



# Unspoken: Survivor Stories

7th Annual International Call for Art

September 1 – 30, 2026

Arizona Art Alliance

## Exhibition Works

|                      |                                                   |                         |                                                           |
|----------------------|---------------------------------------------------|-------------------------|-----------------------------------------------------------|
| Sally Abbey          | A wing and a prayer                               | Val Hunt                | Pain                                                      |
| Sally Abbey          | Gathering                                         | Val Hunt                | Sixty                                                     |
| Mari Adler           | Ghost Ship                                        | Kimber Jones            | Find the Truth Inside Yourself                            |
| Christine Barnes     | Moon scape                                        | Kimber Jones            | Find Your Natural Energy                                  |
| Christine Barnes     | Sea you tomorrow                                  | Kimber Jones            | I Can, I Must, I Will                                     |
| Merri Barrett        | After the rain                                    | Kristine Kollasch       | Above the Chaos                                           |
| Merri Barrett        | Mr. Blue                                          | Kristine Kollasch       | Volare                                                    |
| Merri Barrett        | The universe                                      | Baruch Koritan          | My Unfailing Love for You                                 |
| Lindy Blosser        | Fallen                                            | Baruch Koritan          | Wither or Rise (Psalm 37: 1-4 of David)                   |
| Lindy Blosser        | I Know You Are Weary                              | Rosanna Lantigua        | Black Horse                                               |
| Lindy Blosser        | Patience                                          | Rosanna Lantigua        | Dare to be Different                                      |
| Bruce Bouldin        | Broken                                            | Rosanna Lantigua        | The Strength Within                                       |
| Bruce Bouldin        | Still Here                                        | Pamela Lynn             | Lovely Young Woman                                        |
| David Bradley        | Vase 1                                            | Pamela Lynn             | Opal Bouquet                                              |
| David Bradley        | Vase 2                                            | Pamela Lynn             | Spirit Helpers                                            |
| David Bradley        | Vase 3                                            | Erick Martinez Gregory  | Guilt                                                     |
| Irina Busurina       | Te DOy Oxigeno: Barcelona '19 (I give you oxygen) | Erick Martinez Gregory  | Nostalgia                                                 |
| Pat Cogan            | Erin go Braugh                                    | Erick Martinez Gregory  | Puas                                                      |
| Pat Cogan            | Indian groove                                     | Sudarvizhi Mathiazhagan | Encircling Stillness                                      |
| Pat Cogan            | Raven Moon                                        | Sudarvizhi Mathiazhagan | Through the black hole into life                          |
| Ira DellaMonica      | Extended                                          | Tess Mosko Scherer      | The Dance of the Dissident Daughter                       |
| Sue Eddy             | Leaving It All Behind                             | Tess Mosko Scherer      | The Dance of the Dissident Daughter II                    |
| Tina Marie Ferguson  | Broken wing                                       | Tess Mosko Scherer      | The Invisible Made Visible from the Untold Stories Series |
| Tina Marie Ferguson  | Fly                                               | Sucharitha Nandanuru    | Healing                                                   |
| Lisa Fischer         | Jesus' Love is Real                               | Sucharitha Nandanuru    | Serenity Beyond                                           |
| Carrie-Anne Gonzalez | PTSD Bath Autumn                                  | Sucharitha Nandanuru    | The Thin Line                                             |
| Carrie-Anne Gonzalez | PTSD Bedroom                                      | Denyse Pappas           | Opened My Own Door                                        |
| Mike Groff           | Before the Storm                                  | Beth Phillips           | Life of an adoptee                                        |
| Mike Groff           | Hidden Falls                                      | Beth Phillips           | Shattered and fragmented                                  |
| Mike Groff           | The Storm                                         | Kerrigan Reyes          | Fractured Breathing                                       |
| Rafael Gutierrez     | Our Favorite Place                                | Anita Ries              | Fairy Garden Dreams Mug                                   |
| Melanie Harman       | Bratislava                                        | Roisan Rubio            | Is This My Cross to Bear?                                 |
| Melanie Harman       | Calm Confidence                                   | Roisan Rubio            | My Last Visit to New York City                            |
| Melanie Harman       | Montreal                                          | Roisan Rubio            | My Memories Are Hazy                                      |
| Martha Hauston       | Approach                                          | Linn Saffer             | Like Father Like Daughter                                 |
| Martha Hauston       | Crossing                                          | Joy Summers             | My Super Suit                                             |
| Martha Hauston       | Sanctuary                                         | Joy Summers             | Suffocated                                                |
| Karen Holt           | Dolphin Joy: Ocean Harmony                        | S raphine S gal         | Letting Go My of My Grief                                 |
| Karen Holt           | Galloping Horse                                   | S raphine S gal         | Suicide is Not an Option                                  |
| Karen Holt           | Tempest Wild Mustang                              | S raphine S gal         | Tired of Not Being Seen                                   |
| Val Hunt             | OMG I'm OLD-Self Portrait                         | Jarrett Terrill         | Roar (Living Bravely Through The Twenties)                |



Exhibition Works (continued)

|             |                      |                 |                       |
|-------------|----------------------|-----------------|-----------------------|
| Lisa Wayman | Family Portrait      | Dyane Welt      | Visible Signs of Life |
| Dyane Welt  | On A Wing & A Prayer | Mertreisa Wiley | Beautiful Chaos       |
| Dyane Welt  | One's Life Cycle     | Nancy Y.        | Mercy                 |



**Sally Abbey**

*A wing and a prayer*

Printmaking 12 x 12 in

Glendale, AZ

I discovered printmaking offers many possibilities of direction. I especially find this true with monoprinting, as I added and subtracted an object, a color, and other variables in the process. I occasionally like to use birds as my subject matter, as I see them as fascinating creatures.





**Sally Abbey**

*Gathering*

Printmaking 14 x 18 in

Glendale, AZ

My work as an artist has developed in new directions, which is the exciting for me. I also see the Art experiences from past work influencing some recent pieces of my art. I enjoy printmaking, and the variety of processes involved in creating in this media.





**Mari Adler**

*Ghost Ship*

Watercolor 12 x 16 in

Tucson, AZ

[mari-adler.pixels.com](http://mari-adler.pixels.com)

This was a piece I did focusing on watercolor granulation. I wanted to portray an ancient beat up ship that was still surviving. It is haunted by its stories of what it has endured but still remains afloat. The glimmer of light in window represents hope that the candle of life has not been blown out.



**Christine Barnes**

*Moon scape*

Digital 1 x 1 in

Prescott Valley, AZ

Capturing moments before they pass by





**Christine Barnes**

*Sea you tomorrow*

Digital 1 x 1 in

Prescott Valley, AZ

Serene sea





**Merri Barrett**

*After the rain*

Digital 8 x 10 in

It may take time after a storm, for the growth and beauty to show.





**Merri Barrett**

*Mr. Blue*

Digital 8 x 10 in

Mr Blue Jay posing for the camera. You can find beauty in random photos.





**Merri Barrett**

*The universe*

Acrylic 16 x 20 in

My interpretation of what The Universe looks like. I used purple and teal as the main colors to show my support for suicide survivors.



**Lindy Blosser**

*Fallen*

Pastel 36 x 24 in

Powder Springs, GA  
[lindyblosser.com](http://lindyblosser.com)

Pictured is a figure who is at her lowest point. She looks up at the viewer with a complex expression which denotes both helplessness and a sense of betrayal. Light filters in as a representation that there is always hope.





**Lindy Blosser**

*I Know You Are Weary*

Pastel 20 x 16 in

Powder Springs, GA

[lindyblosser.com](http://lindyblosser.com)

This piece was meant to capture the concept of weariness. A warm color palette gives a sense of comfort for this exhausted soul as she is enveloped by a glowing veil which signifies hope.



**Lindy Blosser**

*Patience*

Pastel 13.5 x 24.25 in

Powder Springs, GA

[lindyblosser.com](http://lindyblosser.com)

*Patience:* I've been forced into friendship with her. I have often found myself lying in her valley. She is not comfortable and not something I seek out, but spending time with her makes the sunrise all the more beautiful and brings gratitude that makes my heart sing.





**Bruce Bouldin**

*Broken*

Acrylic 20 x 16 in

Casa Grande, AZ

This painting reflects the conflict between what we show the world and what we carry silently inside. The face is fragmented by intense color, heavy black forms, rough edges, and dripping paint. Some areas feel alive and almost defiant, while others seem swallowed by darkness. For me, the unfinished spaces are just as important as the painted ones. They represent what cannot always be explained, the words that never come out, the questions that may never be answered, and the pieces left behind after suicide touches a life. Yet the color remains. It pushes through the black and refuses to disappear. I wanted the painting to hold both pain and survival at the same time. It is not a picture of hopelessness. It is about continuing to exist, carrying what happened with us, and finding a way for life and color to remain.





**Bruce Bouldin**

*Still Here*

Acrylic 30 x 24 in

Casa Grande, AZ

This painting is about what remains after life has been fractured by suicide. The face is divided into pieces of color, texture, darkness, and chaos, reflecting how grief can change the way we see ourselves and the world around us. One eye is hidden while the other looks directly outward. To me, that represents the things we keep inside and the part of us that still wants to be seen and understood. The black areas carry the weight of loss, but they do not consume the painting. Color keeps breaking through. The scattered lines and fragments may appear chaotic, but together they still form a face. That is why I call this painting *Still Here*. We may never return to exactly who we were before loss, but the pieces can become something different, something changed, and still very much alive.





**David L Bradley**

*Vase 1*

Ceramics 16 x 8 x 7 in

Phoenix, AZ

[firesongpaperwish.com](http://firesongpaperwish.com)

My work is made on the potter's wheel. It is textured then stretched while spinning. Multiple parts are joined to create the final form.



**David L Bradley**

*Vase 2*

Ceramics 12 x 8 x 7 in

Phoenix, AZ

[firesongpaperwish.com](http://firesongpaperwish.com)

My work is made on the potter's wheel. It is textured then stretched while spinning. Multiple parts are joined to create the final form.





**David L Bradley**

*Vase 3*

Ceramics 11 x 10 x 6 in

Phoenix, AZ

[firesongpaperwish.com](http://firesongpaperwish.com)

My work is made on the potter's wheel. It is textured then stretched while spinning. Multiple parts are joined to create the final form.





## Irina Busurina

*Te DOy Oxigeno: Barcelona '19 (I give you oxygen)*

Mixed Media 8 x 11 in

Sherman Oaks, CA

[instagram.com/irinabusurinaart](https://www.instagram.com/irinabusurinaart)

"I give you oxygen and shade. Look after me." The trees along Passeig Marítim de la Barceloneta whispered this invitation when I arrived in Barcelona to celebrate my 36th birthday in 2019. Beneath the Mediterranean light, their words became a small philosophy of life: we are protected by what we learn to care for, but if we take care of ourselves first, we can take care of others. That dialogue between giving and receiving, self-care and interdependence planted the seeds for creations exploring the invisible threads connecting people, places, and the world around us. Barcelona itself became part of the artwork: graphic patterns beneath our feet, street art, architecture, tiled walls, and everyday memories forming a living visual language. Beside the beach, Frank Gehry's sculptural "Fish" shimmered above the horizon. This memory became part of my autobiographical urban book, *One Way Ticket to Freedom*.





**Pat Cogan**

*Erin go Braugh*

Pastel 11 x 8 in

Exton, PA

My trip to visit my Irish family a month before my brother attempted to end his life. I think my Mom was watching that day and made him pick up the phone to call home





**Pat Cogan**

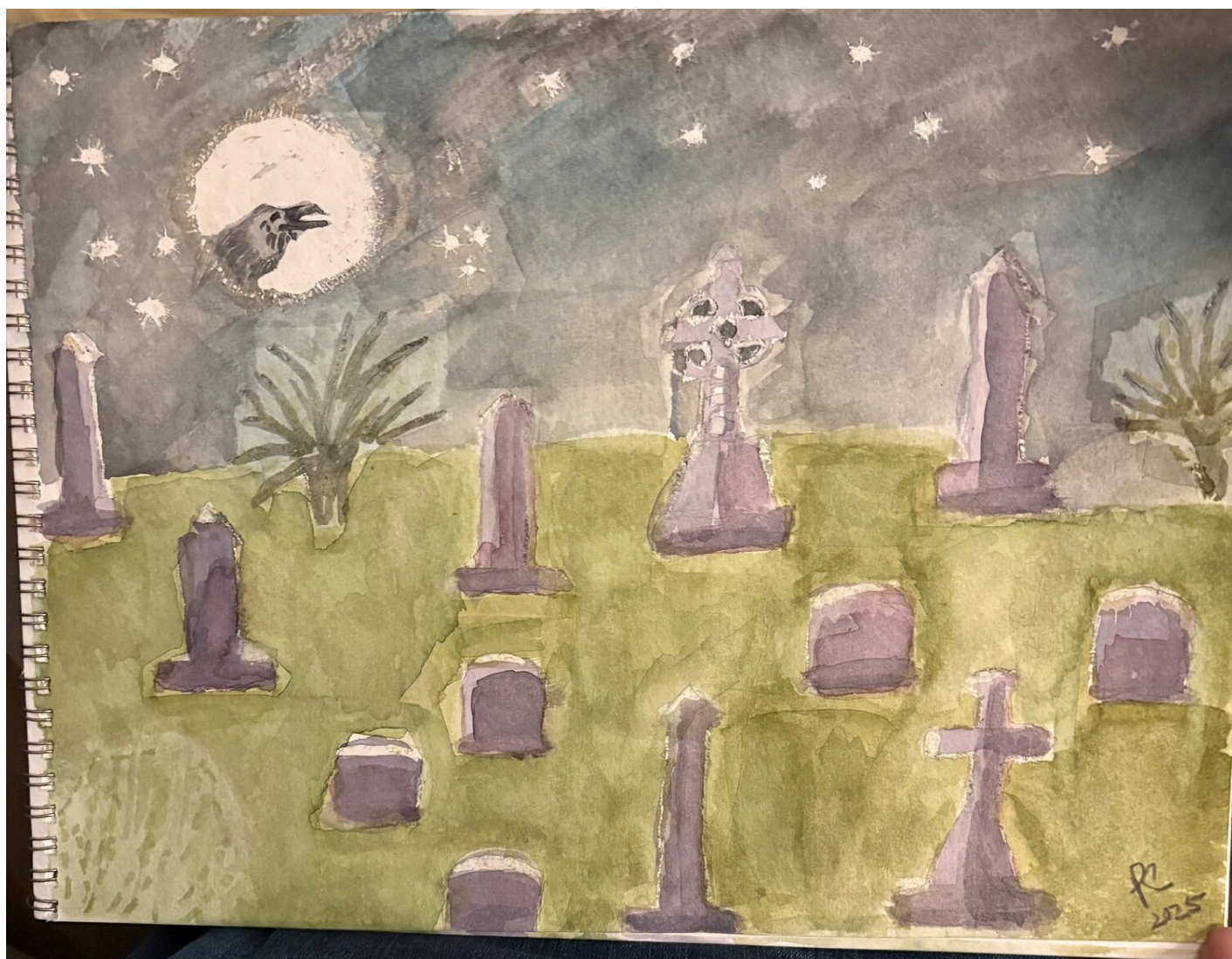
*Indian groove*

Printmaking 9 x 12 in

Exton, PA

My name is Pat Cogan . I have been doing art since College and it is a passion of mine and very therapeutic





**Pat Cogan**

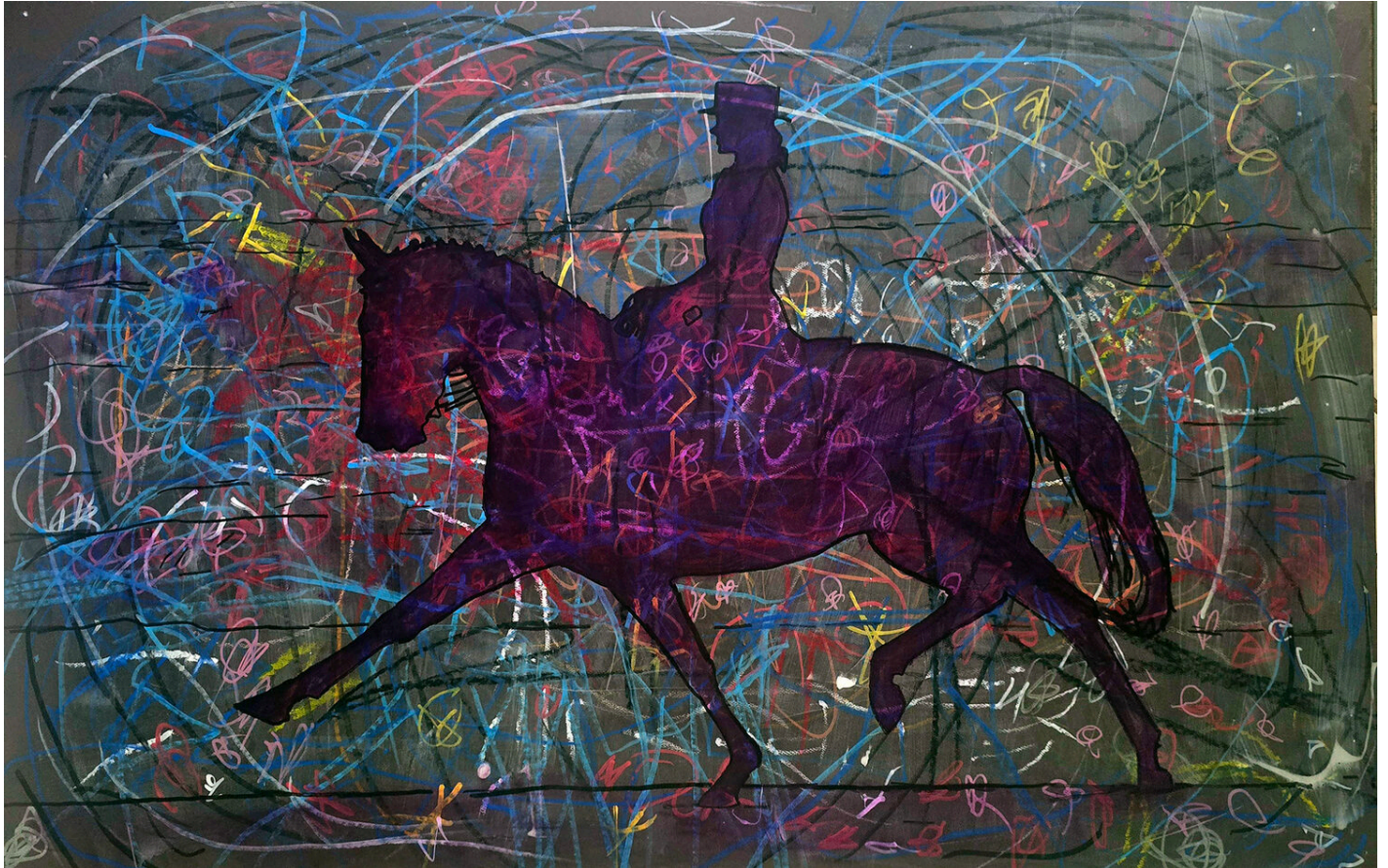
*Raven Moon*

Watercolor 9 x 12 in

Exton, PA

This is a homage to Edgar Allan Poes "The Raven"...I can almost hear the voice from the moon "Evermore"





**Ira Della Monica**

*Extended*

Acrylic 40 x 26 in

Mesa, AZ

[iradellamonica.com](http://iradellamonica.com)

Extended is dedicated to Gwen Stockabrand, a gifted equestrian whose life was ultimately lost to addiction. I worked for Gwen during a devastating period when her substance abuse had overtaken her ability to care for herself or her horses. Witnessing the neglect and chaos eventually forced me to walk away. Years later, I learned that Gwen had died, and that her horses had ultimately been removed from her care. Her story stayed with me. In this work, Gwen's silhouette sits astride a horse, surrounded by a field of frantic marks and visual chaos. Yet she remains centered within it. The image reflects both the turmoil I witnessed and my own experience of finding the strength to step away and survive. Extended is my story, but it is also a remembrance of hers.





**Sue Eddy**

*Leaving It All Behind*

Acrylic 24 x 24 in

Peoria, AZ

[instagram.com/itsueddy](https://www.instagram.com/itsueddy)

Rider looking back at the place he/she is leaving to move towards a new, more promising life.



**Tina Marie Ferguson**

*Broken wing*

Assemblage 18 x 12 x 4 in

Phoenix, AZ

[teenamareeart.com](http://teenamareeart.com)

My mother was a teenager when her father came into her room one night and woke her to kiss her goodbye. Irritated at being awakened, she couldn't know it would be the last time she would ever see him. Broken Wing explores the woman that young girl became. After her father's suicide, she watched her mother face life alone. When choosing a husband, safety became defined largely by what a man was not: not an alcoholic, gambler, or cheater. Being alone seemed more frightening than asking for something more. She became a devoted mother, yet insecurity, traditional expectations, and fear narrowed the life she imagined for herself. She was beautiful and capable, but never seemed to see herself that way. I surround her with softness, domestic fragments, tangled materials, and a fragile broken wing. Beneath it all remains the teenage girl carrying one impossible wish through a lifetime: if only she had known.





**Tina Marie Ferguson**

*Fly*

Assemblage 30 x 28 x 6 in

Phoenix, AZ

[teenamareeart.com](http://teenamareeart.com)

Winged for Flight is about the moment I realized I could choose something different. Raised on the stories, silence, and survival of the women before me, I inherited more than memories. I inherited patterns. Many of them were never spoken aloud, but I felt them deeply: staying, shrinking, settling, ignoring, and hoping things would change. This piece represents the turning point when I began to recognize what was unhealthy and what no longer belonged to me. The wings are my desire to rise, to escape, and to create a future rooted in truth, choice, and self-respect. The grounded base reminds me where I come from. The illuminated heart reminds me of the strength it takes to break cycles without losing compassion. The face looks forward, not back. Winged for Flight is both growth and reckoning. It is about honoring my lineage while choosing freedom, healing, and a more meaningful life for myself and for the generations that follow.





**Lisa Colangelo Fischer**

*Jesus' Love is Real*

Mixed Media 12 x 12 in

Phoenix, AZ

Dr. Lisa Fischer, a psychologist, enjoys painting Southwestern landscapes and Catholic themes. Her paintings invite one to enter into a quiet contemplation of finding the beauty of God. Ad Majorem Dei Gloriam!





**Carrie-Anne Gonzalez**

*PTSD Bath Autumn*

Photography 11 x 17 in

Northport, NY

[carriannegonzalez.com](http://carriannegonzalez.com)

My work explores the spaces between what is visible and what is experienced—between safety and vulnerability, connection and isolation, freedom and confinement, belonging and displacement. Photography allows me to examine these tensions through both personal experience and the larger cultural moment. Some images emerge from intimate experiences of memory, trauma, identity, and transformation; others respond to political division, consumption, immigration, power, and the ways society separates people from one another. I am particularly interested in moments when familiar subjects become unsettled: a breakfast becomes a portrait of excess, a beach becomes a landscape of division, ice becomes both material and institution, and the human figure moves between presence and absence. Rather than resolve these contradictions, I use photography to hold the viewer within them. The image becomes a place where opposing realities can exist simultaneously, leaving space for the viewer to bring their own experiences, questions, and interpretations to the work.



**Carrie-Anne Gonzalez**

*PTSD Bedroom*

Photography 11 x 17 in

Northport, NY

[carriannegonzalez.com](http://carriannegonzalez.com)

My work explores the spaces between what is visible and what is experienced—between safety and vulnerability, connection and isolation, freedom and confinement, belonging and displacement. Photography allows me to examine these tensions through both personal experience and the larger cultural moment. Some images emerge from intimate experiences of memory, trauma, identity, and transformation; others respond to political division, consumption, immigration, power, and the ways society separates people from one another. I am particularly interested in moments when familiar subjects become unsettled: a breakfast becomes a portrait of excess, a beach becomes a landscape of division, ice becomes both material and institution, and the human figure moves between presence and absence. Rather than resolve these contradictions, I use photography to hold the viewer within them. The image becomes a place where opposing realities can exist simultaneously, leaving space for the viewer to bring their own experiences, questions, and interpretations to the work.





**Mike Groff**

*Before the Storm*

Acrylic 10 x 8 in

Phoenix, AZ

Art brings me a sense of calm. I feel at peace when blending colors and tone, watching as shapes emerge to create forms.





**Mike Groff**

*Hidden Falls*

Acrylic 10 x 8 in

Phoenix, AZ

Art brings me a sense of calm. I feel at peace when blending colors and tone, watching as shapes emerge to create forms.





**Mike Groff**

*The Storm*

Acrylic 10 x 8 in

Phoenix, AZ

Art brings me a sense of calm. I feel at peace when blending colors and tone, watching as shapes emerge to create forms.





**Rafael Gutierrez**  
*Our Favorite Place*  
Acrylic 8 x 10 in

Surprise, AZ

Rafael is an artist living and working out of Surprise Arizona. A native of Arizona and a graduate of Arizona State University.





**Melanie Harman**

*Bratislava*

Watercolor 19 x 14 in

Phoenix, AZ

[mharmanart.art](http://mharmanart.art)

I began painting during a depressive period and it became my therapy. My earliest subjects were flowers, emotionally neutral, but pretty to look at. My current work reflects the world around me, be that people, places, flowers, things. I try to convey to the viewer what caught my attention and gave me the desire to paint, be that value contrasts, color contrasts or compelling subject matter. Lately, I have found myself drawn to certain subjects that evoke a mood – peaceful, even slightly melancholy. This may be due to the past few tumultuous years, or simply a reflection of my current stage in life. Painting these becomes a calming meditation. Melanie is a juried member of Arizona Artists Guild and Arizona Art Alliance.





**Melanie Harman**

*Calm Confidence*

Watercolor 12 x 9 in

Phoenix, AZ

[mharmanart.art](http://mharmanart.art)

Portrait of my mother from a wartime photograph. I began painting during a depressive period and it became my therapy. My earliest subjects were flowers, emotionally neutral, but pretty to look at. My current work reflects the world around me, be that people, places, flowers, things. I try to convey to the viewer what caught my attention and gave me the desire to paint, be that value contrasts, color contrasts or compelling subject matter. Lately, I have found myself drawn to certain subjects that evoke a mood – peaceful, even slightly melancholy. This may be due to the past few tumultuous years, or simply a reflection of my current stage in life. Painting these becomes a calming meditation. Melanie is a juried member of Arizona Artists Guild and Arizona Art Alliance.





**Melanie Harman**

*Montreal*

Watercolor 15 x 15 in

Phoenix, AZ

[mharmanart.art](http://mharmanart.art)

I began painting during a depressive period and it became my therapy. My earliest subjects were flowers, emotionally neutral, but pretty to look at. My current work reflects the world around me, be that people, places, flowers, things. I try to convey to the viewer what caught my attention and gave me the desire to paint, be that value contrasts, color contrasts or compelling subject matter. Lately, I have found myself drawn to certain subjects that evoke a mood – peaceful, even slightly melancholy. This may be due to the past few tumultuous years, or simply a reflection of my current stage in life. Painting these becomes a calming meditation. Melanie is a juried member of Arizona Artists Guild and Arizona Art Alliance.





**Martha Hauston**

*Approach*

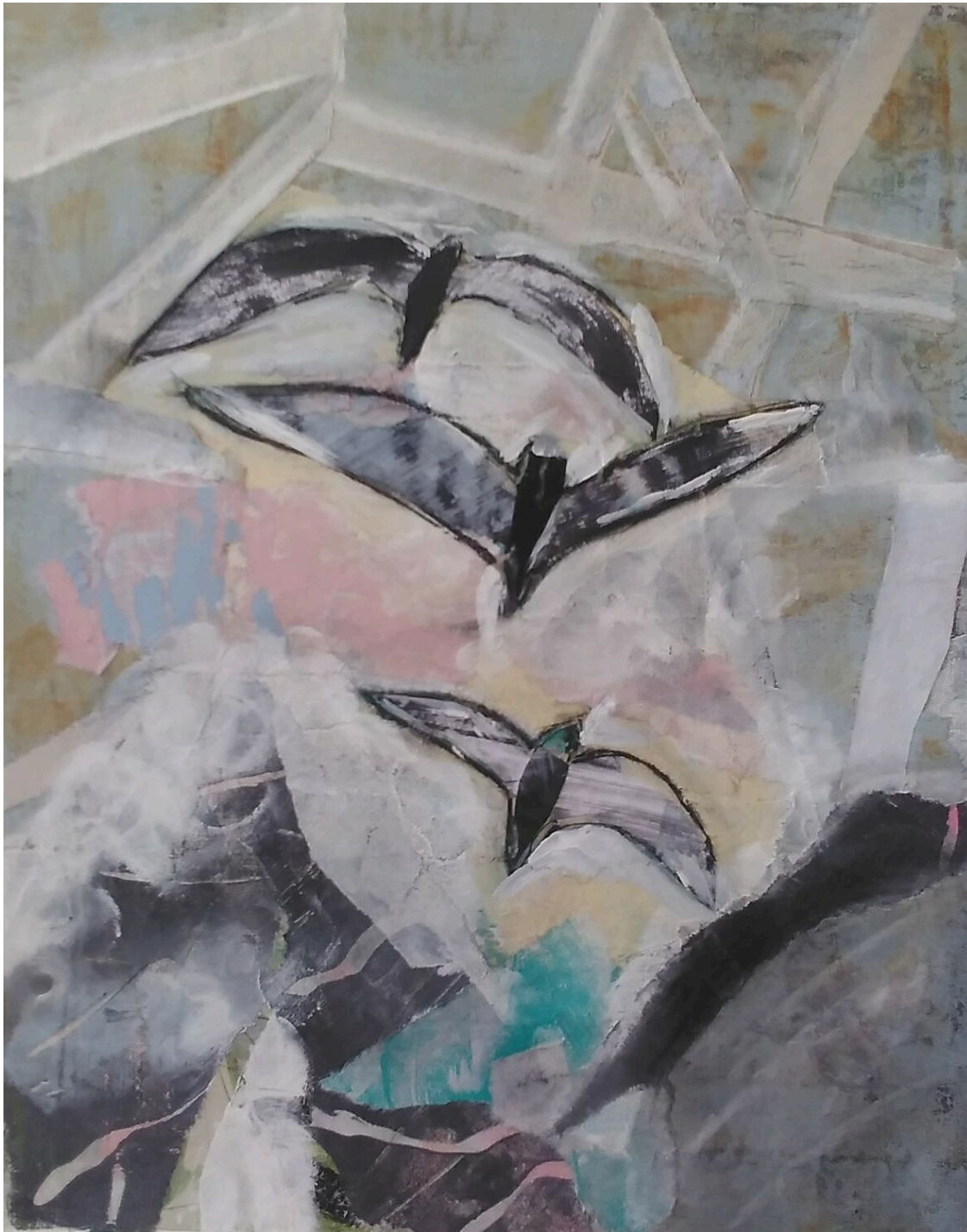
Collage 7 x 5 in

Southbridge, MA

[martha-hauston.com](http://martha-hauston.com)

*Approach* explores the quiet movement toward an unseen turning point. Layers of landscape suggest memory in motion, where ordinary journeys become transformed by what is understood only in retrospect. [www.martha-hauston.com](http://www.martha-hauston.com)





**Martha Huston**

*Crossing*

Collage 7 x 5 in

Southbridge, MA

[martha-huston.com](http://martha-huston.com)

Crossing reflects the moment when absence becomes part of the landscape. Birds move across horizontal forms suggesting passage, where memory and loss become inseparable. [www.martha-huston.com](http://www.martha-huston.com)



**Martha Hauston**

*Sanctuary*

Assemblage 32 x 18 x 12 in

Southbridge, MA

[martha-hauston.com](http://martha-hauston.com)

Sanctuary transforms a found drawer into a place of keeping. Moss, bark, weathered wood, and gathered objects create a quiet refuge where memory is held with care, honoring the enduring presence of love and loss. [www.martha-hauston.com](http://www.martha-hauston.com)





**Karen Holt**

*Dolphin Joy: Ocean Harmony*

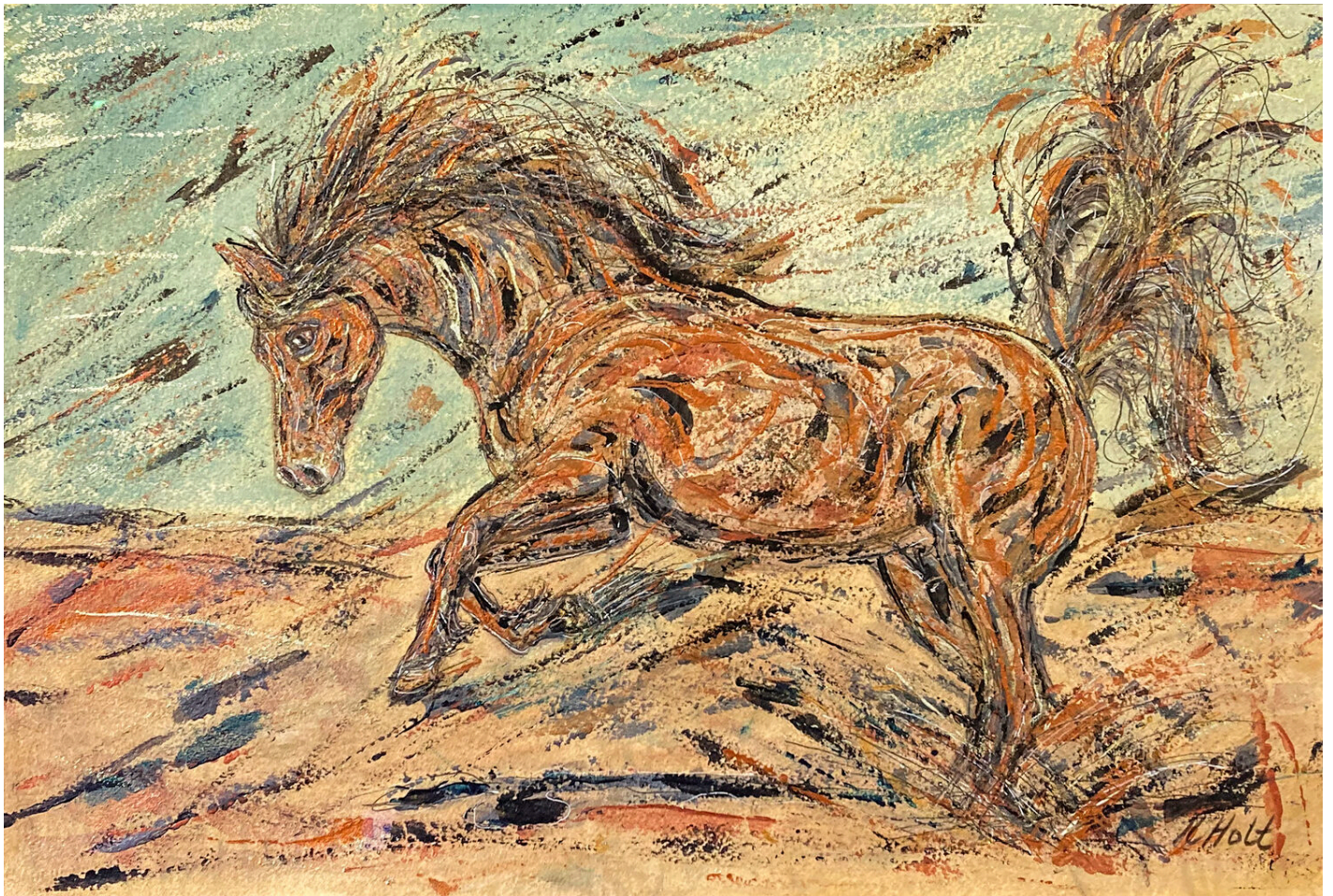
Acrylic 12 x 10 in

Bolton, Lancs

[thebarnstudiogallery.co.uk](http://thebarnstudiogallery.co.uk)

Inspired by a pod of dolphins moving in the waves. An abstract painting full of movement, colour and joy. Depicts joyous natural motion. Energetic and free. Golden hue of the sky represents hope.





**Karen Holt**

*Galloping Horse*

Mixed Media 21 x 13 in

Bolton, Lincs

[thebarnstudiogallery.co.uk](http://thebarnstudiogallery.co.uk)

I am expressing the energetic dynamic spirit of a horse galloping with bold strokes and obvious outlines to enhance the movement. The mane and tail are flying in the wind and the colour tones from warm to cool background give a sense of of vigour of this powerful animal.





**Karen Holt**

*Tempest Wild Mustang*

Acrylic 18 x 22 in

Bolton, Lancs

[thebarnstudiogallery.co.uk](http://thebarnstudiogallery.co.uk)

This represents a free spirit, a wild stallion running in a vast open landscape with dust flying and hooves kicking. Exuberant, free and strong showing power. Untamed wildness.





**Val Hunt**

*OMG I'm OLD-Self Portrait*

Photography 14 x 11 in

Phoenix, AZ

[valhunt.com](http://valhunt.com)





**Val Hunt**

*Pain*

Mixed Media 24 x 18 in

Phoenix, AZ

[valhunt.com](http://valhunt.com)





## Val Hunt

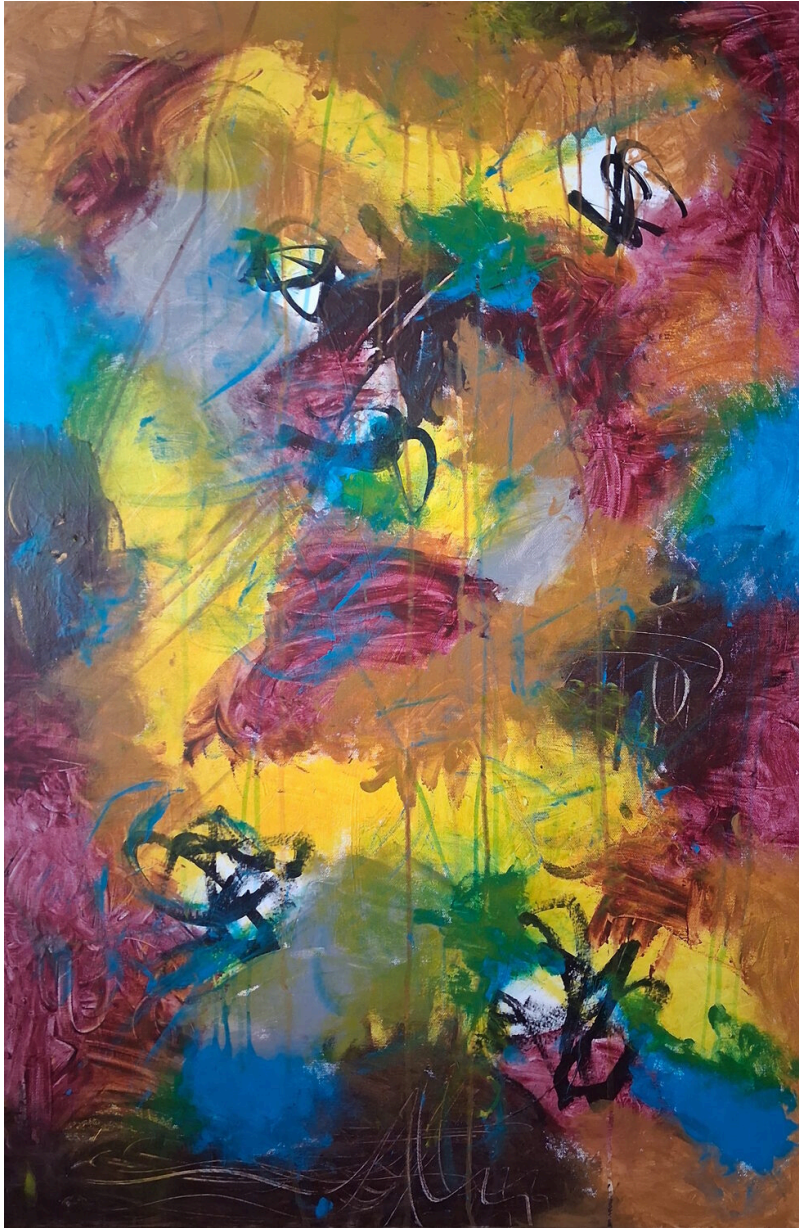
*Sixty*

Mixed Media 12 x 28 in

Phoenix, AZ

valhunt.com





**Kimber Jones**

*Find the Truth Inside Yourself*

Mixed Media 36 x 24 in

Phoenix, AZ

[kimberjonesart.com](http://kimberjonesart.com)

Emphasis, pattern, rhythm, and balance are all concepts shared by painting, music and dancing. While I paint I use them all. Painting feeds my soul and makes my heart sing. All worries vanish from my mind and I am in the moment. I often paint my way out of challenging phases of my life, baring my soul to the canvas to heal my wounds. I title my paintings using powerful statements spoken by my psychiatrist. My medium of choice is acrylic due to its quick drying tendencies, which lends itself well to my style of fast action painting. My work is composed of powerful colors, palm and finger swipes and drips, which are built upon through layers until they eventually reveal a relationship to one another and create a strong illusion of depth.





**Kimber Jones**

*Find Your Natural Energy*

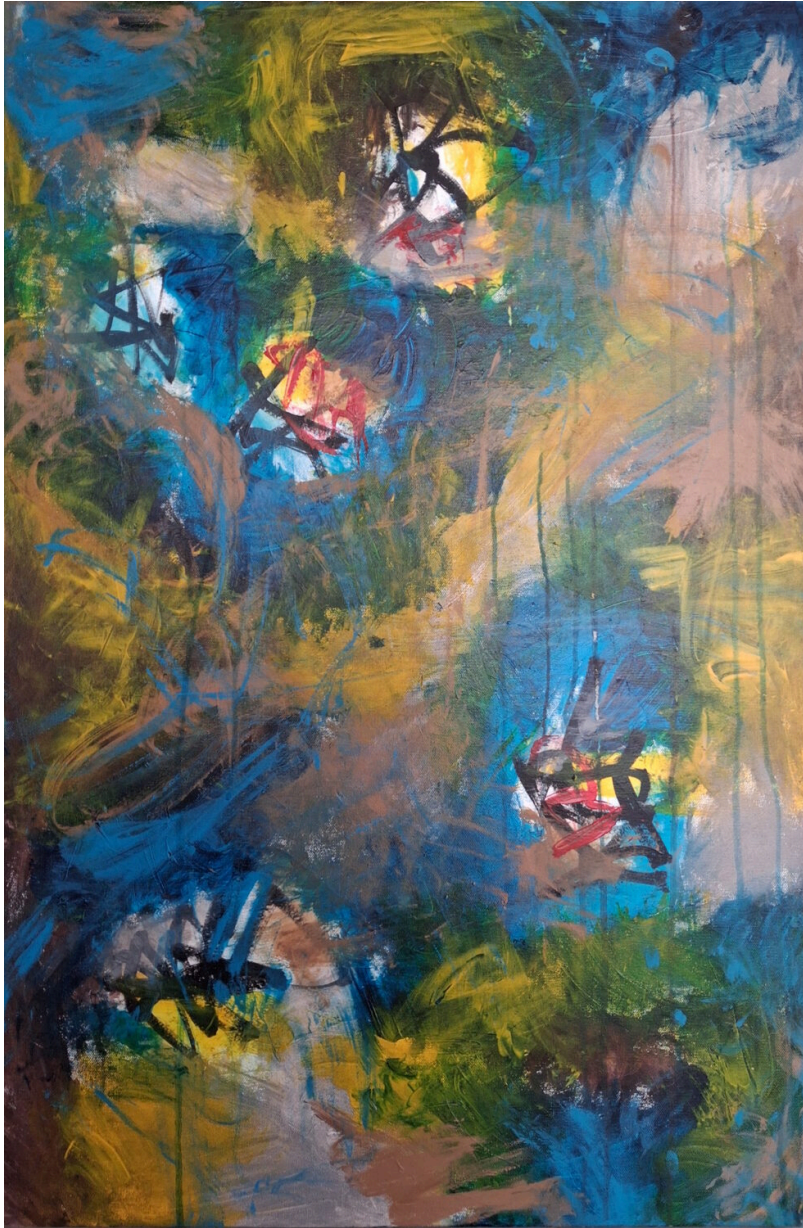
Acrylic 36 x 24 in

Phoenix, AZ

[kimberjonesart.com](http://kimberjonesart.com)

Emphasis, pattern, rhythm, and balance are all concepts shared by painting, music and dancing. While I paint I use them all. Painting feeds my soul and makes my heart sing. All worries vanish from my mind and I am in the moment. I often paint my way out of challenging phases of my life, baring my soul to the canvas to heal my wounds. I title my paintings using powerful statements spoken by my psychiatrist. My medium of choice is acrylic due to its quick drying tendencies, which lends itself well to my style of fast action painting. My work is composed of powerful colors, palm and finger swipes and drips, which are built upon through layers until they eventually reveal a relationship to one another and create a strong illusion of depth.





**Kimber Jones**

*I Can, I Must, I Will*

Acrylic 36 x 24 in

Phoenix, AZ

[kimberjonesart.com](http://kimberjonesart.com)

Emphasis, pattern, rhythm, and balance are all concepts shared by painting, music and dancing. While I paint I use them all. Painting feeds my soul and makes my heart sing. All worries vanish from my mind and I am in the moment. I often paint my way out of challenging phases of my life, baring my soul to the canvas to heal my wounds. I title my paintings using powerful statements spoken by my psychiatrist. My medium of choice is acrylic due to its quick drying tendencies, which lends itself well to my style of fast action painting. My work is composed of powerful colors, palm and finger swipes and drips, which are built upon through layers until they eventually reveal a relationship to one another and create a strong illusion of depth.





**Kristine Kollasch**

*Above the Chaos*

Mixed Media 18 x 18 in

Phoenix, AZ

[artandenvironments.com](http://artandenvironments.com)

Sometimes I have to breathe deep and look to the stars to navigate the confusion and disorientation I find myself keeping at bay. Don't start listing the losses, but remember the gifts of co-existence, the laughter and lessons that carry on beyond any end date. There is no end. We are all the universe, ubiquitous and infinite. I choose to fly "Above the Chaos". Kris Kollasch





**Kristine Kollasch**

*Volare*

Assemblage 13 x 13 x 1.5 in

Phoenix, AZ

[artandenvironments.com](http://artandenvironments.com)

"If I measure the moon and calculate weight, can I shoot through the stars or is I leaving too late, to follow my dreams and find joyous Bliss leaving behind all the things I know I won't miss." poem by me, created specifically for this piece. I like to weave together words, objects and images to tell a story. Sometimes the objects carry with them their own history that deepens the meaning and might resonate with the viewer on a level I never intended. But the connection if there, and it's beautiful. Energy connects us to each other, and even to objects. Aren't they made of energy, too?





**Baruch Koritan**

*My Unfailing Love for You*

Mixed Media 22.5 x 22.5 in

Phoenix, AZ

I will quote Isaiah 54: 11-12. "O afflicted, storm-tossed one, who has not been consoled: Behold, I will set down gems as your flooring and lay your foundation with sapphires. I will set your window frames with ruby and make your gates of carbuncle stones, and your entire boundary of precious stones." I could not resist mimicking the prophet's metaphors. Creating this piece led me to a safe and loving place I'd not known before.





**Baruch Koritan**

*Wither or Rise (Psalm 37: 1-4 of David)*

Acrylic 22 x 28 in

Phoenix, AZ

“Do not be vexed by evil men; do not be incensed by wrong doers for they soon wither like grass, like verdure fade away. Trust in the Lord and do good, abide in the land and remain loyal. Seek the favor of the Lord, and the Lord will grant you the desires of your heart.” My art expresses humanity as green growing things. Some are chosen to be serenely alive while others wither with the day. I believe we have been given that choice.





**Rosanna Valentina Lantigua**

*Black Horse*

Acrylic 30 x 40 in

Chandler, AZ

[rosannas-art.myshopify.com](http://rosannas-art.myshopify.com)

These abstract mixed media pieces explore the royalty, strength, and inner peace within each person. Bright colors and layered textures reflect the beauty of the human spirit and the quiet power we carry inside. Vibrant blues, pinks, oranges, and purples suggest dignity, joy, and emotional depth. Open abstract forms invite viewers to connect through personal meaning and reflection. Each layer represents growth, resilience, and the discovery of self-worth beneath life's challenges. Through bold color, texture, and movement, the work celebrates softness as strength and reminds us that confidence, beauty, and calm already live within us all.





**Rosanna Valentina Lantigua**

*Dare to be Different*

Acrylic 30 x 40 in

Chandler, AZ

[rosannas-art.myshopify.com](https://rosannas-art.myshopify.com)

These abstract mixed media pieces explore the royalty, strength, and inner peace within each person. Bright colors and layered textures reflect the beauty of the human spirit and the quiet power we carry inside. Vibrant blues, pinks, oranges, and purples suggest dignity, joy, and emotional depth. Open abstract forms invite viewers to connect through personal meaning and reflection. Each layer represents growth, resilience, and the discovery of self-worth beneath life's challenges. Through bold color, texture, and movement, the work celebrates softness as strength and reminds us that confidence, beauty, and calm already live within us all.





**Rosanna Valentina Lantigua**

*The Strength Within*

Mixed Media 30 x 40 in

Chandler, AZ

[rosannas-art.myshopify.com](http://rosannas-art.myshopify.com)

These abstract mixed media pieces explore the royalty, strength, and inner peace within each person. Bright colors and layered textures reflect the beauty of the human spirit and the quiet power we carry inside. Vibrant blues, pinks, oranges, and purples suggest dignity, joy, and emotional depth. Open abstract forms invite viewers to connect through personal meaning and reflection. Each layer represents growth, resilience, and the discovery of self-worth beneath life's challenges. Through bold color, texture, and movement, the work celebrates softness as strength and reminds us that confidence, beauty, and calm already live within us all.





**Pamela Lynn**

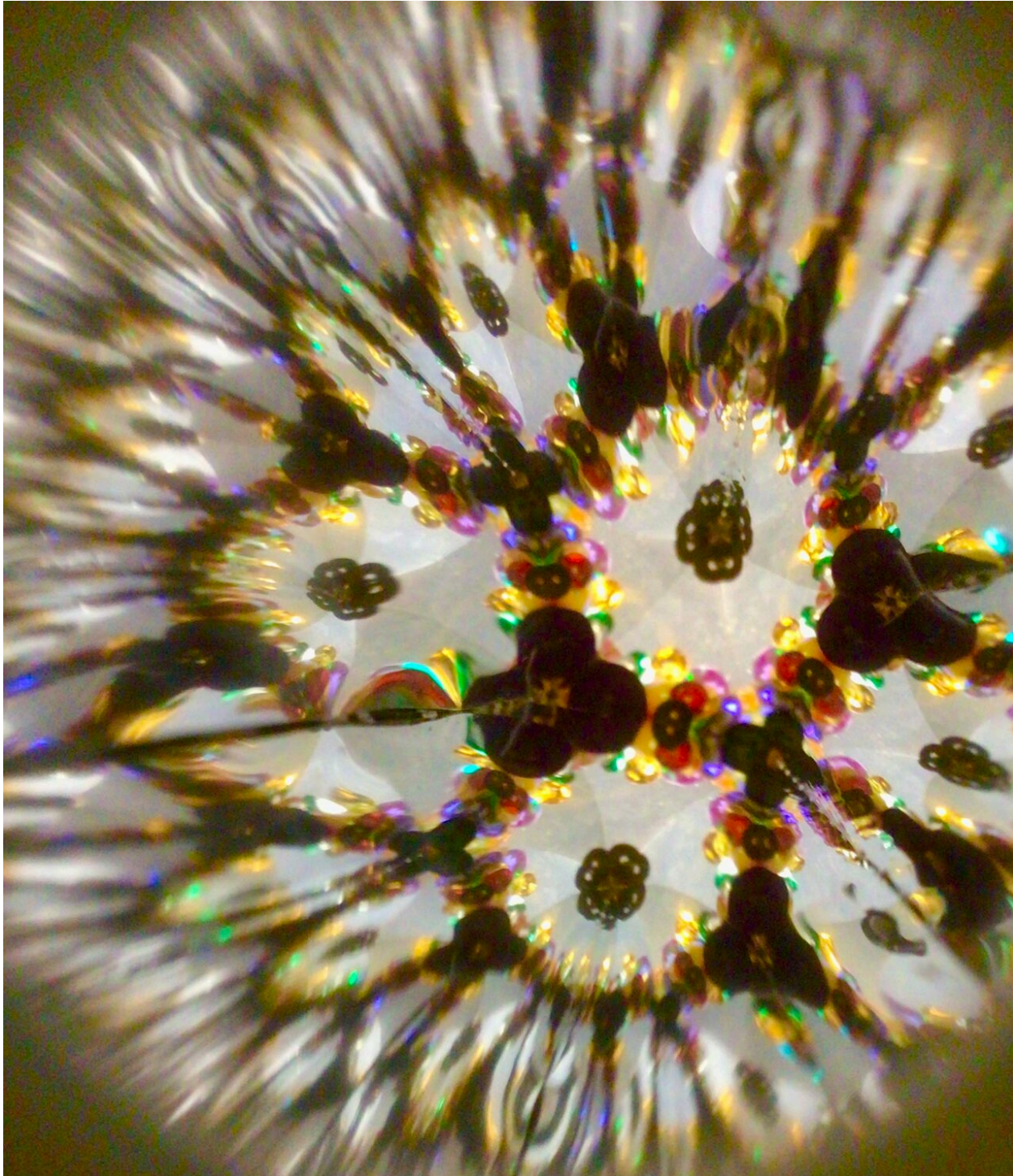
*Lovely Young Woman*

Watercolor 14 x 11 in

Phoenix, AZ

For me, art is the point of contact. Art has given me a sense of community, of shared emotions and experience. My canvas is a portal where I can open to others and make a connection. It is powerful, when we discover that we are not alone.





**Pamela Lynn**

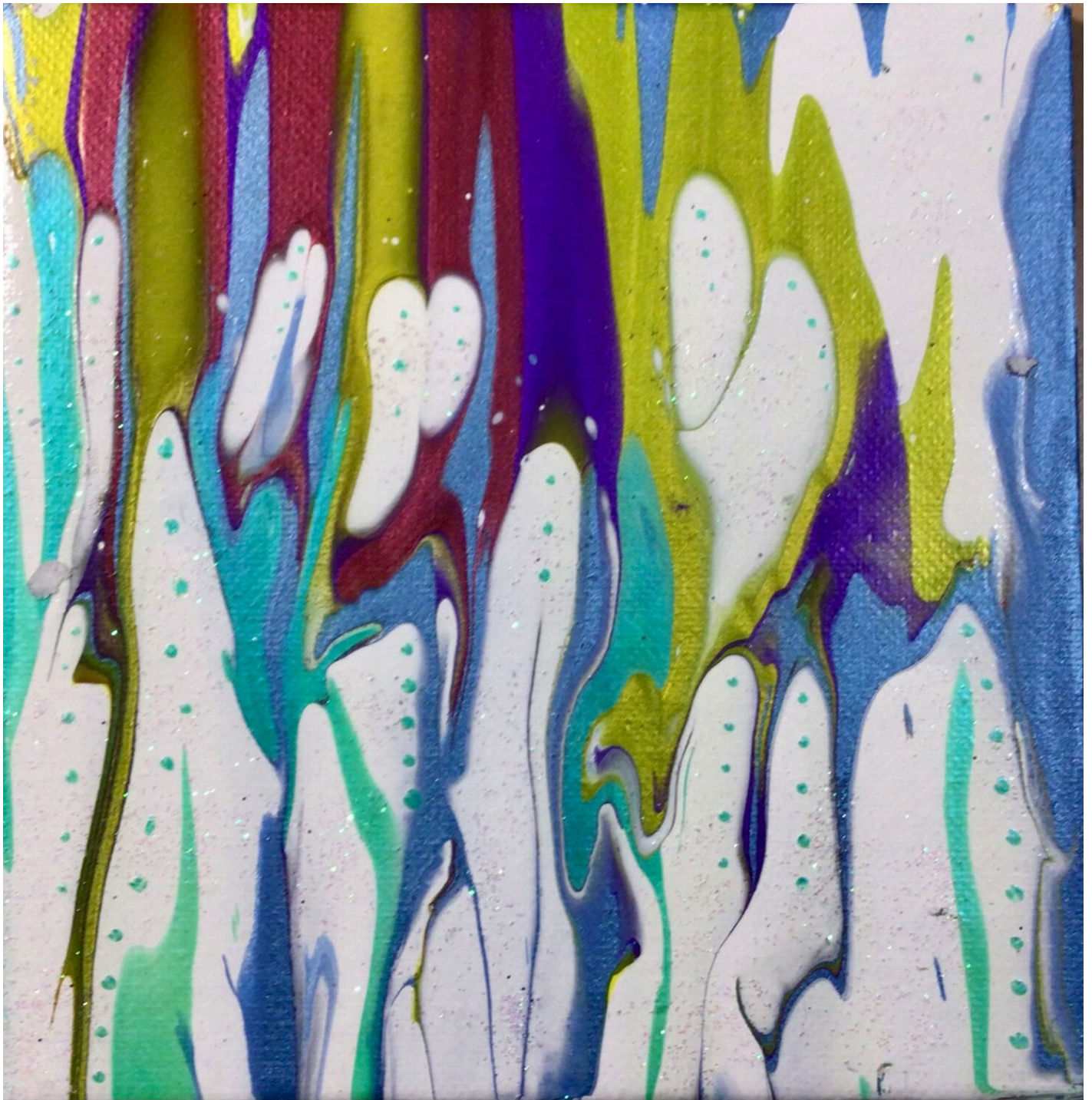
*Opal Bouquet*

Photography 14 x 11 in

Phoenix, AZ

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**Pamela Lynn**  
*Spirit Helpers*  
Acrylic 6 x 6 in

Phoenix, AZ

For me, art is the point of contact. Art has given me a sense of community, of shared emotions and experience. My canvas is a portal where I can open to others and make a connection. It is powerful, when we discover that we are not alone.





**Erick Martinez Gregory**

*Guilt*

Ceramics 12 x 9 x 12 in

Chandler, AZ

[humanceramics.com](http://humanceramics.com)

My art seeks to express what it means to be human. I want to show that every life has a tremendous amount of joy, love, and connection, as well as confusion, pain, and loss. I want to communicate that a good life is not one exempt from pain, but one in which hardship helps us be a kinder, more compassionate, and better version of ourselves.





**Erick Martinez Gregory**

*Nostalgia*

Ceramics 10 x 9 x 8 in

Chandler, AZ  
[humanceramics.com](http://humanceramics.com)

My art seeks to express what it means to be human. I want to show that every life has a tremendous amount of joy, love, and connection, as well as confusion, pain, and loss. I want to communicate that a good life is not one exempt from pain, but one in which hardship helps us be a kinder, more compassionate, and better version of ourselves.





**Erick Martinez Gregory**

*Puas*

Ceramics 10 x 6 x 6 in

Chandler, AZ

[humanceramics.com](http://humanceramics.com)

My art seeks to express what it means to be human. I want to show that every life has a tremendous amount of joy, love, and connection, as well as confusion, pain, and loss. I want to communicate that a good life is not one exempt from pain, but one in which hardship helps us be a kinder, more compassionate, and better version of ourselves.





**Sudarvizhi Mathiazhagan**

*Encircling Stillness*

Mixed Media 32 x 40 in

Queen Creek, AZ

A Search Within by Sudarvizhi Mathiazhagan (Multimedia art with pistachio shells and textured art). “My artwork explores the inner landscape of the mind and the search for stillness within emotional and mental complexity. Encircling Stillness reflects people - like pistachios drawn toward a center—moving through layers of thought, feeling, and experience in search of calm. The circular form represents a mind in constant motion, while the textured layers symbolize accumulated emotions and thoughts. Golden tones suggest resilience, healing, and light within chaos. This work speaks to mental health and the journey toward inner balance, showing that stillness is not always found by escaping noise, but by moving through it and returning to oneself. At its core, it reflects a quiet hope for grounding, awareness, and peace within.”





**Sudarvizhi Mathiazhagan**

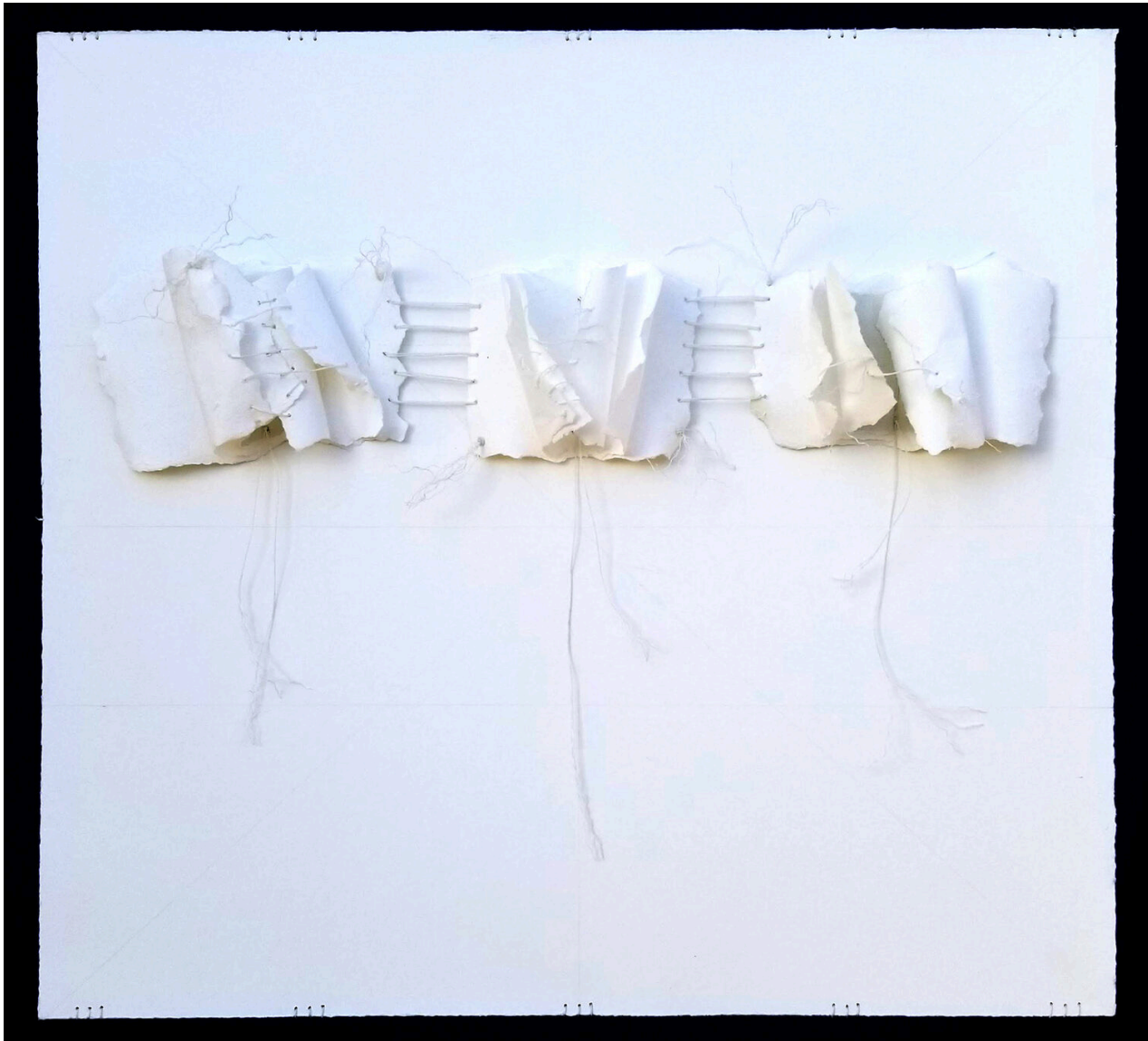
*Through the black hole into life*

Mixed Media 24 x 16 in

Queen Creek, AZ

"Through the black hole into life is a visual story of struggle, growth, and awakening. The central figure, formed of roots and branches, evokes the Tree of Life - a symbol of growth, grounding, and resilience. Nearby, a luminous feminine figure cradles a silver orb near her core, holding space for inner healing. Across the canvas, starseeds - glowing star-like forms - signify sensitive, intuitive souls navigating the world differently. In the context of mental health, they honor the insight, sensitivity, and strength found in those with emotional depth. The moonlit sky above reflects support, reflection, and the vast inner universe within each of us."





**Tess Mosko Scherer**

*The Dance of the Dissident Daughter*

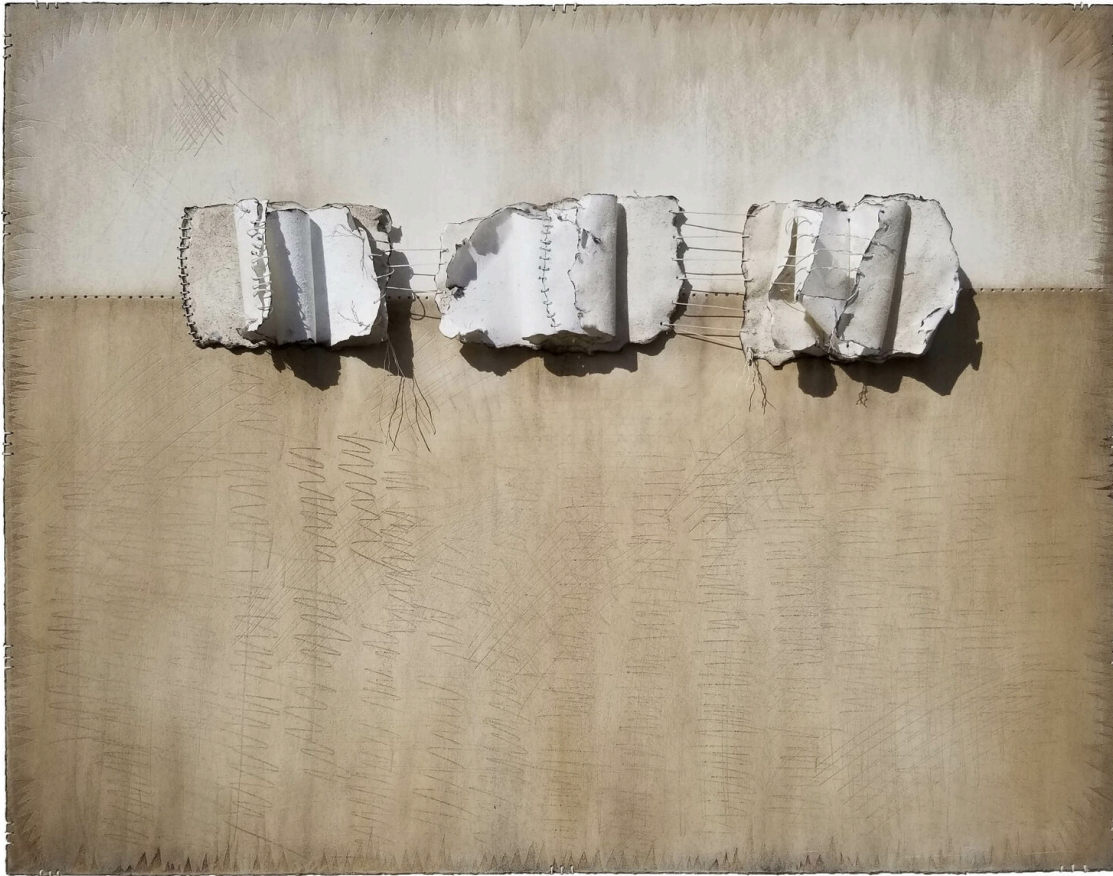
Mixed Media 31 x 29 in

Phoenix, AZ

[firesongpaperwish.com](http://firesongpaperwish.com)

A nod to Sue Monk Kidd, *The Dance of the Dissident Daughter* grew from reflections on my relationship with my mother, who died before some of the most expansive years of my life. Ours was a relationship of love and complexity, shaped by who I was, who I believed she wanted me to be, and who I eventually became. The dimensional forms were created from sheets of paper—torn, soaked, pulled apart, and allowed to curl and fold in response. Fibrous scars remain visible while thread binds the fragments, suggesting the forces connecting us to those who came before: memory, expectation, love, hurt, inheritance, and longing. These works consider the marks we leave upon one another—the scars and impressions, resistance and yielding, holding on and letting go. They speak to an understanding that sometimes arrives only after someone is gone. It is her. It is me. It is us.





**Tess Mosko Scherer**

*The Dance of the Dissident Daughter II*

Mixed Media 31 x 36.5 in

Phoenix, AZ

[firesongpaperwish.com](http://firesongpaperwish.com)

A nod to Sue Monk Kidd, *The Dance of the Dissident Daughter* grew from reflections on my relationship with my mother, who died before some of the most expansive years of my life. Ours was a relationship of love and complexity, shaped by who I was, who I believed she wanted me to be, and who I eventually became. The dimensional forms were created from sheets of paper—torn, soaked, pulled apart, and allowed to curl and fold in response. Fibrous scars remain visible while thread binds the fragments, suggesting the forces connecting us to those who came before: memory, expectation, love, hurt, inheritance, and longing. These works consider the marks we leave upon one another—the scars and impressions, resistance and yielding, holding on and letting go. They speak to an understanding that sometimes arrives only after someone is gone. It is her. It is me. It is us.





**Tess Mosko Scherer**

*The Invisible Made Visible from the Untold Stories Series*

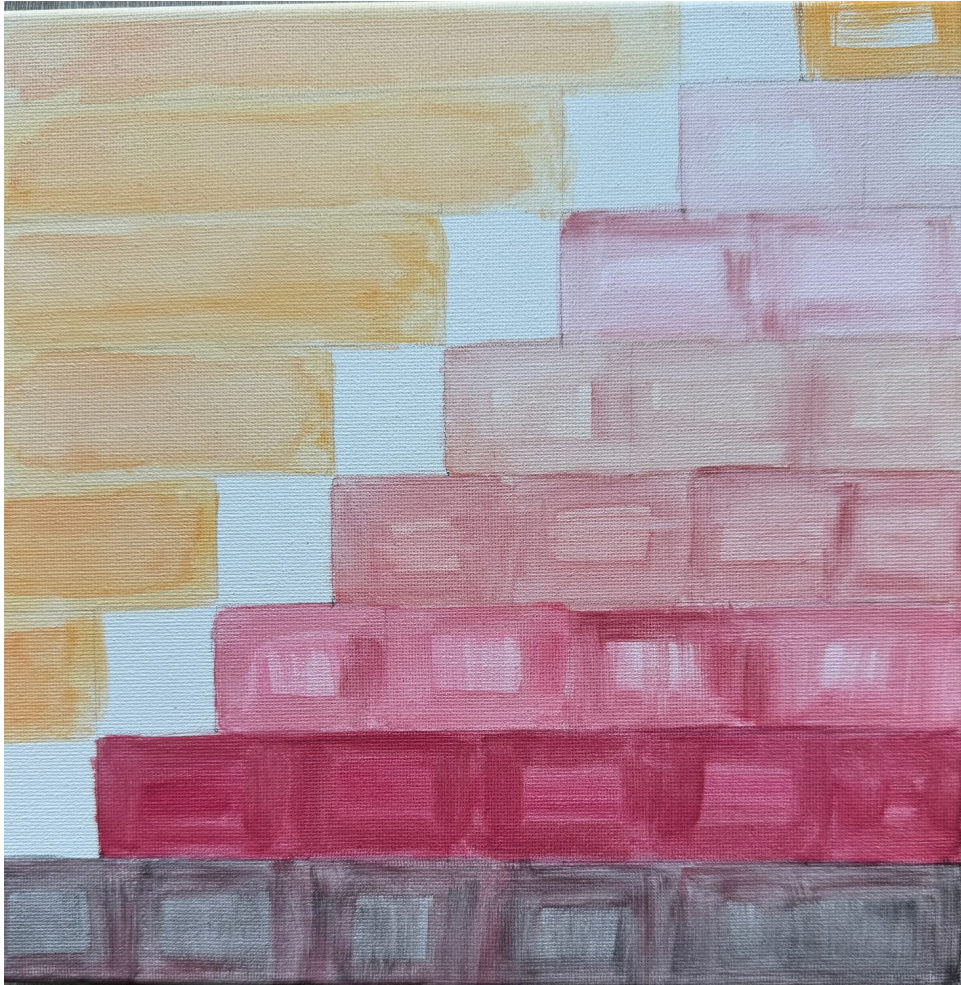
Mixed Media 12 x 11 in

Phoenix, AZ

[firesongpaperwish.com](http://firesongpaperwish.com)

For more than a decade, the marks of letters forming words have been an integral part of my work. Over time, words began to give way to thread, stitches, and the marks created by puncturing a surface to receive the stitch. In the Untold Stories series, these marks became a language of their own, suggesting stories we carry but never tell, words that do not need to be spoken, memories cherished or concealed, and experiences still taking shape. The Invisible Made Visible considers the intersection of our human condition and the earth we inhabit. Repurposed tea bags—fragile, stained, used, and transformed—are held against wood carrying its own history. Thread binds one material to another while leaving evidence of every puncture. The work asks what remains visible after an experience has passed: a stain, a scar, a mark, an opening, a thread—traces of what has been lived, even when the story remains untold.





**Sucharitha Nandanuru**

*Healing*

Watercolor 10 x 10 in

Scottsdale, AZ

Healing is a stepwise process where, little by little pain is undone and then there is more and more space for sunshine within ! Artist Statement I am a self-made artist who chose painting as a form of personal expression. Art has been an integral part of my life since childhood, serving as both a passion and a creative outlet. While I have taken classes at Kalakshetra College of Fine Arts, my artistic journey has largely been one of exploration, instinct, and self-discovery. My work is rooted in Abstract Expressionism and Minimalism, influenced by the philosophies of Gestural Painting and Biomorphic Abstraction. I work primarily with acrylics but also incorporate watercolors, inks, metallics, and mixed media to create depth and texture. Using techniques such as palette knife painting, impasto, negative space painting, and music-inspired brushwork, I strive to capture emotions, movement, and the organic forms found in nature. Music, nature, and emotions deeply inform my creative process. Whether through bold gestures or quiet minimalism, my work invites viewers to connect with their own interpretations. I do not seek to impose meaning but rather to create a space for introspection, healing and resonance. For me, painting is truth unfiltered, honest dialogue between color, texture, and emotion. My hope is that viewers find their own reflections within my work, experiencing something raw, real, and deeply personal.





**Sucharitha Nandanuru**

*Serenity Beyond*

Watercolor 10 x 10 in

Scottsdale, AZ

"Serenity Beyond" represents the peace one can find after overcoming self-destructive or suicidal thoughts; it is a visual reminder to seek help and return to the game of life. Created with watercolor on canvas, this painting frames the viewer's perspective through a dark, rough tunnel, symbolizing the heavy and difficult struggles one might need to work through to find harmony within oneself. My message to anyone looking at this piece is to try everything you can to reach the light. Seek intervention, professional help, or personal advice—whatever it takes—but do not stay trapped in the dark.





## Sucharitha Nandanuru

### *The Thin Line*

Crayon 10 x 10 in

Scottsdale, AZ

The title of this art piece is “The Thin Line “. It captures the closest one can get to self destruction and then return to life. I have used crayons as the medium because it’s a hard texture and does not make smooth strokes. It signifies the turbulence that a person can experience when in this phase of not so clear thinking. This work is an exploration into the darkness and the desperation the individual could experience. But like all things, it could always have a different ending, one that deflects from self destructive mode. This work aims to focus on the pause or break in the train of thought, depicted as the stark white line cutting through the canvas - maybe human intervention or otherwise, that can prevent a suicide.





**Denyse Pappas**

*Opened My Own Door*

Sculpture 14 x 24 x 6 in

Phoenix, AZ

"Songwriting has long been my primary outlet for processing life's challenges. This piece serves as a visual representation of a original song I composed about resilience—specifically, the moment of choosing to chart a new course rather than give up. Much of my visual artwork directly translates the themes and emotions of my music. You are invited to listen to the recorded track that inspired this piece via the link below: <https://view.page/od8WAU>"





**Beth Phillips**

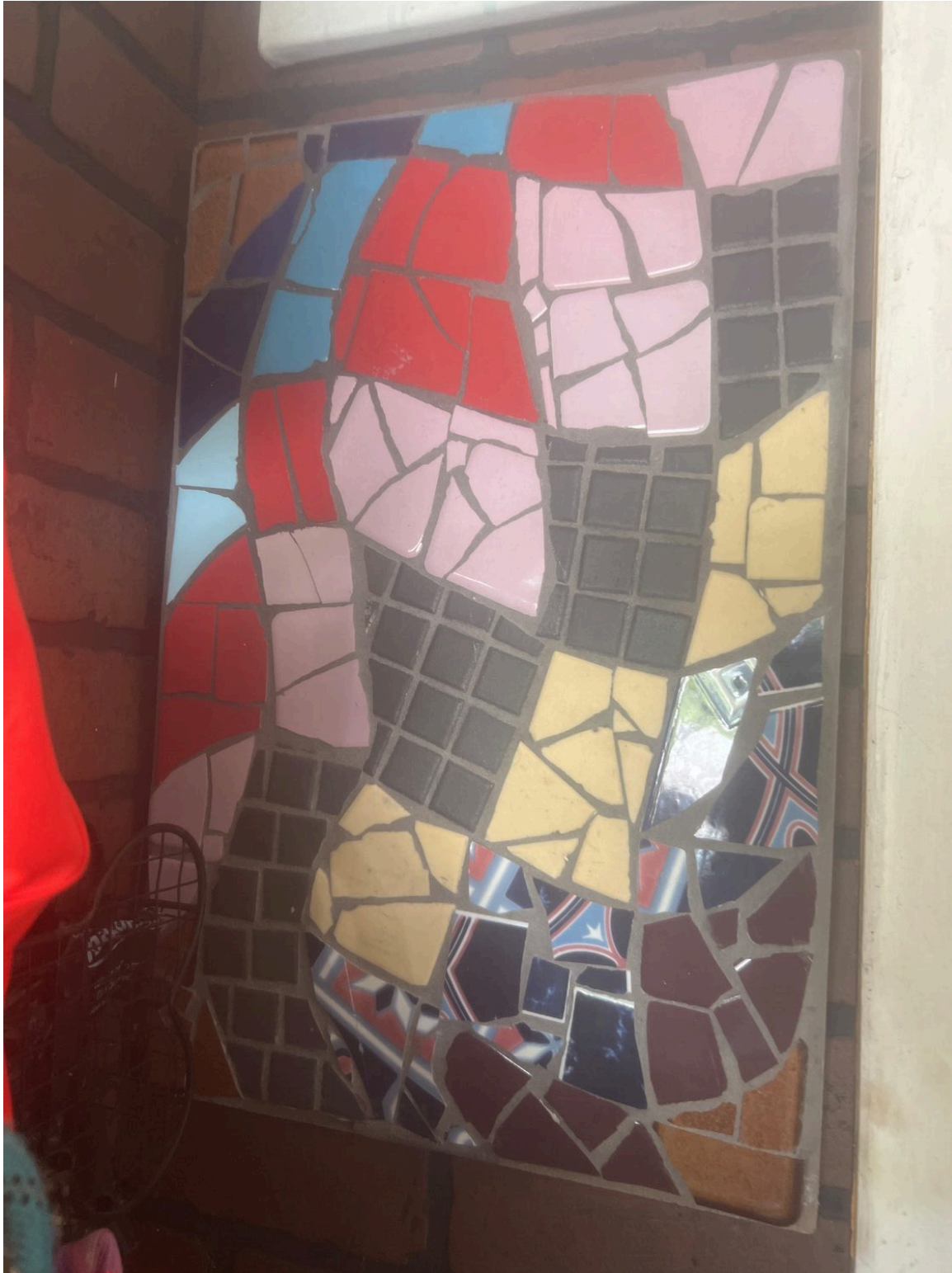
*Life of an adoptee*

Ceramics 10 x 15 x 1 in

Tampa, FL

This work represents the turnaround of my adopted life from torture to understanding.





**Beth Phillips**

*Shattered and fragmented*

Mosaics 9 x 20 in

Tampa, FL

This work represents all the Ann's I thought were my biological mother.





**Kerrigan Kerrigan Reyes**

*Fractured Breathing*

Photography 10 x 8 in

Santa Ana, CA

[kerriganreyes.art](http://kerriganreyes.art)

This is about reaching out to something that will guide you like a light in the dark, but you are blinded and cannot see where the answer to your problem lies. You are scared and hold yourself close, but you are blinding yourself to the answer that could change your life.





**Anita Ries**

*Fairy Garden Dreams Mug*

Ceramics 5.5 x 3.5 x 3.5 in

Gilbert, AZ

I am a ceramic artist whose work is rooted in both science and personal narrative. With a background in microbiology and research psychology, I use clay and glaze to explore the complexity of human experience. Mental health has shaped my life in profound ways, deepening my belief in compassion, openness, and the importance of allowing our stories to be heard. In this piece, a solitary figure turns away from the viewer while, on the other side, a small bird rests quietly among flowering branches. Their inner worlds remain unseen, much like the struggles people often carry silently beneath the surface. The gentle imagery speaks to vulnerability, but also to beauty, resilience, and hope. Through my work, I hope to create space for reflection and connection, where sharing what is unspoken can help us see one another more fully and feel less alone.





**Roisan Rubio**

*Is This My Cross to Bear?*

Ceramics 24 x 6 x 6 in

Tempe, AZ

[brioportfolio.wixsite.com/home](http://brioportfolio.wixsite.com/home)

We all have a cross to bear, but do we choose a particular cross or is it chosen for us by someone else's hand?





**Roisan Rubio**

*My Last Visit to New York City*

Photography 8 x 10 in

Tempe, AZ

[brioportfolio.wixsite.com/home](http://brioportfolio.wixsite.com/home)

If I had known this was my last trip to New York City, I would have spent more time with you walking the city and reading TinTin with you. Now you are gone and the apartment is gone.





**Roisan Rubio**

*My Memories Are Hazy*

Charcoal 18 x 48 in

Tempe, AZ

[brioportfolio.wixsite.com/home](http://brioportfolio.wixsite.com/home)

No comment.





**Linn Saffer**

*Like Father Like Daughter*

Oil 36 x 36 in

Fresh Meadows, NY

[linnsaffer.com](http://linnsaffer.com)

This diptych depicts my father on the left and me on the right. My father became a victim of suicide.





**Joy Summers**

*My Super Suit*

Acrylic 24 x 20 in

Chandler, AZ

[dorisartbydrjoy.com](http://dorisartbydrjoy.com)

This is my Super Suit I was born with; it gives me the power to be me. As I grew, threads were pulled and pieces were ripped away. Every fiber was a piece of myself lost, an expectation imposed, a need ignored, a trait ridiculed, or a gift wasted. It was no longer safe to be me, so I hid my Super Suit in a suitcase under my bed along with all the tattered threads. It's been 40 years and I have finally found the suitcase! Now I am learning how to sew.





**Joy Summers**

*Suffocated*

Acrylic 20 x 16 in

Chandler, AZ

[dorisartbydrjoy.com](http://dorisartbydrjoy.com)

I'm being suffocated by his expectations and his narcissistic demands. I think this feels like love because it's all I've known. I thought everything was fine; I did not realize how frantic I was inside. Suffocated by him, performing just so I could breathe. Now my eyes are open.





**Séraphine Ségal**

*Letting Go My of My Grief*

Mixed Media 52 x 30 in

Studio City, CA

[longshadowstudio.com](http://longshadowstudio.com)

The accidental death of my beloved spiraled me into the depth of a living death., however after and being told I had breast cancer, I realized I really wanted to live. Due to a connection with the Native American people of the Oglala Lakota. I was able to connect with my deeper spiritual self. While on a beach in California I was photographed during my releasing of grief and wish to live “dance”. The photographer later gave me his “roll” of old school film as he also felt my spiritual journey





**Séraphine Ségal**

*Suicide is Not an Option*

Acrylic 36 x 48 in

Studio City, CA

[longshadowstudio.com](http://longshadowstudio.com)

My approach to creating art is to create works that engage both contemporary audiences and future generations. I seek to ensure that my subjects are remembered as more than fleeting moments or mere representations. My paintings are intended to resonate, endure, and remain meaningful within the viewer's experience. Through my art, I experience an intimate communication and even channel each subject—whether derived from nature, humanity, animals, spiritual concepts, abstraction, sculpture, or hyper-photorealism. The images I select for my art speak to me until I release them into the physical world. This painting was created when my life was in chaos and hard to hold onto reality.





**Séraphine Ségal**

*Tired of Not Being Seen*

Acrylic 24 x 24 in

Studio City, CA

[longshadowstudio.com](http://longshadowstudio.com)

After seven formative years in boarding school, from ages ten through seventeen, I came to understand that I no longer felt rooted within my own family. When I later arrived alone at a distant university to study art, that isolation deepened. Physically ill, emotionally abandoned, and profoundly unconnected, I carried the painful belief that no one truly knew I existed. This painting was created during my early exploration of acrylic paint, a medium that was newly introduced to the art world. As oil paints were almost impossible to dry in South Louisiana, acrylic paint exploded my creative abilities as they handled like oils used in other climates.





**Jarrett D Terrill**

*Roar (Living Bravely Through The Twenties)*

Acrylic 10 x 10 in

Aroma Park, IL

[signfire.net](http://signfire.net)

There are parallels between today and a century ago. One thing stays constant: It takes bravery and kindness to survive.





**Lisa Wayman**

*Family Portrait*

Oil 26 x 33 in

Phoenix, AZ

Each of us is our own spark of light connected to others in beautiful and various ways. Our web of light is our family portrait.





**Dyane Welt**

*On A Wing & A Prayer*

Mixed Media 8 x 5 in

Phoenix, AZ

The three masks collectively echo the reverberated, lingering, haunting that stems from prolonged domestic abuse. Escape may mean one survived.





**Dyane Welt**

*One's Life Cycle*

Mixed Media 9.25 x 5.75 in

Phoenix, AZ

The three masks collectively echo the reverberated, lingering, haunting that stems from prolonged domestic abuse. Escape may mean one survived.





**Dyane Welt**

*Visible Signs of Life*

Mixed Media 7.5 x 6.5 in

Phoenix, AZ

The three masks collectively echo the reverberated, lingering, haunting that stems from prolonged domestic abuse. Escape may mean one survived.





**Mertreisa Wiley**

*Beautiful Chaos*

Mixed Media 36 x 24 in

Mesa, AZ

Beautiful Chaos reflects the many emotions, thoughts, and struggles that can exist within one person while remaining invisible to the outside world. The overlapping figures, faces, lines, and colors represent moments of confusion, isolation, vulnerability, and the search for connection. My experience working in behavioral health and supporting individuals facing mental health and substance-use challenges has shown me that a person's story is often much deeper than what we see on the surface. Within the chaos of this piece are also movement, color, and light symbols of resilience and the possibility of healing. This work honors the unspoken battles people carry and the strength it takes to survive, continue forward, and find hope





**Nancy Y.**

*Mercy*

Oil 40 x 32 in

Middletown, NY

[nancy-yang-art.com](http://nancy-yang-art.com)

In *Mercy*, a young girl secretly passes along a banned book in China, *Nine Commentaries on the Communist Party*, joining the tide of 460 million people who have renounced the Party and sought lives rooted in truth, courage, and freedom. Though perilous, the act is guided by compassion. Three divine beings intervene with mercy: two veil the enforcer's eyes, sparing him from his orders and opening a path to awaken; the front one blesses the girl with a luminous lotus, a sign of heaven's protection. Their varied skin tones affirm that courage and the longing for truth and freedom are universal. This painting draws from my own experience as a teenager and from documented accounts on Minghui. Having witnessed this movement firsthand, I felt a responsibility to record this history, and to offer a reminder that even in darkness, there is warmth and light worth reaching for.