

# Fabric Art Rocks!

## Winter/ Spring News Letter

January 2014



**“Meghan”**  
A commission piece  
for Connie of Ontario.  
She is 55 inches tall.

Once again I am filled with such gratitude for the experiences I have had over this last year. I have met so many talented and inspiring artists and vendors over these past couple of years. I feel privileged to feel like part of a unique family of artists at vendor at the various markets I have attended. It's interesting how much positive energy, support and encouragement is part of the experience of farmer and artisan markets. This is one of things that helps me keep doing what I do while maintaining a full time job and busy family life.



I am also continually appreciative of my customers who have purchased my sculptures. It gives me the ability to continue to try out new ideas, like the planned tap dancer that will be inspired by a tap dancing tattoo as suggested by a visitor to one of my booths. Most recently I completed the commissioned piece pictured to the left which is also my first attempt at shipping a large piece all the way to Ontario.

*“The essence of beautiful art, all great art, is gratitude”*

Friedrich Nietzsche



One of the opportunities I had just a few weeks ago was to attend a course on Mindfulness Self Compassion at the Joshua Tree Retreat Centre just outside of Palm Springs. This builds on our practice of mindfulness by introducing more specific skills to practice being kinder to ourselves; letting go of the self-critic. As always I will continue to offer mindfulness practice at the beginning of the workshops with the added practice of self-compassion for all who are interested.



The intention of including this practice in my workshops is to help us have more sense of peace and presence in our lives. Sculpting is a mindful practice in its self; a way to let go of the past and future while focusing on what you are doing in this moment. *Sculpting!*

## Chilliwack Workshops! February – May 2014



Please check out the workshop page on my website for more information:

<http://www.fabricartrocks.ca/workshops.html>



**February 15, 2014**

*Intermediate Mermaid Sculpture*

**March 1, 2014**

*Beginners Sitting Sculpture*

**March 22, 2014**

*Beginners Standing Sculpture*

**April 12, 2014**

*Intermediate Faerie figure*

**May 3, 2014**

*Tall African Sculpture*

*“Art enables us to find ourselves and lose ourselves at the same time.”*

*Thomas Merton,*