

# WELCOME TO 'AFTERNOONS OF ART'

## **A brief introduction and 'what to expect'**

This is a new creative community activity offered by Balgowlah Uniting Church. We aim to provide an experience which intertwines creative expression with inner reflection.

Creating art can be a form of meditation, fostering mindfulness and a sense of peace in a busy world. It can have benefits for mental wellbeing and spiritual growth.

Afternoons of Art is a 'creative space' for participants, providing inspiration and teaching useful creative skills to assist participants become confident with continuing their own creative spiritual journaling practice outside the 'Afternoons of Art'.

All levels of experience welcome even none.

## **What will a typical session look like?**

Part of each session will include a demonstration and explanation of an area of art practice which is useful in creative journaling. Examples will be painting techniques, working with colour, introductory drawing, 'layouts and composition, using text and drawing together, using collage in journals and simple printmaking techniques.

The two artist-facilitators, Cate and Paul, have different art backgrounds. Both will be available for some quiet individual or small group consultation later in the sessions.

The role of art as a contemplative and spiritual activity will be a very important part of each session. Rev. Trish Rooney will offer creative inspirations and ideas for ways of integrating spirituality and journaling making.

## **Some FAQs**

### **What will journaling look like?**

Each participant's work is unique along with their reason for a creative journal. Journals can entirely drawn or written or a combination of drawings, cartooning, collage and 'ephemera' of daily life, experiences or journeys. Written journals may include thoughts, dreams, parts of prayers, scripture, poems, new ideas or even song lyrics.

### **Do I have to display or share my work?**

No – there is no pressure to exhibit or share work. Those who enjoy sharing their work are welcome to.

One of the few 'rules' in the group will be to ask permission before looking at other's journals and NO photography in class, except with clear permission.

### **Etiquette and 'housekeeping'**

Although there will be scope for questions and conversation, much of the Afternoons of Art will be a quiet, peaceful time. If you work best while listening to music, please bring headphones.

Phones will need to be set to silent and phone calls will need to be taken outside the hall.

Tea, coffee, herbal teas and water will be provided.

Parking outside the church is very limited, Stockland car park have 3 hours free parking or catch public transport the 173 and 144 stop nearby as does the Hop Skip and Jump Shuttle.

## **Getting started .... first sessions**

### **'Understanding Colour'**

Our first two sessions will be focussing on colour, a useful 'icebreaker' when starting a brand-new journal.

We will start with a simple palette of primary colours exploring how this limited range can be used to mix a wide palette of colours. Some introductory ways of working with watercolour paints will be shown.

We will be working with 'water media' including watercolour paints, pencils and soluble crayons. The main reason for this is that, unlike acrylic paints, watercolour doesn't cause the pages of a paper journal to stick together. These materials are versatile and can be used in many combinations with each other and are compatible with pens and drawing pencils – a bonus for those who want to add text to their journals.

Samples of various types of water-based art materials will be provided during the early sessions. We hope that this gives you an opportunity to experiment and find which materials work best for your 'style' of journaling.

## WHAT TO BRING

### A sketchbook

Most sketchbook/journals are A3-A5 size. Choose a book that 'feels right' in your hands – a size and weight that is comfortable for you to handle. Some points to consider when choosing a sketchbook:

- Do you prefer portrait or landscape format?
- Would you prefer a book that folds flat to allow work across 2 pages?
- If you are planning to sketch outdoors in nature or write in a garden or café etc you might want one that is easy to transport and fits in your bag.
- Thicker paper (approximately 160 gsm and above) is recommended for water media to avoid the paper to 'cockle' (wrinkle) when wet. There is also less risk of paint 'bleeding' through to the other side of a page.
- Acid free paper is recommended to better preserved work and less likely to discolour over time.
- Prices of journals vary enormously! A 'student' grade one can be best for starting out.

### A waterproof drawing pen

- These are useful for drawing, layouts and any text you wish to include in your journal. Some samples will be provided for use in the initial classes but if you already have your own, please bring it.
- If you are planning to use a refillable fountain pen, make sure that the ink is waterproof 'document' ink.
- If you aren't sure whether your pen's ink is waterproof, please test it first by brushing water over a sample of writing or drawing.

### What if I already have art materials?

Please bring your favourite watercolour brushes or water media materials – don't forget to label them.

As we will be using a 'restricted palette' of primary colours as a helpful way of learning to understand and mix colour. Other premixed colours can be added later – below is a suggested 'starter kit' in case you are considering buying paints to get started with journaling at home. We will provide some materials so that you can 'try before you buy'.

### Paints:

Warm Yellow	Cool Yellow	Warm Red	Cool Red	Warm Blue	Cool Blue
Typical one is cadmium yellow hue (doesn't contain cadmium). Very slightly orange.	Called lemon yellow. Very slightly greeny yellow	Classic' one are cadmium red hue, scarlet or spectrum red. Very slightly orange.	Classic ones are alizarin crimson and rose. Very slightly purple.	Classic one is ultramarine, blue. Very slightly 'purple'	Classic ones are Phthalo blue and Prussian blue. Very slight green blues can be tricky to distinguish when they are dark. Hint: they are easier to distinguish after they have been diluted or mixed with white.

### Other Useful Colours

Sap Green	Viridian Green	Magenta	Yellow Ochre	Burnt Sienna	Burnt Umber	White Gouache
A warm green	Classic cool green.	A warm purple useful for mixing.	A useful earth colour.	Useful earth colour for mixing greys.	A dark earth colour, useful for mixing greys.	Chalky and opaque, when mixed it lightens and makes watercolours opaque.

### Brushes

Much depends on your style of work. Round watercolour brushes are often used. Refillable 'water brushes' are useful for outdoor sketching or working with watercolour pencils. 'Dagger' brushes are very versatile.

### Palette

Simple multi – well palette. An old plain white plate can also be useful.

A 'glue stick' – useful for collage or adding mementos but not likely to cockle pages of the journal.

### Where to buy art supplies?

Eckersleys (Brookvale), Art Smart (Seaforth), Larry Post (Brookvale), Officeworks, Dollar Smart or Big W

A useful reference for the initial classes is the Colour wheel below

