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# WCADC MAY 2023 NEWSLETTER

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## A MONTH OF MINDFULNESS

This month WCADC celebrates the theme of **mindfulness**. Mindfulness is present throughout all our artistic processes as we let our creative minds take over bodies. When we let our emotions, experiences, and feelings enter our creative processes, we celebrate mindfulness. Art is a natural way to practice mindfulness, as the colors, sounds, and patterns we make pull us into the *moment*. All we must do to enjoy mindfulness is to let our artistic freedom and curiosity run wild.



## In this Month's Issue

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# HOW TO BE MINDFUL WHEN MAKING ART



No matter how skilled or unskilled you consider yourself, approach your art with a beginner's mind: ***Focus on the process of creating rather than the outcome on the page.***



Start by drawing or painting something you see every day, such as your coffee mug, or try doodling a repetitive shape such as circles or triangles. ***Don't worry about making it perfect, just settle into the process.***



Pay attention to the experience of drawing or painting through your senses. Notice what the pen, pencil or brush feels like in your hand. Is it cool or warm, smooth or rough, heavy or light? Does it glide easily across the page, or require a bit more pressure to move it?



As you observe your artwork, look at it closely. What is the nature of the lines or brush strokes on your page? Are they smooth or bumpy? Light or dark?



***Instead of judging it as good or bad, approach the process of creating art with curiosity and acceptance.***



# WHAT ARE WCADC MEMBERS UP TO?

**Artist: Linda Plaisted**

**Title: "Aint' I a Woman?"**

These deeply personal pieces were created in response to learning that I had slaveholder roots buried deep in my family tree. I was born in the North, but moved to the south some thirty years ago. It was not until I began to research my ancestry that I discovered my ancient planter southern roots. Underneath those roots were buried the lives of generations of enslaved people, and into my karmic lineage fell the sudden and swift burden of that crime against humanity.

I have spent the past several years trying to come to terms with this unholy legacy; using my art practice to work through this emotional debt. I searched through generations of family documents and slave schedules to discover where my ancestors had lived and the numbers, though rarely the names, of the people who worked the land against their will. I used these found photographs, maps and documents to remember and bring dignity to people robbed of their rightful stories. The titles are taken from the words of the "Black National Anthem," "Lift Every Voice" written by James Weldon Johnson. In this series of images I hope to bring to light these untold stories and pay my own form of soul reparations, however inadequate.



*Lift Every Voice*



*Dark Past Has  
Taught Us*



*Cambric and  
Cotton*





# WHAT ARE WCADC MEMBERS UP TO?

**Artist:** Shaeley Lincoln



*"Bee Mine"*



*"Curious Cow"*

**Artist:** Suzanne Papiewski



*"Pearl Girl"*

**Artist:** Lisa Grand Murphy



*"Harmony in Red"*



# CALLS FOR ART



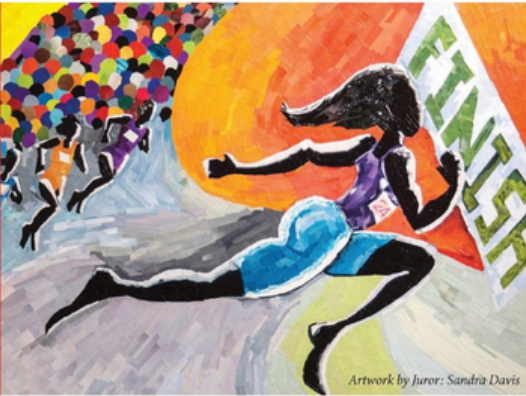
## CALL FOR ART



ENTRY DEADLINE May 30, 2023

### MY PERSONAL BEST

Perhaps you have a command of rendering in a realistic manner, or maybe you handle abstracts like the masters. This is an opportunity to showcase your "personal best".



Artwork by Juror: Sandra Davis

#### WHEN

July 24 - August 19

#### WHO

WCADC Members Only

#### WHERE

Friendship Gallery  
4433 S. Park Ave.  
Chevy Chase, MD 20815

#### HOW

\$20 entry fee  
Submit 1 - 3 pieces with 1 piece guaranteed inclusion  
Visit [EntryThingy.com](http://EntryThingy.com)

## OPEN CALL

### SOLO EXHIBITIONS

GIRLS WHO PAINT GALLERY



[entrythingy.com](http://entrythingy.com)  
Open Calls | Girls Who Paint  
[www.wcadc.org](http://www.wcadc.org)



# Visual Arts Scholarship

We are excited to announce the finalists of the WCADC 2023 Visual Arts Scholarship! After careful consideration of the numerous applications we received from the Maryland and Virginia areas, our jurors, Barbara Wolanin and Felicia Reed, have selected the following individuals:

**Mercy Nwachukwu**

**Quinn Bryant**

**Meridian Kinney**

This year marks our second year of offering the scholarship to recognize artistic excellence among 12th grade female-identifying Black, Indigenous, Persons of Color (BIPOC), enrolled in a high school within the District of Columbia, Maryland, or Virginia.

This year we had 14 students apply, which is a credit to our scholarship outreach Chair and committee! Last fall's call for entry for 'What is Ours' funded this year's scholarship. We raised \$1,365 and matching funds brought up the award funds to \$2,500 for the awardee. And for our two finalists, we will provide a 2-year WCA student membership totaling \$140. Don't miss our scholarship awardee reception held on:

**Thursday, June 29**

**5:30 - 7:30 PM at**

**Girls Who Paint, 10419 Fawcett St., Kensington MD 20895**

The gallery will feature works by our top five applicants on view through July 29.





# PROGRAMS

## Glenstone Museum Visit Saturday, June 3 @ 1:00pm



WCADC has reserved 20 tickets for members to tour the museum from  
**1:00 -3:00 PM.\* on June 3, 2023.**

This program is at no cost to members.

**RSVP by emailing Jen Packard, Board Secretary, at  
jpackardphoto@gmail.com**

*Registration is available for the first 20 registrants.*

Visitors should be prepared to spend considerable time on foot, and comfortable walking shoes are recommended.

Following the tour, we will gather at the museum's **Patio Cafe** for a lively discussion about the artwork on view and what everyone is up to.

### **ADDRESS**

12100 Glen Rd, Potomac, MD 20854

Logistical information will be provided after RSVPs are received.

*\*Members should arrive promptly at the entrance by 1:00PM.*





# OPPORTUNITIES TO STAND UP

The sustainability of this Caucus depends solely on its members to stand up and serve in crucial roles on our Board. These roles are challenging but very rewarding.

Currently, we have three open opportunities.

Please email [wcadc@wcadc.org](mailto:wcadc@wcadc.org) if you are interested in learning more.



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