

THE LIGHT WITHIN US

RECOVERY MONTH ART SHOW

SEPTEMBER 4, 2026



About the Art Show

The Light Within Us is a Recovery Month celebration designed and planned by members of the Collective Response Initiative York.

This community art show highlights the healing power of creativity and the courage it takes to share lived experience. The exhibit features art created by individuals in recovery and/or family members who believe in the strength of hope.

It is more than just an art show- it's a testament to what happens when we come together to create meaningful experiences that celebrate recovery and illuminate the strength within our community.

Thank you!

Thank you to the following organizations that have made this art show possible:

- **York Art Association** for providing the generous donation of \$100 for the People's Choice Fine Art Award. As well, thank you for providing the materials to properly display the art.
- **York Central Market** for donating the space to host the art show.
- **Collective Response Initiative York** member organizations for supporting and planning this Art Show:
 - Friends and Neighbors of Pennsylvania
 - WellSpan Health
 - LifePath Christian Ministries
 - Life Changing Pathways
 - York/Adams Drug and Alcohol Commission
 - YMCA of the Roses
 - Anthony's Way Foundation
- **York Partnership for Recovery** for hosting the Recovery Month kick-off event.

Artist spotlights

Aaron Lewis

About the Artist: I was born in the late 80s, then a bunch of stuff happened, and before I knew it, it was 2026, and I was sober in York, PA. Now I work to try to help people see themselves and others as human beings having a human experience. I also play clawhammer banjo for the menagerie of animals that freeload at my house.

Title of Art: Becoming Nobody

Artist Statement: I would love to say that I was inspired to share my art, and it's message of universal oneness, but the truth is, Violet coerced me. She's stronger than she looks.

"Becoming Nobody" is a portrait of Ram Dass, painted in negative with WD-40, and then splashed with ink and water. Ram Dass was instrumental in my spiritual curiosity and my sobriety. By remembering our own mortality and impermanence, we are reminded of that which makes us the same, rather than that which makes us different. Once we're oriented to the truth, we can see that we're all just walking each other home.

Ram Ram,
I love you

Andrew DeFord

About the Artist: 36 year old male from West Coast. I created the art piece in York County Prison. Been homeless for 2 years. Struggled with addiction and incarceration.

Title of Art: Balance - Duality. Two sides - light and dark. Learning how to deal with both sides creates peace inside.

Artist Statement: I enjoy art and the symbolism is a great inspiration. It can symbolize how both sides need to align for peace.

Asmonda Wertz

About the Artist: Father of two amazing boys who mean the world to me. Being a dad has taught me the importance of patience, strength, love and making the most of every moment.

Title of Art: Healing

Artist Statement: Art has always been a passion of mine and it is such a wonderful opportunity to show off what I can do.

Cora J.

About the Artist: York County Resident

Title of Art: Unraveled, Redesigning

Artist Statement: To inspire others in breaking the cycle of addiction and trauma.

Kylie Shreiner

About the Artist: 28 year old from York

Title of Art: Eightfold Path Dharma Recovery (with a bit of nature)

Artist Statement: I love art. And support recovery of all kinds!

Chelsea Cochran

About the Artist: A non-stop talking mystery. One day I put down the paint brush. 2026 is the year I've picked it back up. Here's your memo: it's your year!

Title of Art: Aurora Nights

Artist Statement: Recovery and finding a piece of my heart again.

Artist spotlights

Violet De Stefano

About the Artist: Violet is an avid ADHD crafter, collecting many mediums over the decades. The latest is stained glass, a medium that has allowed her to truly shut off her constantly running brain and enter a meditative experience while cutting, grinding, and soldering glass together to make cool pieces. When she is not in her stained glass studio, she spends her time water coloring, knitting, and propagating her many plants.

Title of Art: Lotus

Artist Statement: When I began working in the behavioral health field, I watched people share stories of personal growth and transformation, and I was moved by their resilience. The discussion of addiction and recovery really allowed me to put words to the struggles I was concurrently enduring at home, as I watched my younger brother dealing with his own substance use. Art has been healthy expression for me throughout my life, so being able to share the symbolism of a lotus flower, which grows beautifully from murky waters, can hopefully show that growth is possible, even in difficult circumstances.

Kenneth McNeill

About the Artist: I have been in recovery for 26 years. Clean for 13 years. 53 years old.

Title of Art: God's Cross

Artist Statement: I cherish doing new things. I am an avid reader so I wanted to paint something for the love of God.

Rachel Lovell

About the Artist: Just a girl who's obsessed with cows.

Title of Art: A Cow's Dream

Artist Statement: I am a proud member of this recovery community and really enjoy art.

Amy Rich

About the Artist: Amy Rich is the founder of Fragmented Rainbows, LLC, a mobile trauma-informed expressive art "therapy" coach dedicated to helping individuals process experiences, reconnect with themselves, and rediscover hope through creative expression. Drawing from trauma-informed practices and the healing power of art, Amy creates safe, supportive spaces where people can explore emotions, build resilience, and reclaim their personal narratives. Through her mobile coaching approach, she brings art-based healing directly into communities, meeting people where they are both physically and emotionally. Amy's work focuses on empowering individuals to transform pain into creativity, fragmentation into wholeness, and stories of survival into vibrant expressions of strength.

Title of Art: "Balloon Poppers" What inflates our balloons and what pops them is not the same.

Artist Statement: I believe in showing the resilience that comes from working through the process it takes to heal and stay sober. Sharing that process with others through art just might spread light into someone else's dark space.

Audrey W.

About the Artist: In recovery since June 4, 2025.

Title of Art: Happiness depends on ourselves

Artist Statement: I have always loved artwork. But I never felt that anything I did was worthwhile. My disease speaks to me by telling me that I am worthless. It whispers that nothing I do will ever be good enough. SO I decided to fight back and submit something that I simply enjoyed drawing. I submitted it because recovery has given me that happiness again. The comeback is always stronger than the setback.

Artist spotlights

Doug Puller

About the Artist: Doug Puller (b. 1974) is a mixed-media artist based in Red Lion, Pennsylvania. His work explores how brokenness and beauty coexist, transforming discarded materials into forms that speak of redemption, identity, and transformation. Puller works primarily in two distinct realms: his Strata series, which blends collage, drawing, and painting on surfaces layered with vintage book pages and ephemera, and his Junkbots series, which reimagines scrap mechanical hardware into allegorical sculptures. His work has been exhibited locally and nationally.

Title of Art: Veer

Veer depicts an adolescent girl in a moment of quiet, pivotal drift, beginning to turn her back on the foundational elements of her life—family, music, hobbies, and familiar comforts. Part of the Strata series, the piece uses dense, fractured layers of old book pages to mirror the stratified, overwhelming, and anxiety-ridden nature of youth as she perceives it. The visual tension directly reflects the artist's own lived history with addiction, capturing that quiet, disorienting process of veering away from the people, passions, and faith that once held everything together.

Artist Statement: Driven by my own recovery journey, I want my work to serve as a bridge for the serious issues we face but rarely talk about. Art allows us to look at brokenness, mental health, and addiction through a lens of transformation rather than judgment. Showing my work here is about more than exhibiting art; it's about starting quiet, meaningful conversations in the community and offering encouragement to anyone navigating their own path toward healing and purpose.

Joann Kelley

About the Artist: Joann Kelley is a York, Pennsylvania artist. Her love of storytelling inspired her to explore both the written and visual arts. She is a previously published author of three novels and is working on her fourth. Primarily a watercolor artist, Joann also enjoys drawing and working with acrylics.

Title of Art: "Kindreds"

Artist Statement: Upon hearing about this art show, I knew I wanted to participate. My niece, Stefanie, passed from a fentanyl overdose in 2018, and her sister, Jacki, will be celebrating 7 years in recovery. My work, "Kindreds" was created in Stefanie's memory and in proud honor of Jacki's achievements.

Rudolph Aukschun

About the Artist: I am a Certified Recovery Specialist volunteering at Life Path and Sees the Green Recovery House. I am also 89 years old and in good health.

Title of Art: My Recovery

Artist Statement: I wanted to show there are many ways to recovery. Also that recovery is a healthy step forward that affects many individuals.

Bandanna Man

About the Artist: Pokémon lover, artist.

Title of Art: The Magic of Karp

Artist Statement: To share the joy of recovery.

Mental health + substance use resources

YORK/ADAMS DRUG AND ALCOHOL COMMISSION

[HTTPS://WWW.YORKCOUNTYPA.GOV](https://www.yorkcountypa.gov) or (717) 771-9222

WELLSPAN HEALTH YORK HOSPITAL CRISIS

1-800-673-2496

YOUTH AND ADULTS CAN CALL AND RECEIVE AN ASSESSMENT AND BE PROVIDED WITH LOCAL OPTIONS FOR CARE. YOUTH UNDER 14 WILL NEED PARENT/GUARDIAN PERMISSION FOR CARE.

NAMI YORK/ADAMS PENNSYLVANIA

NATIONAL ALLIANCE ON MENTAL ILLNESS EDUCATION,
PROGRAMS, SUPPORT GROUPS
NAMIYORKADAMS.ORG

NATIONAL CRISIS HOTLINE PROVIDES SUPPORT FOR PEOPLE WHO ARE EXPERIENCING A CRISIS OR CONTEMPLATING SUICIDE. COUNSELORS ARE AVAILABLE TO LISTEN AND PROVIDE SUPPORT.

CALL OR TEXT 988 OR CHAT AT [988LIFELINE.ORG](https://988lifeline.org)
TEXT ENVIA "AYUDA" AL 988

WELLSPAN WARMLINE- 24/7 SUPPORT FOR ADDICTION RECOVERY: 1-844-WARM-LINE

DDAP GET HELP NOW HOTLINE - 1-800-622-HELP

WHITE DEER RUN PA ACCESS CENTER- WITHDRAWAL MANAGEMENT ACCESS - 1-866-769-6822

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA) WWW.SAMHSA.GOV

SAMHSA NATIONAL HELPLINE 1-800-662-4357

LIFE CHANGING PATHWAYS - 717-894-5907

NEVER USE ALONE HOTLINE 800-484-3731 OR 877-696-1996,
24/7 - 365 DAYS A YEAR

Want to see more of the art show?

Some of the pieces showcased this evening will be displayed at Life Changing Pathways from 9/8 until 9/11. Hours are from 9AM - 5PM.

On 9/11/26 from 5PM - 7PM, there will be a closing presentation with artist Doug Puller, where he will speak about his recovery and the intersection with art.

Life Changing Pathways Recovery Cafe
924 W. Market Street
York , PA 17401