



A JOURNEY THROUGH EMOTIONS TOWARDS HOPE

May 13th through 16th 2021 at Thrive Church 400 Grand Ave Wausau WI

THE MOVING EXPERIENCE

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The COVID pandemic has hit the world hard, with immense health-related and economic impacts. Due to this, there has been a significant, under-addressed mental health crisis brought on secondary to the social isolation, shock, fear, and loss of normalcy. The political divide in our country has only made this crisis worse, stoking distrust and fear. Health experts say that the COVID related mental health crisis is the biggest threat to mental health since World War II and the effects of this mental health crisis are likely to continue even after widespread vaccination and effective control of the virus.

We all have experienced loss. This may be loss of loved ones to the disease, loss of friendships due to disagreements in political views, loss of jobs, etc. Many are also dealing with the challenges of home schooling and separation from loved ones. This crisis has affected us all, from frontline workers and essential workers to those who work from home, from young to old. We have all been through immense stress and mental health strain in our own ways.

The love we show each other remains the most powerful force to overcome this great challenge of our times. As a community we can and must rise up to this occasion. What if we can lend a helping hand and be a voice of encouragement and hope to all that are hurting?

THE MOVING EXPERIENCE is a collaborative effort of Thrive church, leading community artists, expert musicians, and experienced mental health professionals. We have come together to help the community address this mental health crisis. Our vision is to provide an experience that will help the exhibit attendee recognize and acknowledge their emotions through the power of art and music. This experiential art exhibit will allow one to journey from the shock associated with loss of normalcy, through grief, anger, towards acceptance, purpose and hope. Mental health tips will be incorporated in the exhibits to empower the attendee to learn to process their emotions in a healthy and productive way.

Community mental health support services will have booths at the event to connect with attendees and provide them with helpful handouts, hotline information and other resources. Please consider partnering with us in this noble cause. May our sense of duty to our community unite us in a fervent zeal to arise, awaken, heal, and comfort those hurting amongst us.

Please contact us at our email address: themovingexperiencewausau@gmail.com



The Moving Experience: COMMISSIONED ART - EXHIBIT ROOMS

There are 5 exhibit rooms, and we are looking for artists to commission for the highlighted two rooms.

ROOM 1: Art that represents loss. (ALREADY TAKEN - SK)

ROOM 2: Art that represents division. (NEED AN ARTIST)

ROOM 3: This room is a split between confusion and awareness. (NEED AN ARTIST)

ROOM 4: Maze. Half goes toward bitterness and the other half towards acceptance. (ALREADY TAKEN - SS)

ROOM 5: Art that represents love, joy & unity. (ALREADY TAKEN - RISE UP)

Each room needs a minimum of 5 large focal pieces that tie in the room theme. (Large means somewhere in the 4ftx4ft range.) These works can be created on plywood, canvas or on a material that can be placed in the room. We will not be painting on or altering the walls in any way. Smaller works may be added in to the rooms as well if they are appropriate for the theme. The room needs to feel completed and be impactful. An idea for the room theme has been approved already, however we are open to your creative visions as well. The original art is yours to keep, however The Moving Experience will have full rights to the digital images of the art for use in promotion, prints and to give to sponsors.

Create a room exhibit - \$750.

We'll need to see a mockup/plan of what you'll create and 3 past work samples. Art for room exhibits will be chosen and artists notified by Friday March, 19th 2021.

Artwork must be ready for Install during the week of May 3rd, 2021 and remain in the exhibit until May 17th, 2021.

CALENDAR:

Mockup/room plan Submission Deadline: Friday March 19th, 2021

Artist Notification: Week of March 21st, 2021

Artwork Instal / Setup : Week of May 3rd, 2021

Show Dates: May 13-16th, 2021

EXPECTATIONS:

2D work may not exceed 2,000 sq. inches and 3D work may not exceed six (6) feet in all dimensions. Art must be original. The Moving Experience Team reserves the right not to display work which fails to meet expectations. Our audience is the general public - artworks that contain nudity, profanity, or discrimination is not accepted.

Please contact us at our email address: themovingexperiencewausau@gmail.com

The Moving Experience: Zones, Feelings, and Processing Structure

Zone Two: DIVISION ****ARTIST/TEAM NEEDED****

Feelings: Sadness-loss, unhappy, disappointed, depressed, gloomy, dismal, heavy-hearted, quiet, withdrawn, mournful, dreary, flat, blah, down in the dumps, moody, sullen, out of sorts, discouraged, discontented, ill at ease, grieving, bored. Anger-mad, annoyed, frustrated, irritated, offended, grumpy, grouchy, sullen, provoked, indignant, irate, inflamed, infuriated, enraged, furious, fuming, boiling, resentful, wrathful,

ART IDEA (Credit Stephanie Kohli): I imagine a hallway painted half in red which is associated with anger, danger, power, rage. The other half is deep blue which can represent sadness. These colors could also have a political affiliation. The divide in politics is profoundly affecting our community. In this room there could be images everywhere that are broken or destroyed. We can hang some paintings that have holes punched in them. Paint large holes throughout the room and flames. On the blue wall could be one large twisted ghoulish face that a crowd is holding high and it has a hand that points to the red side saying "You are wrong. You are evil." Then on the red side is the same thing facing back at the blue. There could be figures painted with melting mask faces to represent a fading away of character. A large cell phone can be painted on the wall that has a tube on it that attaches over the face of a mannequin. The phone can have a text about hate. Words and phrases that relate to the hateful things being said right now can be painted on the walls... Maybe it could be something like "they ruined our country"... "it's all lies"..

*On the wall by the Fireside room door a diagram of the Amplified Drama Triangle:
Victim and Persecutor on points at the bottom, the word "against" in between.*

Beliefs, Thoughts, Feelings, Actions (BTFAs for JOURNAL):

Who or what did you feel was against you this past year?

What did you believe/think about the pandemic that created feelings of sadness or anger? What has happened that you felt divided about?

Were there times you vacillated between sadness and anger?

Experiential Activity: Paper labeled "Covid" to tear/shred/crush or throw at the wall. "Cast your vote" for mask/no mask/undecided. Use something that sticks to the wall hanging as a way to vote. Glacier of Anger
This represents a releasing of anger, the conflict over the election, and the divisiveness about wearing masks. Some go to sadness because they are afraid or taught not to express anger. Some go to anger so they are not feeling vulnerable in sadness. Sometimes, depression is anger turned inward.

The Moving Experience: Zones, Feelings, and Processing Structure

Zone Three: CONFUSION/AWARENESS ****ARTIST/TEAM NEEDED****

Feelings: Confused, distrustful, numb, questioning, guilt, shame, uncertain, hesitant, indecisive, paralyzed, defeated, pessimistic, uncomfortable, worried, mixed up, torn, distant, skeptical, unsafe, wishy-washy, apprehensive, bewildered, awkward, unsure, reluctant, suspicious, hesitant, perplexed, wavering, obligated, impatient, overwhelmed, grieving

Confusion is rampant. While some are still angry and sad, there are people who blame themselves, feel guilty, and have lost their sense of self. There is ongoing impact of a situation we thought might be over in a few months. Covid is continuing with no guaranteed end in sight. Daily we face the risk being exposed or having contracted Covid. There are interruptions from quarantines. Events are cancelled or held virtually. Weddings, funerals, and special events are limited or postponed. Social distancing keeps us separated from loved ones.

Struggles include but are not limited to: Job loss, less income. Overwhelming expectations at work. 24/7 parenting. Kids feelings and lack of attending school or seeing friends. Lost relationships from divisiveness or death. Lack of accomplishment of career, school, sports, or personal goals. Families in strife may have spoken hurtful words that have seared self-confidence. Those who feel guilt may try to people please or numb out. Shame is a painful feeling of humiliation or distress caused by the consciousness of wrong or foolish behavior. A person may be shamed and shunned while they have the virus. "Shame on you" if putting someone vulnerable at risk. This zone brings struggles and choices into awareness.

Feelings: Shock, surprise, fear, denial, disbelief, isolated, upset, unsafe, distrust, lost, offended, hurt, tortured, bummed, heart-broken, suffering. When this pandemic began, most of us were in this phase and some of us still are. We want to acknowledge these feelings and give a space where people can visually see them.

ART IDEA (CREDIT – STEPHANIE KOHLI) "I imagine a grey painted room. The walls could have slashes of black paint and splatter in a chaotic and disorderly way. Music is playing that amplifies the feelings of fear. There are large faces painted in grey. Some have their eyes open, while others have them closed. There could be expressions of surprise painted largely all over. Maybe hands could be painted that are covering eyes. There could be a large paper mache Covid ball in the center of the room that painted eyes and faces are staring at. Phrases are painted on the wall in a chaotic way. They can say things like: I'm afraid, is this really happening, Is this the end? "

At the entrance to the zone: Adaptation of Karpman's Drama Triangle with Victim the bottom point, Rescuer and Persecutor one up, Lies and Pain in the middle. Alternate words/feelings that resonate with VICTIM.

Beliefs, Thoughts, Feelings, Actions (BTFAs IN JOURNAL):

- How did you feel when you first heard the news about Covid19?
- What were some of your first feelings about the loss of what was normal? Reactions?
- When everything suddenly changed, what were some of your thoughts? Beliefs?
- Recall what your initial actions were. How did you respond to the news?
- What are you doing differently now that was not in your life then?

Experiential Activity: Breathing exercises (inhale/exhale deeply to feel feelings more deeply, "belly breathing," a soothing scent to breathe in)

Shallow breathing stimulates a "crisis" reaction in the body. Deeper, belly breathing tells the brain and body we are safe. "The more deeply we breathe, the more deeply we feel."

CALL FOR ART

\$1750 IN CASH PRIZES

THE MOVING EXPERIENCE

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We are calling for art to be displayed at our upcoming event. The subject matter must fit in to any of these categories:

1. Loss, Shock, Fear
2. Division, Rage, Depression
3. Confusion, Suspicion, Torn
4. Awareness, Bitterness, Acceptance
5. Love, Joy, Unity.

CASH PRIZES:

- 1st Place - \$1000
- 2nd Place - \$500
- Popular Vote - \$250



These works can be fine art, photography, 3D works, or poetry. Limit 3 art pieces per entry. To Enter - please email: themovingexperienceausau@gmail.com with a digital image of your art. The image file must be named in this order: YourName_ArtworkTitle Please include a small bio about yourself, your art image(s) and titles, along with the signed liability waiver.

Email to: themovingexperienceausau@gmail.com
OR Mail to: Thrive Church, 400 Grand Ave, Wausau WI.

EXPECTATIONS:

The Exhibit is open to artists of all ages. 2D work may not exceed 2,000 sq. inches and 3D work may not exceed six (6) feet in all dimensions. Art must be original. The Moving Experience Team reserves the right not to display work which fails to meet expectations. Our audience is the general public - artworks that contain nudity, profanity, or discrimination are not accepted. If accepted, art must be delivered by May 5th and be picked up the week of May 17th-21st.

CALENDAR:

Submission Deadline: Friday April 23rd, 2021
Artist Notification: Week of April 30th, 2021
Drop-Off : May 3rd-5th, 2021
Show Dates: May 13-16th, 2021
Winners Announced: Monday May 17th, 2021
Art Pick Up: May 17th-25th



For any questions or concerns, please email: themovingexperienceausau@gmail.com

Artist Agreement & Waiver of Liability

Originality: In consideration of the opportunity to display my work to the public, and other good and valuable consideration, the adequacy and sufficiency of which is hereby acknowledged, I, the undersigned artist, certify that the art that I am submitting is my original art and that I am the author and creator of such art. I acknowledge that The Moving Experience reserves the right to accept or deny any submission with or without cause.

Promotion and Publicity: I grant The Moving Experience permission to publish in all media my name, artwork, and location for use in promotion through print media, television, and the internet. I further allow The Moving Experience to release such information to other persons and entities. My name will be attributed to my pieces that are shown by The Moving Experience or other persons or entities.

Responsibility: I understand that The Moving Experience does not assume responsibility for loss or damage to my artwork(s) or the loss or damage to frames or glass, no matter how sustained. Reasonable safety and electronic security precautions are in place to ensure added protection of my work. I also understand that The Moving Experience strongly recommends that I carry my own personal property insurance.

Artwork remains in the gallery until the end of the exhibit: I understand that if my artwork is accepted for the show that the work may not be removed from the exhibition until the pick-up date described in the Call for Art. It is my responsibility to notify The Moving Experience in writing or by email of a third-party pick-up of artwork at the conclusion of the exhibition. Artwork accepted by the judges, if sold prior to the exhibit, must be placed in the show. Replacement pieces are not accepted.

Sales of Artwork: I am responsible for all sales transactions and the collection and filing of applicable sales tax.

I acknowledge that I have read and understand all terms contained in the description for this Call for Art and the Artist Agreement, and agree to be bound by the terms and stated expectations.

Waiver of Liability: Once I submit this form electronically or by paper copy, I (the artist), my heirs, successors, and assigns, shall indemnify and hold The Moving Experience and appointed officers, volunteers, employees harmless from any and all claims, costs and liabilities for any artwork damage, personal injury, death, or other property damage which is the result of handling and displaying the artwork at Thrive Church. Our partners' employees or contractors are likewise held harmless from any and all claims from the artist, heirs, successors or assigns from any artwork damage, personal injury, death, or other property damage, and related costs and liabilities, which is the result of handling and displaying the artwork.

Artist Agreement and Waiver Liability Form

I have read and agree to the Artist's Agreement & Waiver of Liability: Initials _____

I have read the "Important Dates" in the Call for Art and understand that failure to abide by deadlines will disqualify me from the show and forfeit my entry fees: Initials _____

Print Name _____ Date _____

Sign Name _____ Date _____

Phone _____ Email _____