

Operation Healing Art *U.S.A.*

*United We Stand as Artists,
Unifying Spirits through Art.*

“Libertas Creare”©

Freedom To Create

Create and Design an American flag composed of individual squares reflecting the emotions of the people. It is a flag that will express our feelings waving freely to unify us as one Nation. It is a flag of the people.

By June 14th “Flag Day” complete your flag and fly it locally for everyone in the community to enjoy the creative work.

Who is this for?

Any individual or group who wants to use the power of Art as a healing tool.

Operation Healing Art, U.S.A.

United We Stand, Unifying Spirits through Art

Goals:

1. To empower, uplift, and give hope to the American People.
2. To enable a sense of control to enter our consciousness replacing a sense of hopelessness and lack of control.
3. To foster patriotism in our beliefs of democracy.
4. To allow self-expression of deep emotions with art as the medium.
5. To have an opportunity to share your emotions. To communicate to the world how this tragedy has affected each and every one of you.
6. To participate in a declaration of love for all of humanity.
7. To truly understand what democracy stands for: Freedom.
8. To understand that true freedom comes from within, and through art and creating, you will always be free. The freedom to love and the freedom to express this love is our birth right as human beings.
9. To unify as many as possible in the creative process spreading the words of truth, beauty, and love to all we touch.
10. To offer realistic reassurance to the American people.
11. Ultimate Goal: to complete a flag that is comprised of separate 10" x 10" squares of canvas or cotton neutral color material, to be sewn into your own uniquely American flag. Each square will be designed and painted, drawn or printed by individuals of each group making their flag.

You will need:

- A team leader (anyone who will orchestrate the project in your community)
- A place to work
- Materials (see list)
- A person or a group of people to sew the squares into a Flag
- A place to exhibit the finished U.S.A. Flag

"Little progress can be made by merely attempting to repress what is evil. Our great hope lies in developing what is good." - Calvin Coolidge, 30th President of the United States

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Procedure:

1. Find the selected group of individuals you want to work with on the group flag. You may want to separate people into age groups if the group is extremely large. If the group is not that large then allow mixed age groups to work together.
2. You will need a space to assist people in painting their emotions onto the fabric squares. (Tables and chairs)
3. Once the space is allocated for the project, you will need to purchase or have donated the materials to be used for project. See Material list for all supplies needed.
4. Choose a time that will be convenient for you to have people meet at the specific location you have allocated for the project. Post the time and place so people know where and when to meet.
5. Pre cut your fabric in 10" x 10" squares. Have these ready for the participants.
6. To paint, draw, dye, and or color the squares. You need to have a section of red, white, and blue squares done to create the American flag colors.
7. If you choose to make a second square, this can be done in any color of your choice to create your visual image.
8. The squares can be silk-screened, Lino Block printed, hand painted acrylics, oils, collage of fabrics hand sewn onto the square, digitally manipulated image printed on computer ready canvas or silk, rubber stamping, hand dyed. Add beading, buttons, calligraphy (appropriate poetry), ribbons, colored pencils, permanent markers, silkscreen images, fabric paint, and textured paint. (Must be permanent pigments used)
9. **NO: pastels, paper, water based markers, watercolor paint, watercolor pencils, Encaustic, clay, metal, wood, plaster.**
10. Read inspirational verses such as "The Invitation," by Oriah Mountain Dreamer. (See attached page)
11. Hand out the sheet "Profile of an Artist"(see attached)
12. Distribute the questionnaire sheet, (see attached). If working with a group, lead a group discussion with participants. These questions will help people to make decisions on what they want to place onto their fabric squares.
13. If time permits, have participants draw their ideas onto a 10" x 10" piece of paper first before tracing the design onto the fabric.
14. On the last few pages I have listed five possible approaches to this project. Please choose the one that best fits your needs. If you think of a different approach on how to create your group flag, then please create with total freedom of expression.
15. Exhibit the completed Flag in your community or at your home, or organization.
16. Photograph the flag and the participants. Send the photo to contact@artwithaheart.com for inclusion on the Survivors Art Foundation web site if you like. **(See important guidelines for photo submissions, last page)**

Operation Healing Art, U.S.A.

Materials List:

Painting the Squares

10" x 10" square of fabric

Types of fabric - Cotton muslin, Cotton duck light weight canvas, any light weight neutral color fabric

Permanent markers in primarily red, white, blue and shades thereof

Acrylic paint, Oil paints, Fabric paint

Fabric dyes

Permanent Silkscreen Printing ink

Brushes

Palettes

Drawing the Squares: Pencils, Erasers, Newsprint or any lightweight paper

Tracing the Designs onto the Squares: Saral transfer paper, Graphite paper, or Carbon paper

Sewing The Squares

Sewing Thread

People to sew

Straight pins

Sewing machine

Flag Size:

Minimum size - No less than 40" on its shortest dimension and 70" at its longest dimension.

Maximum size - none ... up to you!!!! Size must be proportional.

The traditional American Flag has 13 stripes, 50 stars and a blue rectangle in the upper left hand corner. There are 6 stripes below the blue rectangle, and 7 stripes to the right of the blue rectangle. There are 7 red stripes and 6 white stripes.

If you are planning a more traditional flag it will require thinking through the current design. The min. size flag 40" x 70" would require 28 (10" x 10") squares. Flag makers need to think about the relationship of the blue field to the stripes.

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." - Dr. Martin Luther King Jr.

"Libertas Creare" - © Marietta Dantonio-Fryer, Joel T. Keener

Operation Healing Art, U.S.A. Questionnaire

Name _____ Date _____

1. What does the American Flag mean to you?
2. What does the color Red mean to you?
3. What does the color Blue mean to you?
4. What does the color White mean to you?
5. What does democracy mean to you?
6. What does freedom mean to you?
7. What color is fear?
8. What do you think of when you think of unity?
9. What would that become visually?
10. How do you feel right now?
11. What would that become visually?
12. What is patriotism?
13. What would that become visually?
14. What does peace mean to you?
15. What would that become visually?
16. What color is hope?

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Approach One:

Have each person create their own 10" x 10" fabric square in the paint medium and style of their choice.

Use only red, white, and blue, in a monochromatic range of color.

When all of the squares are collected, sew the squares into a traditional flag.

Approach Two:

Have each person create their own 10" x 10" fabric square in the paint medium of their choice.

Have a section of the flag that is in monochromatic range of the colors red, white, and blue.

Have the rest of the flag squares painted in a full spectrum of color. Each personal square can be painted and design in the choice of colors of the individual.

Once all collected, the team leader and the person who will sew the flag will design the overall final look of the completed flag.

Approach Three:

Person with no group

Make your 10" x 10" square or squares, and send them to:

Operation Healing Art, U.S.A.

121 Pine Drive

Newark, DE 19713

Brenmar96@aol.com

The squares will be made into large flags.

Date deadline One and Two: November 1, 2001, December 1, 2001 (for web site inclusion only)

Approach Four:

Person who wants to make their own Flag

Please follow procedure and Flag proportion and size requirements.

Possibly involve your family members

Create your own designed Flag expressing your emotions.

Approach Five:

Group that does not have a person to sew the flag

Please follow procedure and flag and size proportions

The difference will be that instead of pre cutting the squares; you just draw the squares onto the fabric. One person in your group will responsible for creating their images onto one square of the flag. It will give the appearance of a collage or quilt with no sewing, creating one flag.

"Evil is like a shadow - it has no real substance of its own, it is simply a lack of light. You cannot cause a shadow to disappear by trying to fight it, stamp on it, by railing against it to any other form of emotional or physical resistance. In order to cause a shadow to disappear, you must shine light on it." - Shakti Gawain, author of "Creative Visualizations"

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Important Photo Submission Guidelines for Survivors Art Foundation website:

Method 1

Choose a digital format when having your film developed:

Kodak Picture CD: Check the box on the film envelope that says "Kodak Picture CD."

Kodak Picture Maker Station: Select option "Kodak Picture Disk" and follow the instructions.

To find your local vendors, visit <http://www.kodak.com/US/en/service/dealers.shtml> and enter your zip code. Most drugstores, discount stores and supermarkets offer these services.

Please see <http://www.kodak.com/global/en/consumer/products/pictureCD/> for more information, or ask your local film developer for more information.

Method 2

If you are using a digital camera; scan your own photos; or have your photos scanned in by anyone else: Please have them in the following format ...

- 72 dpi
- 8-bit (256) color
- GIF or JPEG

... and email as attachments to contact@artwithaheart.com with the subject "Operation Healing Art, U.S.A."

Completed Picture CDs, floppy disks, and photos can be mailed to: Susan Adsit , 30 Vine St., New Britain, CT 06052. Please included a SASE (Self Addressed Stamped Envelope) with correct postage for quick mailing of your CD, floppy disk, or photos back to you.

Survivors Art Foundation website: <http://www.survivorsartfoundation.org>

A special thank you to Jan Osthus for her support and contributions.

"I have learned through bitter experience the one supreme lesson; to conserve my anger, and as heat is conserved is transmitted into energy, even so our anger controlled can be transmitted into a power that can move the world." - Mahatma Gandhi

" You can choose to follow your heart always. Then you can be in the middle of hell and still experience inner peace and happiness. You can stay in your state of bliss, and hell will not affect you at all." - Don Miguel Ruiz , author of "The Four Agreements" and "The Mastery of Love"

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The Invitation

By Oriah Mountain Dreamer (an Elder)

It doesn't interest me what you do for a living.
I want to know what you ache for,
and if you dare to dream of meeting your hearts longing.

It doesn't interest me how old you are
I want to know if you will risk looking like a fool for love,
for your dreams, for the adventure of being alive.

It doesn't interest me what planets are squaring your moon. I want to know if you have touched the center of your own sorrow, if you have been opened by life's betrayals or become shriveled and closed from fear of further pain!

I want to know if you can sit with pain, mine or your own, without moving to hide it or fade it or fix it.

I want to know if you can be with joy, mine or your own, if you can dance with wildness and let the ecstasy fill you to the tips of your fingers and toes without cautioning us to be careful, be realistic or to remember the limitations of being human.

It doesn't interest me if the story you are telling me is true. I want to know if you can disappoint another to be true to yourself; if you can bear the accusation of betrayal and not betray your own soul.

I want to know if you can be faithful and therefore trustworthy.

I want to know if you can see beauty even when it's not pretty everyday, and if you can source your life from Creator's presence.

I want to know if you can live with failure, yours and mine, and still stand on the edge of a lake and shout to the silver of a full moon "yes"!

It doesn't matter to me to know where you live, or how much money you have. I want to know if you can get up after the night of grief and despair, weary and bruised to the bone, and do what needs to be done for the children.

It doesn't matter to me who you are, or how you came to be here. I want to know if you will stand in the center of the fire with me and not shrink back.

It doesn't matter to me where or what or with whom you have studied. I want to know what sustains you from the inside when all else falls away.

I want to know if you can be alone with yourself and if you truly like the company you keep in the empty moments.