

“Fill your pages with the breathings of your heart” W. Wordsworth

Elizabeth Porritt Carrington

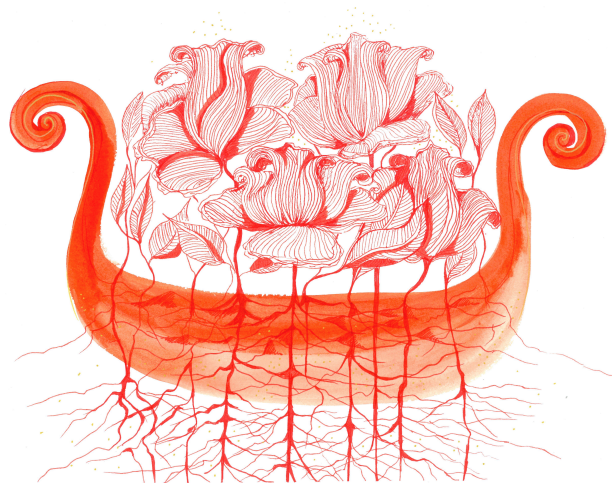
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Would you like to travel to Ireland with me? I am planning to guide a group trip to Ireland in 2019. I look forward to sharing more in The Summer

Newsletter. [Watch this Space!](#)



Remembering all of those who have taught us to bloom

Studio News from Elizabeth

Upcoming Classes in Asheville, Sacred Mountain Sanctuary, and Ireland for 2018,
Community Offerings, Dedications to Inspiration, Stories, And Dreamings for 2019/20
an Exhibition of my paintings continues at Nourish and Flourish in the R.A.D here in AVL

Next Class opportunity is
**Encounters with
Beauty part 1 on Sat April
14th** , A day workshop
introducing you to the
practice of Contemplative
Art.

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This workshop will take
place here in my Studio in
The River Arts District
from 10 - 5 and is \$80
materials included
.....

If you would like to learn more
about this give me a call or drop
me a line or come for a studio
visit! I look forward to hearing
from you very much!

Elevating grief, Allowing Creativity to Thrive

*When you come to Art this way you will find it was waiting for you all
along, to return to it.*

Once when I was a small girl standing out in the front field, I became so fully alive and a part of everything. I don't remember how many other days I felt this way, but on this particular occasion it was felt so strongly, that it is remembered in vivid detail now. I must have been about five years old.

I understood I was a part of the greening field, the trees, their blossoms and all the spring flowers blooming. I was a part of the sheep and the new lambs hopping about me. I was the green grasses that touched my bare legs. I was a part of the breeze that came up under my wool sweater and brushed against my cheek. My skin was no boundary at all. I was all the bird song at once and the rush of the brown trout river after the rain. I was in the beautiful grey stones filled with fossils that built the walls. I was the clay and

Encounters with
Beauty part 2 will take
place in Sacred
Mountain Sanctuary on
May 12th from 10 - 6.

It is \$90 with all materials
included as well as a lunch
for \$10.

This is a wonder-filled
opportunity to be in
Sanctuary to explore deeply
the essence of your own Art
making, to be guided in
placing your hands into the
inexorable flow of life
around you and within you.

If you would like to
participate and cannot
make Part 1 in April please
talk to me about a mini
workshop 1 to 1 in the
studio, in preparation.

"Establish yourself with the
Universe first" Thomas Berry

I am offering one to one Eco
Contemplative Art
experiences at Sacred
Mountain Sanctuary. They
will be 3 hour sessions and
part of a series of new
offerings on the mountain
this Spring.

limestone soil under my feet. I had no language to tell that story then. And we left that home soon after.

My very real remembering of it was a coming home of sorts, a meeting with myself after a long break away. It was Grief that brought me back. A great deal of grief for my mother, my husband and then my father, as well as for my own good health, which I had little of for a while. Each death was a step back towards the greening Spring field and to that moment of communing. Grieving was a rite of passage for me and continues to bring me home.

A rite of passage, by its very definition is facing into fear alone, to become strengthened. The journeys I undertook to grieve well these loved ones, meant facing in closely to that darkness and to the profound sadness breaking me apart. Pushed out to the edge of my capacity to accept life, I was asked to summon up tremendous courage and learn to use all my intelligences to stand by the heartbreaking questions of the coming and going of our days. And to stand by my little daughter beside me, with the courage she needed me to have. There were no answers there. What I found was peace in my abiding with it, a peace and something that I know as love.

More and more I returned to the natural world for understanding and to see reflected in all its expression, a full spectrum of life. I began to feel nature speaking to me again, and I was listening. The natural world and my Art then became inseparable.

It was only a matter of time till I would approach Art in the same manner. What I learned in grieving was to stay, to stand by, and to abide with a mysterious question or with a troubling feeling (two in the same), with openness. I found that there is an alchemy in Art that is infused by a mix of willingness to see something through, coupled with an accepted sense of not knowing. To sit before a white page or canvas and linger in the formlessness and forming, taking part in the making and recognize ourselves in the moment of the painting. Not entirely as the doer of it, like the

A two day workshop is coming up in **Raheen Woods, Ireland on July 28th and 29th** in Eco Contemplative Art. Enrollment will open for this in May. Feel free to be in touch with me, with any questions or creative wonderings about this event.

Once you have participated in Encounters with Beauty, you are very welcome to come each Thursday to the studio in the RAD to explore further, your work. There will be community tables set up for you. This will be each Thursday starting on the 12th of April from 12.30 till 3.30. There is no charge for this but donations are welcome. Its important to let me know you intend to come so I can be sure there is space for everyone. Working with others can be so helpful creatively. Having an opportunity to be in a working studio is inspiring and supportive and... FUN!!!!

I continue on with my studies with The Centre of Education, Nature and the Natural World as well as with Stephen Jenkinson at the Orphan Wisdom school in Canada. Both have been entirely enriching and much more than I could have imagined in depth of learning. A few years ago I realized I wanted more guidance to make the Art I make and in the way I do. I went seeking teachers to learn from but also to find confirmation in my direction and to see if I wasn't trying to reinvent the wheel. I have found great teachers and teachings that indeed have enriched my work and so much more, I didn't expect to find. This learning trail seems to just keep offering more. I am very inspired to continue with my work and in the direction it is taking me.

"Its Strange to be here, the mystery never leaves us" John O' Donahue

child in the field, the well of creativity is at your fingertips and limitless. When we can see this interrelatedness as in nature, Art seems to come through us like a stream. Placing ones hands into the inexorable flow of the universe in these favorable conditions, allows what I now call, *Encounters with Beauty*.

When you come to Art this way you will find it was waiting for you all along to return to it. To lay your burdens down a while and watch them transformed in the openness.

In a world filled with distraction, seeking answers at lightening speed, and little time for mystery that cannot be named or proven, to make inspired Art seems very radical indeed. Art has always been there for us as a language to express mystery. And has always been a reflection of humanity. As long as we have been here in the world we have made Art. It is part of our nature. Our capacity for it, is far beyond making something look like what you see. It is a much deeper well then that.

Coming like a pilgrim to Art and bringing your stories and presence, you will find it is a tender loving place where beauty in its essence abounds. I think now more than ever we need to use the language of beauty this way. Practicing to be our creative selves, in all its uniqueness and relatedness, is the kind of authentic reflection this culture is crying out for. The more we draw from that kind of well the more at ease we are, making a life meaningful. A meaningful life is a home.

Now on the other side, so to speak, for I know there will be more grieving to do, I look back and see with great clarity a hidden thread in the cord that drew me along. There was, it seemed, a great numinous thread, that somehow I managed to hold fast to even in the most dreadful hours. That thread I feel came alive from the very moment in the field and continues on into this moment.

These connective memories are vital to sustaining a life truly felt. They are guiding lights in the dark hours and for the celebratory days. I am now in the endeavor of making these spaces for Art making in the studio and at Sacred Mountain Sanctuary for this very purpose, to make the conditions most favorable for you to feel

Last year I began working with **Aeon**, a newly established middle and high school at Sacred Mountain Sanctuary. Students from Aeon come to work with me in the studio in the RAD. We are presently doing foundational studies in fine art which will lead them into an apprentice type program with me in the next year. I am so very delighted to have an opportunity to work with these young people and this extraordinary school.

“Wherever there is love there
is grief, a life without it is
unthinkable”

Stephen Jenkinson.

engaged in connection, communion, and enriching creation. There is so much more to say about this, and I consider with care many tributaries of thought from art, poetry, literature, philosophy and spiritual traditions. Many of which are woven into my classes. If you feel it is calling your name to come to Encounters with Beauty and learn more, be in touch with any questions or wonderings. I am offering group classes, as well as one to one, in studio and at Sacred Mountain Sanctuary.

Le gach dheá ghuí /every good wish to you x Elizabeth

Dreaming

I have a dream, I know it so well

It is dreaming and it is dreamt

It circles about in the very core of my imagination

Some mornings I awake to find it had nestled in the centre of my heart

I carry my dream into the day to day, and night to night

It is a flame. It flickers and waves in the cooling and warming air

It calls for my breath to give it shape

Pleading to be apart of everything . EPC

I am working on two commissions that are keeping me busy this spring. A large felted triptych for a special space in Ireland as well as an oil painting of the story of King Valemon and the wild third daughter. My earth book is continuing to grow and I plan to have it finished in June. I am also working on making a new body of landscape, oil on canvas, describing the felt aliveness of being in the natural world and its reflection of our interior landscape.

Important dates

April 14th Encounters with beauty part 1 at the studio in the RAD Asheville

May 12th Encounters with beauty part 2 in Sacred Mountain Sanctuary.

Ongoing one to one opportunities to learn eco contemplative Art practice

July 29th and 30th Two day workshop in Ireland in Encounters with Beauty, coming to meet eco contemplative Art