

"Wisdom is a soul-healing experience. It is a supportive, loving, nurturing environment where one's artistic spirit is freed, through making art, to express the inexpressible."
 ~MaryJane



Spirit dolls from our workshop.



valued volunteers -Steff, Ali, Jenny, and Sharon(sitting for once)

The Greatest Volunteers by Helen Plenert

Volunteers are the lifeblood of any non-profit organization. They share their skills and give their precious time to help others with little more in return than "thank you" in the end. Volunteers get into the trenches to help with patience, love and compassion. They jump into action with amazing grace when others are in need.

When Wisdom faced possible closure in 2012, it was the volunteers who took me aside and made me realize we could do this on our own. The need was so great in the community, and with volunteer's constant support we have created an even more wonderful, caring place than before. We have grown into a vibrant arts community full of camaraderie and generosity.

The volunteer spirit is quite contagious in our studio. Students strive to be compassionate like the volunteers as they reach out to other students in need. Together we have created a place for all women to feel safe. This became very evident when we recently did an art supply drive, not for ourselves, but for the after-school programs that lost everything in the devastating Valley Fire. We were able to send two SUV loads of supplies to a children we may never meet. Our community of women—students, teachers, and board members-- helped spread the word and contributed to the huge pile of donations.

I have many stories of how our volunteers have changes lives of those in our program – visiting a sick student in the hospital, helping another get to an eye surgery appointment, and cheering on those who are trying to improve their health are just a few examples. All this is given after they have set out the supplies for the current class and helped explain art projects. Thank You is not enough.



Volunteer Instructor, Katy, works with women on a mosaic project.

Women's Wisdom ART

1719 25th Ave, Sacramento, CA 95816



for more information (916) 482-2608 or cell(916) 599-2608
 email helen@womenswisdomart.org check our website www.womenswisdomart.org
 and keep in touch by friending our facebook page
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Accomplishments

- 2015
 Story Telling event
 2 Pop-up art shows on 19th street
 Doll making workshops
 1st Silent Auction
 Fall art show and Poetry Reading
 Crepeville show
 State Fair - Wisdom artists receive awards
 Stop the Stigma events around Sacramento
 Spring Valentines Day show & community event
 Peace and Hope show Crocker Art Museum
 2014
 Fall Art Show with Poetry Readings
 Art Bra Show at Blue Line Arts
 Quilt Show at Crocker Art Museum
 Brenda Hillman Poetry Event Fundraiser
 with Sacramento Poetry Center at DDSO
 Move to new studio space at R25 Arts
 Complex with Sacramento Poetry Center
 Spring Art Show
 Crepeville show 19th and L

Joyous Greetings from all of us at Wisdom



Holiday tradition at Wisdom - Mad Hatter Tea Party



Looking forward

Art display at SNFCo-op
 Valentine's Art Show at Studio
 Spring-Release of Our Poetry Anthology
 Display of art at Crocker 2016 with a
 25th Anniversary Celebration
 Fall Art Show -September at studio
 New classes and new opportunities for our
 women artists.

Empowerment through Art

We believe that the best gift you can give a child, a family, a community is a woman empowered by expressing her life through the transformational process of "doing art."

www.womenswisdomart.org



Volunteer instructor Susan with the Acrylics Painting class

Waiting for the Paint to Dry by Patricia Wentzel

Waiting for the paint to dry,
We sit around and talk
Of death and grief,
Of life and joy,
Of summer flings and winter breakups.

Waiting for the paint to dry,
We compare notes
On color and texture,
On artists and writers,
On paint and canvas.

Waiting for the paint to dry,
We wax philosophical
About relationships and children,
About pets and auto repairs,
About our minds and our bodies.

Waiting for the paint to dry,
We share women's wisdom
Through story and song,
Through poetry and dance,
Through laughter and tears.

Who knows what gifts might be shared
While we're waiting for the paint to dry?



"I feel a greater sense of creative energy
and productivity when I am in the presence
of a like minded group of women artists."
~ Janell

Volunteer Spotlight: Dorothy Mull

Recently Dorothy Mull, a friend/coworker from my past, approached me about finding donations to help us raise some funds. As I worked with her I was reminded of the passion she has for helping others. Dorothy solicited many wonderful gifts for our first ever Silent Auction. Now Dorothy is no stranger to fundraising. At 88 years young, Dorothy can still run circles around most of us. She was fundraising in Sacramento before I was born. We had a memorable silent auction event in October, and we are grateful to Dorothy for all she does and for her constant support. Dorothy's wonderful efforts allowed us to purchase some much needed equipment for our studio space.



Dorothy with daughter Molly at a recent Wisdom event.



"God is a Lion"

Our founder, Laura Ann Walton, signs books at a special book release event in September. Her book, *God is a Lion*, shares earth spirituality and tells the story of how Women's Wisdom ART came to be. Copies available through www.godisalion.com. Upcoming readings January 19 in Placerville and February 6 at Avid Reader.

History of Women's Wisdom Art's Logo

Hands have been a creative symbol for thousands of years, and Wisdom artists often used hands in their art. In the spring of 2006, our Wisdom community was rocked by the deaths of four students one after another. All those passing had suffered with physical and mental health issues, and all but one died completely alone. As a community and as individuals, we were devastated.

To move through our collective grief, Helen began to create a healing quilt with the women. Using their own hands as a base, each woman embellished her hand as she remembered her friends. Our hands worked as our grief was constructively channeled into the creation of our Quilt of Hope. The quilt was proudly displayed at City Hall that same year, and then again next year at SMUD followed with two showings at Crocker Museum.

In 2009, prompted by suggestions that we create a logo for Wisdom, a hand from the quilt became our logo. It symbolizes hearts and hands coming together in healing at Women's Wisdom. The logo has since been used on our website, on publicity, and on thank you notes to donors. The full quilt can be viewed on our website. www.womenswisdomart.org

Our Current Class schedule

Monday 10-12 Gourd Crafting
Monday 1-3 Mixed Media/Fabric

Wednesday 10-12 Poetry
Wednesday 1-3 Acrylics

Friday 10-3 Watercolor
Friday 1-3 Mosaics



Thank You

We would like to thank all of our wonderful donors for their support in the past few years.

Join our top twelve in keeping this much needed program alive.

Soroptimist of Greater Sacramento
Sacramento Bee -Book of Dreams
Sharon Liberatore
Bob Slakey
Spiritual Life Center
Sylvia Conable
Sacramento Textile Arts
Mary Makaus
Laura Ann Walton
Jean Rosenfeld
Victoria Jacobs
Jim and Deborah Walton
Ali Lichtenstein
Marilyn Norris

Member profile : Cathy Hackett



Cathy Hackett, a recently retired professional, joined the Women's Wisdom Art community four years ago after battling breast cancer. It was more than just another art class," she recalls. "The instructors brought people together and made each session unique." Wisdom is a place where women support and encourage women, Cathy says. "It's a safe place for women to go." One of the most valuable aspects of the program for Cathy is Wisdom's way of "doing art" where each "woman is unique." Teaching is individualized and by suggestion, she explained.

As Cathy's healing continued, she faced another significant challenge when her husband had a stroke and became disabled. Once again Women's Wisdom ART became a resource for community and creativity. Cathy continued taking art classes while her husband was in adult day care. Starting first with a watercolor course, she also took courses in poetry, acrylics, and mosaics. She was impressed with the quality of the teaching and the ways women at the center were developing their skills as artists. "Good poets and artists emerge from the program," she said. "It's impressive."

The teachers are "really open to innovation and interpretation," Cathy explained. "Going to a class makes me feel good; it inspires me." Cathy is in awe of how much the center does with so little. "Helen (the program's director) is incredible—running the center on a shoestring." She is welcoming and "open, very receptive to new ideas and new classes."

Cathy was encouraged to teach a three-session course herself for an instructor who was going on vacation. Teaching the course was another rich growing experience for Cathy as she realized how much was involved in organizing and teaching. As evidence of her positive experience, she would consider teaching another course in the future.

With an eye toward ways to help the organization gain visibility and funding, Cathy's emphasized that "Women's Wisdom Art must continue into the future...so many women are helped by this program."