

(Re)connecting to Art - February 27, 2021

Resources

<https://artlitlab.org/events/reconnecting-to-art>

First, a few suggestions:

- Remember it's okay to not be okay. Be kind to yourself and patient. As Rilke said, "Just keep going. No feeling is final."
- Find a community of like-minded artists, writers or musicians.
- Meditate. Center for Healthy Minds in Madison.
- Go for a walk, if you can. If not, do what you can to move your body.
- Read, particularly types of books you normally don't.
- Try a new art form and don't worry about being good at it.
- Look at museum exhibits online. Museums have done a tremendous amount of work this past year to make their collections available online. Is it the same as visiting in person? No, but it's still pretty great.
- Stay in touch with each other using this Google contact list. Note: this is voluntary.

ALL Resources

ALL offers exhibitions, concerts, readings, workshops, and more. [Subscribe to our free newsletter](#) to stay informed about upcoming events and opportunities.

- [Arts + Literature Laboratory programs](#) (Visual Arts, Literary Arts, Music and Performing Arts, Youth Arts, Adult Education, Greater Madison Jazz)
- [Arts + Literature Laboratory membership](#)
- [Write-ins \(Thursdays at 10 AM CST\)](#)
- [Community Poetry Workshop](#) (free, monthly generative workshop)

Recommended Reading

- ***The Body Keeps the Score*** by Bessel van der Kolk, MD (WorldCat and Bookshop). Dr van der Kolk is a leading expert on PTSD. This book offers methods for overcoming fear—which destroys creativity and playfulness—and regaining a sense of self leadership.
- ***What It Is*** by Lynda Barry. Barry stresses the value of writing by hand and investigates what an image is and how it functions. Playful, fully illustrated manual for making friends with your creative self.
- "Writing through a Global Pandemic" by Tiana Clark at ***Poets & Writers***
- ["Writer's blockdown: after a year inside, novelists are struggling to write,"](#) ***The Guardian***

- *The Awakened Eye*, by Frederick Frank

Financial Assistance COVID19 Resources for Artists and Arts Organizations

- NEA Covid Resources: Links to dozens of resources for all types of artists, geared toward financial support
<https://www.arts.gov/about/nea-on-covid-19/resources-for-artists-and-arts-organizations>
- Arts Wisconsin Information and Resources for the Creative Sector re COVID-19
- Project Recovery COVID resource. Link to flyer (Dane County, Wisconsin)
- Simple Dollar, tips for making the most of your resources

About our Panelists

- Dale M. Kushner web site
- Quotations compiled by Dale M. Kushner for event
- Dale M. Kushner's "Transcending the Past" blog for *Psychology Today*
- Wilder Deitz School for Creative Music
- No Detour - the East High School Black Music Ensemble
- ALL Originals Prize Winner: Charles Payne | Arts + Literature Laboratory
- Charles Payne's poetry chapbook, Love, Payne, Hate and Adversity
- Catherine Stephens, coordinator and facilitator

Inspiration

- TEDTalk animated video on James Baldwin
- Learn more about James Baldwin and his life
- Chez Baldwin, 478-track playlist on Spotify based on Baldwin's record collection
- Try ambient noise. Studies have shown that a certain level of background sound boosts creativity in most people, so give it a try. Muse.org offers links to a variety of sites offering free ambient sound.
- Open Culture
- The Getty (includes thousands of images you can download and use as a Zoom background)
- More museum links from Open Culture
- The Boy, the Mole, the Fox and the Horse by Charlie Mackesy
- International Festival 2021 virtual event— Overture Center in Madison. Feb 27 - Mar 5, 2021
- Madison Youth Arts Center - opening in 2021
- Access the Arts from Home - Overture Center in Madison

Writing and Storytelling

- Poets & Writers Groups, a tool for sharing work with other writers

- [Driftless Writing Center](#), Viroqua, Wisconsin
- [Free online generative poetry workshops](#) with Jessica Jacobs and Nickole Brown
- [Fierce Voice Writing Prompts in the age of CV19](#) by Marty McConnel
- [The Moth](#) storytelling community and events

Visual Arts

- [Madison Museum of Contemporary Art](#)
- [Walker Art Museum](#)
- [Museum of Modern Art](#)
- [The Metropolitan Museum of Art](#) online features
- [London Drawing](#), offers many classes and weekly “draw-ins,” similar to ALL’s write-ins

Music

- [Jazz in Madison](#) - Live streamed concerts and more, Greater Madison Jazz Consortium
- [Cafe Coda Jazz Club](#) in Madison.
- [Resources for musicians during the COVID-19 pandemic](#), DIY resource covering live streaming and more
- [Audio for the Arts](#) in Madison
- [Madison Music Collective](#) upcoming events
- [Madison Symphony Orchestra](#) season and virtual events
- [Mead School of Music UW Madison](#) calendar of events

Dance, Theater, Circus Arts

- [Kanopy Dance](#) in Madison
- [Broadway on Demand](#)
- [Cycropia Ariel Dance](#) online broadcasts in Madison
- [Madison Circus Space](#) - Friday live at 5 on Facebook

- [Dance](#) - events at UW Madison
- [American Players Theatre](#) in Spring Green, Wisconsin