

# Empty & Meaningless: the Box Project

aka: "The Box Project"



JANUARY 2003							FEBRUARY 2003							MARCH 2003							APRIL 2003						
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
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26	27	28	29	30	31	23	24	25	26	27	28	23	24	25	26	27	28	29	27	28	29	30					

Adrienne Fritze Art Projects/Urbanesque.com/05/06



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### Box Stories: Tales from Empty & Meaningless

Letting go of all that angst  
 I felt - the separation - me being 8  
 You being 18 - little girl  
 Big Brother  
 Too many years  
 too silent too f a r  
 Just right  
 what it is who we are  
 Big Brother  
 Little Sister  
 Just Brother and Sister  
 I love you.

an Urbanesque sponsored community art project

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### OTHER PROJECTS IN PROGRESS

**Coffee Creek Pilot Project** is the newest project to be launched under the Box Project banner. As the program develops and is tested in this women's correctional facility, the Box Project will be searching for galleries to host the resulting sculptures and box works by the inmates of Coffee Creek.

### Box Project Documentary

The shooting of the footage is about 2/3 complete. It includes interviews with the founder Adrienne Fritze, people who've participated in various projects, and volunteers. The intent of the documentary is to place it on public airwaves, and to create short pitch pieces from the footage to assist in fundraising.

### HELP WANTED

Writers Wanted!

E&M is looking for writers to work with us to capture the stories of folks who have participated in the "Empty & Meaningless" box project - to be published on the project website and in the installations and other collections of the stories created out of the project.

"E&M" has captured the interest of all kinds of people, for a variety of reasons - and is being used in workshops, classrooms, in fundraising events, and more.

In light of that burgeoning interest there are story opportunities for magazine and newspaper articles in addition to the work requested by E&M.

Please take a few minutes to read through the site and see if there is something here that touches you, an idea or a story that captures your attention.

Then call or e-mail Adrienne and let her know that you're interested in participating in interviewing E&M participants, writing stories for this site, submitting articles to other publications, writing press releases, promotional copy, ad copy—whatever service you want to provide. And don't be shy! We aren't— we're clear we need it all!

You may leave messages at 503-282-6011, or e-mail Adrienne directly at [adriennef@aol.com](mailto:adriennef@aol.com).

CALL US: 503.282.6011

E-MAIL US: [adrienne@urbanesque.com](mailto:adrienne@urbanesque.com)

VISIT THE WEB: <http://www.urbanesque.com/empty>

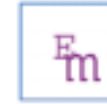


Box Stories: Tales from Empty & Meaningless

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WHAT IS

## "Empty & Meaningless: the Box Project"?



**Empty & Meaningless: the Box Project** (aka, "The Box Project") is a series of ongoing community artworks created by combining the visual expressions on "canvases" of small empty boxes created by everyday people with the sculptures of artists who participate in this community project.

**The boxes** are created by participants who hail from all walks of life/circumstance/creed/culture. Every mode of decoration you can imagine is used to adorn these boxes - from crayons to acrylics - glossy magazine cutouts to beads and buttons and bows - from personal nic nacs to manufactured doodads - items readily available to the creators of the boxes.

**The artwork** by these non-traditional artists represents a desired shift for them in the way they experience a relationship in their lives. Some of the works blatantly cry out the transformation their creators desire - others are more playful and fanciful, hard to interpret without hearing or reading the story it depicts. There is sadness, rage, despair, confusion, anger, release, freedom, joy, ecstasy, fun. The stories draw you in, take you on a ride through lives of people you don't know - yet the tales are familiar - ending in a bloom of freedom, forgiveness and power.

**The sculptures** are created for groups of boxes - each designed to house and celebrate the work of the communities they represent. The steel and glass and wood is a loving declaration that acknowledges that transformation is powerful when taken on one-to-one - and completely unstoppable when combined with the intents of others to change the way they be in the relationships in their lives. Each box represents the possibility of a miracle in a relationship between box artist and the person for whom the box was created - each sculpture represents the possibility of miraculous healing of communities and the globe through the conduit of forgiveness, love and full self-expression.

Blank boxes for the project are distributed individually, in workshops, at community events - wherever one or more people are inspired to take on healing their world - one box, one relationship at a time.



## With Love (the Peace Project)

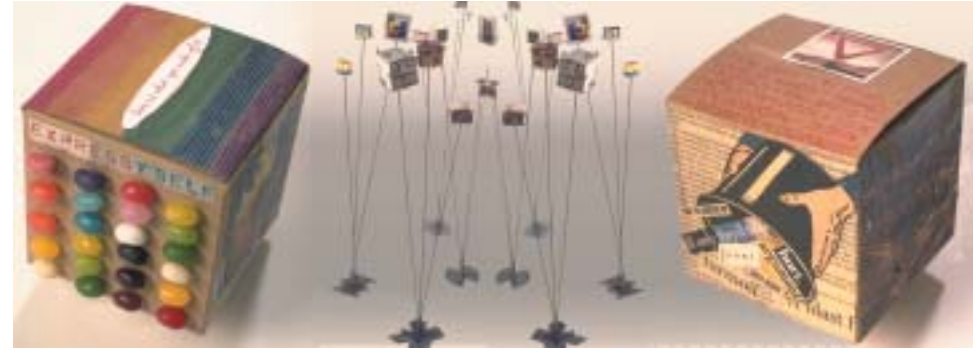
*Community sculptures dedicated to the victims of September 11th tragedy as a representation, to be presented as gifts of Love and Healing to the world's capitals.*

### An Open Letter from The Box Project Founder, Adrienne Fritze

September 11, 2001. That was the day before my 41st birthday - a birthday I was determined to spend in such a way as I had not spent it before. Little did I know how I would be spending it - or how unique this birthday would be...

Along with the world I was shocked & dumbfounded by the images I saw on the television. My mind could not immediately comprehend what I was seeing - it looked like I was watching a movie - special effects designed to awe and amaze us.

On that morning I had gone out early to run on the track in the park across from my home - and on my return to my house 25 minutes later I was horrified by the images I saw on the television of the towers collapsing. I comforted my mother for some minutes, then went to my upstairs bathroom, curled into a ball, and wept.



I wept for the people who I knew perished in that collapse, or were going to perish as there most certainly were hundreds trapped in the debris. I wept for the men who felt so right about their religion and who they believed they were to commit suicide and take with them thousands of unsuspecting victims. I wept for the people on the planes. I wept for a stunned nation - a dumbfounded world. I wept for myself.

Violence begets violence - using it is futile. The only way out of violence is through Love and the actions that fall out of being love.

The Saturday following the tragedies in NYC and DC my friends and I held a benefit concert on my front lawn for the Red Cross. We also launched a new Box Project project - "to the World with LOVE". All we knew, and know, to do is take our talents, take the gifts we've been given by the Universe/God/Allah/Wankan Tanka and use them to benefit others. To provide someplace to express our sorrows, our anger, or helplessness - and transform those feelings into the vision we see of the future - a world ruled by Love and Peace. We do this through music - we do this with the Box Project. I invite you to take part in the creation of these sculptures for the capital cities of the world.

With every box that is created expressing our emotions around the destruction and fondest hopes for this world we build stronger intentions by adding another voice to a community of voices acknowledging our losses and weaknesses, calling into action our strengths and intentions to live in Peace, with Freedom, in Love.

Please contact the Box Project through founder Adrienne Fritze at [adrienne@urbanesque.com](mailto:adrienne@urbanesque.com), or leave us a message at 503-282-6011