

Trust the Process

by STEPHANIE ARNER



Abstract

Jewelry accumulates time and history. The material and function of jewelry **records historical and personal events** as wearable and ceremonial objects, particularly materials used in jewelry making to **contemplate time and human nature**. The continuous refinement of craftsmanship and imparting human **thought** -while making- coalesce as a visual representation, tangible timeline, and use of material. **Trust the Process**, a phrase commonly describing the unknown journey in life as well as the non-linear making process; through perseverance, patience, and trust... things will work out in the end.

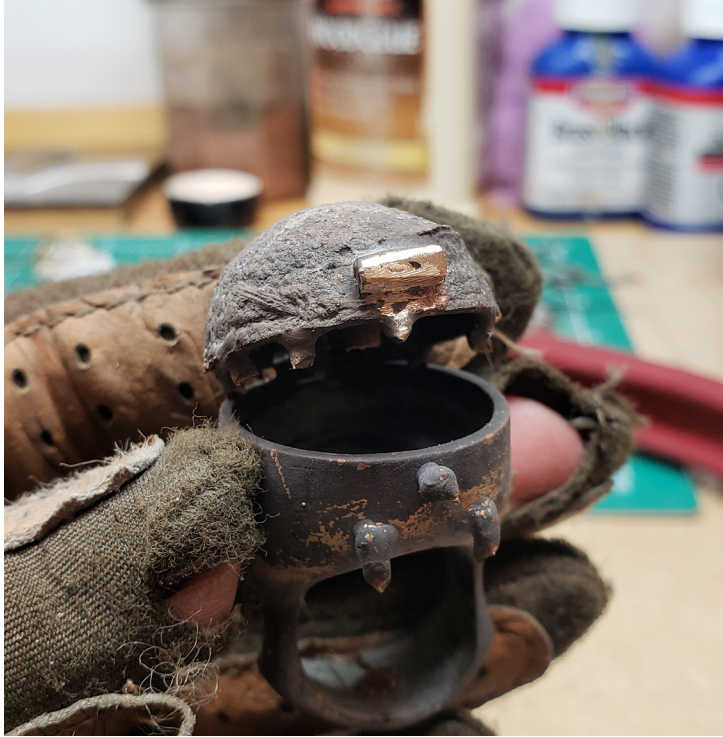
Jewelry inherited through generations serves as the vehicle to the past by housing many **stories, secrets, and memories**. Historically, the signet ring carries the weight of the family history impressed upon paper to seal written thoughts. In contemporary jewelry, the signet ring form may change, but the implied signature of the artist remains while leaving an emotional impression on the maker.

This body of work is the convergence of **archival jewelry** with a concentration on **personal history** in the form of rings. The ring demonstrates a universal language connecting humanity to internal and external worlds. The exploration of **rings serves as a testament of inner thought** and moments of solitude documenting daily life through tangible materials, rumination, and the **act of making**.



Sandpaper in various grits with dried avocado pits





Artist's Thoughts

Trust the Process encompasses the mind, body, and soul experience of the maker.

My work is about the evolution of the self through the act of making. Sharing my inner world of becoming who I am supposed to be... as a maker... as an educator... a mother... a grandmother... a woman... a sister... a good human. We evolve through time based on what we consume emotionally and physically... the process of being and sitting with it and accepting it and celebrating the ENTIRE process of being your true authentic self... by trusting yourself and trusting the process. The good... the bad... and the ugly. As a whole, the work becomes this beautiful story to share with the world-- to be seen.



The transformation of materials acts as a metaphor of the evolving self. Understanding how the importance of creating and well being collide are paramount to my research as an artist healing from hidden abuse. Healing is an endless non-linear journey much the act of making. The meditative act of making heals the heart and soul.

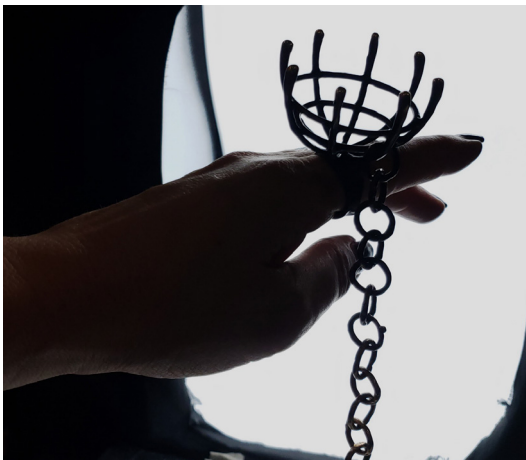
Story telling through rings...



1-4

HEALING THROUGH MAKING

The act of making is a non-linear process that enables creative expression that many find challenging to convey with words while healing from trauma.



5-8

MIND GAMES

The act of making can also be a form of creative meditation... a time for mindfulness, self-reflection, and healing. Rumination of past traumas becomes tangible objects that mirror psychological & emotional turmoil.



9-19

PSYCHOLOGICAL POISON

The creative process infuses the mind and body with an awareness of experiencing time in the present while deepening appreciation for daily life as a means of communication.

20-22

A STITCH IN TIME

Sewing during childhood was an escape, as adult it helps to process emotions, thoughts, and memory. This referential process acts as a vehicle of thought and metaphorical symbolism through the use of material.



23-28

ACCEPTANCE

The transformation of ideas into reality contextualizes the history of the materials. The deconstruction and reconstruction of materials is a means of accepting the past & reevaluating the self through creative exploration. Accepting things as they unfold-- pivoting when necessary.



29-35

FINDING JOY

Through daily life, objects inform self-identity. Transformation of the self through making connects the mind, body and soul... creating joy.





1.) *You Are Enough.*

Ring: Sterling silver, found object - broken mirror; Box: copper, sterling silver, black flocking.

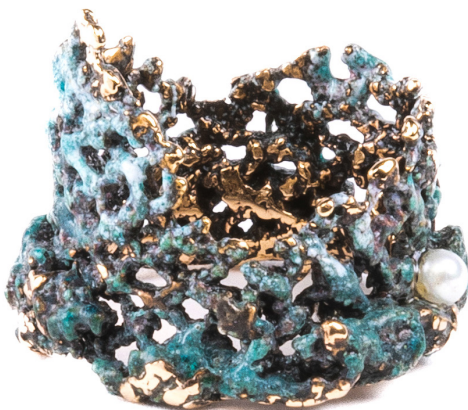
Ring: 19mmx24mmx24mm, size 6.5;
Box: 42mmx42mmx42mm



2.) *Finding Joy.*

100% repurposed sterling silver, enamel, electroformed copper plastic net, 10mm cubic zirconia

Ring: 31mmx33mmx46mmx, size 7.5



3.) *Safety Net.*

100% repurposed ancient bronze (plastic net), enamel, 3.5 mm freshwater pearl

Ring: 25mmx20mm; size 7.5



4.) Limits.

Gallium metal, Swarovski crystals.

Ring 1: 23mmx5mm; Ring 2:
28mmx8mm ; Box: acrylic,
57mmx57mmx57mm



5.) Generational Trauma

100% repurposed ancient bronze,
eggshells, mica, polyvinyl acetate,
great grandma's beads, gold thread

Ring: 29mmx30mmx122mm (bead
string), 20mmx25mm (bead), size 7



6.) Understood

100% repurposed ancient bronze,
fabricated sterling silver chain,
enamel, mirrored glass (gallium +
indium metals), freshwater pearls

Ring: 40mmx28mmx37mm;
4.5mmx127mm(chain) ;
18mmx22mm (bead)



7.) Mind Games

CAD design cast in 100% repurposed ancient bronze, fabricated chain, avocado pit

Ring: 49mmx49mmx56mm;
13mmx126mm (chain); 23mmx25mmx37mm (avocado charm); size 8



8.) Psychological Poison

Wax carved cast in 100% repurposed ancient bronze, carved/cast avocado pit

Ring: 25mmx28mmx41mm; size 7.5



9.) Family Signet Redefined

Wax carved cast in 100% repurposed ancient bronze, avocado pit

Ring: 22mmx23mmx39mm; size 6.5

10.) Dry



Wax carved cast in 100% repurposed ancient bronze, avocado pit dust

Ring: 21mmx21mmx46mm; size 8

11.) Burned



Carved avocado pit, burned with molten sterling silver

Ring: 22mmx8mmx24mm; size 6.5

12.) No Engagement



CAD design cast in 100% repurposed ancient bronze, avocado pit

Ring: 22mmx22mmx27mm; size 8



13.) A New Leaf

100% repurposed ancient bronze (plastic net, avocado skin, banana peel), avocado pit

Ring: 50mmx37mmx54mm; size 6.5



14.) Fasçade

Copper electroformed avocado skin and plastic net, sterling silver setting, 8mm cubic zirconia

Ring: 52mmx40mmx63mm; size 7.5



15.) Not Broken

eggshells, mica, polyvinyl acetate, avocado skins, liquid gold leaf

Ring: 50mmx25mmx108mm; size 8



16.) Lemonade

Wax carved, 100% repurposed ancient bronze, lemon seeds

Ring: 26mmx10mmx34mm; size 8



17.) Rebuild

100% repurposed cast ancient bronze (plastic net), eggshells, mica, polyvinyl acetate

Ring: 16mmx27mmx29mm; size 7.5



18.) Working Through Anxiety

100% repurposed ancient bronze (stick, lemon peel, plastic net, banana peel), 100% repurposed sterling silver (plastic net, toothpicks, Babybel cheese wax), avocado pit

Ring: 54mmx59mmx183mm; size 8



19.) *Freedom*

100% repurposed ancient bronze (sprue tree, banana peel), 100% repurposed sterling silver (plastic net), 2.5mm white topaz, copper electrformed eggshell, salt & vinegar patina

Ring: Ring: 58mmx56mmx144mm;



20.) *Break the Cycle*

Wax carved, 100% repurposed ancient bronze, thread

Ring: 52mmx45mmx49mm; size 7.5



21.) *Rumination*

Carved wax cast ancient bronze, electroformed copper plastic net, thread, freshwater pearls, cherry pits, salt & vinegar patina

Ring: 45mmx44mmx126mm; size 8

22.) Next Generation



Copper electroformed epoxy, peridot, emerald, great grandma's beads, freshwater pearl, thread, green patina

Ring: 35mmx34mmx38mm; size 7.5

23.) Hidden Truth



Wax carved, 100% repurposed sterling silver

Ring: 28mmx12mmx31mm; size 8

24.) Barcelona Reboot



Wax carved, 100% repurposed sterling silver, fabricated sterling silver chain, sand cast heart lock charm, lapidary slice (found rock-Barcelona)

Ring: Ring: 30mmx4.5mmx30mm; 6mmx130mm (chain); 14mmx7mmx22mm (heart); 8mmx4mmx29mm



25.) Question Everything

100% repurposed sterling silver sheet, found object (copper pipe)

Ring: 61mmx44mmx38mm; size 7.5



26.) Redefine

100% repurposed sterling silver sheet (plastic net), 100% repurposed ancient bronze (lemon peels)

Ring: 41mmx63mmx64mm; size 7.5



27.) Shift

100% repurposed sterling silver sheet (plastic net)

Ring: 11mmx36mmx67mm; size 7.5



28.) Nourish

100% repurposed sterling silver, copper, avocado pit

Ring: 47mmx29mmx42mm; size 6.5



29.) Depletion...Guilding

Carved wax, 100% repurposed sterling silver, cast tomato

Ring: 21mmx13mm46mm; size 7.5



30.) Irritation Makes the Pearl

100% repurposed sterling silver sheet (plastic net), sterling silver tube, 12mm freshwater pearl

Ring: 18mmx20mmx40mm; size 8



31.) Acceptance

100% repurposed sterling silver
(plastic net, banana peel), aquamarine lapidary slice

Ring: 37mmx22mmx37mm; size 7.5



32.) Form & Function

100% repurposed sterling silver
(cast banana peel, chicken bone), freshwater pearl, 3mm cubic zirconia

Ring: 25mmx66mmx42mm; size 8



33.) Not Baroque-n

100% repurposed sterling silver
(cast chicken bone), freshwater Baroque pearl, 2.5mm white topaz

Ring: 16mmx34mmx47mm; size 6.5



34.) Grandma's Ring

100% repurposed sterling silver (cast grape stems, plastic net, banana peel; wax carved shank), 8mm cubic zirconia

Ring: 25mm35mmx44mm; size 8



35.) Practicing Joy

100% repurposed sterling silver (lemon), fabricated sterling silver shank, 12mm cubic zirconia

Ring: 55mmx53mmx46mm; size 7.25

About the Artist

Dreamer. Innovator. Pun Lover. These are a few ways to describe Stephanie. She's a proud GenX-er, mother of 2 adult sons and 1 grandson. While carving out each new chapter in life, she has accomplished many feats and triumphs. She graduated from the University of South Florida with a BFA in Ceramics at age forty. She went on to teach Art K-5 for 2 years and middle school for 3 years. One of her proudest career moments was being named Teacher of the Year in 2020. After 5 years as a public-school Art Teacher in Florida, she decided to pursue her dream of obtaining an MFA. She packed up in the height of Covid and headed to Savannah, Georgia to attend the Savannah College of Art & Design for an MFA in Jewelry at SCAD with aspirations of becoming a professor.

Exploring materials has been a lifelong journey since her childhood. As a child, she used materials on hand as means of escape from the external world. Years later, she concluded creating was one of the healthiest coping mechanisms to have when trifling through uncertain times. Essentially, the act of creating saved her. After weathering life's many storms, she has emerged into her true self. She is an artist in every sense of the word and enjoys making wearable art from found objects as well as jewelry that holds emotional value.

After nearly 40 years of repurposing materials, she discovered the act of making allows time for the brain to solve problems through self-reflection; and with self-reflection comes progressive change. Transforming materials once was a form of escape has now become a form of expression... specifically, jewelry. Jewelry is tangible, wearable and personal. The emotional value of jewelry incessantly tugs at our hearts, creating a connection from object to person. Life experience has taught her valuable lessons... we can't erase our past, but we have the ability to reclaim our lives and rebuild our future.





Acknowledgments

Many thanks to Professor Lee, Professor Song and Professor Keyes for sharing your knowledge, expertise and pushing me to expand my creative boundaries.

Thank you to my sister, Danielle Jarrett, for always encouraging me to push through the hard stuff and keep going. Love and support are paramount to the joy we deserve.

Shout out to all the amazing friends I have made in the jewelry department... we are forever FAHM-ily!

To all the friends and family who have watched my journey unfold and supported me along the way, my gratitude runs deep.

My exhibition could not have been possible without the relentless help of my dear friend, Kelly Knight... Thank you is not even enough to show my gratitude!

Thank you to Ella Kerner for being the best greeter...I appreciate you so much!

Many thanks to Sam, Gallery Director at Cedar House Gallery, for making this such a wonder experience!

Lastly... this work is dedicated to my children and my grandson (Stephen, Matthew, Mya & Atlas)... I love you!

-Stephanie

CONTACTS

EMAIL

stephanie@jewelrybystephanie.com

WEB

www.jewelrybystephanie.com

SOCIAL MEDIA

https://www.instagram.com/jewelry_by_stephanie

<https://www.facebook.com/Jewelry.by.Stephanie>

<https://www.linkedin.com/in/stephaniearnner/>

<https://www.behance.net/stephaniearnner>