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## PAINTINGS AND POETRY

It feels good when someone says, “your painting speaks to me”. I do hear my own paintings speaking to me, as well. The idea of poetry for my paintings came about unintentionally.

I was having a difficult time getting motivated with my art. I was used to painting every day! Instead, there was no creative flow. Very unusual for me. I decided to try my hand at poetry. I believe that journaling and creative writing and even creating lists, can help to open our minds and unclog our artistic pipes, so to speak.

Many of my first poems were naturally about the things I like, things that mean something to me. These are things that I paint because they mean something to me!

One day my husband was looking through my sketchy book of poems and he liked a few of them. He suggested that it would be neat for someone to find a poem tucked in the back of a painting after they have purchased it and get it home.

Well, it did not take me all of 5 minutes to decide that was a great idea. I selected a few poems that would go well with certain paintings. Initially, there were only a few that paired up well. So, I considered that it would be a good exercise to write a poem for a specific painting. This proved to be more difficult. Writing, or attempting to write, these poems, gave me insight into the art itself. I really had to look inwards and imagine what the painting was saying.

So, if you purchase one of my paintings, you should look on the back. You may find a pleasant surprise there!



## The Welcome

I walk so quiet,  
down the path I go  
It zigs and zags,  
I wander to and fro

I'm in stealth mode,  
no one can see me now  
No breeze to rustle leaves,  
so still they lie

The trees,  
their branches,  
welcome me with open arms

The title of this painting is “Seeking Gentle Inspiration”. It is also the title of this book. There was great significance to this piece. It was the first painting I did after my stroll through the ravine in the town of Legal, AB. Having lived in the area for over 30 years, I had not taken the pathway once! One day, seeking inspiration, I took a walk. It was a calm, late fall day. So peaceful.

That walk did inspire me to produce several pieces of art based on photos I took there. I feel that when I need inspiration, again, I will take a walk down that path and see it with fresh eyes.

“Seeking Gentle Inspiration” won the Intermediate category in the ACACA (Alberta Community Art Clubs Association) Northern Zone show of 2023 in Redwater, AB. It went on to hang in Camrose, AB for the ACACA Province-wide show. From there, on to the Spirit Show in Red Deer, AB.

Once the painting was finally returned to me, I entered it into the Fall Show and Sale with the St. Albert Painters Guild, of which I am a member. It was sold that weekend. I hope that gentle inspiration is passed on to the individual who purchased it!

Seeking Gentle Inspiration  
Acrylic on wood cradle board  
36 x 24  
Private collection