

The100DayProject Newsletter - Issue 9 - December 2014

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Two Invitations

2015 Community 100DayProject

*"Out of the Darkness
Into the Light" Project*

Hi there, steve!

Winter's Back

We don't know about you, but for us, having a 100 day project to focus on helped us get through a long, cold, dark winter. It also moved us along in some surprising new directions creatively. Catherine has gone on to explore more collage ideas and has been working on new paintings. And Ann has been completing work for a two person show opening March 5th at the Devos museum in Marquette.

You've been asking if there will be another Community 100DayProject in 2015. We have two invitations to offer you.



For inspirational tips
and quotes about
creativity, habit, and practice visit our
Facebook page at
<https://www.facebook.com/The100dayproject>

Past issues of this newsletter at:

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



2014 -- 100DayProject by Julie Benda



Installation inspired by her 100DayProject (above)
by Julie Benda

Invitation #1:

2015 Community 100DayProject

You're invited to be part of the next Community 100DayProject! Last year's project was a huge success. 14 counties in Michigan's Upper Peninsula participated as well as individuals from New Mexico,

Illinois, Texas, Arkansas, Minnesota, Wisconsin, and New York. Even Tanzania and Guatemala! So, we're excited about offering it again.

The 2015 Community Project will **start on January 21, 2015** – and end 100 days later on April 30th.

All 100 day projects begin with a simple idea called a "Spine" that's explored over the 100 days. Then something *hands on* is done with your project **every day for 100 days**– even if it's just 10 minutes a day.

A great Spine is one you feel excited or curious about. Live with it for awhile before the start date. If it keeps coming back, chances are it's got some motivational juice to help sustain momentum with your project during the 100 days. Let your project idea seep down inside so it develops roots rich with inspiration to energize your project.

There's plenty of time now to scratch around for an intriguing Spine idea for your 100 day project before the **January 21st start date**.



Christine Saari's 2014 Community 100DayProject

Invitation #2

"Out of the Darkness Into the Light" Project

If you've done a 100 day project before and want to change it up a bit – or are looking for something new

or different, you're invited to join the *Out of the Darkness Into the Light* project.



This project begins on the Winter Solstice and ends on the Spring Equinox. **Start date is December 21st, 2014** – ending date is *March 21st, 2015*.

We realize the start date is just around the corner. This project, however, will be structured a bit differently from the Community 100DayProject.

The Out of the Darkness project invites you to study, document, journal, create, practice, explore, make, observe, or initiate something new each week. This is meant to be a weekly *hands-on* visual, written, or audio interpretation of whatever interests you during the 13 weeks between the Winter Solstice and the Spring Equinox. Whatever will help bring you out of the darkness....

Rules: there are none.

Guidelines...if you want some structure or an assignment:

- Center your project on one theme - it can be as broad as you like.
- *Commit to doing something hands-on at least once a week.*
- Keep it fresh, let it go where it takes you.
- *Flow is the key word here.*
- Don't get caught up in quality.
- *Consider this a first draft in the creative process.*
- Relax your standards and expectations.

- *Find a buddy or start a group to share your experience with.*



Anyone completing the first 21 days of either of these two projects will be invited to submit images for a virtual show. Both projects nurture the development of a creative habit.

Check out the next newsletter and Facebook page for updates. We look forward to supporting the next stage of your creative journey!

To learn about The100DayProject, visit our website at www.The100DayProject.com. Please email us with your questions.

Happy Holidays,
Ann Russ & Catherine Benda
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project

2015 Community100DayProject:

Launches on Wednesday, January 21, 2015. Ends 100 days later on April 30th, 2015.

"Out of the Darkness Into the Light" Project:

Launch date is Winter Solstice, December 21st, 2014.
Ends on the Spring Equinox, March 21st, 2015.



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