



Pendle Hill

A Quaker Study, Retreat, and Conference Center

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Arts and Spirituality Program Offerings Winter-into-Spring 2016



*Exercises for
the Quiet
Eye*
Annie Storr
January 9, 2016
1:30-4:00pm
**\$20 suggested
donation**

Exercises for the Quiet Eye (EQE) focuses on experiences of art that encourage patient reflection, appreciation, and a sense of the unknown, instead of rushing to “understand” or fixing on a premature “interpretation.” In unhurried observation and quiet discussion, we embrace a “tolerance of ambiguity” in the presence of art, not needing to “master” it through determining its “meaning.”

Works of art can engage us, through senses, emotion and intellect, in rich, complex, rewarding, and inconclusive ways—suspending us sometimes in time—fully open and aware. That experience in itself is precious and rare. Furthermore, most art of merit cannot be fully understood, or “solved,” even with time. This is parallel to the nature of life experience. Therefore, suspending judgment and analysis, in experiencing art, can make us more aware of the potential for being “in the midst,” open in mind and senses, with imagery—as with life.

Participants are encouraged to bring a friend or family members to share the afternoon. Multi-generational contributions are especially welcome. The exercises will feel a little like informal worship sharing. We will do small amounts of writing, and a little jotting and sketching. All of your attention is on active, opening seeing; friends with glorious artist skill and those with none at all are equal contributors to the group's time together.

Open Studio Sessions:

January 23, 30, February 13, 27, March 5, 26,
April 9, 16, May 14, 28
1:30-5:30pm

\$5 an hour, includes supplies

Create in Community in our beautiful, light-filled art studio! These are drop-in, self-directed art experiences. A monitor will be present to help you find supplies and get started. Join us!

Release & Reconnect with Mixed-Media Fiber Art

Asake Denise Jones
February 6, 2016
9:30am-4:00pm
\$109, includes lunch
**Registration deadline:
January 29, 2016**



It is winter and nature has let go of the things that no longer are needed during this season. Are you willing to release what is not serving you in this season of your life? Are you open to reconnecting with God’s plan for you? Are you inspired by the reflective practices of art-making, meditation, and music? If so, join Transformative Arts Coach, Asake Denise Jones as she guides you through the process of releasing what no longer is serving you and re-connecting to the TRUTH of who you are as you create mixed media fiber art.

Please note: Facilitator has asked that you submit a favorite photo of yourself to jwhite@pendlehill.org by February 1, 2016.

Studio Care and Cleaning Days:

**January 16, March 19, May 21
1:30-4:30pm**

Help maintain the sanctuary of the art studio by volunteering one or more afternoons to clean and care for studio equipment. The assistance of volunteers is part of what builds community at Pendle Hill.

We thank you for your support!



The Clay Connection

**Bob Deane
February 20, 2016
9:30am-4:00pm
\$119, includes
lunch and firing
of work**

Registration deadline: February 12, 2016

The Clay Connection offers an opportunity to contemplate, share, and reawaken our awareness of earth, and clay. The clay that has sustained our creativity and acted as a primal vessel for our food is at our feet. When we slow down to touch the earth, the clay, a journey begins: back to childhood mud pies, into the earth, into a moment of quiet in which we may discover our original Source. *The Clay Connection* offers us an invitation to reconnect with clay and the earth, and hopefully, ourselves.

Intuitive Painting as a Spiritual Practice

**Damini
Celebre
March
12, 2016
9:30am-
4:00pm
\$109,
includes
lunch**



Registration deadline: March 4, 2016

Are you looking for a way to know your heart? Would you like to know yourself in a new way? Do you want to connect more deeply with the creative source that brings the truth of you to light? Are you looking for a community that can support your creative and spiritual self? Join us!

Intuitive Painting as a Spiritual Practice will bring you closer to yourself and the Source one brushstroke at a time. You will explore your inner landscape through mediation, journey work, movement and, of course, painting! Travel through painting journeys that invite you to experience your connection with the pure light of your inner self and the love that went into your creation. Have an inner conversation with your soul through color, shape and form. Bring to light those parts of you that have been tucked away for safe keeping until the time is right. Recognize your inner demons that block your path and learn how to demystify them. Most importantly, practice honoring and accepting yourself as you are. Come and experience the joy of knowing your heart and feeling alive!

Breaking Through: Quieting the Critic and Welcoming the Inner Artist

**Jesse White
April 2, 2016
9:30am-4:00pm
\$109, includes lunch
Registration deadline:
March 25, 2016**



Ready for creative risk-taking as a means of personal and spiritual growth? Together, we will create and sustain a safe space to face and contain our inner critics and welcome the creativity and spiritual insights that come from this important, process-focused work.



Conversations with Land: Art-Making that Expresses the Essence of the Land

Damini Celebre

April 24, 2016

9:30am-4:00pm

\$109, includes lunch

Registration deadline: April 18, 2016

Everything is Alive and has Spirit! From this basic Shamanic concept, you will learn how to deeply engage with the Plant Beings as the push of Spring propels them towards the Sun.

By “Seeing” with the Heart, you will respond to what you perceive and experience with creative self-expression. By Seeing with an Open Heart, rather than with only eyes or ears, you are able to create an expression of the Essence or Vibration of the Land rather than a literal landscape.

You will learn to allow your creative expression to come from within — the marks you make being an abstract representation of what you see, hear, feel, and experience. This could be mark-making on paper using

the paints, pastels, pencils, brushes, and other tools which call out to you.

No experience is necessary! This workshop is for everyone across the range of experience in the creative arts, from professionals to those who have very little or no experience with painting or drawing.

Art Journaling

Jesse

White

May 7,

2016

9:30am-

4:00pm

\$109,

includes

lunch

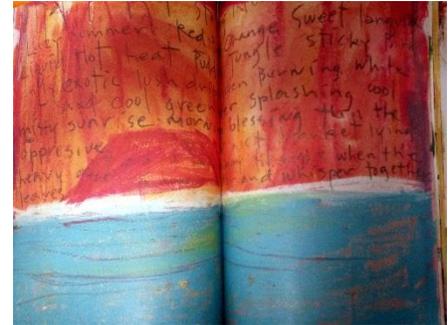


Image from Journal Spilling, Diana Trout, North Light Books, 2009

Registration deadline: April 29, 2016

Explore a new way to speak with Spirit: through an art journal. Through mixed-media visual exercises and journaling prompts, we will reach deep within and watch for Spirit’s expressions. Join us for a fun and imaginative day, full of messy mediums and words! No visual arts or journaling experience necessary.

Please note: The facilitator asks that you bring an unused or lightly used journal at least 8”x10”.

About the Facilitators:

Annie Storr developed "Exercises for the Quiet Eye," over two decades teaching museum education and art history at the university level, as well as even more years as a practicing public art educator and teacher-trainer, working with people of all ages. In 2014, she had the chance to pull together several threads of the method, including its spiritual aspects, during a sabbatical at Pendle Hill, as a Minnie Jane Scholar in Arts. Annie is a member of Adelphi Friends Meeting, BYM, in MD, and a long-term sojourner at North Shore Friends Meeting, in Beverly, MA, NEYM. Annie was the founding Chair of the Art Education Department, at the Corcoran, in Washington, DC and the head of Education for the American Association of Museums. Today, she teaches at the Massachusetts College of Art and Design, in Boston. She has practiced EQE at Pendle Hill, and at locations as different as the art museums of Cornell and Emory Universities, local meetings and churches, and the McPherson Square site of OccupyDC.





Asake Denise Jones , M.A., M.Ed. is dually certified as a life coach and transformative arts facilitator who works with individuals, groups, communities and organizations to create action plans for transforming stress. She incorporates art, spirituality, mindfulness, science & evidence based practices. Asake has more than 20 years facilitating workshops and retreats in the areas of education, personal development and mixed media fiber art.

Bob Deane is a potter and painter who was raised in the Media, PA area. He earned a B.F.A in Ceramics from Bloomsburg University in 1988. His work has been shown in many local stores and galleries. Recently, Bob has been immersed in working with local creek clay and discovering the connection between the ground he walks on and the artwork he creates. He currently teaches at the Community Arts Center in Wallingford, PA, at the Mainline Art Center and the Wayne Arts Center both on Philadelphia's Main Line. Bob has been a member of the Wallingford Potter's Guild since 1991.



Damini Celebre is a visionary artist, healer, writer, a lover of the natural worlds, magical worlds, and the inner realms. She's passionate about helping people heal their hearts by rediscovering their creative life-force. Damini can often be found teaching, talking to the Land, and being covered in paint. Damini is the author of "Painting the Landscape of Your Soul: A Journey of Self-Discovery," BrushHeart Press, 2014. Her exhibit, Conversations with Land, will be on display in the Barn Gallery at Pendle Hill from February 5th – April 30th, 2016.

Jesse White is the Arts and Spirituality Coordinator at Pendle Hill. She holds a B.A. in Integrative Studies: Creative and Spiritual Process joined with a B.A. in Psychology from Guilford College. Jesse works as an arts educator and art therapist and directs Pigeon Arts, a cathartic art-making organization in Philadelphia. She is a member of Frankford Friends Meeting (PA).

