

AWAKENINGS

ARTWORK COLLECTION | CATALOG



ABOUT AWAKENINGS ARTWORK COLLECTION

Our collection of artwork created by sexual violence survivors began with founder Jean Cozier's acquisitions and has grown over the years to comprise over 100 pieces. Not only can this artwork can be viewed at Awakenings' gallery space in Ravenswood and on our website, but around Chicago! With the help of trusted community partners that believe in the power of healing through art, Awakenings has been able to exhibit this collection in a variety of public spaces. The artwork not only acts as a powerful educational tool for those interested in learning more about the emotional impact of sexual violence, but, more importantly, acts as inspiration for survivors to heal through art themselves.

This catalogue shows a selection of survivor artwork available for display in lobbies, offices, galleries, etc. Awakenings staff are able to provide installation support and each artwork is accompanied by an artist statement.

TABLE OF CONTENTS

3	ABOUT AWAKENINGS ARTWORK COLLECTION
6-9	JUDITH DAWN
10	AMBER JOHNSTON
11	CANDACE NICOL
12	BOBBIE GROTH
13	JO FITSELL
14-15	CATHERINE CHINNOK
16	DANIEL ELIZABETH
17-20	GABRIEL ORION MARIE
21	ANNEPECK
22	L. ZASTRE
23-24	LAUREN LEVATO
25-27	MARIE KAVADIAS

TABLE OF CONTENTS

28-39	MONIKA PESZEK
40-45	MIGUEL BARROS
46	N.P
47	RENNE KLYCZEK NORDSTROM
48-50	SANDRA JEAN THOMPSON
51	SHAWNA ANGEL BLUE
52	NICK SISTLER
53	SOPHIA ETLING
54	STARZ
55	TY
56	ANONYMOUS
57	ULLI LUST
58	URSA EYER
59-62	LINDA NESS

JUDITH DAWN



"Judith had considered Jill to be the 'protector' when the two of them were growing up."

Abandonment

Watercolor

25.75x31in

JUDITH DAWN



"The first of a series of four paintings in which the artist follows the struggle of a developing fetus from conception through birth."

The Struggle

Acrylic
30x32in

The Womb

Print of original
41.5x29.5in

JUDITH DAWN



"Judith Dawn was a survivor of childhood sexual abuse and found watercolor to be a tremendous healing experience later in life."

Blue Baby

Watercolor
27.75x29.75in

The Awakening

Watercolor
26x31in

JUDITH DAWN

"Passage" is a painting that represents Judith's sister Jill. As Jill too made some progress toward healing from addiction and sexual abuse, Judith wanted to show her breaking free from a cocoon of fears and lies."

The Passage

Watercolor

26x31in

AMBER JOHNSTON

"A traumatic memory is never a solid one. When the mind dissociates from the body, often the trauma is not experienced in the moment but as a later memory, working in similar ways to the latent image of photography."

In Memory of Trauma

Photography

36x46in

CANDACE NICOL

"Families envelop generations of secrets, many sexual and abusive, and most are entwined with memories of love and longing. The complexities of through and memory intrigue and inspire me. I'm constantly questioning the perception of images, the relationship between the conscious effort of remembering and the unconscious fragments that invade our thoughts."

Don't Touch

Mixed media metal
12x12in

BOBBIE GROTH

"The silence of victims of abuse, and the silence of those who protect the perpetrators is devastating and painful. In this painting, the color of the fiery sunset sets off the yawning chasm of such silence."

The Silence

Acrylic on wood

36x48in

JO FITSELL



"I created this piece as an invitation to my grandmother to talk to me. To unlock her silence and allow her to share her pain, anguish, disappointment and fear because it is so like mine."

Grandmother's Silence

Quilted fabric

33x33.5in

CATHERINE CHINOOK

"My anger is contained now not froze or protected, but contained. Witness it. Touch it. Feel the ups and downs captured in the ridges. Don't worry about getting it dirty or breaking it. That already happened. Watch it fade and deteriorate. Watch me heal"

Anger

Handmade dyed fiber paper
18x12in



"She saw who she was through the aftermath of destruction she allowed herself to fly, to be still, to feel the pain, to remember, to heal. The light from above shone down on her. Illuminating the strength within.. She reclaimed Herself."

She Reclaimed Herself

Handmade dyed fiber paper
18x12in

CATHERINE CHINOOK



Untitled (2019)

Handmade dyed fiber paper, branch
25x24in

DANIEL ELIZABETH

"I am transparent: I represent the rawness that every survivor goes through. Each color represents every stage and process of denial, grief, mourning, struggle, healing, along with every emotion, feeling, and thought. They just don't rape our bodies; they rape our minds, souls, and lives. Each survivor experiences the battle differently. Together we can get through the storm, and enjoy the rainbow on the other side. We are Survivor Strong."

Bear

Mixed media sculpture

14x12

GABRIEL ORION MARIE

"My paintings are cathartic, vivid and sometimes disturbing but very liberating...Profound relief came to when my terrors, hopes, discoveries, and experiences were finally voiced on the canvas."

Me, Here, Now

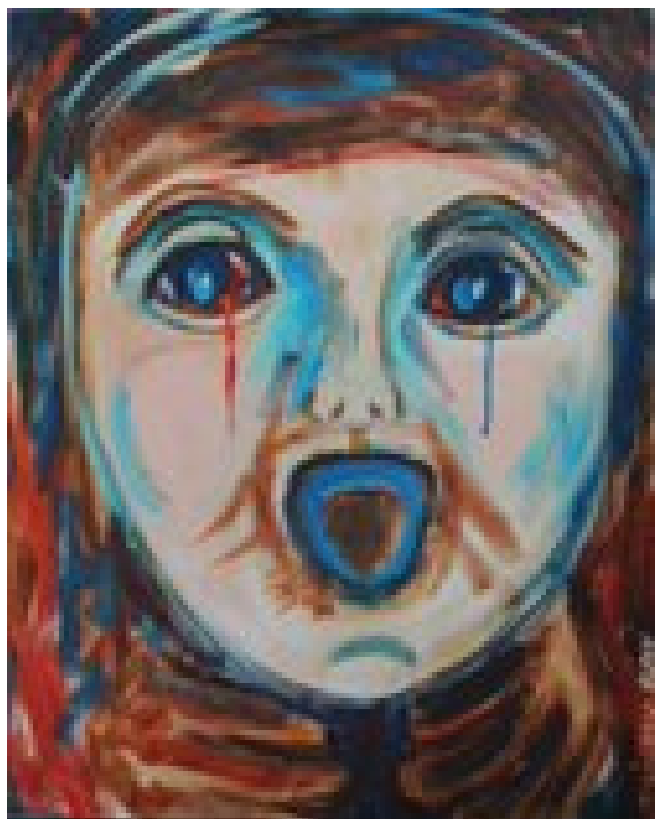
Print of original on canvas
20x16in



"Lume is trying to express something about having too many holes on her face and body. Being raped hundreds of times left her with bleeding holes, and unable to retain anything inside. But she is alive. There is life in her eyes."

Holes

Print of original on canvas
20x16in

GABRIEL ORION MARIE

"When Gabriel couldn't take any more, sweet, gentle Tommy-Boy tried to be a boy for my father instead. But he wasn't tough enough to survive. When I lost Tommy-Boy, I knew my innocence had been crushed beyond repair."

Tommy Boy

Print of original on canvas
20x16in



"Bellissima has always been alone, except for her abusers. She has always been present. She couldn't not be. She is mute, and treated like a beast of burden, used as a sex slave. Hated by all. Never thanked. Never respected. She is mute, and never questioned her treatment. It is all she has ever known."

Solo

Print of original on canvas
20x16in

GABRIEL ORION MARIE

"After years of working with, grieving, listening to and understanding that each of my children carried a portion of my suffering and my gifts, one day I looked in the mirror and was shocked, horrified, relived and woken up to the reality that "they are all me."

Mirror

Print of original on canvas
20x24in

GABRIEL ORION MARIE

"The daily experience of multiplicity is really impossible for me to express adequately with words. This painting helped me feel better, like I had begun to make it understood."

A Multiple Life

Print of original on canvas
24x16in



"I found her. I brought her bloodied body and mind to the surface. My life was in ruins and now I had her to care for. I sought help and I found a witness who would stand near me as I stood with her."

Found and Fatigue

Print of original on canvas
20x24in

annEpeck

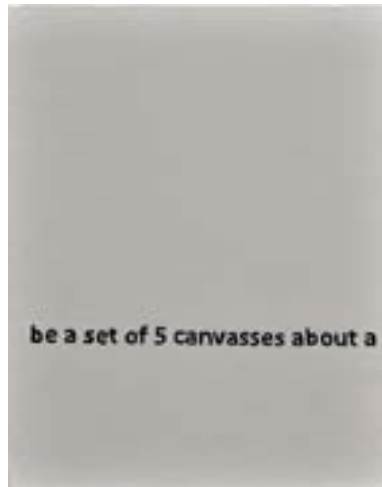
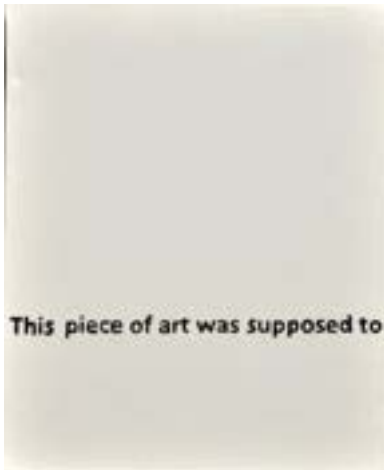


"She's confident....she's strong....childhood sexual abuse is in her background, she's in the foreground, the truth has set her free."

Charmed

Oil paint on canvas
48x36in

L. ZASTRE



"My life is not trauma free, but I am better able to deal with it today than I was a year ago, and for me that is a sign I am still healing."

Trigger Warning

Acrylic on Canvas
(dimensions)in

LAUREN LEVATO

"I'm using painting and the metaphor of fire to explore how I burnt my own spirit and my own health to the ground with drugs, alcohol, and sex and then began rebuilding from the ash. I know so many women who have been or are in this cycle too and my Fire series is dedicated to them."

Ring of Fire

Acrylic on Canvas
10x10in

LAUREN LEVATO



"I was born with a red Mohawk. My parents should've known I would've been trouble. As it turns out they were just as troublesome. In the end the trouble had nothing to do directly with my hair..."

Red Haired Girls are Devils

Multimedia on canvas board
12x19in

MARIE KAVADIAS

"Simple features, such as frequently caught spiders and shattered light bulbs, illuminate questions of hurt, fear and frustration. Deliberate strokes paint themselves into pictures, emoting feelings that words cannot describe -- for her symbols, her visions are her deepest, truest communication."

Rat Race

Oil pastel on paper
11x14in

Connections

Oil pastel on paper
11.5x14.5in

MARIE KAVADIAS

"I feel these pieces represent a big time of change in my life, working towards a clearer direction in feelings about the past, and being a survivor, and trying to feel better and be more present in life. To make a conscious choice about what I wanted out of life."

Trying to Reach Beyond the Sunflowers

Oil pastel on paper
11.5x14.5in

Lost Boundaries

Oil pastel on paper
11.5x14.5in

MARIE KAVADIAS



Chaos and Enlightenment

Oil pastel on paper
36x32.5in

MONIKA PESZEK



"I drag a little girl around with me all the time. She is hard to carry, but the best way to protect her is to keep her close to me."

Half Woman, Half Girl

Oil on canvas

60x36.5in

MONIKA PESZEK



"All my emotions are locked up inside. If I let them out I'll fall apart. Will I ever put myself back together?"

Imprisoned

Oil on canvas
30x24in



"My body is being handled in a way I never imagined. I'm tossed and whirled around like I'm in a washing machine. I might peek out now and then, but God forbid anyone should know."

Whirlpool

Oil on canvas
36x24in

MONIKA PESZEK



"I hope when people look at this they'll be reminded to not give advice, but to show love and compassion."

Hang in There

Oil on canvas
48x24in



"You don't have to live with an open wound forever. There is strength within you might not be aware of. You need help- but you have steel inside you, holding you together. You can't see it, but it's there. "

Steel Inside

Oil on canvas
24x20in

MONIKA PESZEK



"I want to scream the word
"NO!" and I do."

No!

Oil on canvas
36x18in



"I remember the constant feeling
of "being behind the curtain" or
"inside the bubble" looking at the
world around me ... people
living, having fun, enjoying
themselves. They were right next
to me, but at the same time so
far away."

From the Inside Out

Oil on canvas
18.5x22.5in

MONIKA PESZEK



"I've been stuffed in a casing. I don't know where all my parts are. Where is my heart? Where is my soul? I'm just meat."

Packaged Meat I

Oil on canvas
20x24in

Packaged Meat II

Oil on canvas
36x48in

MONIKA PESZEK

"The anger, the screaming, the monster inside of me. Where did it come from? For years, I didn't want to understand. Denial is protection. I simply wasn't ready to face who I was angry with, and why. And who I wanted to hurt, and why."

The Monster

Oil on canvas
24x18in



"I'm empty. There's nothing inside of me. All I can feel is my hands and my feet. Do I even have a body?"

Broken

Oil on canvas
24x20in

MONIKA PESZEK

"I know how it feels to be scared of everything. Looking from the inside out at life, wanting to be happy and joyful, but not knowing how. The pain is just too big. Everyone will see it."

Looking Out

Oil on canvas
20x24in



"The little girl inside of me thinks that because I'm an adult I will protect her. But just in case, she wants thicker walls and more locks for her safe little world. So when she gets scared, I have to get bigger and heavier. Because she's scared, I become colder, sarcastic, proud, and aggressive, so that people stay away."

Us

Oil on canvas
28x22in

MONIKA PESZEK

"With these feelings came a need to fell whole and put together. I knew the only way to do it was to go back and revisit the abuse and the feelings it brought up in me. expected it to be painful, like literally sewing myself back together."

Ripped Apart

Oil on canvas
40x30in

Parasites

Oil on canvas
40x30in

MONIKA PESZEK

"You don't look like someone who's been abused." I learned to hide my pain. I wear a mask of "normal" because you can't function in our society without one."

The Mask of Normal

Oil on canvas
36x36in



"The weight, the guilt, the shame. I carry it with me always. It's so heavy, I can't even straighten up. It's too much."

Weight

Oil on canvas
36x24in

MONIKA PESZEK



"I try to cover myself, curling inward to hide my beauty from the potential abusers...No one could understand like I do. I hurt for everyone else. I understand."

Lilies of the Field

Oil on canvas
30x32in



There is No Center

Oil on canvas
40x35in

MONIKA PESZEK

"My insides, my essence. It's gone. Someone ripped it out, and I'm just waiting for the vultures. I was deboning a chicken when I thought of this piece, and I felt just like the chicken."

**Torn**

Oil on canvas
18x36in

Out of Shape

Oil on canvas
30x24in

MONIKA PESZEK

"The abuser invades your territory and becomes a part of you forever. You are never just yourself – you become a land under occupation, ruled and programmed with fear and filled with feelings of worthlessness. He's always present in the background, influencing every decision you make. The abuser kills the person you could have been. "

The Invader

Oil on canvas
40x30in

MIGUEL BARROS

"...these two paintings are created by the influence of experiences of lives, and they do not represent a real person, but it is from real examples, real expressions of silences, just the eyes talking and sharing their hard pass, and how cruel a human being can be, but in these looks we can find kindness, beauty and hope...."

A Portrait of Silent Suffering I & II

Oil on gold, silver and copper leaf on wood
23.5x16.5

MIGUEL BARROS



Post Trauma Series (2015)

Mixed Technique
4x6in each

MIGUEL BARROS

"Each painting is a double side of itself, and the meaning of those two works are like a metaphor about survivors of any kind of violence, trying to express the dark side of the suffering of the people who was a victim of any abuse."

Life has so many sides, and shapes I, II, III & IV

Mixed Technique on canvas in wood frames
18x24in each

MIGUEL BARROS

"...the four elements that sustain life, those puzzle pieces falling down, like breaking people from matrix of their lives, the victims, represented in all those puzzled pieces it works like the metaphoric idea about the broken body and spirit..."

Torn People Series

Etching, xylogravure, painting, emergency blanket
on paper
16x20in each

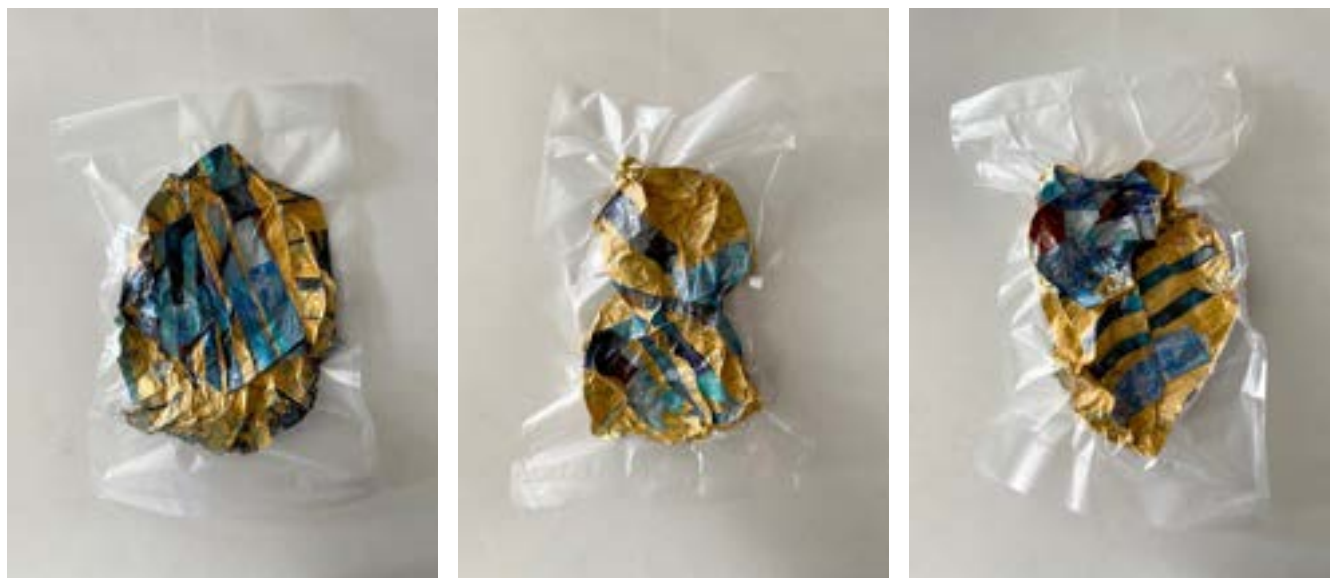
MIGUEL BARROS

"The suffering that life can cause in certain moments to so many people is something hard to express, or to talk about it. Somehow, like a tree burnt by the wildfire, the miracle happens in the regeneration of life in Nature. We can see those effects in the skin of the trees burnt and through the deep wounds and scars it is possible to start new beginnings...and Hope is born again!"

Burnt Skin I, II, III

Oil on emergency blankets

12x13in each

MIGUEL BARROS

"I've found such beauty in this kind of parallel about life, about people, about suffering, about all the victims of all cruel circumstances, that sometimes in life we all live under the pressure, in such hard suffering that could be similar to something closed and squeezed like there is no air to breathe, no space to move on, and trapped by someone, somewhere, suffocated and alone..."

The paintings closed inside the plastic bags are like a metaphor for those who talk about the silence of the victims, but a helping hand can always relieve that pain when you take each of these paintings trapped and give them a hug, a lap, love!"

A Trapped Piece of Love I, II, III

Oil on canvas, gold leaf, plastic
8x10in each

N.P

"Everything gets quiet in my head when I'm painting. It creates a safe place where I can break down the abuse I've survived into more manageable pieces and start to process my experience."

Shelter

Oil on canvas

24.5x36in (bed), 16x20in (sink)

RENNE KLYCZEK NORDSTROM

"It is my torso torn apart from chest to pubic bone, my heart twisted and unrecognizable, my hand clutching at what was once my heart. The artwork is the process I use to work through the feelings.

I have an endless capacity to heal and the healing can only be done by me. Life is an unending exploration of beginnings and endings and so I continue the journey exploring through art and living."

Sacre Coeur (Sacred Heart)

Wire and fabric

21x15in

SANDRA JEANNE THOMPSON



"I created a lot of red paintings, with images of melting flowers turning into wilting maidens. At the time red felt soothing and tranquil to me, rather than angry or passionate."

Innocence Lost: Ring Around the May Pole

Acrylic on Wood

35x24in

SANDRA JEANNE THOMPSON



"The Angel of Mourning honors my ancestors, my father, and my recovery process."

Angel of Mourning

Mixed Media

69in (head), 55in (mannequin)

SANDRA JEANNE THOMPSON

"Between 1984 and 1985, following a sexual assault, I created several dioramas. The frames were built of wood and covered with canvas, and I used dolls and found objects, such as glass and sticks, to create these little vignettes."

Another Day

Mixed Media

11x16x17in

The Flower Guardians are Entangled and Embedded

Mixed Media

9x15x15in

SHAWNA ANGEL BLUE



"It is an image that 'speaks' of my constant dialogue I am having with myself and using Jungian terms with my Shadow, the repressed part of me that has guided me most of my life...This photograph is my true nature, both sides."

Shadow Talk (2007)

Photography

27.75x27.75in

NICK SISTLER

"I particularly like the parade of elephants bordering the top of the wall in the nursery. This can be read simply as decoration, or as a reference to the proverbial elephant in the room that no one is willing to admit is there."

The Nursery

Acrylic on Canvas

3x4in

SOPHIA ETLING

"I recreate the tumult I experienced during my criminal and Title IX investigations for intimate partner violence...I reassemble the relationship narrative on canvas in an attempt to regain the control that was stripped of me by sexual/physical violence, as well as institutional harm inflicted by the criminal legal system."

Insufficient Evidence

Case evidence dis- and re-assembled on canvas
18x24in



All That Can Be Boxed Away

Multi-media collage, suitcase
8x10x3in



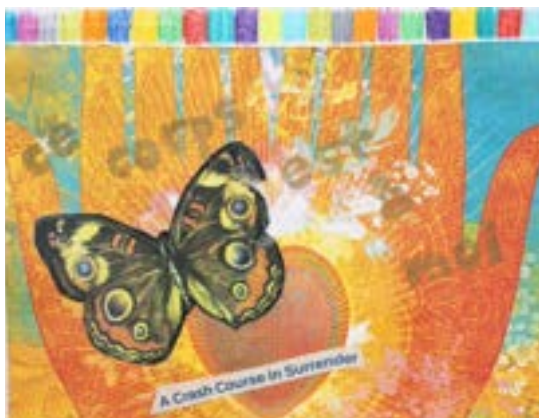
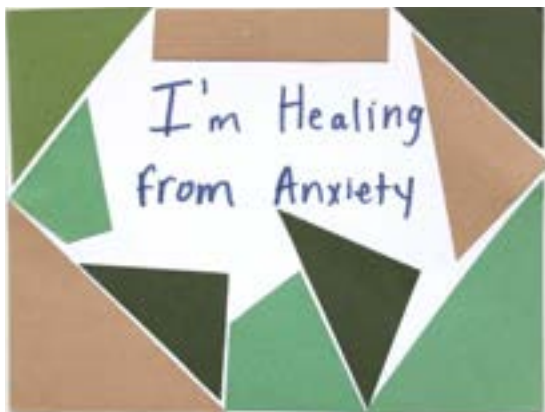
"Art has always been my safe place. As a kid, when things got bad, I would sit behind my bed in secret and draw scenic places all over the walls. I had been told not to draw the unpleasant things, but rather how I wanted the world to be. Today, I still use painting as a way of escape, but instead of blocking things out with my work, I use it to encourage the release of negativity from my past."

Invisible Girl

Acrylic on canvas

24x24in

ANONYMOUS



Post Trauma

Mixed media on postcards
3x5in

ULLI LUST



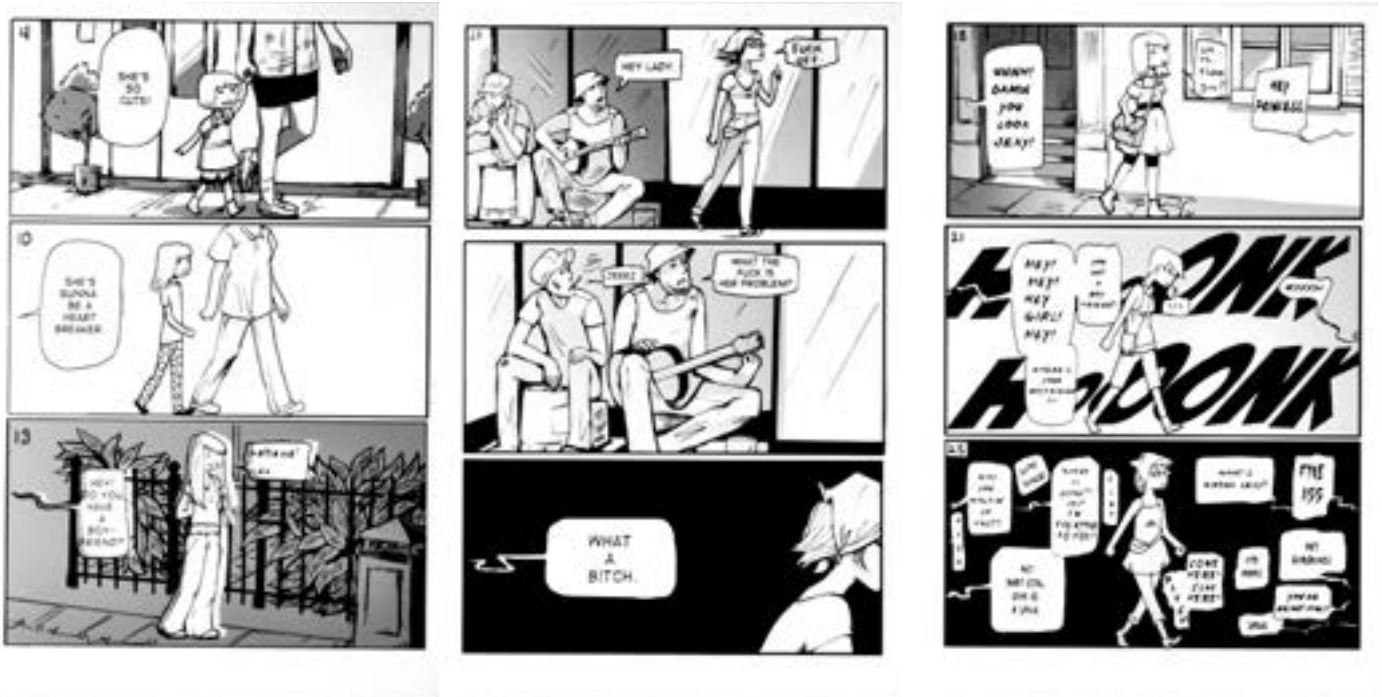
"I'm a black hole, a hole that doesn't accept your rules. So you don't know any women like me? Well watch and learn. I've come here from the future."

Today is the Last Day of the Rest of Your Life (excerpt)

Print of original comic

27x20.5in

URSA EYER



"This comic is only meant to illustrate my history with this upsetting part of our culture."

Memorimic 3: Cat Call

Print of original comic
16x13in

LINDA NESS

"By creating and understanding this image, I am able to recognize these ugly parts of myself. I see that although they are inside, they are NOT me. I need not fight, react to them or give them power. By examining these scary parts, I learned to recognize the triggers that give the monsters power and how to pull the plug so they no longer control my emotions or life."

Rageaholic

Acrylic on canvas

36x40in

LINDA NESS

"The haunting feelings and images of recurring nightmares are captured in this image. Examining these frightful memories has helped me to understand and release the energy of that repressed trauma."

Unfinished Nightmare

Acrylic on canvas

39x35

LINDA NESS



“As a gift and celebration for my inner child, I have created this image, which includes children playing, with no fear of the night.”

Moonlit Cartwheels

Acrylic on canvas

30x36in

LINDA NESS

"With a promise of love joining the world of two souls, is it the thread of trust or the courage of the lover that is being tested? Is it even more of a challenge when the deep scars serve as protection as well as a barrier to intimacy in a relationship?"

Tightrope Romance

Acrylic on canvas

30x36in

