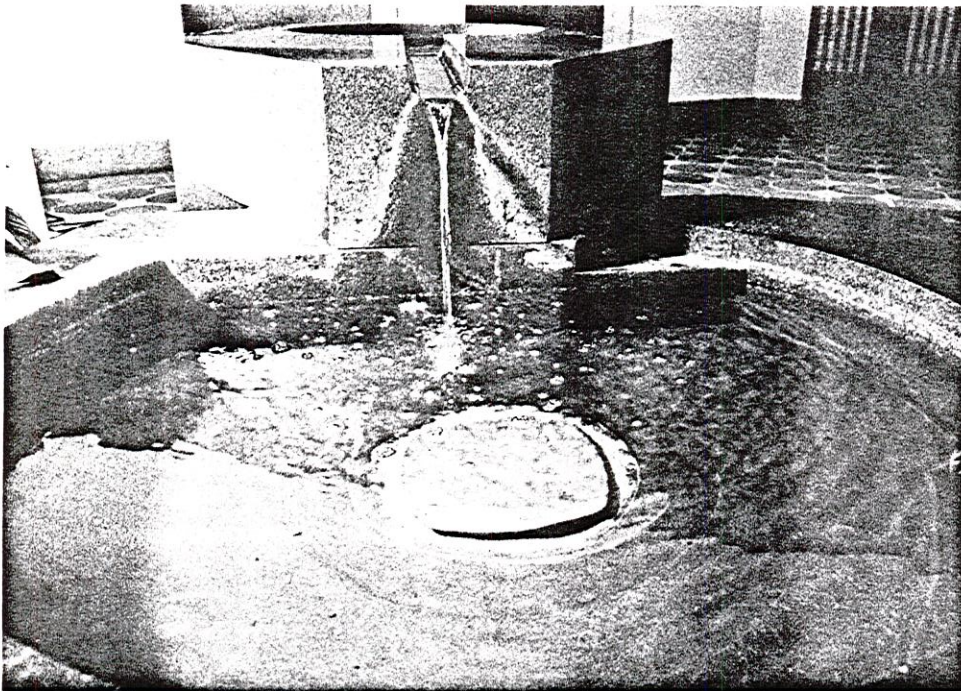


*Colors which you can hear with ears;
Sounds to see with eyes;
The void you touch with your elbows;
The taste of space on your tongue;
The fragrance of dimensions;
The juice of stone.*

—Marcel Breuer

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Resources for the Arts and Spirituality

Music

Rosary Sonatas by Heinrich Biber

Among the early baroque composers, Heinrich Biber of Salzburg (1644-1704) stands out for his virtuosity on the violin and his highly original, indeed hauntingly beautiful violin sonatas.

Biber is best known for the sonatas he composed around 1675 on the fifteen mysteries in the life of the virgin Mary, which include musical meditations pertinent to all of the liturgical seasons.

The Rosary Sonatas are not church sonatas in the strict sense of the term, for they incorporate dance movements like Allemandes and Courantes along with programmatic pieces and arias with figurative variations. The mysteriously beautiful and unusual sound of the Rosary Sonatas is achieved through the use of scordatura tuning—unusual tunings of the violin strings to facilitate the execution of certain chords. Scordatura permits greater simultaneous use of open strings than the conventional accordatura tuning in fifths. It thereby affords the violin unusual expressive capacity, producing sounds totally impossible to achieve on a normally tuned instrument.

The Rosary Sonatas, which in addition to the violin incorporate the harpsichord and viola da gamba as continuo instruments, are wonderful as prayer meditations during the worship service. However, live performance requires a violinist with virtuoso capabilities.

Record is available on the VOX label, SVBX 552.

Book Review

If You Want to Write by Brenda Ueland

G.P. Putnam's Sons, 1938, 2nd ed., Graywolf Press, 1987

Submitted by Kathy Swearingen

If you ever feel that sinking loss of courage in your own creative endeavors, or forget the kinship between the imagination and the spirit, Brenda Ueland's *If You Want to Write* offers deliverance. Written with bold simplicity and contagious enthusiasm, Ueland dissolves the sedimentations of doubt and self-aggrandizement which inhibit creativity, as she unfolds her vision of the divinity and redemption within daily acts of writing.

Convinced that writing fosters self-discovery and "enlarges the soul," Ueland pushes us beyond the nervous fear, the imagined critic, the preoccupation with notoriety, to the real splendors: "You will become more enlightened, alive, impassioned, lighthearted and generous to everybody else." Creative writing may also provide the means by which to transcend the barriers not only within one's self, but between other human beings as well. "...in time he may even come to understand what Christ did (who as I said was one of the most imaginative men who ever lived...): how if one is great and imaginative enough one can honor and love people with all their limitations."

Borrowing from the lives and works of William Blake, van Gogh, Tolstoy, Mozart and Chekov, Ueland's 1938 work reveals her belief that, ultimately, the creative effort is "not a performance but a generosity." "If you read the letters of the painter van Gogh you will see what his creative impulse was. It was this: He loved something—the sky, say. He loved human beings. He wanted to show human beings how beautiful the sky was. So he painted it for them."

As Ueland reminds us of the connections between creativity and compassion, the imaginative talents in every human being and the need to share these with others, she transforms self-doubt and hesitation into eager confidence and joy. If you want to write, "practise with all your intelligence and love," and make more room in your life for "happy idling," long walks, child-like wonder. Offering a book on how to write, Ueland gives a gift on how to live.

Spiritual Directors, Speakers and Retreat Leaders

Jim and Carmen Neafsey both work as spiritual guides for individuals out of their home in Berkeley. They also do workshops and retreats on a variety of topics in Christian spirituality. In recent months these have included days of prayer on Celtic spirituality and on the spiritual teachings of Ignatius of Loyola, Teresa of Avila and John of the Cross. In Advent and Lent they led evenings of prayer based on the Isenheim Altarpiece. Jim and Carmen will be doing a presentation on Teresa of Avila at Grace Cathedral in San Francisco on Wednesday evening, March 6th. For details, call Sally Ackerly at Grace Cathedral, 415/776-6611, or Jim and Carmen at 415/524-7375. The Neafseys may also be reached by writing to them at 1260 Hopkins St. #2, Berkeley, CA 94702.

Daniel O'Connor creates meditations on icons by Robert Lentz and other Bridge Building Images. He publishes IMAGINE!, a quarterly newsletter which is distributed by Bridge Building Images. He is also available for Gazing Retreats using the icons and other images and is a spiritual director and psychosynthesis guide. Write: Bridge Building Publications, 950 Battery Street, 3rd floor, San Francisco, CA 94111, or call: 415/398-0815 for further information.

Artists

Tom Herbst is a Franciscan friar and artist whose preferred medium is oils. For many years he has created panel crucifixes in an attempt to contemporize and re-express the ancient themes of the Passion which form an important part of the foundation of Western spirituality. He presently resides on the Mescalero Apache reservation in southern New Mexico. He can be reached at 505/671-4618 or 505/671-4473, or by writing him at P.O. Box 187, Mescalero, NM 88340

Colby Pfeil is an illustrator who lives in Tucson, Arizona. Much of her work, both commissioned and internally directed, has a spiritual basis. Her illustrations have appeared in *The Catholic World* (June, 1990). In 1989 she was commissioned to illustrate the Stations of the Cross for Grace Episcopal Church in Tucson, Arizona; the Stations are now permanently installed in the nave of that church.

Her preferred media are pen and ink and scratchboard. She can be reached at 602/881-5943 or by writing to her at 1821 East Spring Street, Tucson, AZ 85719.

Arthur Poulin is a Franciscan artist who works in a variety of forms and styles including painting, drawing, graphics and liturgical art. He is also producing a series of cards that primarily depict the Italian countryside of Umbria and Tuscany. Arthur may be reached at 408/385-4478 or by writing him at Mission San Antonio de Padua, Box 803, Jolon, CA 93928.

Jonnie Vance is an artist whose passions are revealing Goddess as well as God and the dearness of all creation in her painting, worship design and altar creations. She finds her current work of painting portrait mandalas to be a combination of ministry, therapy, and play. She listens to persons tell their stories, then paints mandalas of what is most deeply important to them. She can be reached at 415/826-4357 or by writing to her at 740 Noe Street, San Francisco, CA 94114.