

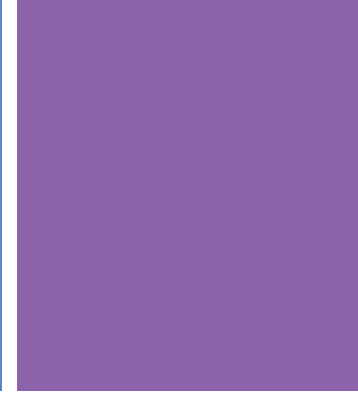
calendar 2009

Artwork created by people affected by sexual abuse



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Sometimes it is too difficult or painful to bring the past to life with words. At times like this other means of expression can help.

For the brave women who have been involved in the creation of this calendar their way of dealing with the hurt and distress of the past has produced something that can bring pleasure to us all.

I should like to thank all the women, who have struggled to express painful emotions creatively, for sharing their work with the rest of us.

CAROLYN WORTH
Manager SECASA

We hope you love the artwork in the 2009 SECASA Calendar. The expressive clay and plaster works were created by women who have experienced sexual abuse and came on an artistic journey to explore and express their feelings of Grief and Loss.

These feelings cast a long shadow.

Creating art in the company of women, who not only have a shared experience of sexual abuse but also have a shared love of art, is a positive and wonderful way to help rebuild lives after trauma.

We spent three months together, learning art-making techniques, immersing ourselves in art and artistic expressions of mourning. Each woman looked deeply into her trauma and other experiences that have impacted and shaped her life, and found ways to creatively express those feelings.

There was, of course, much laughter and joy woven into the quiet times of reflection and creation.

Rather than viewing this process and work as gloomy and dark, the women see and offer their art as a symbol of hope. There is much beauty in here, much strength to be found, and a message to those seeking to regain a belief in themselves and others following sexual abuse, "you can flourish again".

We hope this beautiful calendar will inspire others to view creativity as a means of finding solace, strength and pleasure.

Anne Riggs
Visual artist

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Participants:

Anne	Beth Fleming	Deb	Deb Nell
Dianne H	Emma	Glynis	Jay -2005
Jennifur Wale	Julia Baker	Kay Morton	Leonie McCausland
Melissa Manuel	Molly Radford	Peaches Angelico	Reyes Kuru
Simone White	Tanya 37	Vivien	anon

SECASA Counsellors supporting the Grief and Loss projects:

Robyn Breheney Chrissie Ryan Dagmar Jenkins

The art projects are part of a research project looking at arts contribution to well being following trauma, grief and loss. Anne Riggs' PhD "*The Creative Space : An exploration of the arts and well-being in the shadow of Trauma, Grief and Loss*" is being undertaken through Victoria University, with the support of SECASA.





The impossible is often the untried.

Jim Goodwin



January 2009

sun	mon	tue	wed	thur	fri	sat
				1 New Years Day	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26 Australia Day	27	28 Term 1 begins	29	30	31



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Never live in the past but always learn from it.
Anonymous

February 2009

sun	mon	tue	wed	thur	fri	sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28



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If I am not for myself, who will be? And if I am for myself alone, then what am I? And if not now, when?

Rabbi Hillel Pirke Avot 1:14



March 2009

sun	mon	tue	wed	thur	fri	sat
1	2	3	4	5	6	7
8 International Women's Day	9 VIC Labour Day	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



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Just as despair can come to one only
from other human beings, hope, too,
can be given to one only by other
human beings.

Elie Weisel



April 2009

sun	mon	tue	wed	thur	fri	sat
			1	2	3 Term 1 ends	4
5	6	7	8	9	10 Good Friday	11 Easter Saturday
12 Easter Sunday	13 Easter Monday	14	15	16	17	18
19	20 Term 2 begins	21	22	23	24	25 Anzac Day
26	27	28	29	30		



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And the day came when the risk to remain tight in a bud
was more painful than the risk it took to blossom.

Anais Nin

May 2009

sun	mon	tue	wed	thur	fri	sat
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



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A ship is safe in harbour,
but that's not what ships are for.

William Shedd

June 2009

sun	mon	tue	wed	thur	fri	sat
	1	2	3	4	5	6
7	8 Queen's Birthday	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26 Term 2 ends	27
28	29	30				



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Our greatest glory is not in never failing,
but in rising up every time we fail.

Ralph Waldo Emerson

July 2009

sun	mon	tue	wed	thur	fri	sat
			1	2	3	4
5	6	7	8	9	10	11
12	13 Term 3 begins	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



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You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do.

Eleanor Roosevelt



August 2009

sun	mon	tue	wed	thur	fri	sat
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29



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Your current safe boundaries were once unknown frontiers.

Anonymous

September 2009

sun	mon	tue	wed	thur	fri	sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18 <small>Term 3 ends</small>	19
20	21	22	23	24	25	26
27	28	29	30			



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Remember sadness is always temporary. This, too, shall pass.

Chuck T. Falcon

October 2009

sun	mon	tue	wed	thur	fri	sat
				1	2	3
4	5 Term 4 begins	6	7	8	9	10 Mental Health Day
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



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The journey of a thousand miles begins with a single step. Lao Tse

November 2009

sun	mon	tue	wed	thur	fri	sat
1	2	3 VIC Melbourne Cup Day	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25 White Ribbon Day	26	27	28
29	30					



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The pessimist sees difficulty in every opportunity. The optimist sees opportunity in every difficulty.

Winston Churchill



December 2009

sun	mon	tue	wed	thur	fri	sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18 <small>Term 4 ends</small>	19
20	21	22	23	24	25 <small>Christmas Day</small>	26 <small>Boxing Day</small>
27	28	29	30	31		



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South Eastern Centre Against Sexual Assault

PO Box 72, East Bentleigh 3165

Administration Line	+61 3 9928 8741
Crisis 24 Hour Line	+61 3 9594 2289
Sexual Assault Crisis Line Toll Free	1800 806 292 or +61 3 9349 1766
Facsimile	+61 3 9928 8749
Email	secasa@southernhealth.org.au
Website	www.secasa.com.au

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