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October 2015 Issue

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# The100DayProject

*Excavating creativity through a daily practice of 100 days*

In this issue:

- *Announcing the 2016 Community Project*
- *Across the Lake*
- *Solstice to Equinox*
- *Whetting the Appetite*
- *The Power of Small Things*



100DayProject work by Joy Bender Hadley

*"Be a good steward of your gifts.  
Protect your time.  
Feed your inner life.  
Avoid too much noise.  
Be by yourself as often as you can.  
Walk.  
Take the phone off the hook.  
Work regular hours."  
-- Poet Jane Kenyon*

## 2016 Announcement

### Greetings!

Happy Autumn to you - we hope you had an inspiring summer!

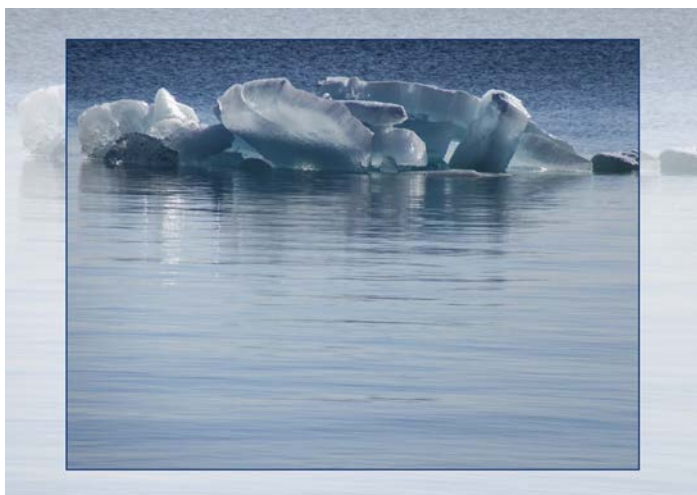
We're excited to announce the 3rd annual community-wide 100DayProject! We're also excited to tell you that the Grand Marais Art Colony in Minnesota will be participating in 2016 along with our good friends at the Marquette Arts & Culture Center!

More below...

## Across the Lake

We're doing something a bit different with The100DayProject in 2016 - we're pairing it with a theme called "Across the Lake".

This theme was inspired by - and we think beautifully highlights - the shared geography of Lake Superior that the two arts organizations have in common!



100DayProject work by Elizabeth Bates

The heart of the "Across the Lake" theme is about exploring connection & relationship. It could be a relationship with oneself; with others; or with an idea, a material, a new skill, etc.

**Important dates:** The "Across the Lake" project will begin on *Friday, January 22, 2016* - and end 100 days later on April 30th, 2016.

More about the Across the Lake project [here](#) on our website - and in the next newsletter. We'll also be posting updates on our [Facebook page](#).

## Solstice to Equinox: Out of the Darkness into the Light

We're also re-launching our other community arts project in 2016 called "Solstice to Equinox: Out of the Darkness into the Light". Many of you told us how inspiring the project theme was for you last year!

**Important Dates:** The Solstice project will start on the Winter Solstice (*December 22nd, 2015*) – and end on the Spring Equinox (March 20, 2016).

More about the Solstice project [here](#) on our website - and in the next newsletter. We'll also be posting updates on our [Facebook](#) page.



100DayProject work by Christa Walck

Last year, both projects offered a structure and a creative outlet that helped participants get through the long, cold upper Midwest winter. You can participate, however, no matter where you live.

Whichever project you do, we'll support you with creativity and motivational tips, inspirational ideas, and shared stories in our newsletters, Facebook presence, and website. We'll also celebrate your efforts with a Virtual exhibit (more in a future newsletter).

## **I'm in! What's the next step?**

Start mulling over some intriguing ideas for your 100 day or Solstice project. What would you enjoy creatively exploring for 100 days?

When you come up with a solid idea, register your project on the home page of our [website](#). It's free and easy to do.

By registering, you'll be on our mailing list, receive an invitation to have your artwork included in a virtual exhibit, and get important updates along the way.

In the next newsletter, we'll include more about both community projects, along with tips for getting started, and ideas we hope will inspire you!

## Whet Your Appetite

Want to see 100 day projects from last year? Click [here](#). We hope you'll be as inspired as we are by their efforts.

Also check out our [Facebook](#) page for motivational tips and inspiration.



100DayProject work by Randy Connell

## The Power of Small Things

The more we do 100 day projects ourselves and the more we see the results of projects done by others, the more convinced we are that something great comes out of the process.

100 day projects are opportunities to engage in small daily creative acts, everyday, for 100 consecutive days. That's a long time and it takes commitment.

100 day projects are not about making perfect art. They're about the process of creativity and developing new inroads into the ways we see and think. They give us permission to explore, experiment, and play for an extended period of time.



100DayProject work by Catherine Benda

The experience often leads to creative breakthroughs and the growth of a creative habit. *That's the power of a series of small things brought together.*

Cheers,  
Ann Russ & Catherine Benda  
The100DayProject Co-organizers  
[www.The100DayProject.com](http://www.The100DayProject.com)

Want sustenance for your 100 day project? Visit our [Facebook](#) page for motivational tips and inspiration!

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