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Rift, Repair, and Resolution

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Rift, Repair, and Resolution

Abstract

"Rift," "Repair," and "Resolution" is an embroidered triptych that reflects socio-political disharmony and manifests a hopeful trajectory for healing and wholeness.

Keywords

Rift, Repair, Resolution, Pandemic, Election, Anxiety, Embroidery

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Embroidered Triptych

Dayna Patterson



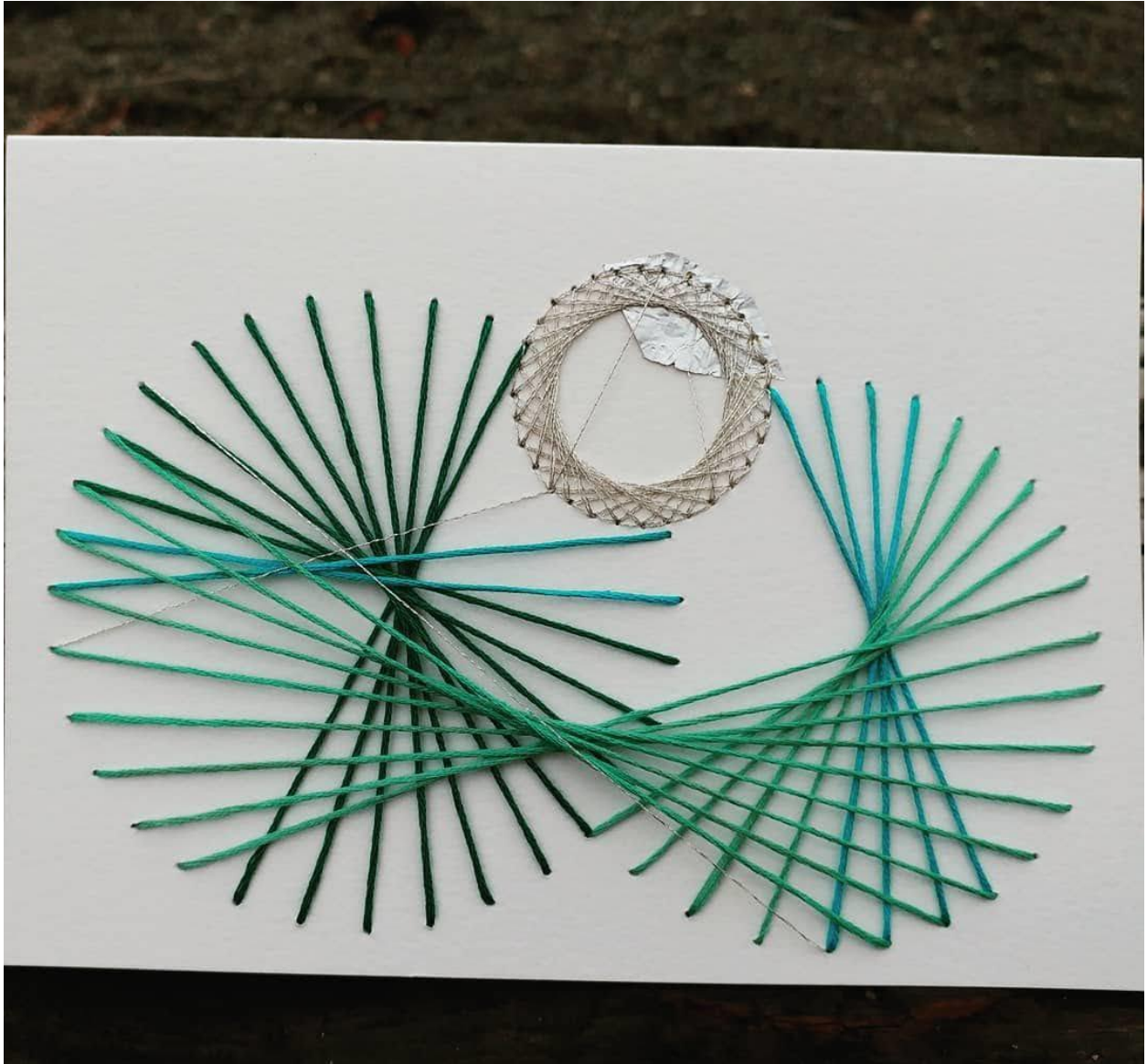
Rift

Dayna Patterson



Resolution

Dayna Patterson



Repair

Dayna Patterson

Rift, Resolution, & Repair

Dayna Patterson

Pandemic conditions, police brutality, and an election season have made for an abnormally anxious year. Like many others, I've turned to art to help me relieve some of the stress and anxiety of social isolation, anger and mourning over the loss of black lives, coping with a dangerous virus, and a tense transition of power. I find that stitching, in this year of restricted breath, helps me to remember to breathe, the pull and push of the needle bringing me to a meditative state that lowers my blood pressure and calms my mind. Together with long weekend hikes, exploring fiber arts has been critical to my mental health this year. I call it my "stitch therapy," only partially tongue-in-cheek, recognizing the power art has to bring me back to center and quiet my doomsday thoughts.

While making this triptych, I reflected on my country's painful dividedness, how that division feels deeper, perhaps, than at any other time besides the Civil War era. I know that our rift will not move easily toward repair and resolution. Nevertheless, this series is a manifestation of my hopeful trajectory for the future. Hope that empathy will prevail. Hope that care and concern will rule. Hope that democracy will thrive.