

P.O. Box 162  
Berkeley, CA 94701



Art Between Us, Inc.

# Art Between Us Ink

a Newsletter



PO Box 162  
Berkeley, CA 94701  
[www.ArtBetweenUs.org](http://www.ArtBetweenUs.org)  
(510) 843-4907

# ART BETWEEN US INK

(Formerly Minding the Body)

## a Newsletter

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## EXECUTIVE DIRECTOR'S REPORT

by Elise Peeples

An old Chinese saying declares that, "if you keep a green branch in your heart, the singing bird will come." We have found that the work and play of Art Between Us keeps that branch green and supple. And a great variety of birds keep lighting and singing their great inspirations.

Although it has been several years since many of you have heard from us, we have continued to hold Spiral retreats (see article later in the newsletter) and the Collaborating Kids project is gaining momentum. The more public events that we usually plan had to be postponed due to my personal health problems. Since I had a successful hip replacement, we are back on schedule.

For the past two years, we have received a grant from the Berkeley Civic Arts Commission to fund the Collaborating Kids project in Berkeley (in conjunction with the Berkeley Main Library) and we just found out that we have received a grant from the Alameda County Art Commission for the next two-year cycle. With that new grant money, we will develop a Collaborating Kids project in Hayward.

You will see also that we have planned a half-day workshop on August 20th as a benefit for the Collaborating Kids project and will hold the Peace it Together festival in the park on Sunday, October 23, 2005. We hope to see all of you soon at one of these events. Between us, we can change the world!

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## WE HAVE CHANGED OUR NAME

A little over a year ago Minding the Body decided to find a name that better represented what our non-profit actually does. After much brainstorming, we decided on Art Between Us.

The name Minding the Body focused on healing one major split (dichotomy) in Western culture, the mind/body split. The way we now approach healing all of these false splits is to find ways to enter the "Between" of the dichotomies. This has led us to learning about and teaching collaborative art in all of its multi-disciplinary forms, in short, to Art Between Us.



We felt that our mission would be better understood with the new name. Additionally, our funding so far has come from art agencies such as the Berkeley Civic Arts Commission and it helps to have "art" in the title.

I like "Art Between Us" because to me it implies that there is "something" that art between us. It suggests the Between which is the space where spirit, magic and love live that is so much more than  $x + x + x = 3x$ . Our scientific, mathematical minds see the formula and believe in its truth. And yet it is not true because it leaves out the value of "Plus". What mystery and power lie in the addition itself? We can calculate the sum in abstract terms as  $3x$  but keep in mind that in the real world, the addition itself creates added value. After all, look at the following real world, concrete examples:

- 1 flower plus 1 flower = not just two flowers, but a garden
- 1 house plus 1 house on a street = the possibility of a neighborhood
- 1 bunny plus 1 bunny = not just two bunnies but the possibility of many bunnies
- 1 mind plus 1 body = the possibility of healing.
- 1 human plus 1 human = friendship, love, collaboration

Alchemy happens. Reactions and multiplications and infinite possibilities arise. We at Art Between Us explore that added value that happens when we create art between us and open up the spaces between the regularly dichotomized worlds of night and day, black and white, us and them, me and you, mind and body, humans and their habitat.

So let's make art between us. Try it and see if you don't feel more spacious, creative and divine than just one, just two or just three.

## PEACE IT TOGETHER

by Viviane De Leon Bias

The theme of our second annual Peace it Together Collaborative Art Festival was exploring the elements of lasting peace.

We used the elements as a guide to enhance our connection to earth, air, water and

fire. Our performers included Adam David Miller (poet) and Gael Alcock (cellist), Betsy Rose(singer/songwriter), and Tomoko Murakami (visual artist). The fair included an open mic where the community was invited to participate.

Through the day there were opportunities to share and explore art created by the community. Some of the pieces were poems, clay sculpture, music and a short performance.

We had a sizable turnout with many folks from the neighborhood and the extended community. The value of art and community cannot be overestimated and this event is just the place for an expression of both.

We want to thank the many volunteers and musicians for all their help. We appreciate all that you all bring to this experimental art fair. Its success is dependent on your contributions.

## UPCOMING "PEACE IT TOGETHER" EVENT SUNDAY, OCTOBER 23

Mark your calendars for Sunday, October 23, 2005 when we will hold our next Peace it Together festival in the park (2214 Acton St., Berkeley). The theme for this year's event will be healing and peace-making. We will work with each other on collaborative projects to be presented at the end of the afternoon. How can we use what we have learned about collaboration to further the projects of healing and peace-making in this war-torn world?



We need volunteers to help on the Peace it Together event and the Collaborating Kids project. Also we could use help in Fundraising, Public Relations, Board development, and newsletter. If you want to volunteer, please contact Elise (510) 843-4907 or Viviane at (510) 247-0301 or e-mail us: [Info@ArtBetweenUs.org](mailto:Info@ArtBetweenUs.org).

## COLLABORATIVE MEDICINE WHEEL WORKSHOP

by Lucy Colvin

**Saturday August 20, 2005 from 1pm to 6 pm** we are holding a Workshop in Berkeley to benefit our Collaborating Kids Project. All are invited to make Medicine Wheels with us. We will use experiential collaborative explorations to explore energies and aspects of the four directions, the above and the below. Poetry, movement, music, nature, breath, body and dreams will be used to weave the medicine of the Between and conjure the wheels using various art and collage materials.

The process of collaborating on the medicine wheels is meant to parallel the ways in which we integrate and inter-relate with people throughout our days and life to make meaning, grow and heal. The experiential explorations will help you to reflect on and expand your creative toolbox and help you get in touch with what



medicine you have to offer. Collaboration invigorates your relationships and your spontaneity. If you are thinking you may like to participate in a Spiral Gathering, try this workshop as a preview for how we explore and play in our Spiral Gatherings.

The Workshop is from 1 pm to 6 pm and will take place in Charlie Dorr Park in Berkeley, 2214 Acton Street (between Bancroft and Allston), just 5 blocks from the North Berkeley BART. Call 510-843-4907 for more information or fill out the registration form on the back of the newsletter.

## COLLABORATING KIDS PROJECT

by Viviane De Leon Bias



In the Fall of 2004 and then again in the Spring of 2005, ABU teamed up with Elizabeth Overmyer, Senior Librarian, Children's Services, at the Berkeley Main Library to produce two books collaboratively written by kids. The library provided the space for our projects and took care of the registration of children; the Berkeley Civic Arts Commission provided the funding; and Lucy Colvin, Viviane DeLeon Bias and Elise Peebles from Art Between Us facilitated the projects and edited and produced the books.

The purpose of the Collaborating Kids Project is to get kids out of their individual egos and into exploring the space between them where so much creativity lies. We work through non-linear methods (art, movement, improvisation, music, storytelling, dreams, poetry) to give children a chance to experience the magic of collaboration. We bring in a series of explorations in that help children develop a fluency in collaboration and community. The explorations are ideal for those who believe they are not creative or who are inhibited from accessing their creativity.

Children literally put their heads together to create the story and all the art work. In the picture shown above, children are putting their heads together and meditating on a possible title for their book.

The projects consist of 6 to 8 children. We meet for 4 sessions. The last session is a reception where the children are presented with the published book which they read to family and friends that have gathered.

This project was a real success and with our new grant from the Alameda Arts Commission, the spiral continues to glide outward to our many communities. Look for us in Hayward next.

## COLLABORATIVE IMPROVE AT BETSY ROSE'S RETREAT

by Elise Peeples

Joya Winwood and I were honored to lead a workshop during Betsy Rose's Time, Woman and Song retreat at Ben Loman Quaker Center in early May, 2005. We focused on the crossroads of collaboration and improvisation. A group of hardy souls created poetry together and then performed the intriguing poems for the rest of the group. Here is a sample of one of the poems:

My saltiness is like a spiral  
It deepens me like the sea  
Spinning deep floating free  
But full of flavor  
My saltiness is like the sea

The group worked with us to create and add to explorations we had never tried before. We learned and they learned, a truly collaborative experience.

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We are in the process of converting some of our mailings to e-mail. Please complete the following form and send it in to us at Art Between Us, PO Box 162, Berkeley, CA 94701 or e-mail us at [info@ArtBetweenUs.org](mailto:info@ArtBetweenUs.org).

Name: \_\_\_\_\_

Address: \_\_\_\_\_

E-mail: \_\_\_\_\_

I would like to volunteer at the Peace it Together event \_\_\_\_\_ Collaborating Kids \_\_\_\_\_ or for Committees:  
PR \_\_\_\_\_ Fundraising \_\_\_\_\_ Newsletter \_\_\_\_\_

**Please consider contributing financially to our work.**

Check one of the following and enclose a tax-deductible check payable to ART BETWEEN US

\_\_\_\$25 \_\_\_\$75 \_\_\_\$100 \_\_\_ other