



*Autumn*

*Exhibit Catalog*

Art Exhibit—Performances—Events  
September 27 to November 20, 2013

Life Force Arts Center, 1609 W Belmont, Chicago  
LifeForceArts.org 773-327-7224

## *Autumn*

Opening Reception  
September 27, 2013

Closing Reception  
November 20, 2013

Free admission to exhibit &  
Opening and Closing receptions

**Gallery Hours**  
Monday & Thursday, 1:30 - 6:30 pm  
& by appointment

info@LifeForceArts.org  
773-327-7224

### **Artists Featured in *Autumn***

Steven Blaine Adams  
Steve Baltrukonis  
Fred Casselman  
Kurt Fondriest  
Gabriel Gebka  
Dorothy Graden  
Vivian Gutierrez  
John Henderson

Pam Hulvey  
Michelle Korte Leccia  
Thom Lausch  
Karin Levitski  
Demetria Nanos  
Britt Posmer  
Sujata Tibrewala

## About *Autumn*

Autumn evokes many images: leaves of gold, brown and red swirling down in the crisp air; pumpkin patches and apple orchards filled with ripe fruit; warm, soft sweaters and blankets donned as the weather turns cooler. It is time for the joy of harvesting, gathering both food and the community for celebrations and feasting: sharing, generosity, thankfulness and hospitality. There is an underlying awareness of survival needs: shelter, preserving, storing for the lean times; reaping, culling, hunting.

Autumn is contemplative: we slow down, hibernate and take time for reflection, for assessing the experiences of the year. We face ourselves and our past, feel the presence of our ancestors and gain wisdom about maturity, old age, withering and dying. We meditate on mortality, reminded that death is part of life, and appreciate ephemeral beauty. Energy releases from embodiment to Spirit; the hours of darkness grow longer, magic is in the air and the veil to the Otherworld becomes thin...

## Events for *Autumn*

**Sacred Straw Weaving: Celebration of the Harvest**  
with Karin Levitski  
Sunday, October 13, 2013 2 - 5 PM

**The Golden Chariot of King Solomon the Wise:  
Ritual in music for communing with the ancestors**  
with David Powers  
Friday, October 18, 2013 8 PM

**Autumn Harvest Members Party**  
Friday, October 25, 2013 7 - 10 PM

**Faces of the Dark Goddess:  
Mask Making with Szmeralda Shanel**  
Saturday, October 26, 2013 1—6 PM

**Sacred Cauldron, Holy Grail**  
with Kiel Milner  
Sunday, November 10, 2013 4 - 7 PM

**Autumn Concert**  
with Paper Crane Rain  
Friday, November 15, 2013 8 PM

**Spirit Dolls: The Magic & Mystery**  
A workshop with Szmeralda Shanel  
Saturday, November 16, 2013 1—4 PM

## Steven Blaine Adams

*Oak at Dusk* (2013)

16 x 20

Acrylic on Canvas

\$300

**Steven Blaine Adams** is an artist and designer who works with natural materials like stones and crystals to create artwork and jewelry with symbolic and spiritual resonance. He is LFAC's store designer, and is on the curatorial committee for LFAC's art exhibits. The son of an Italian gypsy astrologer and Tarot reader, Steve has been doing readings professionally for over 30 years, combining the wisdom of Tarot with the healing properties of stones. Steve attributes meditation, art, ritual and spiritual connection as instrumental catalysts in his path towards healing.

## Steve Baltrukonis

www.drawnwithfire.com

### *Wheat With Handtools* (2013)

8.5 x 11

Woodburn

\$300

Scythe, sickle, and bundle of wheat are arranged together, simple images, representing the period of harvest.

### *Grasshopper & Ant* (pair, 2013)

Grasshopper: 4.5 x 7.25

Ant: 4.25 x 7.25

Woodburn with Acrylic

\$100 each or \$175 for the pair

Based upon the story of the Grasshopper and the Ant from Aesop's Fables, this pair highlights the simple, almost mechanical beauty that makes the insect world so aesthetically pleasing. It relates to the months leading up to the winter as a cautionary tale regarding procrastination.

### *Spider* (2013)

7.25 x 7.25

Woodburn with Acrylic

\$175

The first of many pieces focusing on the anatomy of arachnids and insects, this simple color study pays tribute to those tiny guests in our home who seem to grow ever larger in the months leading up to September.

**Steve Zaric Baltrukonis** was born in Chicago to a Lithuanian father and Serbian-German mother. He has dabbled in the arts since high school, playing in punk bands steadily for over a decade. His foray into the visual art of wood burning began in April of 2012 over a cheap soldering iron, some scrap wood and a severely broken heart. A voracious reader since learned to read, many of his works are inspired directly from works of literature.

# Fred Casselman

www.earthecho.com

## *Asters, Early December* (2011)

20 x 35.75

Inkjet on Rag Paper on Aluminum

\$400

## *November Shadows* (2010-2012)

21.75 x 32.75

Inkjet on Rag Paper on Aluminum

\$375

Fred Casselman says: “Several years ago we acquired a second home in the Monadnock region of New Hampshire, USA. It’s a log home way back in the woods, a true retreat. I’ve enjoyed taking pictures there as the seasons pass. Artists are playing a role in creating peace and harmony with the environment, as they have throughout all of human history. Perhaps we have had enough of the violence we have lived with for thousands of years and are ready to just let it fall away. There is little we need to do to make this happen, just let it fall away. Breathe peace. Breathe Love. Go about your life. And let your light shine for all to see.”

**Fred Casselman** begins most of his images with a photograph, currently using a Leica D-LUX 5. He prints his art on an Epson 7900 on Museo Silver Rag paper which is an all-cotton, archival art paper. Fred uses his art to renew the sense of peace and harmony with our Earth, cosmos, with one another, and with ourselves. He has exhibited all over the United States. His visions and dreams for the spiritual evolution of his church manifested as his book *Fresh Air: New Visions for the Catholic Church*.

# Kurt Fondriest

[www.healingseedministries.com](http://www.healingseedministries.com)

## *The Whisper of Fall* (2009)

24 x 24

Pastel / Paint

\$450

Trees offer support to many beings on Earth, including humans. Trees are resilient. They are our natural towers of inspiration.

**Dr. Kurt Fondriest** is an expressive arts therapist at Misericordia home in Chicago, where he has been working for over 22 years. He is also an ordained non-denominational minister and certified pastoral counselor, holding a PH.D in Holistic Ministries. His work is based on his life with a chronic pain condition called fibromyalgia. Dr. Kurt sees life as a ministry, a way of expressing one's spiritual connection to others. One of the greatest gifts our creator gives us is the power to love unconditionally; it is through this gift we find ourselves and our work. Let us always remember to not keep the gift of unconditional love but to share this divine blessing with all.

## Gabriel Gebka

[www.gabriel-gebka.com](http://www.gabriel-gebka.com)

### *Aging together under a tree* (2013)

16 x 20 framed

Giclee print

\$150

Old age is the winter of life. The couple, sitting on the bench doesn't really belong to this world anymore. They are so peaceful that a hind is sitting next to them. The hind is lying under an apple tree, the tree of knowledge. For the Celts, hunting the hind means searching for wisdom.

**Gabriel Gebka** was born in 1981, near Paris. He has been working in many fields such as social work, illustration, entertainment. He graduated in heritage painting and decoration in Avignon, and lives and works near Paris.

## Dorothy Graden

[www.dorothygraden.com/home.html](http://www.dorothygraden.com/home.html)

### *Journey of Lost Souls* (2013)

18 x 22 framed

Giclee print

\$250

The beings in this work of art exist in another reality. As autumn approaches, the veil becomes thin and other dimensions become more accessible. One is reminded that all is ephemeral and we all are just passing through on our own journeys.

### *The Thief* (2013)

18 x 22 framed

Giclee print

\$250

Darkness approaches and one becomes more aware that the unknown and unseen are palpable. What will be taken? What will be given? Where are we going? What is out there?

### *She is Here* (2013)

18 x 22 framed

Giclee print

\$250

Images carved and painted on stone by ancient people have always fascinated me. Much of their art follows the seasons and represents their shamanic and spiritual beliefs, so I have drawn these images to reflect the mystery they must have felt about their world. In our

own time, we appear to know more than they, but continue to appreciate and honor the spirit and the mystery in a magical way, where unseen realities are believed to exist. This piece represents my connection with my mother. I know she is here with me.

**Dorothy Graden** is an award winning contemporary artist whose art is inspired by Ancient Visions. Many of these sites hold spiritual powers, and many are shamanic, although, some say her art looks futuristic. Some say it is Japanese Art inspired. For over 25 years she traveled through the American west to photograph and draw prehistoric rock art. These rock art images were incised, pecked, abraded and painted on cave and canyon walls and boulders. Rock Art has been found on every continent except Antarctica. Some sites are 30,000 years old.

Dorothy has presented her field work on rock art at the Russian Academy of Science in Moscow and at University College Cork, Ireland. Her photographs have been published in the Theosophical Society's journal, *Quest*. She also presents, lectures and exhibits her drawings and ceramic sculptures at various venues throughout the Midwest and the Chicago area. She draws with great admiration, respect and humility for the ancients who inspire her work.

# Vivian Gutierrez

artegutierrez.com

*The Tree* (2011)

24 x 24

Mixed Media on Wood

\$500

Trees represent the necessity of holding on to our core for strength and stability during adversity or reformation of our environment. Holding on to the tree, the woman is able to find stillness around the constant changes that surround her.

**Vivian Gutierrez** was born in Matagalpa, Nicaragua in 1973. In 1980, her family moved to San José, Costa Rica during the Nicaraguan Revolution. She moved to the United States at the age of 26.

At a very young age she found herself fascinated with poetry, and different art expressions. Her inclination toward the subject of spirituality and respect for women's strength has always been her main subject and theme. Her preference for this subject has been extremely influenced by her mother's fight against cancer of 39 years.

She is a palette knife artist working with mixed media, oil and other materials. Her paintings and sculptures reflect her perspective on spirituality and women's inherent qualities. She has exhibited in Costa Rica, the United States and Mexico. Vivian is an animal lover, a vegetarian and fond of meditation. She presently resides in Michigan with her husband, her three children and their two dogs.

## John Henderson

### *Flame* (2013)

3 x 7 x 16

Dyed Butternut Wood

\$300

### *Mushroom* (2013)

3.25 x 6.25 x 9.5

Butternut

\$150

### *Woodworm* (2013)

3 x 8 x 15

Butternut

\$250

John Henderson is a retired firefighter. He comes from Pascagoula, Mississippi where he learned whittling by watching his grandfather and father. According to family legend, he is part Cherokee, descended from members of the tribe who escaped to the Smoky Mountains when the rest of the tribe was sent on forced march to Oklahoma on the Trail of Tears.

John Henderson says: I say that I study ancient art. What I mean is that I look at a lot of pictures in books, watch Discovery and History channels and browse on line. When I find an image I like, I design my images in the style I have chosen, not to copy anything, but to create a piece of art that is recognizable in origin of style. Some pieces, especially Egyptian, can not vary too much from the original, in order for it to be recognizable as the intended subject. North West

Native American styles allow much more artistic interpretations. I enjoy creating pieces in this style. I do not claim them to be Native American Art; instead, they demonstrate my appreciation of this art. I have also done work in ancient Celtic, Greek, and African styles as well as some Central and South American styles. Abstract shapes and designs pop into my mind often. I grab a pencil and pad and start doodling. At times, images come to me faster than I can sketch, and from one will come another. I see these images in three dimensions, and sometimes have to sketch two or three sketches to put on paper what my mind sees. It's somewhat like a being a writer: you have to put it on paper as soon as possible, so you don't forget the details.

## Pam Hulvey

*Fall Prairie* (2013)

16.5 x 20.5 framed

Pastel on Paper

\$350

*Swirling Fall* (2013)

22 x 28.5

Acrylic on Canvas

\$450

Viewing these fall landscapes allows one to become still. In the stillness your attention is drawn inward connecting yourself to spirit.

**Pam Hulvey** received her B.A. at Columbia College, Chicago. She has exhibited her art throughout the Chicago area.

## Michelle Korte Leccia

michellekorteleccia.com

### *Drum Time, Dream Time* (2010)

11 x 14.5 framed

Photomontage

\$75

### *Passage* (2010)

11 x 14.5 framed

Photomontage

\$75

### *Inner Illumination* (2010)

11 x 14.5 framed

Photomontage

\$75

The imagery in this triptych depicts qualities of the inner and outer world, and a blurring of those spaces. Like the passage from summer to fall and fall into winter these montages are suggestive of light fading into darkness, when one's own inner light becomes the warmth that sustains. Decay is depicted as a beautiful process in which layers are peeled back to offer an opening into a deep space.

**Michelle Korte Leccia's** explorations of ritual actions and environmental issues result in hybrid installations. Her art practice draws on collage, sculpture, video, and performance to create works that investigate processes of destruction and healing. She has exhibited her work in museums, galleries, and public spaces locally, nationally and abroad. Korte Leccia is a 2013 candidate

for a MFA in Interdisciplinary Arts and Media from Columbia College Chicago. She holds an MA in Art and Social Change from Naropa University and a BFA in Painting and Drawing from the Laguna College of Art and Design. She was born in 1977 in Brunssum, the Netherlands and currently resides in Evanston, Illinois.

## Thom Lausch

### *Autumn King* (2013)

14.5 x 17

Stained Glass

\$250

We see the face of the Green Man shaped from fall colored leaves. The energy of the piece emanates from the center, expanding out into the world.

### *Anubis* (2013)

9 x 12

Stained Glass

Not for Sale

Anubis is the ancient Egyptian god associated with mummification and protection of the dead on their journey into the afterlife. He was usually portrayed as a half human, half jackal. Anubis' presence evokes the Day of the Dead-Halloween aspects of Autumn.

*Harvest Pilgrim* (2013)

20.5 x 24

Stained Glass

\$350

A pilgrim under the harvest moon journeys to find her home.

*Autumn Splendor* (2013)

18 x 21

Stained glass

\$200

Fall colored leaves form an eternal circle.

**Thom Lausch** has been making stained glass since the beginning of 2013.

## Karin Levitski

### *Living Cornucopia* (2013)

18.25 x 22.25 framed

Watercolor Pencil

\$250

### *Aspen Filigree* (2013)

13.5 x 16.25 framed

Watercolor Pencil

\$175

### *Of the Flame* (2012)

21.5 x 25.5

Acrylic on Canvas

\$225

Karin Levitski says: These pieces have been inspired by my love of autumn and the rich colors and movement of the season. I associate fall with the rush of the wind and the rich, glowing shades of yellows, oranges, purples and reds of the flowers and trees. For my piece *Living Cornucopia*, I began with the intention of exploring the use of autumn colors and swirling them together. As, I drew and painted, what appeared on the paper was an explosion of abundant color and shape and movement that seems to me to have a life and body of its own.

*Aspen Filigree* is another experiment in color and also the abstract representation of the delicate leaves of autumn. Using the traditional Scandinavian Rosemaling techniques to represent the veins and structures of the leaf, I feel I have captured the movement and life of our

green-blood relatives while also portraying their fragility.

I also associate the season with fire as we begin to journey inward and sit a little closer to our hearths and fireplaces if we have them. During a ride out in the country on a weekend we might smell the fires of leaves burning or the wood burning in our neighbors' fireplaces. The rich and sparkling bronzes and coppers in *Of The Flame* reminds me of the late autumn when most of the leaves have fallen from the trees, but winter is still weeks away. *Of the Flame* is an abstract representation of one of my spirit allies who also offers strength in times of darkness. In this particular painting there are also symbols of the harvest (flowers and grain) scattered throughout the work.

Karin Levitski has been creative as long as she can remember. She has always had an interest in artistic expression of all sorts, including but not limited to painting, watercolor drawing, straw weaving, needlework, crochet, jewelry making. Much of her artwork has roots in traditional folk art, particularly from Scandinavia, especially Norwegian Rosemaling. Using traditional brush strokes and non-traditional colors, Karin creates artwork full of color and soul which is sometimes whimsical, has elements of humor or spiritual inspiration, and is flavored with traditional art forms. For her, creating art is a means of escape from the mundane and a journey into the sacred and an opportunity to connect with and be surprised by messages from Spirit. She is always surprised by the finished product of any of her artwork.

## Demetria Nanos

<http://www.linkedin.com/pub/demetria-nanos/18/561/97>

### *Dionysos – Mask 2* (2013)

9 x 12

Acrylic on Canvas

\$120

A large *thyrsos* wand set with a carnelian and topped with a pine cone, is displayed diagonally from the left bottom corner reaching toward the upper right corner, with a solar symbol/atomic energy/divine fire burst in the left upper corner. A vision of the face of the god appears on the right of the *thyrsos*, a bronze plate of grapes before him while next to the grapes, a bronze censer has incense burning. Next to the censer an upward pointing triangle in the corner represents the element of Fire. A golden mask is partially seen, suspended in front of the god's face on his left side, our right. There is an Egyptian Sacred Eye traced in gold upon gold on the mask. This reminds us of the similarities and connections between the cults of Dionysos and Osiris. A small vessel with a few drops of wine or blood in it is under the *thyrsos*. A small bull's head with golden horns is the constellation Taurus above Dionysos, along with seven golden dots/stars where the shoulder would be, representing the Pleiades. An ivy leaf floats above a few other leaves on the left side of the painting. The bull, ivy, grapes, explosive energy, sun, *thyrsos*, and mask are among the symbols and signs associated with Dionysos.

Demetria Nanos says: "I have been an artist, writer, and gardener since I was very young. I currently do an

occasional watercolor or acrylic painting, cartoon, bind-rune, calligraphy, or costume detail/trim, but I usually work with gemstones, crystals, beads, metals, shell, etc. making jewelry, as well as nature and devotional pieces. I do commission work and/or original designs, repairs, and consulting with other artists. I compose poems, songs, invocations, rituals, ceremonies, and verse for others as well as myself. I have been given presentations regarding myth, history, archetype, and metaphor at special events over the years. My astrology and Tarot practice continue to inform much of my current artwork. My study of astrology and astronomy began around the age of seven, and I have been looking to the stars ever since.”

## **Britt Posmer**

### ***The Harvest Queen* (2013)**

17.5 x 19

Acrylics on Repurposed Chair Cushion

\$450

### ***Three Laments* (2012)**

18 x 24

Acrylics on Canvas

\$350

### ***Memento Mori* (2012)**

13 x 16 framed

Oils on Page from Out-of-print Natural History Text

\$175

The following pieces arise from an ongoing exploration of the visual arts as a path of bhakti and creativity itself as a vital object of meditation and vehicle for contemplative holism.

*The Harvest Queen* provides a fresh meeting with the Divine Feminine in Her embodiment as the abundant and nourishing Mother Goddess, drawing forth the qualities of her fertility, the ways in which she offers Her body as food, and Her benevolence as provider and sustainer of the harvest.

*Three Laments* touches upon the reality of loss and the sacred nature of grieving that which has completed its time. It also reminds us that to mourn is to stand at the threshold of our own Winter and to give ourselves to the healing wisdom of the coming dark. Such moments can lead us into contemplation of Death itself, which is the invitation of *Memento Mori*. We are encouraged to remember our mortality and the briefness of our stay here on earth, as well as the Love that weaves through each season to the newness of Life.

**Britt Posmer** is a contemporary ecstatic and interfaith contemplative who utilizes the arts as a principle means of meditation, transformation, and communion. She is a self-taught painter, as well as a dancer, poet, writer, and performance artist. In addition to her artistic passions, Britt is a trained holistic healer who specializes in transformational companioning and issues pertaining to gender, body, and consciousness.

## Sujata Tibrewala

<http://pratibimba.in/home.html>

### *Change Is Constant* (2011)

12.5 x 15.5

Acrylic on Canvas

\$220

Some things never change: beauty will wilt, the living will die, nothing will be as is tomorrow...

**Sujata Tibrewala** is a self taught artist who in 2009 gave up her electrical engineering career for her first love, art. She now uses her knowledge of science to spread art and issues close to her heart.

Born in India, Sujata had successful solo exhibits and conducted many art workshops, some of which resulted in student exhibitions. Sujata moved to the U.S. in 2010. Her works are currently on display at many reputed galleries including the Regional Commission of Arts, St Louis and Marine Foundation, California. Her noted exhibitions from the past include Life Force Arts Center, Chicago IL; Gateway gallery, St Louis MO; Lalit Kala Academy, New Delhi; and Jawahar Kala Kendra, Jaipur, India. She is an artist member of many artistic organizations including the St. Louis Artists' Guild, Women's Caucus for the Arts, and Art Concoctions. Starting from her school days, Sujata won many awards, and her art has received rave reviews in leading print and electronic media of India and USA. Presently, Sujata resides in San Jose, California. She is a member of the Naperville Art League, FIRE Arts Studio & Gallery, and Woman Made Gallery, Chicago.

## Acknowledgements

Life Force Arts Center would like to thank all the Artists and Volunteers who put in so much work to create this show, especially Steven Blaine Adams, Thom Lausch, Joan Forest Mage, David Powers and Jaimie Shepardson

**Life Force Arts Center has over twenty events a month focusing on the connection of the arts and spirituality. Please check our calendar & sign up for our e-mail list**

Lifeforcearts.org

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Catalog created by David Powers  
Catalog design by Maggie Baker

## About Life Force Arts Foundation

The mission of Life Force Arts Foundation (LFA) is to advance the field of spiritual art through artistically excellent exhibits, events and publications that explore the art-spirituality connection. We define spiritual art as visual, literary or performing art that flows from spiritual practice, strives to connect the audience with Spirit, and creates spiritual awakening, healing, or evolution. We focus on the arts as a common ground of human expression, where artists and audiences of diverse spiritual traditions can honor each other, and share their personal and collective experiences of the spiritual aspect of life through the arts.

LFA's goals are to develop spiritual artists, the spiritual arts audience, and the spiritual arts community. The Foundation operates Life Force Arts Center (LFAC), Chicago's spiritual art gallery and performance space, which presents artistically excellent, spiritually based visual art exhibits, dance, theater and music performances, author book signings and workshops with artists who are experts in spiritual art making

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