



Heartbeats

www.arttoheart.ie

Artwork by Deirdre Lenehan

Winter 2013



THE RETURN

By Jole Bortoli

I don't know how I let it happen but it did. One moment I was happily painting away, enjoying my life as an art student, effortlessly being creative and looking forward to a fulfilling career and next, after just a few years of working, that flowing energy had come to a halt!

How did I allow my childlike curiosity for everything around me to fade? My unstoppable desire to express myself, to act, to dance and to paint to waste away? How, in the midst of a profession that demanded creativity, had I reduced myself to be just finishing off somebody else's artwork?

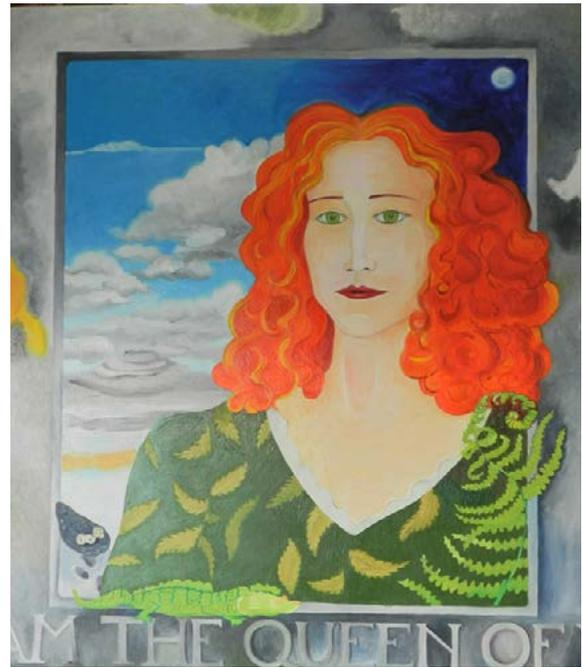
Gradually I was becoming spent, utterly miserable and wild outbursts of rage against my partner in business and mentor became more frequent (when he wasn't present!). I blamed him for not giving me enough creative space and chances of expressing myself (which he didn't and I didn't take) and as a consequence my confidence was sinking at a fast rate. When your creative energy is blocked off you are thrown off centre and start doubting yourself.

Something had to be done and quickly. So I decided to get away and as far as possible, somewhere at the edge of Europe (I had initially thought of North Africa but at that time I was longing for rain). Perhaps I could go to a place surrounded by waters where nobody knew me and where I could start anew? I needed it to be an adventure and an island felt just the right place to go to, not too big, like Africa and not too small, like the town I was running away from. I chose Ireland.

It was obvious to me at the time that the only solution was to embark on an open ended journey where my quest was the recovery of the creative flow I had lost and to bring it back from wherever it had disappeared. To start with I didn't give myself a deadline, for in my new dreamland-island I was willing to go along with whatever was coming my way and deal with it a step at a time.

At the beginning my days brought endless surprises and fun but the nights were filled with dreams of being trapped in my former place and even worse, not being able to return to my island. This recurrent nightmare almost materialised, when once it took three days to get back to a fog-bound Ireland as our plane was being diverted from one airport to the next and from country to country. In my imagination, this island had become a sort of Avalon shrouded in mist, floating further and further away into the Atlantic Ocean, forever unreachable.

NOURISHING THE SPIRIT



Other challenges, like the everyday tasks of getting work and making a living, got in the way of the much needed time and space for search and study. The mind also kept blocking my best efforts, telling me my quest was too hard and that I was being too ambitious. And what did I need all this creativity for?

Well, I was determined to succeed and to do it in my own and in my own terms. I didn't want another mentor that might do more damage than good, I had become a lone wanderer suspicious of any methodology that could turn out to be too prescriptive or formulaic. I wanted to work outside the box, take meandering paths and, if possible the less travelled road.

Looking back though I have to acknowledge that I had many mentors, little helpers lining the path and showing the way. The many hours spent observing children create was my study and search; it enabled me to slowly create a map by which I could return to the source, while encouraging others to do the same. As this map is being re-drawn I now see that there is also a way back to my native place, where I can be once more free and at ease. In time, I have come to appreciate my country for what it is, stupendously beautiful in places and tremendously hard in others, but, provided I am always able to return to my island, I am quite content to live with one foot in both places.

Workshops For Children



THE MAGIC TURTLES AT ART SOURCE 2013

8 to 10 November, 12 to 6pm daily.

After last year's success, Art to Heart's Magic Turtles will be returning to the RDS to run the children's art workshops during Art Source 2013, Ireland's biggest art fair. Look for us in *Wish You Were Here*, the dedicated children's area in the RDS main hall. From Friday to Sunday the Magic Turtles will facilitate children to create their own artwork, experiment with a variety of material and different themes.

No need to book, first come, first served!

See <http://www.artsource.ie> for adult admission.

Children under 16 accompanied by a parent or guardian are admitted free of charge.



The Magic Turtles is Art to Heart's Mentorship Programme
<http://www.arttoheart.ie/the-magic-turtles/>

Workshops For Adults

PERSONAL MAPS

Art to Heart studio, Killester, Dublin 5
8 Thursday nights: January 16th, 23rd, 30th,
February 6th, 13th, 20th and 27th, March 6th
Time: 6,30 to 9pm.
€180 (includes material). *Only 5 places.*
Bookings: jole@arttoheart.ie Tel 085 1532220

The first group of people that started their personal maps in October are half way through the course and already producing some powerful work. A second run is now open for booking, so don't miss the chance to create your own map in this beautiful journey of discovery and adventure into the world of signs, symbols and the images of diverse cultures.

This programme will take place in Jole's studio in Killester, Dublin 5 and it is open to 5 people only. Book Now!

Working With Children Through Arts - Spring 2014

Venue: Carmelite Community Centre,
Aungier Street, Dublin 2
Eight consecutive Tuesday nights:
February 4, 11, 18, 25 March 4, 11, 18, 25
Time: 6.30 to 9.30pm
Fee - The programme costs €500
Concessions €350 (students, unemployed,
part-time workers) Booking fee €50

Fee covers training, art materials, tea & coffee.
Bookings: jole@arttoheart.ie T. 085 1532220

Now in its eight year running!
Art to Heart is offering a unique opportunity to participate in a programme of collective art making, personal exploration and debate. This training programme is for any adults who want to learn more about how to nurture, foster and develop their own creative potential. If you are a parent, youth leader, social or health worker, teacher, childcare worker or artist this training programme is especially for you. No artistic experience is necessary to attend the programme.

Course content:

- How we experience the world: the Senses, the Elements and the Natural Cycles.



- The Layers of a Tale: Story painting, Story telling, and Story making.
- Rhythms, Cycles and Crafts: the Importance of Crafts, Taking Time and the Natural Rhythms.
- The Temperaments: the Four Temperaments and How to Work with Them.
- The Healing Power of Art: How Creativity Heals.

The Sky Within

The Sanctuary, Stanhope Street, Dublin 7
Sunday 23rd March 2014, 10am to 4pm.
Booking: enquiries@sanctuary.ie

Personal paintings and images are like maps revealing our inner landscapes, our boundaries and sacred sites. In them we carry not just our history but also the spirituality of who we are. During this programme we will be exploring personal imagery, the sacred and secular artworks of different cultures and the importance of the imagination according to the ideas of the Renaissance Florentine's scholar Marsilio Ficino.

No artistic experience is necessary to attend.

ART COURSES IN ITALY 2014

A WEEK FOR THE SENSES

April, Lake of Como – July, Pesaro/Urbino –
September, Island of Stromboli

This coming year you have no excuses not to be indulging yourself on a week of art making and art appreciation in Italy.

In 2014 we are offering courses in three diverse destinations at three different time of the year in some of the most inspiring locations of the Italian peninsula. Starting in April we are returning to Northern Italy's beautiful Lake Como, followed in July by the central Marche region, the Pesaro/Urbino province while September will see us crossing over from Sicily to the volcanic Eolian island of Stromboli. This is a unique opportunity for art and history of art's lovers to immerse themselves in one of richest art's treasure chest, Italy! Be sure that Art to Heart will create a rich and pleasant experience; Art to Heart's first course in Italy took place in 2011 in the city of Tivoli near Rome. The course was a response to numerous requests from people who regularly attend the art programmes run by Jole Bortoli, Art to Heart's Director, in Dublin and Co. Clare.

Jole is native of Italy and every year she introduces a new venue as well as returning to the ones already tried and tested. These venues are often ones where she has connections to local people which help make the experience as genuine and enjoyable as possible.

21 to 25 April 2014 – Lake Como

A Treasure Which The Earth Keeps To Itself

Fee: €400 – includes training and art material. (Booking fee of €100).
Lunches €50, optional.

The Spring art course will take place on Lake Como, the middle and most beautiful of northern Italy's lakes that the poet Wordsworth thought it "a treasure which the earth keeps to itself".

Lake Como is famous for being an impossibly romantic place.

Crowned by steep mountains that contains and protect it, the lake is surrounded by a blend of abundant vegetation, which includes olive, oleander, fig, cypress and citrus trees.

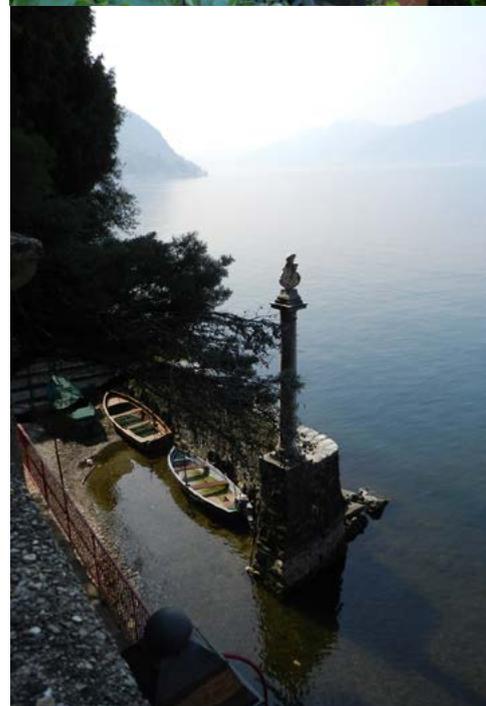
The landscape is dotted with small villages, opulent villas and churches some of which are UNESCO protected sites. The small towns scattered along the lake shore have flourished with tourism, but some, made almost inaccessible by the impossible narrow roads that run through them, have retained the calm atmosphere of the old fishing villages.

30 June to 4 July 2014 – Pesaro/Urbino

In Raffaello's Footsteps

Fee: €400 – includes training and art material. (Booking fee of €100).
Lunches €50, optional.

Art to Heart's Summer course will run in Raffaello's land, the beautiful Pesaro and Urbino province in Le Marche region situated across the Apennines from Tuscany. The five-day art programme will be inspired by a gentle landscape of rolling hills dotted with walled medieval villages, rock castles and the magnificent Renaissance town of Urbino. Urbino is one of the settings that participants on the course will be visiting along with country churches, convents and hilltop villages. In these man-made environments, windows frame simple but arresting natural beauty, while cloisters and courtyards enclose and enhance spaces of great harmonic proportions.



**7 to 11 July 2014 – Pesaro/Urbino
At the Duke of Montefeltro's Court
Language and Art course in Italy (Delivered in Italian).**

Fee: €450 – includes training, art material and transport to venues. (Booking fee of €100). Lunches €50, optional.

This course is for teachers Primary and Post-Primary and for lovers of *la bella lingua* and its art and culture. If you are a teacher or a student of Italian, if you have a knowledge of the language and want to improve it through art, if you want to increase your appreciation of Italian art and have a go at painting, this course is for you!

The five-day art and language programme includes visits to the palaces, country churches, walled villages and fortresses located in Le Marche region, home of the Renaissance Duke of Montefeltro and of Raffaello. Following each visit the participants will be facilitated to creatively respond, through drawing and painting to whatever visual stimuli they have experienced.

Art appreciation lectures will be delivered in Italian, at each specific location by Art Historian Professor Bruna Stefanini, while the art-making workshops will be facilitated by Jole Bortoli, Art to Heart's Director.

Specific classroom teaching skills will be taught including: telling a story through painting and visually interpreting poetry and prose inspired by the visits to the various venues.

No artistic experience is necessary to attend the programme but an Intermediate Level Italian is welcome.

The course will be hosted in the hilltop village of Sant'Angelo in Lizzola close to the seaside town of Pesaro.

15 to 19 September 2014.

Stromboli Island – In the Land of Volcanoes

Fee: €400 – includes training and art material. (Booking fee of €100). Lunches €50, optional.

Stromboli, one of the Aeolian islands, north of Sicily, is the Autumn destination of the year, a volcanic island of a sombre, unnerving beauty, with a coastline with steep crags emerging from the sea. The almost total lack of roads, its harsh beauty and, above all, the volcano, which makes its presence felt with outbursts of fire and brimstone, have both a strange and awesome power of attraction. It is a landscape of earth, wind, fire and water.

The art course will take place in Ginostra, a small village clinging to the rock, only accessible by sea by means of the smallest port in the world. In this village you have the sensation that time has stopped. There are no cars, just a mule-track along the side of the hill and, as you make your way through the narrow paths flanked by walls made of lava stone, you cannot help but wonder at the luxuriant vegetation made of gigantic prickly pears, caper plants, wild rosemary and broom shrubs.

Facilitated by Italian-born Jole Bortoli, Art to Heart's Director, the five-day courses will centre on the participants' free and creative response to the environment. No previous artistic experience is required.

Reserve a place now: jole@arttoheart.ie or phone 085 1532220.

Each participant must arrange his/her own accommodation and transportation to the venues. A list with a choice of accommodation will be provided together with advice on how to get there from the closest airports.



THE GATHERER OF STREET PARABLES

By Martin Byrne

Martin is a Christian Brother involved in community education in Dublin's north inner city and for the past fifteen years has published a collection of stories from the North Wall, of which Jole Bortoli has been an occasional contributor. Once in a while Martin and Jole meet over a cup of coffee to exchange views on theology and art.

Big stories shape our lives and our understanding, whereas little stories draw us to graced transformation and conversion.

Can I invite you to take a helicopter trip above the North Wall parish, beginning at the IFSC, travelling over the neighbourhood of Seville Place and Sheriff Street, passing over the banks and on down to the Point Village. What do you see? What are the forces and values that have driven the changes in this community over the past twenty-five years? Have the values, memories, traditions and stories of the people of the North Wall made any difference? Is social capital always the slave-child to economic capital?

Gathering North Wall parables has been a collaborative, creative, expanding process that has involved many hundreds of people in the local community. Through listening, dialogue, encouragement and consultation, a tentative Dockland's theology of improvisation, has over time, taken shape. The voices and wisdom of ordinary, struggling Dubliners informs, engages and challenges conventional theological forms and pushes us all to speak of the mystery of God-with-us in fresh, new styles and in an inner city accent. Often, story-writers are encouraged to write about what they see around them, but our North Wall stories are as much about what we see in our imagination and what we sense in our souls. 'Gabh mo leath sceal' but seldom do these stories fit neatly into making sense or into happy endings.

Tossing around our stories together can help us to intuit mystery present with us in our ordinary experiences. Our stories nudge, resonate and stimulate us into connecting with 'the unseen' in our lives. Rooted in the everyday experiences of the North Wall our human imagination responds to local stories and we

Art to Heart's World

In this page Art to Heart's affiliates write about their creative work and experiences



Tracy Brady, artist, The Life Centre, Cherry Orchard

begin to understand better our own lives. When Jesus wanted to describe God's Kingdom, he told an everyday story. God can never have enough of our parables. Our stories lead us to the edge of mystery, of courage, of humanity and of beauty.

Above all else, our stories respectfully acknowledge the important place of the varied voices of the North Wall in a public conversation about the things that matter. These stories give North Wall people the invitation, the space, courage and permission to do spirituality in their own way. Without the voices, such as those of North Wall people, theology is restricted to 'gaeilge na leabhair,' the preserve of academics and ecclesiastics.

Our stories are emotionally evocative, invoking compassion and pointing towards mystery, whispering of radical dignity and the human potential to image the divine. These are the parables of a people forever poised at a fragile, vulnerable time but ready to wake-up each day and make a better life for themselves, their family and for the community. These collections of tales focus on the essential elements of life in the inner city.

CHOCOLATE PINE NUT MARZIPAN CAKES

I saw this recipe in a Sunday magazine and I tried it out. It's delicious and reminds me of a dessert I use to eat when I was small.

Ingredients:

180g butter
180g caster sugar
2 eggs, lightly beaten
80g plain flour
150g ground almonds
100g marzipan
100g pine nuts
100g dark chocolate
a little icing sugar

Preparation:

Line two 20cm round cake tins with baking paper, so that it comes 1-2cm above the rim. Set the oven at 180C/gas mark 4.

Using an electric mixer or hand-held blender, beat the butter and catser sugar until pale, soft and fluffy. Break the eggs in, one at a time, and continue beating. Then add the flour and the almonds. Once they are mixed, stop the blending immediately.

Nourishing The Body

Tear the marzipan into small cubes about the size of a halved walnut. Chop the chocolate into small pieces. Drop the lumps of marzipan and two-thirds of the nuts and chopped chocolate into the cake mixture then divide it between the cake tins.

Drop the remaining pine nuts and chocolate onto the surface of the cakes then bake for 40-45 minutes. The cakes will be still a little wet in the centre at this point: they will firm up a little on cooling, but should remain moist and gooey when cut. Slice each cake into 10 or 12 small pieces and sprinkle some icing sugar on top.

Sharing the cake between the Lion and the Unicorn.
Wood-engraving by Dalziel.

*Illustration for the seventh chapter of Lewis Carroll's
Through the Looking Glass (1865).*

