

We Are Human

Mar 2016



On the Cover

Front:

A Line Is__ by
Brett Guldin

Back:

A Study of Emotion by
Michael Zielinskie



We Are Human

We Are Human seeks to promote the awareness, advocacy, and recovery of individuals with a mental illness and/or an intellectual disability through an artistic medium. We accept any submissions that can be related to the topics of, but not limited to: Mental Illness, Intellectual Disability, Domestic Abuse, Rape, Poverty, Substance Abuse, Hunger, Violence, and Discrimination.

If you are interested in contributing to our monthly journal simply visit our site, and click on the *Contribute* tab. From that point you will be given the option of submitting a written piece. If you wish to submit a different medium of artwork (painting, drawing, photography, etc) simply send it to our official company email. If you wish to have your name next to your piece, please specify in the email, otherwise pieces are listed at anonymous.

If you do not wish to contribute, but are interested in supporting those who do, feel free to subscribe to the monthly journal. The link to the

journal is at the *Subscribe* tab, also on our official website. The digital subscription is FREE! *We Are Human* merchandise is also available on our webstore and now includes incredibly unique handcrafted products from our friends and partners in Uganda.

Your pain matters.
Your Passions matter.
You matter.

Sincerely,

We Are Human

Contact us at at our website:
wearehumanawareness.org
To submit a piece, send your submissions to:
wearehumanawareness@gmail.com



The Choice
Artist: Brett Guldin

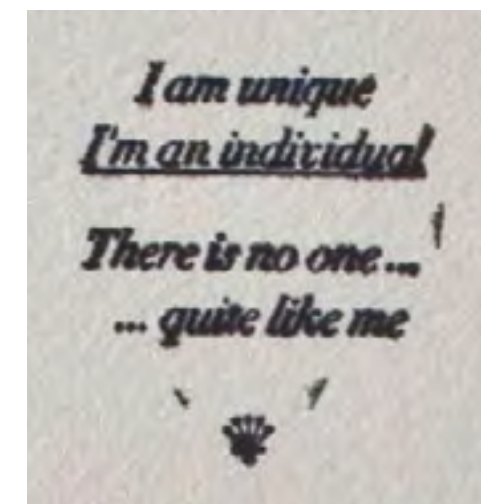
A Letter From The Editor



For the month of March I have decided to explore the therapeutic qualities of the process of making art. The mind and the body can do interesting and curious things while engaged in a creative endeavor. For some art may be a form of escape, for others a much deserved stress reliever. The following articles are two artists who have found a level of art making within which the process is just as important as the finished work.

Jo Pennypacker, a muralist, who has an affinity for the tactile, tackles the idea of "the real" in relation the struggles of our everyday lives. Brett Guldin, recent college graduate, explores the meditative qualities in one of the most basic elements of art: the line. To maintain a level of integrity I have left the artist statemets of these two women intact. I hope you enjoy reading about these two wonderful artists as much as I enjoyed speaking with them.

Sincerely,
Michael Z.



Inherent Contradiction (Triptych and detail)
Artist: Brian Spies

"This is real life...slap a band aid on your stone hard heart and get over yourself. Be Real!"

By: Jo Pennypacker

The Hide Horse was originally inspired by the skin horse as depicted in the classic story *The Velveteen Rabbit*. This work is as much about the transformation of the materials, from leftover pieces of mural parachute cloth and the other bits and pieces of materials and found objects, as it is about the internal daily struggle of facing change and transformation in my own life and relationships. As I worked on the horse I experienced anew the difficulties of working with the

"But life goes on regardless of our hurt."

painted cloth, yet in a different way. The same feelings of frustration were with me as I tackled the process of transforming bits of this fabric into an object with substance and meaning. Along the way from frustration to satisfaction there were adjustments and accomplishments in forming the Hide Horse. As in the 2013 Danville Community Mural project...quitting was not an option.

The hand stitching in a rough looking manner is purposeful on this piece as the random unskilled look (perhaps as if sewn by a child) is meant to evoke the appearance of repair work over a span of time as *The Hide Horse* transitions from a collection of inanimate objects to a 'real' presence with a story and history and connection to the creator artist. The sisal rope used for the mane and tail is much like the twisted hair of a horse, bringing to my mind the memory of tending to my horses mane and tail as a young teen, combing and unraveling the rough wavy twisted tail and mane.

The cloth pieces used for the body of the horse are hand-painted remnants from the mural project that consumed so much of my time and energy from April to October of 2013. The fabric reminded me of skin and leather. It was a difficult fabric to use to sew a soft sculpture. While the fabric appears to be very tough, it is actually very easy to tear, yet hard to work with for the amount of hand sewing required to complete the project. The unyielding nature of the fabric dictated the appearance of the horse in many ways.

Yet it also forced me to let go of working in the usual precise detailed manner and set me free to follow a different approach to this project.

The title and quote came to me as I was working on the horse. A combination of sore fingers from working the needle through the fabric and thinking of the process of becoming real in one's life over time through experiences, trials and celebrations, lead to the use of the stone heart with a band aid stuck on it hung about the horse's neck.

The heart shaped stone was found on our property, since when I first met my husband we have collected heart shaped stones whenever we find them. Many times in life the heart is hardened by hurts and disappointments...yet we still wear it on our sleeve so to speak (or around our neck if we are a cloth horse)... But life goes on regardless of our hurt. So we have to find a way to move on, cope with the hurt or loss, put the past behind us. Get over ourselves and get on with the process of being real and trying to do the best we can in the moment.



Left:
The Hobby Horse (Detail)
Right:
The Hobby Horse



Starting with a single line, each subsequent line seeks to imitate its predecessor. The pattern that evolves is unique to each piece just as each breath, and therefore, each line will vary slightly.

Concentration and the repetitive act of inhaling and exhaling between each line allows the whole to evolve naturally into logarithmic-like patterns and layers. The "never-knowing" and uncertainty of what the future holds.

My journey through this meticulous, labor-intensive process creates a mesmerizing, almost hypnotic sensation. This embodiment of nothingness quiets my mind, and opens my senses. The fascination in this work is the realization that changes in the breath directly influence the materialization of the line and therefore, the whole image.

The line carries the energy of a breath, a step, a word, a thought, an emotion, and makes it visible by binding it into matter. It is a play on space and depth, structure and fluidity - an unexpected natural evolution in a highly focused practice.

I want to express a richness that cannot be seen and only experienced, so as to draw one in with questions of knowing more. I want a calm understanding to be felt, despite what you may never know. I want to find more possibility in the intangible, and allow for it to come into its own.

brett guldin

Meticulous *Linear* Meditation



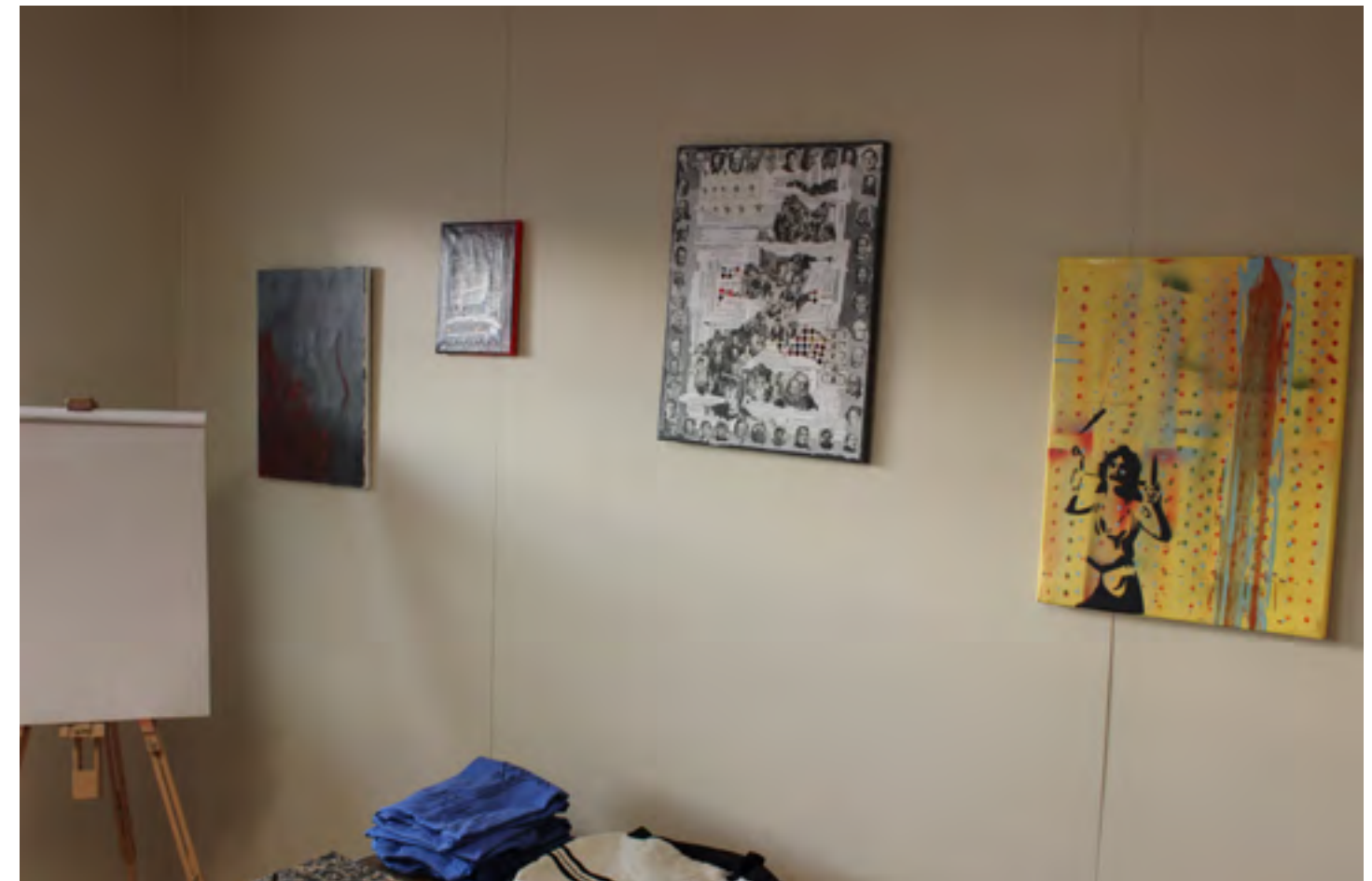
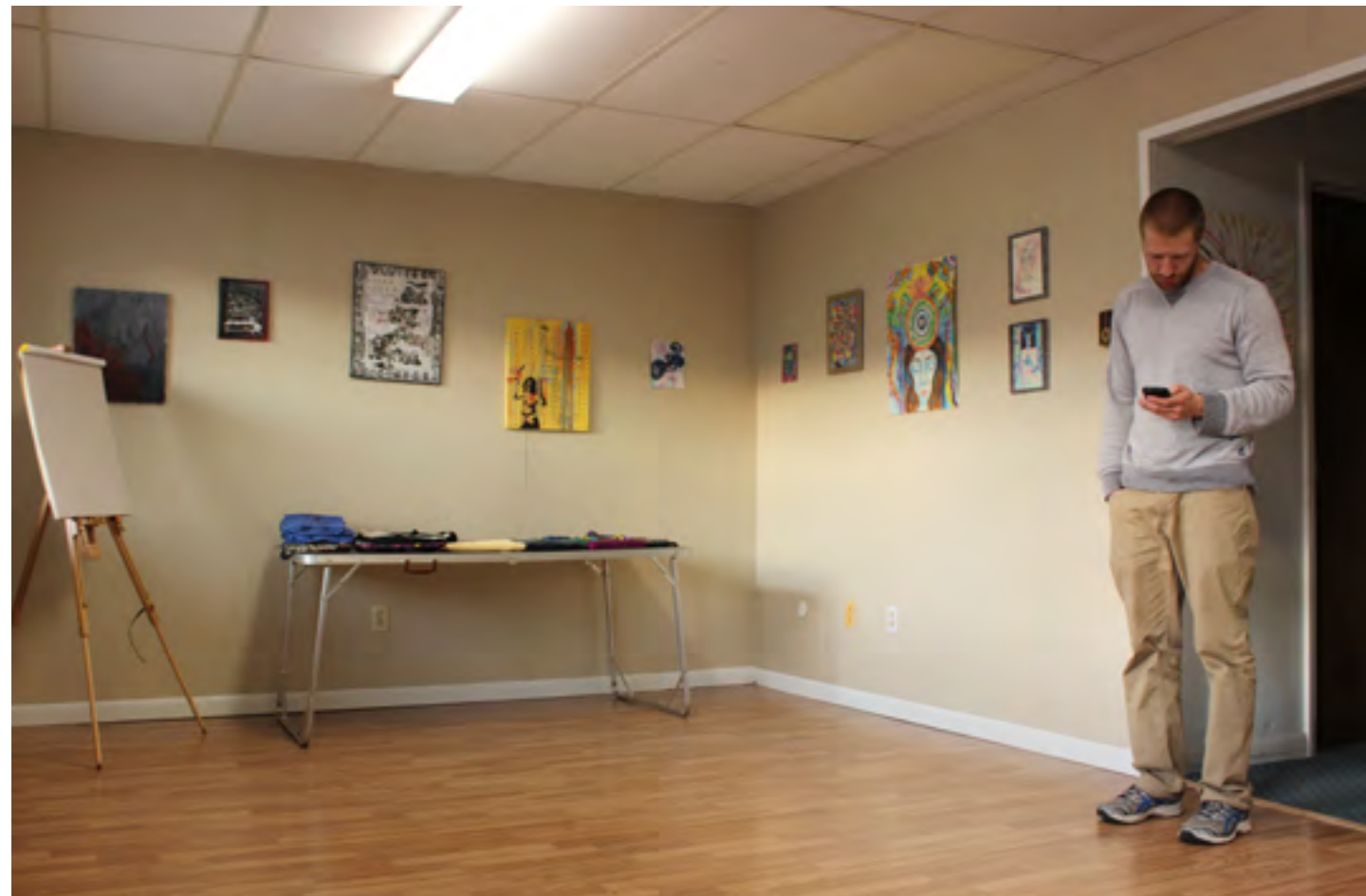
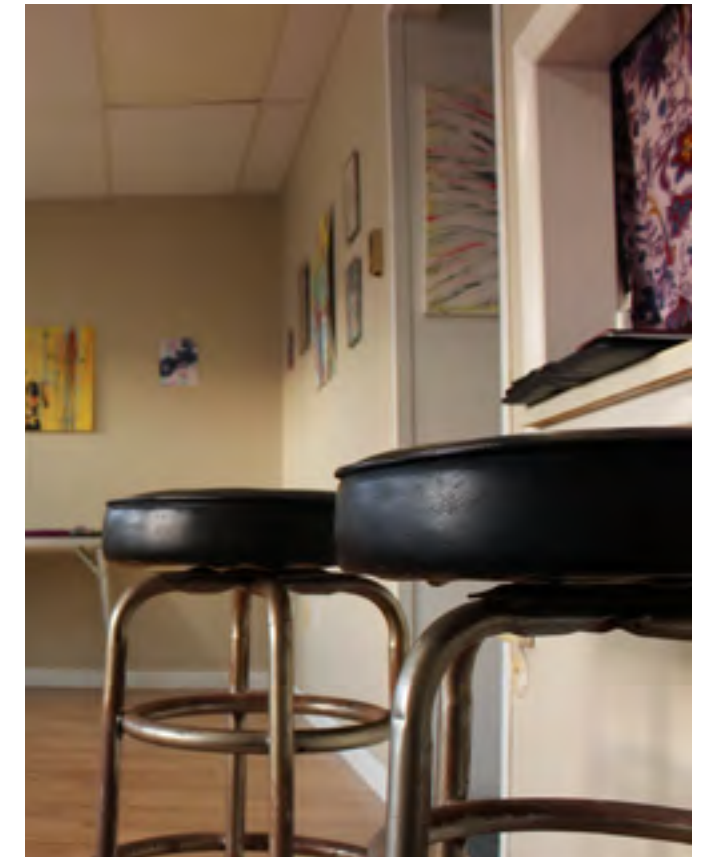
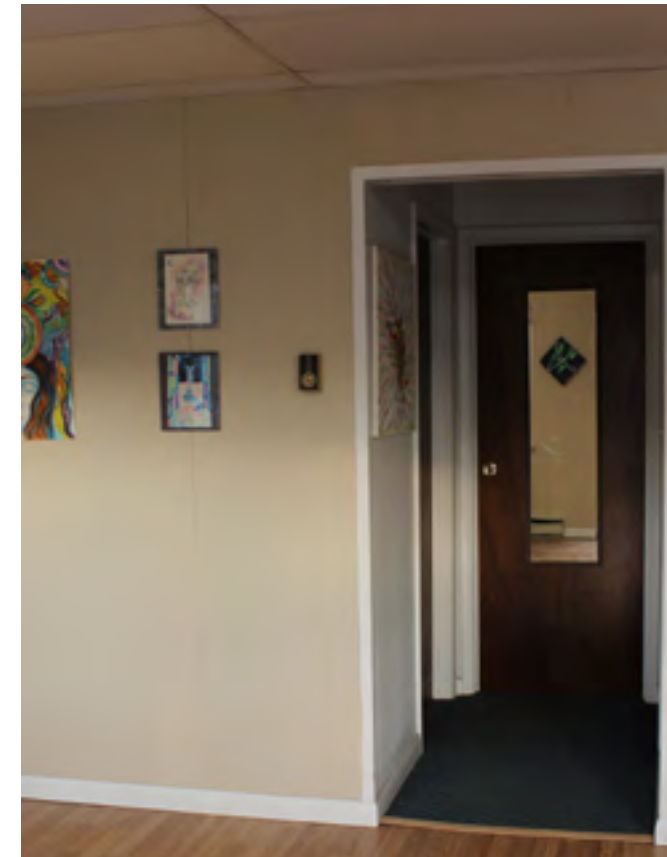
Between the Lines
Artist: Brett Guldin

And Another Door Opens

We are Human has found their first home. The new studio space rests snugly in Danville, Pennsylvania. The effort to find the space, and transform it is spearheaded by *We Are Human* President Andrew Akers. Pictured below is Andrew showing off the finished space while he checks on the status of some artwork in transit. Speaking of artwork, all of the pieces you will find at *We Are Human* are for sale. Art isn't the only thing you will find when crossing the threshold. *We Are Human* is offering art classes, yoga therapy, music therapy, and even

the entertainment of open mic nights. When I first met Andrew he was standing behind a microphone impressing me with his prose. It wasn't too long afterwards that I had impressed him enough to inspire a job offer. My head was slightly askew when he voiced that the position didn't exist yet but big things are coming. I trusted him. It was the way he carried himself that made you trust him.

I recommend that you stop into the studio for yourself to feel the sense of belonging that resides there. Maybe you aren't in the market for a piece of artwork. Maybe the downward facing dog just isn't your style. And that is fine, but I would bet my bottom dollar that everyone could benefit from good conversation. So what are you waiting for? Stop in and tell us your story. We are all ears.



Art is ...different.

There are different kinds of art.

Art for decoration.

Art for reflection.

Art to bare the soul.

Art to rip the heart.

There are as many different kinds
of art

as there are

grains of sand...

colors of light

...people

individual

unique

different

not better

not worse

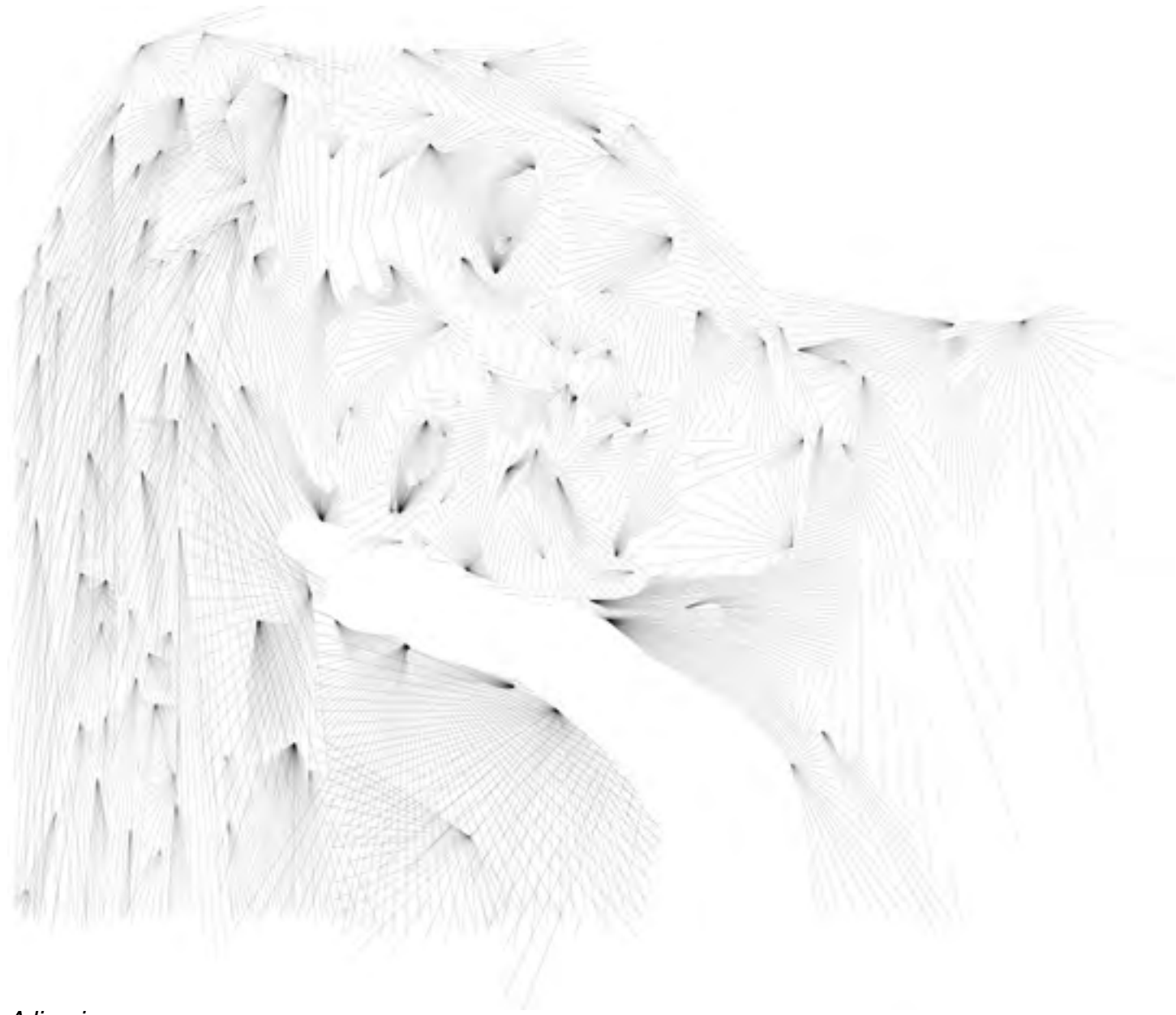
just different.

By: Jo Pennypacker



Aimless

Artist: Brett Guldin



A line is __
Artist: Brett Guldin



My Aimless Mind
Artist: Brett Guldin



This past September, *We Are Human* assisted in starting up a special needs center in Uganda with *Advocates for Children with Disability (ACD)*. Since then, we have worked diligently to continue and strengthen our relationship with this wonderful organization. We feature products in our webstore that were handmade by individuals at the program, and 85% of the proceeds we make by selling the products goes back into funding *ACD's* services. If you are interested in volunteering with the organization, we encourage you to contact Angella Nakato at anhellen@gmail.com to learn how.





Broken Reflections
Artist: Brett Guldin

Trying Not To Think About It

And so I don't think too much about life.

I try not to, at least.

I try not to think about grocery shopping or

The Salvation Army

or the nights I won't get enough sleep,

or the mornings I won't have time to brush my
teeth,

or corporate labor,

or the socialist welfare programs

offered by our capitalist government.

One of my therapists suggested that I

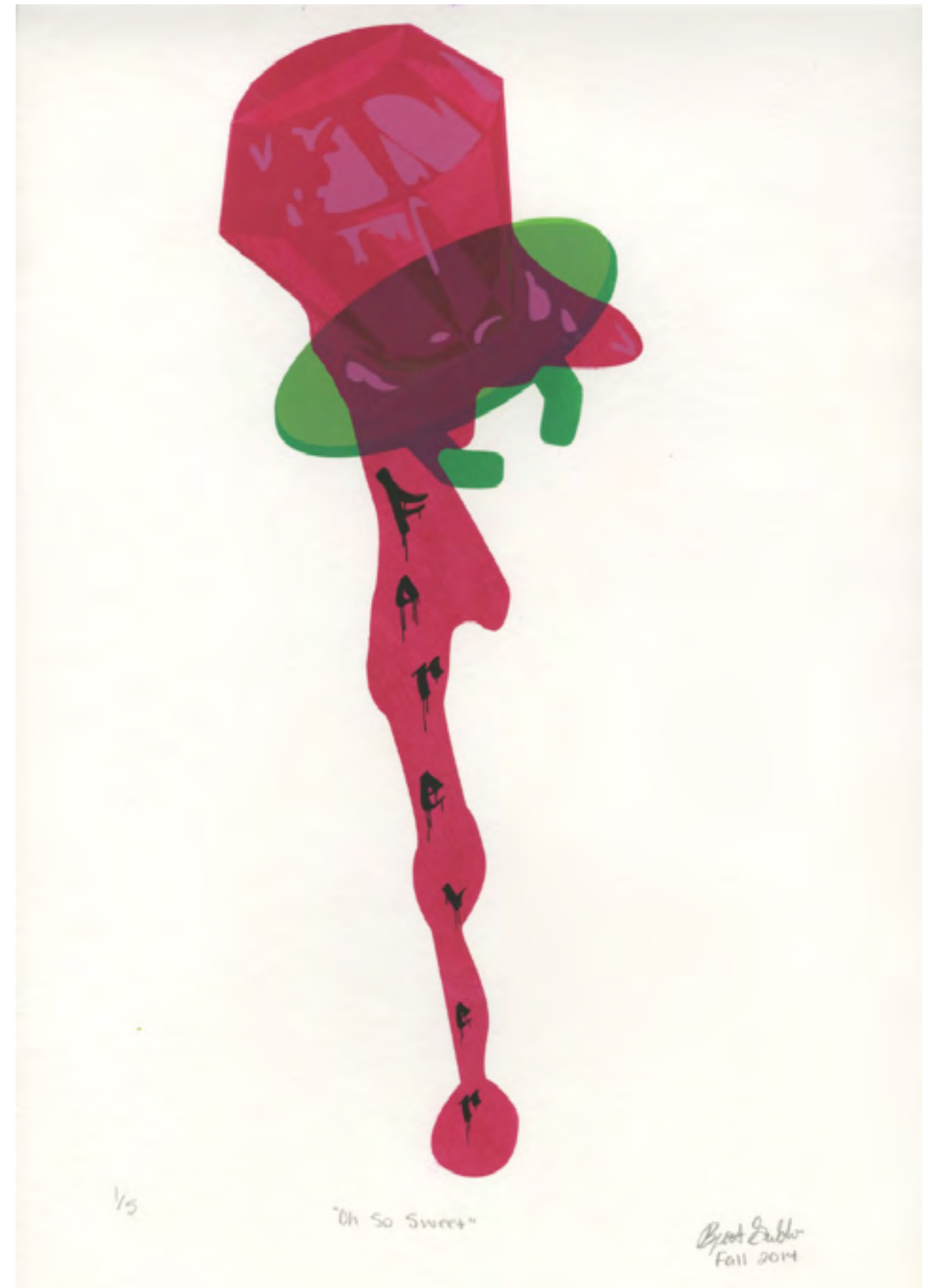
“just don't think about”

the things that make me sad.

And so I don't think too much about life.

I try not to, at least.

By: Samantha Frome



O So Sweet
Artist: Brett Guldin



Memories
Artist: Brett Guldin

I am Human

strong • weak • confident • vulnerable

hard • soft • passionate • indifferent • joyful

sad • adventurous • fearful • peaceful • angry

emotional • detached • warm • frigid • hopeful

lost • content • lonely • beautiful • ugly

successful • failure • grateful • ungrateful

wishful • thoughtful • thoughtless • selfless

selfish • genuine • pretender • unique

different • sensual • giver • taker

creative • lazy • forgotten • loved

passive • bold • catalyst • smart

stupid • naïve • wise • obsessive • loyal

foolish • courageous

friend • enemy • lover • stranger

I am Human
afflicted / blessed

by the conditions of my humanity.

By: Jo Pennypacker

Hope is alive
See with your eyes
Breathe free and smile
We've passed all
the trials
With ease-
no needs
to be; this free
you only need
Nothing.



Hemp By Sam Frome
Hand-made Custom Hemp Jewelry

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ENJOY all products under \$25 buy 5, get 1 FREE perfectly posh Independent Consultant

Naturally Based Pampering Products with High Quality Essential Oils + Butters

LET'S GET PAMPERED! We have **VEGAN** products!

Krisi Watkins
<https://Krisi.po.sh>

Q&A

with Brett Guldin

I had the opportunity to ask Brett a few questions about her artwork and her process. The inside of an artist's mind tends to be a bit twisted at times. Coming across an artist who is willing and able to let you peak inside their head is always a treat. So go on...have a look.

Mike: Do you ever create art solely for yourself? Why?

Brett: Yes, absolutely! Almost every art piece I've created has been for myself. Even though they [the pieces] started out as assignments, I use the topic that was given as a way to further understand myself. Since most of the assignments were pretty open-ended, it took me a while to even come up with any ideas!

Even though I hated these types of assignments at the beginning, they usually ended up being some of the best.

The way I usually approached these [assignments] was thinking of my own experiences, memories, or emotions relating to the topic so that when I was finished, the piece of art I made was part of myself in a way. Even though some assignments were really personal and emotional for me I decided to show that side of myself because I knew the outcome would be really strong.

M: Are there any reoccurring themes within your work?

B: I held on to the idea that individual pieces make something whole, and rather than seeing something whole, I'd like to see the pieces -- which is why I find myself repeatedly using lines, dots, and abstract shapes to create the overall image.



M: What is in store for the future? Do you have any big projects or bodies of work planned?

B: [A Line Is ___] was a project I started myself, and I had wanted to make a series of works like it, but of course time got in the way. At some point I would like to continue this project, but currently I'm planning my wedding for next summer and making my wedding dress!

M: What would you consider to be the more therapeutic aspect of your artwork for yourself or others; the message of the finished piece or the process?

B: Since most of what I make is for my own therapeutic benefit, and I'm not intending to make any profound statements I don't usually care what my viewers think. I also know that I'm not the only one that has gone through what I have. I've learned that the more personal I make my art the more likely any viewer of mine has gone through something similar and can connect with those same emotions.

"...rather than seeing something whole, I'd like to see the pieces."

I have an obsession with the abstract, arbitrary shapes, and mark making especially with lines and curves. I started exploring why I enjoyed this tedious, monotonous, and repetitive process. When looking through a lot of my pieces I found

that they all share the same process and repetitive action. There is a timeless freedom I reach when going through this process. It is a complete focus without thought or worry of anything, and my own way of meditating.

**Check out
more of
Brett Guldin's
artwork
@
brettguldin.weebly.com**

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“Our behavior is a function of our
decisions, not our conditions.”
—Stephen R. Covey,