



HONOURING

Exhibit runs: April 8, 2022 - May 26, 2022

Donation appreciated



Chrissy Sie-Merritt

An explorer of the sacredness of being, Chrissy Sie-Merritt expresses a passion for peeling away the layers of self and honours this process through her art practice. Her work is one of a personal healing journey. Intuitively, she creates marks using her whole body to express a moment in time or sits in quiet to allow ideas and images to rise from within. This physical conversation with the ebb and flow of life is her impetus to go deeper, exploring our connection to the natural rhythms of the world around and within us. These images are expressed with both charcoal and acrylic.

Residing in East Braintree Manitoba, Chrissy has always been inspired by the cycles of nature and the connection of these rhythms within her life's journey. Chrissy studied Fine Art at the Nova Scotia College of Art and Design and has continued to work on her art career with Creative Manitoba since 2013, including mentoring local youth and creating art programs for all ages. Chrissy has shown her work in a solo and group setting at the Cre8ery Gallery in Winnipeg, The Douglas Family Art Centre in Kenora, Ontario, and the Reynolds Business Centre in Prawda, Manitoba. She has created various murals in and around the Whiteshell Provincial Park and was selected to be a guest artist and interior designer for unique water themed moving gallery for Canada's 150 celebration.



About the Exhibit

This body of work is an extension of a previous free flow drawing series in which the images came from simply moving my body, using both hands to trace my movements. This series takes what was unearthed in that process and transforms it into a deeper expression of spirit and honouring the many layers of self.

Life can take us to many places physically, mentally and spiritually, Our spirit shifts and absorbs the energy of these places and rhythms, constantly shaping and moulding us. My work is very much a spiritual practice of capturing the intensity and the beauty of these layers. I feel the shift in seasons deeply and I am in awe of its power to reveal such sacred pieces of ourselves within its rhythm. Revealed from a meditative space, these images each have a personal message that reflects human nature in its most humble and raw form. This work honours power, weakness, vulnerability, natural cycles, all that makes us what we are, that moves us, that challenges us and some of those unspoken emotions that simmer, need to be held and honoured for their place of creating balance in one's life.

Artwork Titles

Artwork available for purchase – ask us how!

Title	Size	Medium	Price
We Will Rise	40" x 30"	Acrylic	\$900
Imbolc	48" x 48"	Acrylic	\$1500
We Birth Each Other	40" x 16"	Acrylic	\$480
Bloodline	48" x 48"	Acrylic	\$1100
Cracks in the Nucleus	30" x 24"	Acrylic	\$500
Psychosis (The Universe Within)	48" x 48"	Acrylic	\$1200
Universal Rage	36" x 36"	Acrylic	\$950

Please Support Us!

We love to promote our local artists and give the community the wonderful opportunity to view their artworks. There are costs associated with these events, and in lieu of charging an admission fee, we follow the common practice among art galleries and ask for donations. Envelopes for cash or cheques are provided at the donation box at the Gallery entrance -Visa or MasterCard, or by phone. All donations are greatly appreciated!

Calling Artists!

- Do you want to have your own exhibit? - check for details on our website!
- Enter the Southeast Open Judged Art Exhibit - details on website

Other ways to experience art – or become involved at the Arts Centre:

- Check out other local artists work on our website and at our Arts Centre
- Put art in your home or business. We'll come in and hang it for you – meet your local artists!

Check out - <http://www.steinbacharts.ca/buy-or-lease-art/>

- Sign up for a class, workshop, or join a visual arts program – lots of programs to choose from!