



*Swedenborg Association of Australia*

**WEDNESDAY, May 22<sup>nd</sup> 2019, 6:15pm\***

**Museum of Contemporary Art (MCA)**

**140 George St, The Rocks**

**FREE**

**Contemporary  
Art and  
Spirituality**

**special interactive tour of MCA  
exhibits by  
MCA educator and artist  
Michelle Heldon**



What is art? What makes art spiritual? What is new in contemporary art? What meaning does it express? How does it compare to previous art periods and movements? Where do artistic ideas come from? Plus BYO questions...

Our special MCA educator and artist **Michelle Heldon** will lead us on a **special tour** of the museum's exhibits as we reflect on various interesting art and spirituality questions. Michelle grew up with the teachings of Emanuel Swedenborg and in 2013 presented a most interesting talk at the SAA on spirituality and art. So this tour will be a very special opportunity and highlight for the SAA.

**\*NOTE THIS IS ON A WEDNESDAY** (not Friday). Please aim to **arrive anytime up to 6:15pm** at the **MCA Cafe on level 4** of the museum (with its **glorious views of the harbour and Opera House**). The tour will start at **6:30pm sharp**. We may return to the cafe afterwards if there is time (cafe takes food orders until 8:30pm, and the museum closes at 9pm). **Entry is free!** No need to book. Joe can be contacted on 0402202456 on the night (but please only for last minute directions and logistics).

(PTO for Michelle's bio)



**Michelle Heldon** is a practicing Visual Artist based on the South Coast of Sydney and is currently coordinator of 'Artful,' the Art and Dementia program at the MCA, a ground-breaking program run in partnership with the University of Sydney's Brain and Mind Centre, and Dementia Australia to explore how creative engagement with contemporary art can effect neuroplasticity and wellness for

people living with dementia and their care partners. She has over 15 years experience of working in aged care and tailoring art activities for people living with dementia. Michelle holds a Bachelor of Fine Arts with Honours from the National Art School, Sydney and a diploma in Art Therapy. She has worked on art and health community projects in the UK, Greenland, Finland and Iceland. Her passion is working with the older generation. In particular, people living with dementia and their care partners, to creatively explore self-expression and connection. In addition to her Art and Dementia Coordinator role at the Museum of Contemporary Art Australia she is the Arts Engagement Manager for HammondCare. Michelle grew up in the Hurstville Society of the New Church and her interest in the teachings of Swedenborg has amazed her at how his spiritual ideas continually sneak their way into her life discoveries and journeys.



More SAA events info at  
[www.swedenborg.com.au/meetings](http://www.swedenborg.com.au/meetings)