

Art for Healing

A program of Mercy Hospitals of Bakersfield

Located in the newly dedicated Mercy Art and Spirituality Center
next door to the Mercy MRI Building at Truxtun and A Streets.

So you think you don't have a creative bone in your body? . . . Well, you don't need one to participate in these healing programs. Come experience how "being in the moment" may lead to healing and wholeness.

Art for Healing seeks to create a comfortable space where one can experience art-making, creativity, music, dance, and theatrical improvisation activities that may help in the release of stress and anxiety resulting from illness, loss, grief, or caring for another. All programs are open to the general public. Come and enjoy the experience of letting go, playing, or just sitting in this quiet, reflective space. **No experience is necessary for any of these programs.**

Unless otherwise noted, all materials are provided. Some programs may ask for a small donation; however, scholarships are available to cover the price of materials to ensure everyone can participate. Please ask Sr. Sherry for scholarship assistance. All scholarship requests are handled confidentially.

Space is limited. Please register for programs listed below, by calling
661.324.7070.

Programs for August – December, 2010

All programs are for those 18 years of age and older unless otherwise noted

OPEN STUDIO

Wednesdays

10:00 am – 4:00 pm

Various Artisans

During this time you can come in and continue with a project you started during an earlier class or paint, work with clay, create a soul collage, a memory box or anything that helps relieve the stress and anxiety that life brings.

SPONTANEOUS EXPRESSION WITH PAINT

Presenter: Sr. Sherry Dolan

Tue Sept. 7

6:30 pm – 9:00 pm

Tue Oct. 5

6:30 pm – 9:00 pm

Tue Nov. 16

6:30 pm – 9:00 pm

Tue Dec. 7

6:30 pm – 9:00 pm

Although the key to healing lies in our ability to express and release our painful, stress-producing emotions, assessing these emotions isn't always easy when we continue to do it in the only way we know how – using words. We try to talk it out, yell it out, get it off our chest, but in the end, the feelings remain. That's because our left brain's verbal language is only capable of expressing what we *think* we feel, while the real feelings often go unnoticed and unexpressed. To access our real feelings we must use the right brain's language of imagery.

Through a guided process you will learn how to let go and allow yourself to just enjoy the experience, while putting color and design on paper with tempera paint. You'll be encouraged to let your imagination go wild, while honoring the process, not the outcome. Come invite your intuition and imagination to bring forth your inner wisdom through this creative experience.

ICONOGRAPHY

Presenter: Joyce Tanner

Thurs Sept. 9	1:30 pm – 4:00 pm
Thurs Sept. 16	1:30 pm – 4:00 pm
Thurs Sept. 23	1:30 pm – 4:00 pm
Thurs Sept. 30	1:30 pm – 4:00 pm
Thurs Oct. 7	1:30 pm – 4:00 pm
Thurs Oct. 14	1:30 pm – 4:00 pm

Iconography is the painting of icons, such as saints, in the Byzantine, Orthodox or Catholic Christian tradition. At the beginning of the program each person will prayerfully select the saint they wish to replicate using materials provided, and will be carefully guided by the presenter during each session. While no experience is necessary, it is helpful to have a keen eye and steady hand for the detail required for this kind of painting. Participants may register for all or any of the programs listed. *A materials donation of \$25 would be appreciated but is not required to participate.*

YOUR CREATIVE MUSE

Presenter: Judith Campanaro

Sat Sept. 11	10:00 am – 12 noon
Sat Sept. 25	10:00 am – 12 noon
Sat Oct. 9	10:00 am – 12 noon
Sat Oct 23	10:00 am – 12 noon

If you've ever had the desire to do art but think you have no talent, this program is for you. If you already do art but feel blocked in some way, this program is for you. If you want to de-stress and just have fun, this program is for you. Our mission is to facilitate empowerment through creative expression. We believe that art feeds the soul and empowers the psyche. Creating art is a means of watching yourself closely for self-defeating ways you respond to the world around you. Your artwork will speak to you louder than words. Pay attention to the colors you use, the shapes, the symbols and you will find a brand new alphabet that brings clarity and understanding to your personal issues and growth. A fourth grader once said "I love art because I can impress myself." So let's be "impressive" to ourselves on these Saturday mornings. *No experience is necessary just the desire to have fun and explore.*

A TIME TO WRITE

Presenter: Various artisans

Sat Sept. 11	1:30 pm – 4:00 pm
Sat Oct. 9	1:30 pm – 4:00 pm
Sat Nov. 13	1:30 pm – 4:00 pm
Sat Dec 11	1:30 pm – 4:00 pm

“Writing itself can be an act of prayer.”

- Patrice Vecchione from Writing and the Spiritual Life

Do you wish you kept a journal but never seem to get around to it?

Do you start a poem in your head and neglect to put it on paper?

Honor your life and spirit by taking the time to write. Come and explore the way writing in a variety of forms can provide a safe harbor for your thoughts and feelings, hopes and concerns in challenging times. Learn helpful journal and writing exercises that allow for greater self-understanding and the safe release of stressful emotions. If you have your own journal, bring it. *No writing skill or experience is necessary.*

IMPROV FOR THE CURIOUS – This is a 2 part series

Presenter: Julia Heatherwick

Tues Sept. 14 & 21

6:30 pm – 8:30 pm

Within this creative workshop, we will take risks in a safe environment to unleash your real inner character. As a group, we will use introductory improv techniques to improve your ability to listen, trust, and empower yourself. Leave your thinking self at the door and be ready to say, “YES!” to play. *No stage experience needed for this adult workshop.*

PRAYING IN COLOR

Presenter: Sr. Sherry Dolan

Fri Sept. 17

2:00 pm – 4:00 pm

Fri Oct. 1

2:00 pm – 4:00 pm

Fri Nov. 12

2:00 pm – 4:00 pm

Fri Dec. 3

2:00 pm – 4:00 pm

Praying in Color is an active, meditative, playful prayer practice. It is both process and product. The process involves a re-entry into the childlike world of coloring and improvising. The product is a colorful design or drawing that is a visual reminder of the time spent in prayer for those we love, of the wellness we are seeking. You will be gently guided the whole way, so come experience this delightfully creative and colorful way of praying. *No artistic skill or experience is needed.*

REFLECTION BOXES

Presenter: Elizabeth Hinkle

Mon Sept. 20th

1:30 pm – 4 pm

Mon Oct. 18th

1:30 pm – 4 pm

Mon Nov. 15th

1:30 pm – 4 pm

Explore your life path of recovery from illness, dealing with a difficult diagnosis, fulfilling care giving duties, coping with grief, or just seeking a better understanding of whatever life has offered you.

In this 2 ½ hour class, you will create a keepsake box covered with visual images that are personal, enlightening and empowering. Various collage materials are provided, but please feel free to bring any pictures, postcards, letters, or other objects that you may want to affix to or include in your box. Boxes are also provided, however, you may bring your own box (shoe-box size or smaller) if you have one that you wish to use. *A materials donation of \$15.00 would be appreciated but is not required to participate.*

MANDALA-MAKING AS A SOURCE OF HEALING AND WHOLENESS

Presenter: Sr. Sherry Dolan

Tue Sept. 21

1:00 pm – 4:00 pm

Tue Oct. 19

1:00 pm – 4:00 pm

Tue Nov. 23

1:00 pm – 4:00 pm

Mandala is a Sanskrit word that means “sacred circle.” The circle has been an important visual symbol throughout human history, extending to the origin of the universe. Mandalas are thought to be holograms of the cosmos as well as maps of individual consciousness. This is why Psychologist Carl Jung used them with patients in his work, as well as personally. Come allow yourself the freedom of expression through color and form within the mandala. This style of art-making is like a mediation allowing the deeper emotions to reveal themselves as you put color and shapes to paper.

MEN, IMAGINATION & RHYTHM - This is a 5 part series for men only

Presenter: Donnel Lester Tues Sept. 28, Oct. 12, 26, Nov. 9 and 23 6:30 pm – 8:30 pm

In these five sessions, men will be able to explore the deeper dimensions of the masculine experience that have helped to define what it means to be a man in the fullest sense throughout history. This supportive journey will be engaged in through story, creative arts, drumming, poetry and the collective experience of the group. Come together to discover the joys and challenges of being a man in today's world through a different lens than that of popular culture.

REDISCOVERING THE BODY BEAUTIFUL

Presenter: Elizabeth Hinkle Wed Sept. 29 6:30 pm – 8:30 pm

Chronic pain, surgery, radiation, chemotherapy, burns, trauma scars, weight gain or loss, even changes to the body with normal aging can result in feelings of discomfort, dissatisfaction, or disassociation from our bodies, preventing us from moving forward into a state of health.

In this program, you will partner with another participant, draw your body contour and use paints and/or collage materials to reflect what you are feeling on the paper body image. This process will help you to reconnect and to open up and acknowledge the positive aspects of your body by allowing you to identify and reflect on areas of emotional and physical joy and pain that may be held inside. Participants remain fully clothed at all times and you may or may not share your revelations from the process with the group at the end of the program, as you choose

A TREASURE CHEST OF TOOLS FOR CAREGIVERS –

This is a 4 part series

Presenter: Rose Lester Mon Oct. 11, 18, 25 & Nov. 1 6:30 pm – 8:30 pm

Are you caring for an elderly parent, a child with special needs, a spouse or family member with a chronic or critical disease? *This program series is designed especially for you!* Give yourself a gift of reflective time and emotional strengthening. Empower yourself to continue to care for your loved one as you safeguard your own health and wellbeing.

This 4 part series of expressive arts experiences provides you with helpful creative activities and tools for managing stress, burnout and fatigue. Transform the difficult emotions of care-giving into opportunities for growth, and even joy. *You may come to any or all of these 4 sessions. No art experience is necessary. A materials donation of \$15.00 would be appreciated but is not required to participate.*

MEMORY STONE MOSAIC – This is a 2 part series

Presenter: Elizabeth Hinkle Wed Oct. 20 & 27 6:30 pm – 8:30 pm

Recovering from the loss of a loved one is a process that takes time, and grief brings feelings that are experienced very individually. Many people have found it helpful to create a visual memento, for remembrance and reflection, to honor the loved one and to assist the bereaved with saying goodbye.

In this program, you will create a mosaic stepping stone with colors, symbols and images you choose to reflect your feelings about your spouse, parent, family member, friend, or other special person. In the first session, you will choose the images and attach the mosaic pieces to the stepping stone. Consider the personality of the deceased and your relationship with him or her – you may want to emphasize soft, earthy colors or bright, colorful symbols and shapes. In the second session, you will receive your grouted piece back and the program participants will share memories about their loved one as reflected in the art piece, if they wish.

The stepping stone bases and some tiles will be provided; please bring additional tiles or objects you wish to mortar on to your stepping stone if you choose. The objects should be able to withstand grouting. *A materials donation of \$15.00 would be appreciated but is not required to participate.*

SPIRIT VESSELS – This is 3 part series

Presenter: Kathy Kalson

Fri Oct. 22, 29 & Nov. 5

1:00 pm – 4:00 pm

There is a great spirituality to working with earthen clay. Clay comes directly from the Earth and we, with whatever skill we possess, form it into items and breathe life into them. We put something of ourselves into every creation. We leave our souls impressed on the clay, as well as our finger prints, as we work the clay into images, shapes or usable items. As we make our *Spirit Vessels* we will carefully entrust into them all our hopes, dreams and joys, as well as our pain and sorrows, to gently hold for us. *A materials donation of \$15.00 would be appreciated but is not required to participate.*

SPIRIT BEADS – This is a 2 part series

Presenters: Elizabeth Hinkle and Kathy Kalson

Wed Nov. 3 & 10

6:30 pm – 8:30 pm

Beads for meditation and prayer are used throughout the world; the traditional Catholic rosary, Buddhist Mala beads, and moon cycle prayer beads are some examples. In this program you will determine the type of beads that will be meaningful to you in number, size, color, form, texture and design and create the beads out of polymer clay in our first session. In the second session, you will string your crafted beads with or without other manufactured beads together to create a keepsake that may be used for meditation practice, prayer, focusing on healing, etc. *A materials donation of \$10.00 would be appreciated but is not required to participate.*

CREATING YOUR OWN PENDANTS, NECKLACES & PICTURE

FRAMES – This is a 2 part series

Presenter: Samantha Burton

Thurs Nov. 11 & 18

6:30 pm – 8:30 pm

Certain situations often inspire a strong emotional response, one that is often difficult to place or understand in the context of our everyday lives. This workshop will address the assignment of the feelings that certain memories/situations inspire in us--and a way to quantify and incorporate them into our day to day activities. By recognizing, naming, and framing words and pictures that we associate with the often ineffable, we will be able to craft beautiful objects. We will use polymer clays, beads, wire and glass in constructing these items, including your own pictures, pieces of old jewelry or memorabilia.