



Lynn Sposito Studios

March News

Issue #4 It's a lucky month! 2024

Happy March dear friends!

February came and went, didn't it? I hope you had a blessed month!

Personally, I was definitely on the roller-coaster of life in February. I experienced some highs and some lows and was grateful for the balancing of it all at the month's end.

In the beginning of the February, I was 'ghosted' with my application for my

hopeful studio space rental. After a professional follow up and STILL hearing nothing back, I felt somewhat deflated. You know that spiral of thoughts... the whys, the frustration and even some sadness. I tried to keep the faith that God must have a reason why this wasn't for me at this time, though I just didn't understand as it seemed like a perfect opportunity. I received my 'why' later in the month, keep reading...

Not letting the frustration grow roots, I shifted to getting some kids art classes together. Years ago I created an entire curriculum for home schooled children and I see that it's time for this to be brought back to life! I will be travelling weekly to a home that will serve as host to several other kids. It's a great concept that I can really see growing. Today is my first class and I'll look forward to sharing pictures with you in my next letter. I love being around the little ones and am SO looking forward to this!

Read on for the other bumps I took on the roller-coaster of life. I'm thankful to share my story and with faith and fortitude, I got up today with renewed hope and gusto to fulfill my God-given design and purpose.

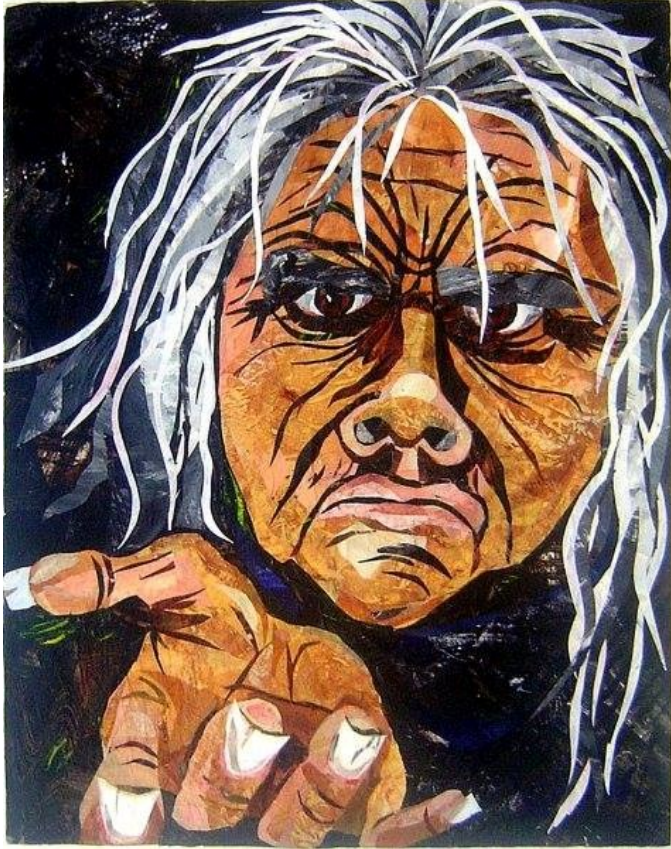
Enjoy my updates!

With love,

Lynn

GALLERY NEWS

Currently Showing



["The Forgotten"](#) is currently on exhibition through March 2024 at [Light, Space, Time](#) for their "All Women" show.

This gallery is an amazing platform for artists worldwide and I'm so thrilled to be one of their artists of Special Recognition!

New Gallery Show



My piece "[Grounded](#)" has been jury accepted into another online show opening today. [Light, Space, Time Gallery](#) is hosting "[Figurative](#)" and will be showcasing artists from around the world in this compelling show. The works are stunning! Over 560 entries from 20 different countries entered and my artwork won Special Recognition! You are the first to know! Please support all of the artists by [checking out](#) their amazing creations!

STUDIO UPDATE

Back to my 'why' of why I didn't get that studio space (right now)..

I had gestational diabetes years ago. Because of this and family history, I was at risk to develop diabetes as I got older- so I decided to check my sugar, figuring I'd keep a monthly eye on it. I eat healthy, I exercise.. so I should be fine.... right?

Well, it's not fine and fairly high. WOW- I didn't see THAT coming, but God did and He was watching out for me. I didn't see it at the time, but I see it now. The 'extra' resources of time and money that would have gone to the art studio are now consumed by this. And that's OK. I know I'm being HELD.

I'm learning a lot and am so very grateful that I decided to check my sugars! I've also been inspired to start working on a new project! I am led to make 'Grounded' a series and the next one up will be 'Dancing 'Tho the Deep'.. It's all designed and ready to go! (a photo reference-apparently I have a thing for feet! LOL)

I had this design in my mind MONTHS ago and now I am understanding what that tug was! I am feeling the call to bring it into existence with even more meaning in my heart! Watch for updates!

FUN FACTS



Did you know... I'm an avid Eagle nest watcher?!

There are several nests across the country that have live cams set up for viewing. I've been following a nest in South Florida for many years. (This nest was my inspiration for my eagle art that is presently 'waiting in the wings' at the moment-haha)

This nest currently has one juvenile on the nest, getting ready to 'branch' meaning it hasn't jumped off the nest yet, but is ready to!

<https://dickpritchettrealestate.com/southwest-florida-eagle-cam/?cam=1>

I've also started watching a nest in California that is currently on 'pip' watch. Meaning, the eggs are about to hatch! It's fascinating to watch the contrast in climate conditions from East to West.

<https://www.youtube.com/watch?v=B4-L2nfGcuE>

The Eagles are amazing and honestly, we could learn a thing or two from them!

COLLECTOR'S CORNER

So happy to send ["The Beat I Drum"](#) signed and numbered print to Annie!



"What I felt in this when I first saw it was a Phoenix rising from the flames. The drum as the heartbeat. In the words of Toby Keith, "How Do You Like Me Now?" So happy this piece moves you Annie!

Annie- West Virginia

March WINNER of my free art newsletter giveaway!

Congratulations to 'jdiaz' ! You have won a choice of ANY one of my available, signed prints. Please message me with your top 3 choices and mailing address so I can get your print to you right away! LynnSpositoStudios@gmail.com Woo hoo!

(Be my spotlight guest for April! Just send a photo of you with my original art, canvas or signed print and a few sentences of your "why the artwork spoke to you" to: LynnSpositoStudios@gmail.com)

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As I wrap up this month's letter, I need to be honest. I had a moment

when I found out about my sugars that I just wanted to give up. It's life-changing and so time-consuming to be so focused on food, portioning, timing, journal keeping, blood... all of it- from the moment I wake up, till I go to bed.

In the midst of it all I knew that I had to show up to create this letter. You have inspired me to brush myself off and keep creating. So THANK YOU, you all lifted me up me without even realizing it!

Whatever history your family may have health-wise, I encourage you all to be diligent and love your Earthly body to make sure you are caring for it for the long haul!

Lifestyle changes aren't easy- but I want to be around for a long time, so I'm looking at this new routine as an opportunity that I GET to do and not something I begrudgingly HAVE to do. (All in the mindset!)

Thank you for letting me share with you. I wish you all a beautiful March! May the luck of the Irish be with you! Spring is almost here and so is daylight savings! Woo hoo!

Love, peace, gratitude and abundant good health to you all!

-Lynn





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