

Teacher and artist Corita Kent tells us:

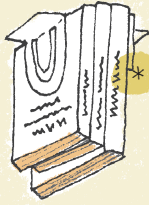
Art Making is Cultural Work. We Are All Participants.

Art as a noun makes no sense. It's all about doing: dancing, singing, storytelling, staging a celebration, building puppets, shaping a play.

Like William Stafford, Corita Kent is a champion of the inclusive realm.

A Few Book Titles from My Special Library

Learning by Heart: Teachings to Free the Creative Spirit
by Corita Kent and Jan Steward



This is my much loved book on art making + teaching. Dog-eared and underlined, it is a treasure trove of inspiration.

2 books by William Stafford that explain more about his thoughts on the golden thread:
The Darkness Around Us Is Deep especially the fabulously insightful introduction by Robert Bly
Writing the Australian Crawl especially the essay "A Way of Writing"

* More on the next page spread about the tiny book pictured on the left.

How to Follow a Golden Thread + Other Words of Wisdom

Here is some of poet William Stafford's advice that helps guide my doings and my work:

Books and their writers can become traveling companions to us. This zine tells of a few that I hold very dear.

* Stafford tells us that when we begin a poem — whatever our entry point — it becomes one end of a golden thread. If we follow this thread **thoughtfully and with care** we will find meanings and connections. This is so, because behind the act of writing is "the coherence of the self."

I believe a similar thing happens when we make a book or shape a life.

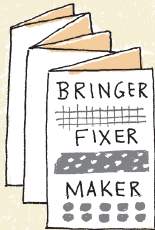
* Daily practice helps steer the way. What happens on days when things don't work so well? "I'll lower my standards," Stafford famously replied.

* Place important things up front. For Stafford this meant early morning hours.

* Writing poetry — creative work — is not just for the chosen few. We don't have to find our voice, we already have one. We only need to use it.

On Discerning Work's Purpose

Fresh out of college, **Annie Flynn** made a small, hand-made book that notes her intentions for her work in the world. It's a very personal book and I feel fortunate to have a copy.



From ANNIE'S LITTLE BOOK:

"A bringer is someone who has something to offer. Maybe they drive the bookmobile or an ice-cream truck."

Among other roles, Annie intends to be a BRINGER. I love to be a bringer, too. With my work with books I hope to have something beautiful to share.

Many times I've asked myself these selfsame questions. What exactly is it that I mean to do with my work and with my life? It's a question deserving contemplation.

A possible practice

* Make an inventory of important teachings. * Assemble a small library of books that speak to your condition. * Place a favorite quote

by your desk. * Carry a favorite poem in your pocket. * Consult these when it seems you've lost your way.

There's a thread you follow,
It goes among things that change.
But it doesn't change.

.....
While you hold it
you can't get lost.
.....

WILLIAM STAFFORD



Regula Russelle, 2025

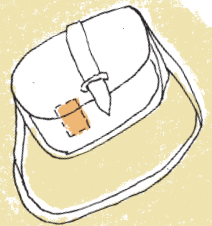
The words above are from Stafford's poem "The Way it Is." He penned them on August 2, 1993, 26 days before he died.

Next to me, I know of three other women who feel guided by Stafford's metaphor of the thread. One of them carries a copy in the pocket of her pants.



CEDAR FENCE PRESS
Nutshell Editions
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Teachings that help chart a path



* a tiny **HOW TO** zine *