at neighbours I never see
for both are stiff with Englishness,
needy in their high defences,
remote and dignified,
alone and undiscovered.
Only the leaves reach out,
Innocent and pure,
oblivious to the limits
of life controlled by rules,
by distances and silence,
and fear of being known.

I peep at neighbours I never see
In an empty silent garden

hoping for life there
beyond the high fence
where distances are kept
and rules matter,
where life is contained in borders
overgrown with grief.

I peep at neighbours I never see
and an eye meets mine
green and sparkling
in its solitude.

FQA member, Carol Macfie Lange, is a Scottish writer, actor and artist working in oil/acrylic on canvas and wood. She has a BA in Theatre Arts from the Santa Fe University of Art and Design. She studied with members of the Royal Shakespeare Company and performed at Bear Gardens Theatre London, Oxford Playhouse. Carol directed plays in Greece, Spain, Germany, USA and UK. Her Masters in English is from Westminster College Oxford, and her Certificate in English is from Royal Society of Arts. She writes historical fiction, poetry and short stories; her books are available on Amazon.com. She sailed and lived on a catamaran with her husband for ten years. Carol now lives in Oxford with her eldest daughter, Cristina, a BBC producer, and three grandsons.

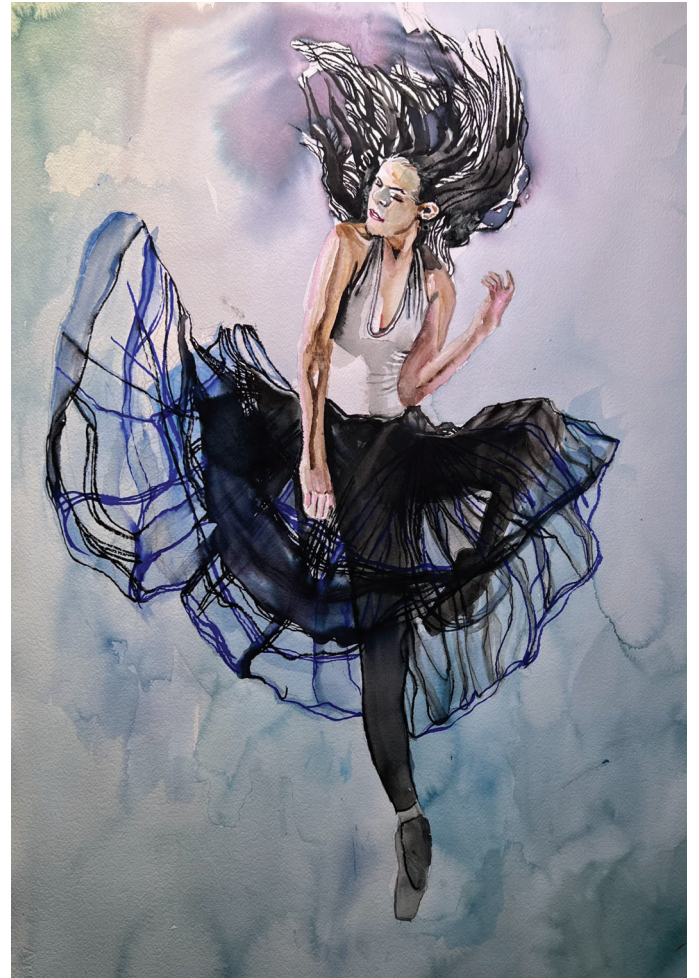
Mark Kaufman's Art is from exuberant **joy** or deep SHADOW

Some say art is a lie, a mere illusion of space in a two dimensional world. Some say reality is an illusion, merely perceptual experience. Both are wrong. Our humanity grants us only partial access to the truth. That art and experience and science are incompatible-somehow exclusive of each other is the real illusion. What changes between them is the meaning and the way truth can be revealed. Much of my truth emerges from being bipolar. What makes my work unique is that the figures and other images are explorations of mood and emotion rather than landscapes. Often they have an element of the odd or troubling.

Continued next page



Mark Kaufman



Above: "imagination," watercolor, 23" x 18"; Right: "dancer in blue and black," watercolor, 24" x16" both ©Mark Kaufman

from page 5

The figures are exposed and self contained and unavailable all at the same time. I draw heavily on my lifetime experience with bipolar disorder seeking to express its effusive, if grandiose at times, unconstrained joy; its terrifying and fractured mania and its deep depression. by Mark Kaufman



"jack in the box," watercolor, 19" x 16" © Mark Kaufman

Mark Kaufman is a signature member of the Philadelphia and Pennsylvania and Baltimore and Delaware watercolor societies. He now lives in Wilmington, Delaware, with his wife of 54 years and his cat-named "Cat." Being a Quaker is part of his identity. He has Quaker ancestors going back to the very earliest days when they settled in his home area in a Welsh tract in the late 17th century. His wife also descended from the Irish Quakers who settled in what is now Delaware. They were not aware of their common ancestry when they married. As a consequence, Mark says, "We are cousins multiple times, distant, but it can be fun to shock the unsuspecting."



"covid 19," watercolor, 14" x 12" © Mark Kaufman



Top: "black birds," watercolor, 23" x 15;" Above: "plague," watercolor, 17" x 12;" Right: "black and white," watercolor, 24" x 15," all ©Mark Kaufman

at Pendle Hill... Transformation Stories:
"Altering Books and Awakening the New You"
July 12-16
Pendle Hill
With Jesse White [https://pendlehill.org/
events/transformation-stories-altering-books-
and-awakening-the-new-you](https://pendlehill.org/events/transformation-stories-altering-books-and-awakening-the-new-you)

(A wacky character in the Randolph Hotel Oxford)

VAGUELY RELATED TO MORSE

Sung to the tune of Take me to the Church on Time

by Carol Lange

I came all the way from Ohio
To sleep in their comfortable beds
But I'm wondering O Why O,
For it seems that they don't like my dreads.
Just the same, I've decided to stay,
Determined to have my own way,
For I've spent many hours on my locks
And my jewelry and gorgeous pink frocks.
Now, they may say they're not very butch,
And they don't like the way this dude looks,
But I'm here and I'm staying, of course,

For I'm vaguely related to Morse,
And I see they've a bar in his name,
Cashing in on his films and his fame.

But I'll tell you, without being rude,
That the Randolph just ain't Hollywood,
Where I'm known for my daring and stunts,
So I haven't much time for these cunts,
Fawning all over the rich,
For I'm just an old Hollywood bitch
Who loves scones and jam, and cream tea
Grand piano serenading me,
While I perch on the top
And make eyes at the cop
Who's been summoned to take me away.
But I think that they will let me stay

For I'm vaguely related to Morse
And – yes – I can prove it of course.

For although I may look like a whore
With my dreads and pink dresses and more,
My old Mum was involved with Endeavour, you see ...
The result of their union was me.

So I'm truly related to Morse,
And – yes, - I can prove it, of course.

(see Carol Lange's bio on page 4)

John Holliger
HALF PAGE

A Light So Lovely

A quiet, gentle dad, knocked softly on the door, heard a silence, opened, and looked in.

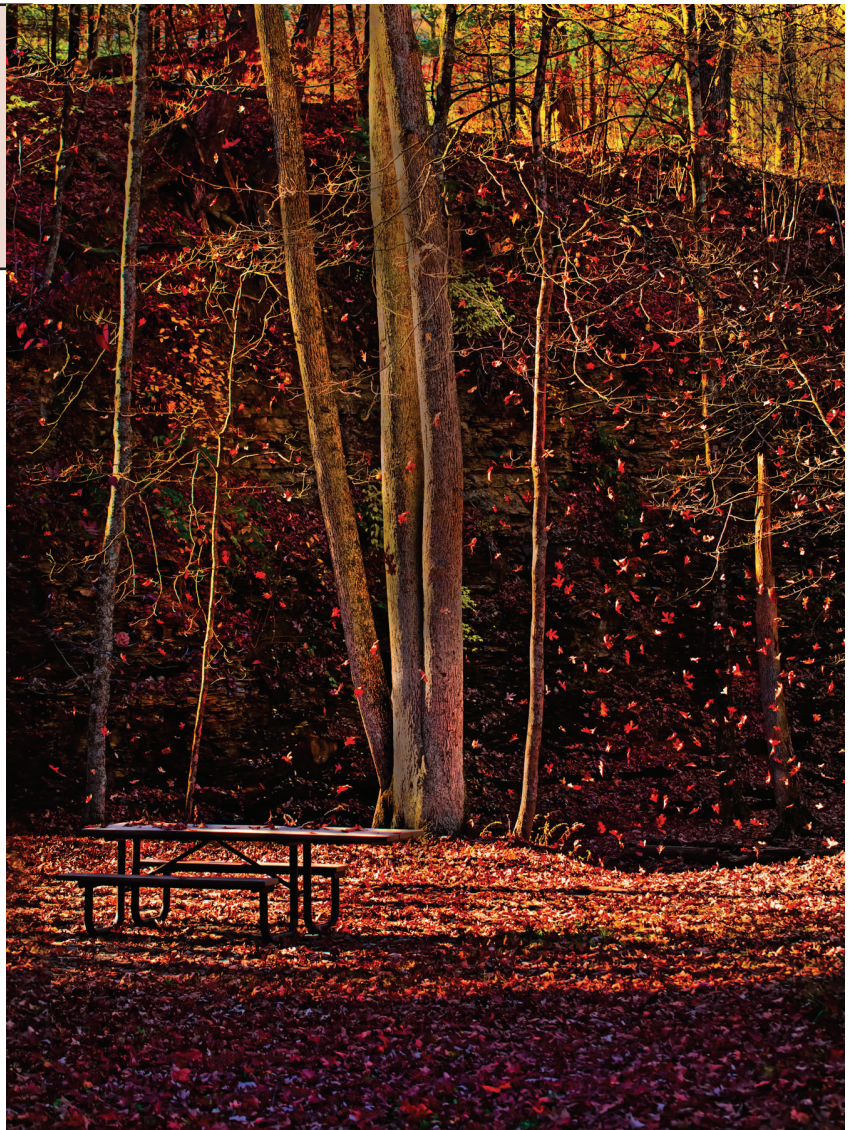
I gazed up from my open book, smiling. No, not forgotten. But remembered, and blessed

by a love so dear.

Decades later, I was broken by a tragedy never explored. Now I was ready and entered a

safe space, looked up and met caring eyes. Tom loved by listening, by his questions,

inviting me to take another step out of hiding. -John Holliger



"A Place to Sit and Watch Fall Leaves." photograph ©John Holliger

Delicious, your best ice cream flavor **Opportunity to Exhibit (deadline May 1)**

The Fellowship of Quakers in the Arts is pleased to announce its 2023 Showcase/Exhibition Art Show "Out of the Silence". This will be an Audio Visual Presentation featuring FQA Artists and their literary, visual and musical works to be shown at Friends General Conference at Western Oregon University in Monmouth, Oregon from July 2nd through 8th, 2023. The show will also be shown, in perpetuity, on FQA's website- fqaquaker.org (visit us!) beginning July 1st, 2023. We hope you will enjoy it, or better yet, participate by sharing your work. You will be in great company! Deadline for submissions is May 1 so please email or call Jonathan or Doris asap if you are planning to submit, as time is now limited. Thank you !

Doris Pulone- dpulone@comcast.net or voicemail/text at 609-670-7625 East Coast time

Jonathan Talbot - jonathan.talbot@gmail.com or 845-726-6333 East Coast time.

Bravo! to those persons who have added art to their membership profile on our website. Nearly 1/2 of our members have completed this task which makes it possible for us to know one another. Look through the work of other members. Then add yours at fqaquaker.org. Go to "log in" then your "profile." A caveat: Your **T&S** editor finds persons to feature on these profiles.

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.

Tatiana Pavlova

Tatiana Pavlova (1937-2002) was a Russian historian and translator. A member of the Institute of General History of the Russian Academy of Sciences, she was a historian of 17th and 18th century pacifism and utopianism in England. Her books included *John Bellers* and *One Hundred Years of Russian Pacifism*. Her translations included *Plea for the Poor*; *George Fox Speaks for Himself*; *The Orthodox Pastoral Service*; *John Woolman's Journal*; and *Portrait in Grey*. Raised in the harsh life of the Soviet Union –her father died in a Stalinist labor camp – and living through the difficult post-Soviet Union period, she survived much in her life.

Pavlova was a member of the Religious Society of Friends through the Friends World Committee for Consultation's International Membership Group. She grew up during a time when religion was discouraged in Russia. Because Karl Marx approved of John Bellers, the Quaker economist, however, she wrote her graduate thesis on Bellers. During her research, especially since Russia had a history of prisons, she was struck by the story of 164 Friends who volunteered to take the place of imprisoned Quakers who had been jailed for several years. The thesis was published as a book in 1979. In the early 1980s, after reading her book, British Friends William Barton and Peter Jarman made contact, and in the mid-1980s American Quakers visited with her. In 1990 she joined the Society and began inviting people to gather for Meeting for Worship in her Moscow apartment. In 1992 she went to Pendle Hill as a Friend-in-Residence. The Moscow Meeting outgrew her home and now rents a large space. They have helped elderly people with financial support; offered classes on the Bible and Quaker literature; published a bi-monthly newsletter; and spoken to the Russian military about peacemaking. Small Quaker groups also exist in St. Petersburg, Veri, Electrostal, Kazan and Barnaul as well as in Lithuania, Estonia, Latvia, Belorussia, Georgia, Kyrgyzstan and Ukraine.

Friends House in Moscow was established in 1996 and has been very active throughout Russia. They have participated in a peace march into Grozny during the Chechen War; run an Alternatives to Violence Project; offered information on conscientious objection and alternatives to military service; shared information on Quaker faith and action to interested people; operated a hospice; and provided support to children in need. In 2016 they gave a grant to preserve in electronic form the deteriorating Tolstoy Papers in the Chertkov Archives.

Tatiana Pavlova was an internationally-known and highly-respected historian. She was also the seed for Friends in Russia in modern times. –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 Mark Kaufman. DE: Cai Zuirk, NY: Jesse White. Philadelphia: John Holliger. OH: Jennifer Elam. KY: Rebecca Ross. PA: Carol Lange. UK: Tatiana Paulova. Russia: Nury Vicens. PA



FQA member Bob Walk talks with Grady Lights at Haverford Monthly Meeting (PA) art exhibit where six local FQA members displayed art. The insert mixed media work is titled "Tribute to Mother Nature" © Nury Vicens