THE JOURNAL

Twentieth Quarterly Newsletter

TABLE OF CONTENTS

FALLING BACK INTO CREATIVITY

MFA FAMILY FUN NIGHT SEPTEMBER 24TH, 2026

SPONSOR A CHILD'S ART EDUCATION

RECAP OF THE SUMMER PROGRAM

BEHAVIORAL HEALTH AND THE ARTS

YOUR BRAIN & CREATIVITY

FALL COLOR WHEEL

ART HISTORY & NEWS

FALLing Back Into Creativity

September always feels a little like opening a brand-new sketchbook or planner.
The pages are blank. The pencils are sharpened. There's a little bit of excitement, and maybe a little bit of chaos, as we settle back into routines and figure out what this next season will look like.
Fall is a chance to start fresh. Not by having everything figured out, but by becoming curious again. What do I want to learn? What do I want to create? Who do I want to connect with? What might happen if I simply try?

At MFA, we love that kind of thinking.
As we step into a new school year and a new season, we're looking forward to more art, more questions, more ideas, more laughter, and more opportunities to create together.
So let's FALL into something new.

A little more creativity. A little more curiosity. A little more connection. And maybe a little less pressure to get it all right.
Here's to a fresh page.

Support Our Mission

MFA NON PROFIT

SUPPORT THE

MFA ANNUAL ART EXHIBITION

EVERY WORK OF ART TELLS A STORY—AND SO DOES EVERY ACT OF GENEROSITY.

Your donation directly supports young artists, strengthens our community, and ensures that arts education and cultural programming continue to thrive.

TICKETS ARE **NOW ON SALE!**

SEPTEMBER 24, 2026

5 PM – 8 PM

SKYLINE PITCH

AT

THE AMERICANA AT BRAND
GLENDALE, CALIFORNIA

889 Americana Way
(8th floor of garage)

WHY YOUR SUPPORT MATTERS

ARTIST EXHIBITIONS
Provide a platform for emerging and established artists to share their work.

COMMUNITY ARTS PROGRAMMING
Bring people together through inclusive and enriching arts experiences.

EDUCATIONAL WORKSHOPS
Inspire creativity and skill-building through hands-on learning.

FUTURE MFA EVENTS
Ensure the sustainability of exhibitions and cultural events.

MISSION SUPPORT
Help cover essential operational costs that *keep our nonprofit thriving.*

INDIVIDUAL GIVING

Every gift makes a difference.

PATRON – $250
Supports artist materials and exhibition expenses.

BENEFACTOR – $100
Helps fund educational programming.

FRIEND OF MFA – $50
Provides support for community arts initiatives.

SUPPORTER
Give any amount meaningful to you.

RECOGNITION

Donors may be recognized through:

Event Signage · Printed Event Program · Event Website · Social Media Acknowledgments · Verbal Recognition

(Recognition level is based on donation type and amount.)

IN-KIND DONATIONS

Welcome!

We gratefully welcome donations of:

- Art supplies
- Gift baskets
- Event décor
- Printing services
- Food and beverages
- Photography & videography
- Entertainment
- Silent auction items
- Professional services

MFA NON PROFIT

Thank you for your generous contribution and support!

Together, we create opportunities, celebrate artists, and inspire our community through the power of art.

Sponsor a Child's
ART EDUCATION

Modest Fly Art Studio Gallery is dedicated to making the arts accessible to all children—because every child deserves the chance to create, express, and thrive.

When you sponsor a child's art education, you help open the door to creativity, confidence, and self-expression that can last a lifetime.

YOUR SUPPORT MAKES AN IMPACT

- Inspires creativity and self-expression
- Builds confidence and critical thinking
- Strengthens community through the arts
- Creates equal opportunities for every child

CHOOSE HOW LONG YOU'D LIKE TO SPONSOR

Your donation directly sponsors a child's art education for:

1 MONTH
Help a child explore creativity and build confidence for a month.

3 MONTHS
Provide hands-on art experiences and deeper creative growth.

6 MONTHS
Support ongoing art education and meaningful self-expression.

1 YEAR
Give a child a full year of creativity, learning, and inspiration.

BE A PART OF THEIR CREATIVE JOURNEY

Sponsor today and make art education possible for a child in our community.

TOGETHER, WE CAN INSPIRE THE NEXT GENERATION OF ARTISTS.

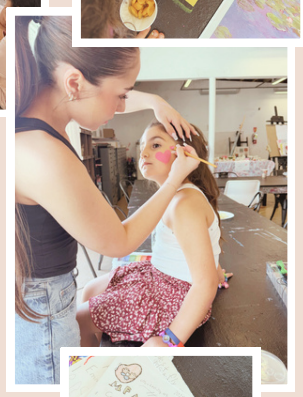
MFA
NON PROFIT

Thank you for believing in the power of art and helping us create a brighter, more creative future for our children.

MODEST FLY ART'S

WEEK 1

Finding Your Creative Voice



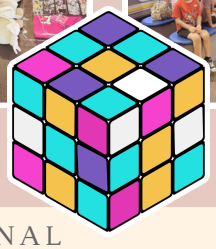
WEEK 2

Around the World Through Art

SUMMER PROGRAM

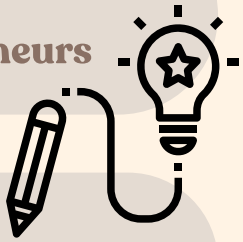
WEEK 3

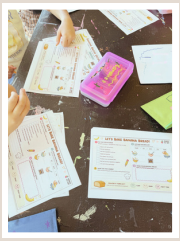
Nature, Animals, & Adventure

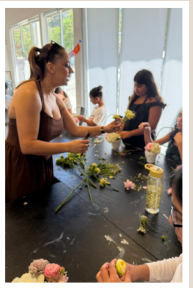


WEEK 4

Makers & Entrepreneurs







Behavioral Health and the Arts: Recognizing the Power of Creativity

The arts are increasingly being recognized as an important part of supporting behavioral health and overall well-being. In a recent California Assembly presentation, Assembly Member described ACR 204, Behavioral Health and the Arts, a resolution recognizing the meaningful role that art, music, dance, and other creative practices can play in helping individuals and communities thrive.

The resolution highlights growing evidence that participation in the arts can help reduce stress, combat social isolation, support emotional healing, strengthen community resilience, and complement traditional behavioral health services. While professional and clinical treatment remains essential, the presentation emphasized the importance of community-based approaches that can help people maintain their well-being before reaching a crisis.

One of the most meaningful moments in the presentation came when the Assembly Member shared a personal experience with music. Hearing music connected to his ancestors helped lower his anxiety about returning to the legislative session. His experience demonstrates something many people discover through the arts: **creativity can provide a way to pause, reconnect, express emotions, and feel connected to something larger than ourselves.**

The resolution also recognizes that behavioral health challenges such as anxiety, depression, trauma, and substance use affect people across all ages and communities. The arts can offer an accessible and meaningful way to support emotional wellness while bringing people together. Creative experiences do not have to look the same for everyone. Painting, music, movement, sculpture, writing, dance, and other forms of artistic expression can all provide opportunities for connection and self-expression.

Creativity as a Path to Well-Being

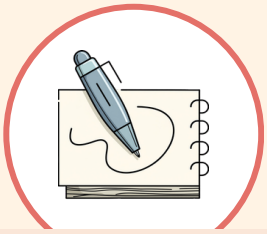
At Modest Fly Art, we see this connection every day. Art is more than simply creating something beautiful; it can be a way to communicate, explore emotions, build confidence, connect with others, and create a sense of belonging. Through our classes, workshops, community programs, and art-based wellness initiatives, we strive to create spaces where people feel encouraged to express themselves and discover the restorative power of creativity.

ACR 204 is an important reminder that the arts belong in conversations about community wellness and behavioral health. When creativity is made accessible to everyone, it can become a powerful tool for connection, resilience, and healing.

watch the video

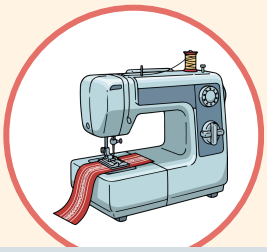
Source:
California Assembly presentation of ACR 204, “Behavioral Health and the Arts.”
https://www.youtube.com/watch?app=desktop&v=25UniaF8Jvg&ra=m

What Happens to Your Brain When You Get Creative?



Drawing

Strengthens visuospatial processing, hand-eye coordination, and improves focus.



Sewing

Engages the prefrontal cortex for planning and fine motor control while promoting focus and stress regulation.

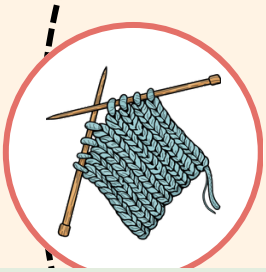
Photography

Engages visual attention, spatial reasoning, and enhances pattern recognition and creativity.

Every time you engage in a creative activity, your brain gets to work.

Each creative activity activates different brain networks involved in focus, memory, problem-solving, emotional regulation, and motor coordination. Together, they can reduce stress, improve attention, and support overall cognitive health.

So the next time you pick up a paintbrush, camera, knitting needles, or a needle and thread, remember: you're not just making something beautiful...you're strengthening your brain, too.



Knitting

Activates motor and sensory pathways through rhythmic movement, increasing relaxation and focus.

Painting

Stimulates creativity, visual processing, emotional regulation, and supports cognitive flexibility.

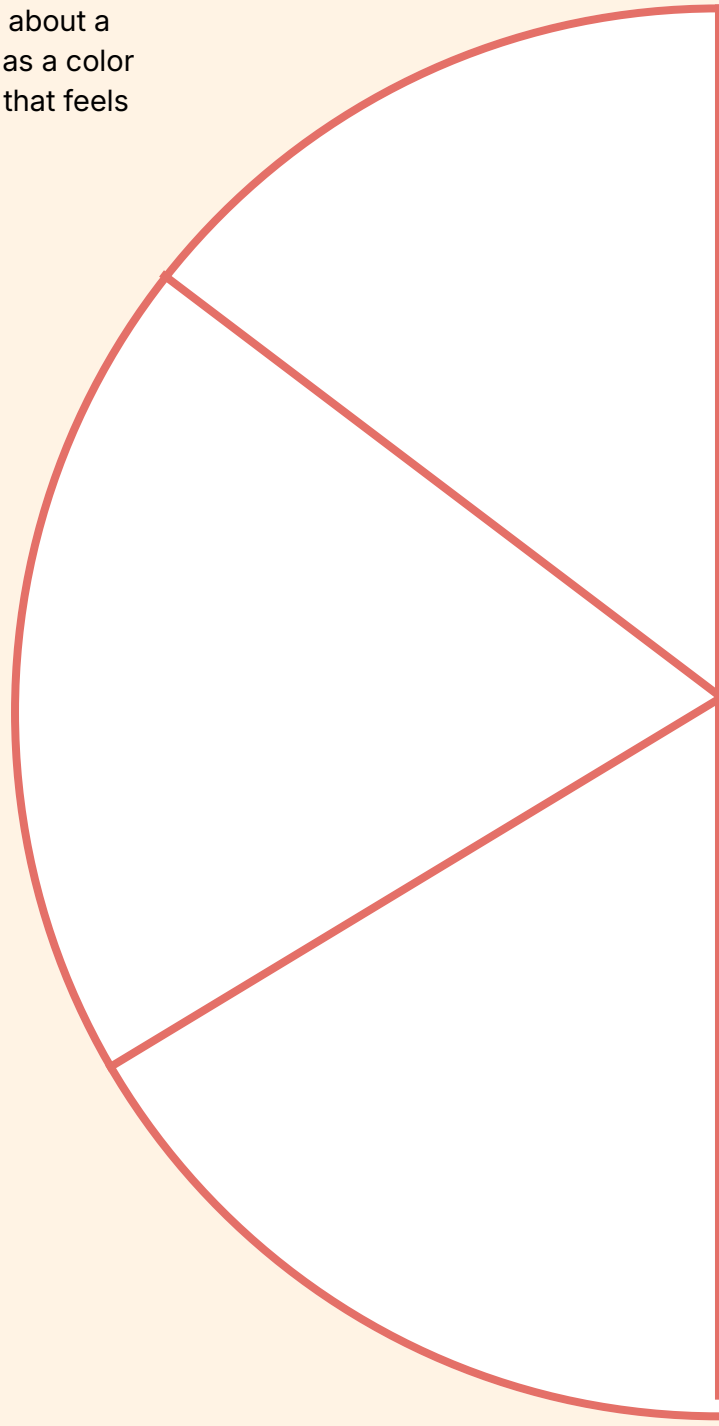
Pottery

Activates sensory, motor, and spatial processing networks and encourages mindfulness.

MY FALL COLOR WHEEL

A new season means a new rhythm. Instead of thinking about a routine as a list of things you have to do, let's think of it as a color wheel... different parts working together to create a life that feels balanced, creative, and full of color.

Create Your Own Fall Color Wheel
Give each section of the wheel a color and fill it with drawings, words, patterns, or ideas that represent what you want to make room for this fall.



CONNECT- Who do you want to spend more time with? What makes you feel connected?

CREATE- What do you want to make, draw, build, write, or explore?

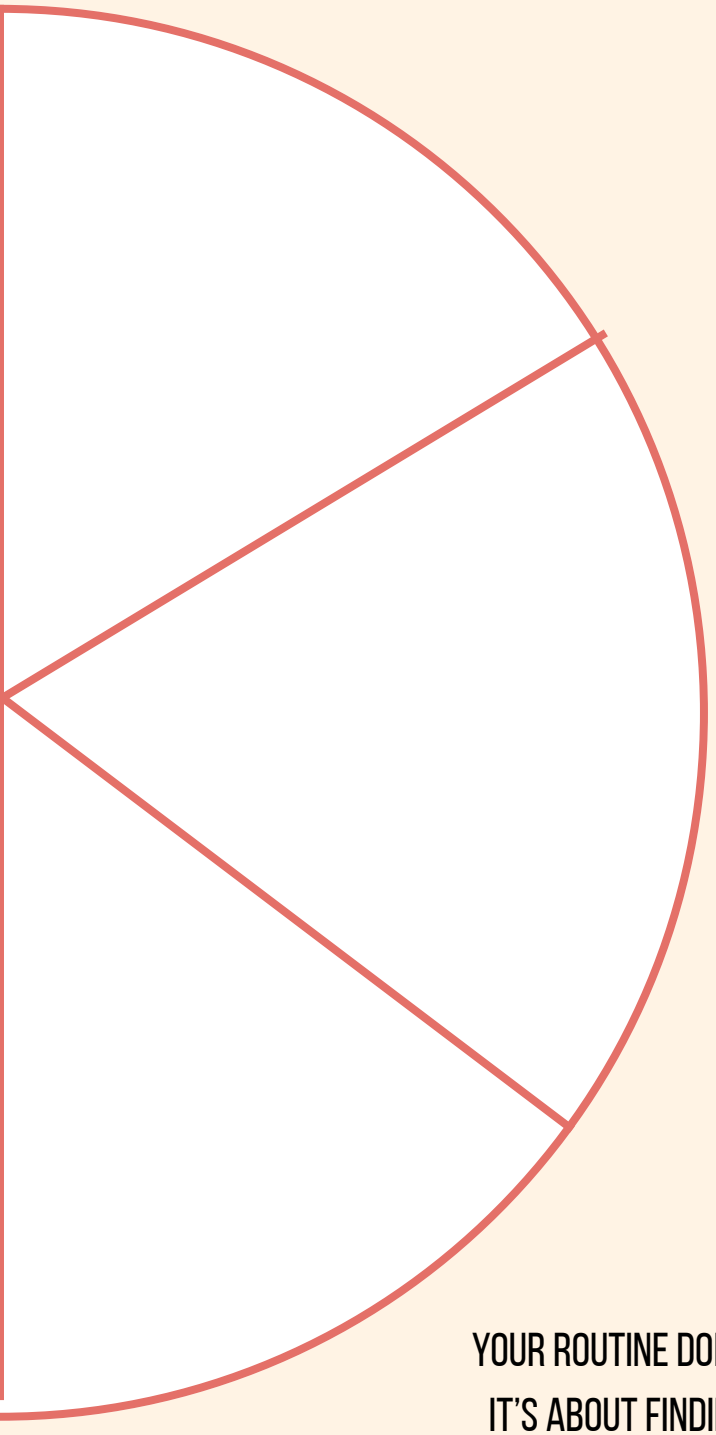
LEARN- What are you curious about? What would you love to discover?

MOVE- How do you want to move, play, explore, or get outside?

PAUSE- What helps you slow down, recharge, and enjoy a quiet moment?

DREAM- What are you excited about? What is something you want to try this season?

BACK TO ROUTINE



Now Look at Your Wheel...
Which color feels the brightest?

Which one needs a little more attention?

Choose one small thing from your wheel that you can bring into your routine this week.

Maybe it's drawing for ten minutes before bed. Calling a friend. Taking a walk. Reading something new. Sitting outside. Trying something you've never tried before.

YOUR ROUTINE DOESN'T HAVE TO BE PERFECT. LIKE A COLOR WHEEL, IT'S ABOUT FINDING THE RIGHT BALANCE AND DISCOVERING WHAT BEAUTIFUL THINGS HAPPEN WHEN ALL THE COLORS COME TOGETHER.

A LITTLE BIT OF...

ART HISTORY & *NEWS!*

Antonello da Messina: A Renaissance Master

Antonello da Messina (c. 1430–1479) was a Sicilian Renaissance painter known for his incredibly detailed portraits and religious paintings. Born in Messina, Sicily, he helped bring together the realism of Northern European painting with the ideas of the Italian Renaissance. He was especially skilled in oil painting, using light, shadow, and tiny details to make his subjects appear remarkably lifelike.

Some of his most famous works include Saint Jerome in His Study, Portrait of a Man, Portrait of a Young Man, Ecce Homo, and the Polyptych of San Gregorio.

NEWS

The Polyptych of San Gregorio is especially significant today because several of its panels were recently stolen from the museum in Messina where they were displayed. The artwork has a deep connection to the city, making the theft not only a loss of valuable artwork but also a loss connected to Sicily's cultural history.

Why he Matters

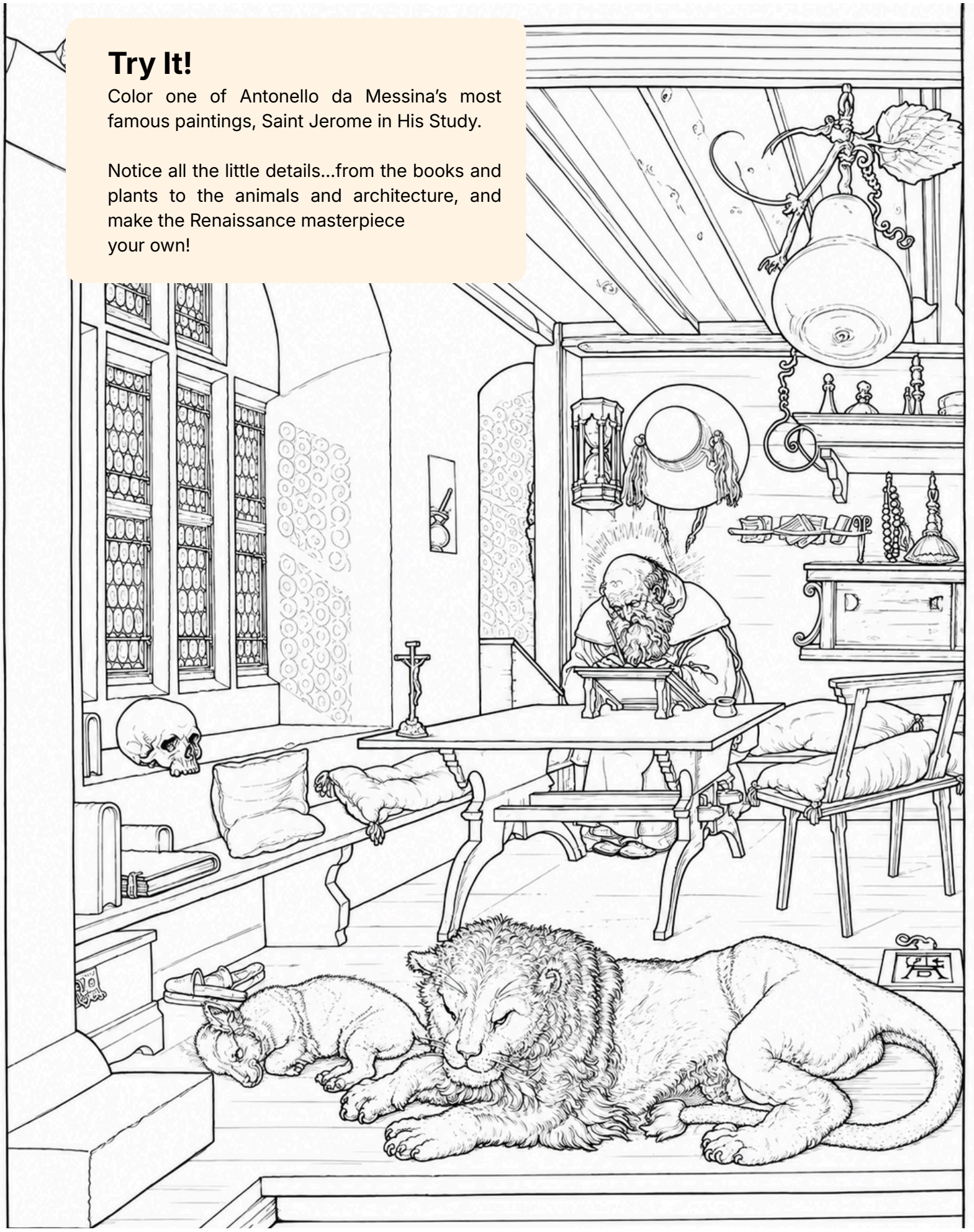
Antonello's paintings show how art can preserve history, culture, and human emotion. His careful attention to faces, expressions, light, and detail continues to influence how we understand Renaissance

MFA Connection: At Modest Fly Art, we believe learning about artists like Antonello reminds us that art is more than something we look at, it carries stories, connects us to history, and allows creative ideas to continue from one generation to the next.

Try It!

Color one of Antonello da Messina's most famous paintings, Saint Jerome in His Study.

Notice all the little details...from the books and plants to the animals and architecture, and make the Renaissance masterpiece your own!



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VOL. 18 - APRIL 2026

VOL. 19 - JUNE 2026

At Modest Fly Art, our newsletters are a way to stay connected with our community, sharing the creativity, growth, and meaningful moments happening within our space. They allow us to highlight our students, celebrate their artistic journeys, and keep families and supporters inspired and informed about all that we're building together.