

# ON THE BACK WALL

## OCEANS OF WINDOWS Sarah Grimm

August 26 - September 18



### Artist's Statement: Oceans of Windows

"Oceans of Windows" incorporates pieces from two current bodies of work. They are linked together in order to show that psychological and collective resilience can become stronger by bringing art-making processes into conversation with coastal landscapes. Each piece has been influenced by near-daily walks, jogs and/or plunges in Ocean Beach, San Francisco.

The paintings on canvas are from the series Shapescapes, which aims to visually express a "sense of place." The abstract compositions in this show each distill a particular beach into elemental forms and colors to show the feeling they evoke, rather than representing them through concrete imagery. They invite a reflection on what it means to be in relationship with the ocean and the emotional experience behind that.

The works on paper are from Windows of Tolerance, a series which explores the idea of expanding how much experience the nervous system can take without going into a stress response. To release unhelpful memories or stimuli from the nervous system, it is possible to paint or print them out. This leaves more space for new and generative imprints.

These two bodies of work are brought together in order to instigate a particular question: how can we expand our collective window of tolerance so that we can shift towards greater care for each other and the ocean?

### About the Artist

Sarah McCarthy Grimm (she/ella) has been painting since her grandmother taught her at the age of six. She cultivated an interdisciplinary practice of photography, painting, writing, and multimedia social justice work during her time at Brown University, where she graduated with a BA in Visual Art in 2013. She worked as a TA in Photography at Brown before a nomadic summer exploring landscape via a solo road trip, and she felt called to stay near the Pacific Ocean in SF in October 2014. Since, she has shown her work privately and through the 2017 ArtSpan Open Studios alongside building a career in design for social good and completing graduate studies at California College of the Arts in 2020. She launched Sarah Grimm Studio with the mission of offering her paintings, writing and design facilitation services from one place. She hopes that each piece of work is a drop in a positive wave of life's ocean.



### Artist Links

[sarahgrimmstudio.com](http://sarahgrimmstudio.com)

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