

## How to Observe Art on Slow Art Day:

### 1. Choose Your Work

Select one or two works of art from the *Lighting the Way* exhibition to focus on. These may include portraits, textiles, photographs, or other objects.

### 2. Look Closely

Spend at least 5-10 minutes with each piece. Try not to rush. Stand or sit at a comfortable distance and allow your eyes to roam the piece slowly. Notice the textures, colors, shapes, and patterns. How do the materials and details contribute to the story being told?

### 3. Engage Your Senses

While observing, think beyond what you can see. Imagine what it would feel like to touch the piece. Consider the sounds or smells associated with it. How might this object have been used in the past?

### 4. Reflect on the Stories

As you look at the artwork, reflect on the lives, labors, and loves of SouthCoast women represented in the exhibition. Ask yourself:

- How does this object tell the story of women's roles in the SouthCoast region?
- What can we learn about the intersection of race, class, gender, and activism from this piece?
- How does this object connect to broader movements such as abolition, suffrage, or civil rights?

### 5. Write Your Thoughts

Use the provided postcards in the **Community Story Corner** to jot down your reflections or observations about the work. Share your thoughts on how this piece connects to the women's contributions highlighted in the exhibition, and consider how your own personal story fits into the larger narrative of New Bedford.

### 6. Take Your Time

Remember, Slow Art Day is all about taking a pause. Resist the urge to rush through the exhibition. Spend time with each piece and allow yourself to fully experience the art.

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## Artworks to Focus On:

### 1. Portraits of SouthCoast Women

Notice the details in the portraits—whether they are oil paintings, photographs, miniatures, or silhouettes. How do these portraits reflect the individual personalities and roles of the women? What can you learn about their lives based on the artist's choices?

### 2. Textiles and Quilts

Spend time with the quilts, samplers, and needlework. These works often tell stories through

intricate designs and patterns. How might these domestic arts reflect the hopes, struggles, and identities of the women who created them?

**3. Objects of Civic Engagement**

Look at artifacts associated with women’s organizations like the YWCA, New Bedford Woman’s Club, and ARAW. How do these objects speak to women’s leadership in social movements, labor organizing, and community-building?

**4. Pottery and Postcards**

Take a moment to consider the pottery of the Saturday Evening Girls and postcards by Theodosia Potter Chase. What messages or symbols are represented in these works? How do they reflect the changing roles of women throughout history?

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**Questions for Reflection:**

- What emotions or thoughts does the artwork evoke in you?
- How does the object relate to the experiences of SouthCoast women from the 19th century to today?
- How might the artist’s perspective—whether a woman or not—affect the way the subject is portrayed?

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**Final Thoughts**

As you conclude your Slow Art Day experience, reflect on the connections you’ve made with the art and the stories it tells. Slow down, observe, and appreciate the details—discovering more than meets the eye in every work of art.

Enjoy your experience and continue to reflect on the lives and contributions of SouthCoast women, both past and present.