

# BRENDA

## THEME OF THE FORTNIGHT: HEARTBREAK

“How is it that we never completely comprehend our love for someone until they’re gone?”

– **Patti Smith, M Train**

We have all experienced heartbreak at one point in life. It feels almost inevitable- a part of life that is difficult to avoid- unless we close ourselves off from feeling or loving another. When a heart breaks it feels as though it might never heal. Nights feel endless. A stream of memories replay repeatedly. The cycle feels unending; it is difficult to imagine there might be happiness again, a life without heartbreak. Yet heartbreak is life- we will feel it multiple times, and that capacity to feel so broken only means we have the capacity to feel whole. The ebb and flow is what creates meaning in our lives. With heartbreak comes growth- we learn about ourselves, we become stronger. We can create new beginnings; we can thrive more than we ever did before.

*Introducing paintings by Nicole NoZe, alongside poetry by Loren Clifford.*

"Heartbreak is everywhere and at any time. We are stuck in a constant cycle of connecting with and separating from ourselves and each other. Ruptures occur, trust is broken, expectations aren't met, and the heart is confronted with its yearning for eternal connectedness and love that never can fully be fulfilled. Heartbreak is a reminder of the bittersweet tragedy of our limited but limitless existence; its effects are humbling, awakening, but immobilising at the same time." - Nicole NoZe