



Hello Steve,

*“The most important thing
about art is to work.
Nothing else matters except
sitting down everyday
and trying.”*

Steven Pressfield

Greetings!

In a few days you'll be at the quarter mark with your 100 day project. Some of you may be a roll with your projects, energized....some of you may be hitting a bump. Or a wall. In 'no-man's land'. Buried in sub-zero fatigue.

In this Issue:

- *Resistance & Ass Glue*
- *Arters' Projects*
- *Cool Updates*
- *Support Circles (below).*

Support Circles:

**“Although our creative
process is
uniquely our own,
it's empowering and
uplifting to have a
community where
we can check in.”**

Helen Haskell Remien
, The Joy Center .



We agree! Support Circles and Workshops have sprung up to support you on your 100 day creative journey! See the list below for details.

Offerings in Marquette and vicinity:

The Joy Center - Support Circle:



Dates: Thursdays, February 13th, March 13th, April 10th. 6:30-8:30PM.

Location: The Joy Center, 1492 Southwood Dr, Ishpeming, MI

Co-leaders: Liz Yelland, 100DayProject Exhibit Artist, and Helen Haskell Remoin, Creativity Consultant.

Fee: Love offerings appreciated.

Call 906-486-8966 for more information.

Workshops at Awakenings:



Supporting your 100 day project with meditation and mindfulness techniques.

Dates: Saturdays, February 15, March 8th, April 5th. 2:00-4:00PM

Location: Awakenings Studio (Downtown Marquette--Wattsson



Whatever you call it, it's uncomfortable. You're not alone. It happens to all of us. It's part of the territory of 100 day projects. *It's temporary.*

You could quit and end the discomfort (we hope not). Or you could stay the course, trust the process and have faith that you'll turn a corner. It's a choice.

What is this "Wall"?

Most likely it's **RESISTANCE**.

and Wattsson Building)

118 W. Washington Ste. 2C

Workshop Leader: Melissa

Middleton: 100DayProject Exhibit

Artist.

Fee: \$60 for all 3 workshops.

Registration required.

For more information and to register

call Melissa at 906.236.4433

or email her

at awakenings@live.com



MACC - Check-In

Meetings:



Dates: Wednesday, March 19, 6-

8PM and Saturday, April 12th,

11am-1pm

Location: MACC (lower level Peter

White Library in Marquette)

Facilitated by MACC staff.

Fee: free

Call 228-0472 for more information.

Marquette Poet's Circle:

For Arters exploring poetry & prose

and want support with their writing.

Dates: Every 4th Monday of the month. Two meetings: 5 or 6:30PM.

Location: Shiras room (PWPL).

Fee: free

For more information, call Janeen

at 906.451.4473 or email

at janeenpergrin@gmail.com.

And it wears many disguises. It can feel like a loss of enthusiasm about your project . You might experience it as procrastination – “oh, I’ll work on my project later” – and then don’t get back to it. Or brain lapse – “Project? What project?”

Inspiration can feel out of reach and Resistance might be whispering a story in your ear that you can only create when you’re inspired (not true).

Resistance is a negative force that can't be seen but it can be felt. It aims to distract and keep us from doing our work. We feed it power by our fear of it. Fears that we are (or our work is) not good enough, creative enough, talented enough (or some sucky version of this).

Resistance is part of the territory. It’s normal. When it shows up, and it could show up daily -- it’s actually a good sign. It means you’re close to something that’s important to your soul life.

Resistance wins when we surrender to it; defeating it is like giving birth.

Got Ass Glue?

Ass glue is one way of overcoming Resistance. Use Ass Glue to *stay in your seat* and work -- and “just do it”

like the Nike ad says.

**Offerings in the
Keweenaw:
Copper Country -
Support Circle:**



Dates & Locations:

--Saturday, February 15, 1-2PM at
Roy's Bakery.

--Saturday, March 15th, 1-2PM at
the Copper Country Community Art
Center.

--Thursday, April 17th, 5-6PM
(location TBD).

Fee: free

*For more information and to RSVP,
email Melissa Hronkin at
m_hronkin@hotmail.com or Cathy
Benda at ruhlbenda@gmail.com.*

**Offerings in New Mexico:
New Mexico –
Support Circle:**



Dates: First meeting on Saturday,
February 22nd, 2:00PM.

Location: Silver Studio (NW
corner of Silver and Sierra),
Albuquerque, NM

Facilitated by Louisa
Barkalow, 100DayProject Exhibit
Artist

**“I write only when inspiration strikes.
Fortunately it strikes every morning
at 9:00AM sharp.”**

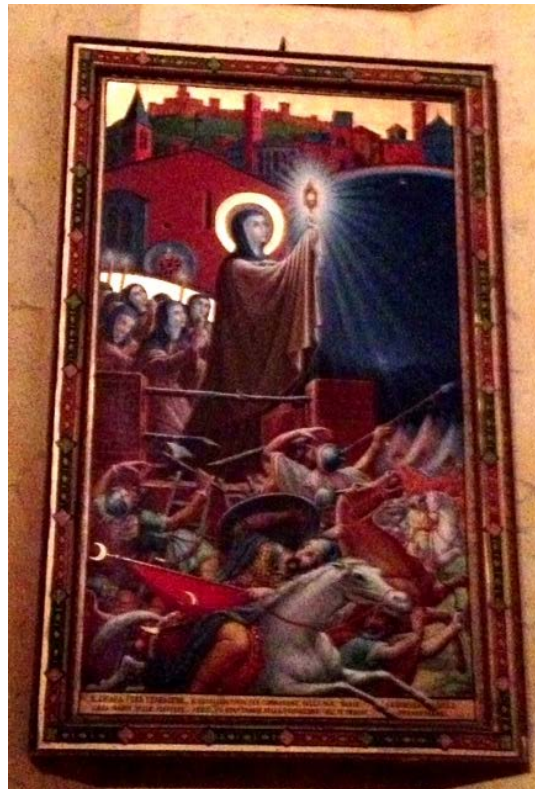
Author Somerset Maugham

(when asked if he wrote on a schedule
or only when struck by inspiration).

We bet Somerset went through a lot of ass glue. He
produced a lot of work.

Be Saint-like, Cultivate Patience...

We can flame out if we're overly ambitious or
overenthusiastic about our project. Hard to maintain
that level of intensity over a period of 100 days.



Instead, conserve your energy for the long haul. Take
care of yourself, rest, meditate. When we're rested,
self-doubt has a hard time getting a foot-hold.

Fee: Free.

For more information, call Louisa at 505.899.7863.



If there's a Support Circle not listed here that you want to let us know about, email us at info@The100DayProject.com



Past issues of this newsletter at:

<http://the100dayproject.com/archive/>

Stay *curious*, **PLAyFuL**, and o-p-e-n about what's unfolding with your project. *Be patient* with yourself and your process. Take it a day at a time.

Don't Take it Personally...

Stand apart from your work, even if you've invested wholeheartedly in it. Your work is not you. If it falls short, improve it. Where you triumph, make it better still. Work harder. Let it go. Come back tomorrow. Don't take failure (or success) personally.

Give ear to criticism (internal or external), discard it or learn from it and grow if it has value. Resistance will use criticism to smash your dedication and break your will. Don't fall for it.

***"When we sit down each day and do our work,
power concentrates around us.
The Muse takes note of our dedication.
She approves.
We have earned favor in her sight.
We become like a magnetized rod
that attracts iron filings.
Ideas come. Insights accrete."***

Steven Pressfield, *The War of Art*



It's your turn. What works for you to overcome Resistance? Email your tip to us at info@The100DayProject.com. We'll share it in the March issue.

Sharing Arter Projects...

Here is what Arter *Charon Porter* created during Days 1-12 while she was having fun exploring metal. Here are her discoveries about her process:

"I get it! Working at my bench every day does start the idea fountain, mornings are the best. Textures are already showing up in my jewelry."



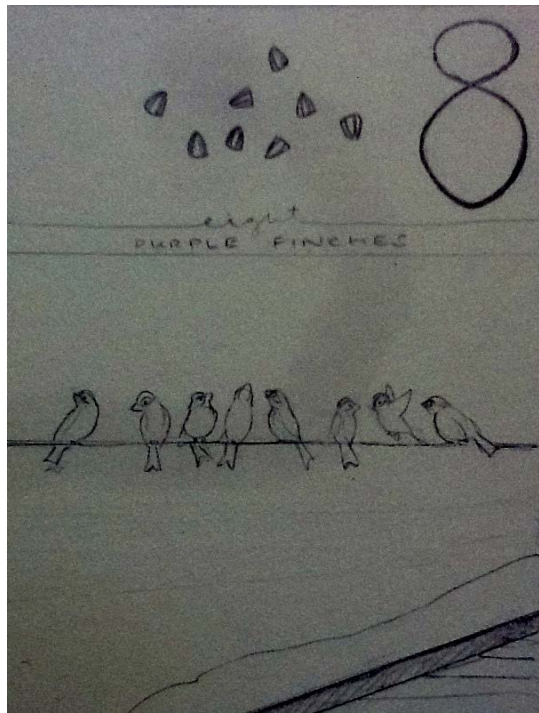
Below is Arter *JoAnn Deuel Shelby's* work along with her comment:

"Week one done, really enjoying this."



Arter *Julie Benda* is exploring illustrations of each number 1-100 in pencil, watercolor, or ink. Here's what she had to say:

"This is from day eight actually. Not in the groove yet, mostly implementing the avoidance strategy....ah! Must, keep, going."



For her project, Arter *Christine Saari* is taking photos in her house to see her familiar environment with new eyes.



Below is a example of Arter *Janeen Rastall's* whimsical 'The Mystery of the Missing Socks' project.



And from Arter *Robin DuBlanc* along with her comments:

"I was initially reluctant to join the project,
especially since I'm not a "real" artist like so many of
you,
but I'm having a blast so far,
just taking photos and writing silly captions.

"Here's Day 4: Christmas trees and college-age children
are enchanting over the holidays,
but come January—it's time for them to go."



And finally, one final image to share from Arter
Anne Stark's Zentangle project. Day 11:



We'll be sharing more images from Arters' projects in the March issue of this newsletter. In the meantime visit <https://www.facebook.com/The100dayproject> to see more. Or stop in the new Virtual Gallery on our website <http://the100dayproject.com/vg/> (more on that below)!

Announcements...

Virtual Gallery is up!

The Virtual Gallery on The100DayProject website is now up and running! Registered Arters have begun posting their Spine statements, images, and project images. Check it out!

Link is <http://the100dayproject.com/vg/>. Questions? Please email us at info@the100dayproject.com

The100DayProject Documentary is airing!

The documentary produced by Charter Media is now airing on the Charter cable station 12 in Marquette. The documentary follows 9 Upper Peninsula artists as they dedicate 100 consecutive days to practicing art. Airls everyday at 11, 2, and 8:30PM. And on demand.

Here's a link to the promo <http://vimeo.com/85691537>

May we all get on with our drawings!

"In spite of everything I shall rise again:
I will take up my pencil,
which I have forsaken in my
great discouragement,
and I will go on with my drawing."

Vincent van Gogh



Cheers,
Ann Russ & Catherine Benda
The 100DayProject Community Organizers

Community100DayProject Update:

Launched on Tuesday, January 21, 2014. Last day to register was Monday, January 20th. Registration is now closed.

There will be a Community-wide Completion Celebration in May 2014.

More on that later!



Share



Forward to Friend

Copyright © The100DayProject, All rights reserved.
Issue 5 - February 2014

Our mailing address is:
Info@The100DayProject.com

[unsubscribe from this list](#) [update subscription preferences](#)