

Together

THE JOURNAL

**Resilience
through art**

PHOTOGRAPHY, ART,
POETRY, WORDS

RESILIENCE THROUGH
ART FROM PEOPLE
AROUND THE WORLD

**RESILIENCE
CHAPTER IV**

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Together, The Journal

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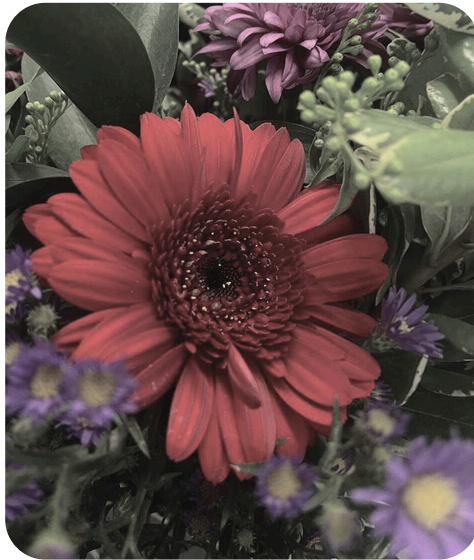
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From Operating Together

Together, The Journal is an artistic journal born from connection.

Where artists and non-artists, mothers and fathers, sisters and brothers, doctors and patients, individuals from different cultures, backgrounds, beliefs, and regions of the world can come together. It exists to remind us that despite the many ways we differ, there are universal themes that live within all of us.

This journal is a shared space.

A place to gather stories, voices, memories, reflections, and feelings.

A place where lived experiences meet art, a place where we can heal through art.

Each chapter centers on a theme we all encounter in our own way. Themes that move through every life, regardless of geography, education, or circumstance. Themes that connect us simply because we are human.

In a world marked by uncertainty, conflict, and constant change, this chapter focuses on resilience.

Resilience is a word we have all met—sometimes quietly, sometimes painfully, sometimes without realizing it until long after. It may look different from one person to the next. It may sound different, feel different, or take different forms. Yet it is something we all carry, face, and continue to integrate into our lives.

This journal invites you to experience resilience together.

To witness how it lives in others.

To reflect on what it means to you.

As you move through these pages, we invite you to do so with an open heart. To listen, to feel, and to connect. Resilience is something the world will always be challenged to hold—but through shared stories, empathy, and togetherness, peace may follow.

Welcome to Together, The Journal.

Gavin Glakas



We all get knocked down. We all face setbacks. When confronted with one, large or small, I try to work my way through it without giving in to bitterness. When I recognize that bitterness creeping up, I try to identify it, exorcise it, and remember my vow not to give in to negativity. I try to look at life from a big picture standpoint and remember that this is just how it goes.
- Gavin Glakas

Gavin Glakas has paintings in the permanent collections of the US Capitol, the Virginia State Capitol, the CIA, universities, museums and collections all over the world. You can see his work at Principle Gallery of Alexandria, VA, Charleston, SC, and Palm Avenue Fine Art in Sarasota, FL. He teaches in person and online drawing and painting classes and lives in McLean, VA, with his wife, Jasmine, and sons Nico and Rory.

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Linda Goldstein

WATERCOLOR



RESILIENCE IS THE STEADY INSISTENCE OF LIFE TO CONTINUE, EVEN WHEN THE CONDITIONS SAY IT SHOULDN'T.

My artwork focuses on the Natural World that has shown resilience since the Creation. In trying times, upheavals, disasters and when mankind is unkind, our world and the worlds beyond somehow manage to live on. I worry that resilience will become harder to achieve in the future.

—Linda Goldstein

Linda has been an artist for many years concentrating on watercolor. With no formal art education, she has found learning from artists she admires essential in crafting her art. Her work is in countless homes in many parts of the United States. Linda's exhibit at the RAL Art League and Hang Ups Gallery in Kilmarnock, Virginia. Her painting of George Washington is in the permanent collection of the GW University.





He is not just a boy.
He is a soul forged in fire
young, yes,
but already weathered by
hate,
by heartbreak, by exile,
by the chaos of a world that
forgot his name before it
learned his face.

He has seen too much
yet still,
there's light in his eyes.
A softness.
A stubborn, sacred hope that
refuses to die.

Boys. Young men.
Who tells them it's okay to
feel?
To cry and still be kings.
To break and still be holy.
To take pain and alchemize it
into power.

Who teaches them
that gentleness is a weapon
too?
That dreaming is rebellion.
That their tenderness can
build nations.
That they are not what war
made them.

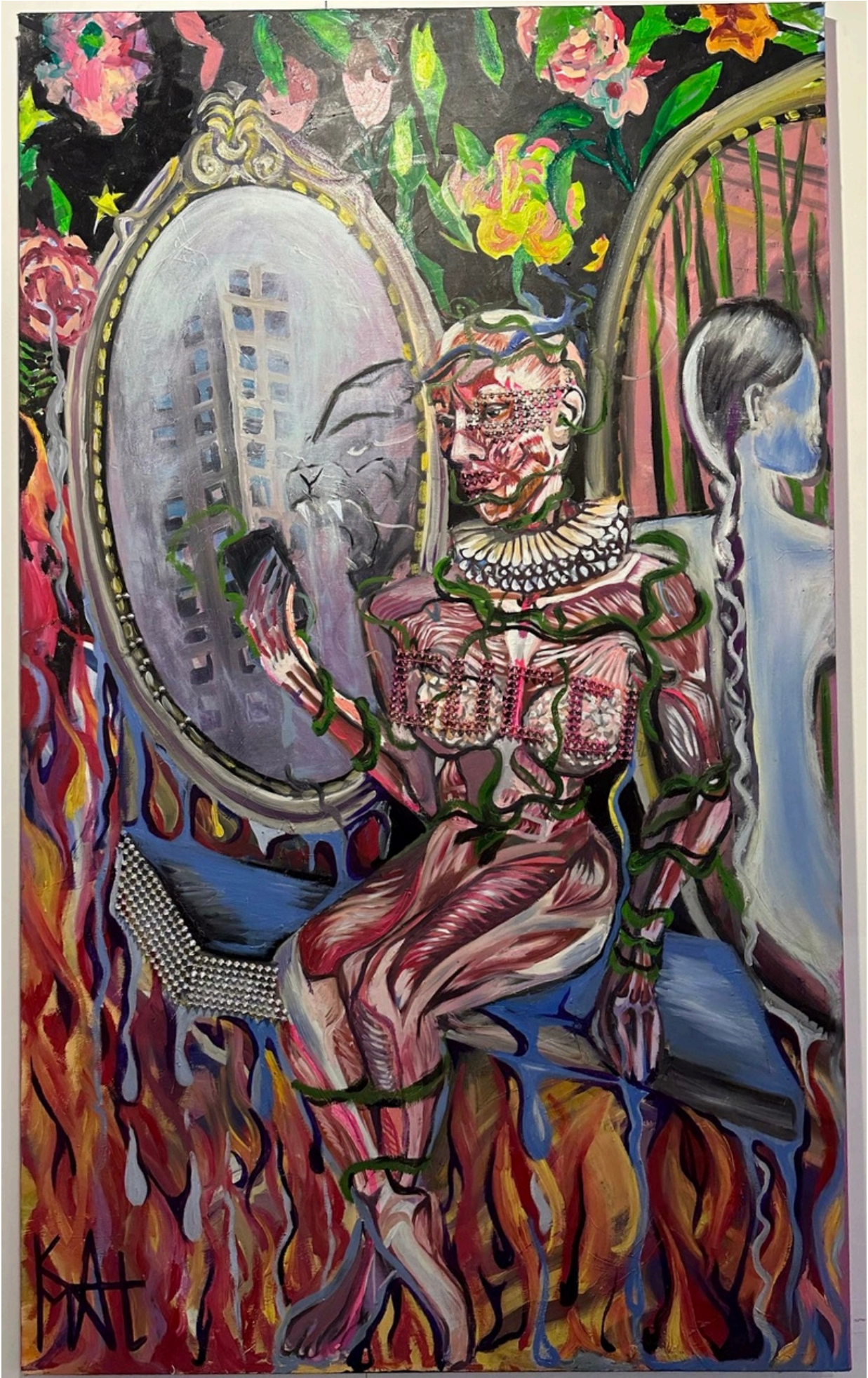
We are the messengers.
We meet them at the edge
and we speak life into their
future.

Love them longer.
Hope them higher.
Kindness is not weakness
it is revolution.
It is the divine made flesh.
It is the voice of God
whispering through us,
reminding them:
you were always more.

Nirvana

Anulekha





“Relax. Nothing is under control.”

Oil on Canvas

2024

“To me, resilience is the art of surrendering without giving up. It is the capacity to find peace in turbulence, to remain soft yet unshaken. Resilience means trusting life when nothing is under control, and still choosing to move forward.” -Kat Matis

Kat Matis Surrealist

Kat Matis is a self-taught surrealist artist based in Tel Aviv. Her practice explores transformation, healing, and the subconscious through dreamlike narratives on canvas. Inspired by personal metamorphosis, myth, and symbolism, Kat’s work creates emotional bridges between inner struggles and universal human experience. Her paintings have been featured in exhibitions across Israel, including the Israeli Art exhibition (2025), and continue to evolve as part of her journey as both artist and healer.

**“Relax. Nothing is under control.”
Oil on Canvas
2024**

This painting is a story about transformation and reflection. It captures the paradox of resilience: to remain calm even when everything feels like fire, when the skin is stripped away and emotions are raw. The work is about holding stillness in the storm, reminding us that resilience is not resistance, but acceptance – and the ability to breathe in chaos.





“Shiva Transformation”
Oil on Canvas
2023



Shiva Transformation

BY KAT MATIS

This work was created during my astral journey and embodies the transformative energy of Shiva's dance. I painted it for a man living with cerebral palsy, and the process became a form of healing for him — he said the energy of the painting gave him strength and relief. For me, this piece represents resilience as the ability of art to transcend the body's limits and bring renewal to both spirit and matter. Shiva's dance here is not destruction, but transformation — a rhythm that turns pain into vitality. -Kat Matis

Abdul Warish

“BPL (BELAN PREMIER LEAGUE)
OIL ON CANVAS
2025



BPL (Belan Premier League)

“BPL (Belan Premier League)” is a satirical reflection of everyday heroes — those who find strength and humor in the routines of domestic life. Step inside an Indian home where everyday drama meets comedy: a married couple locked in playful arguments, a curious neighbor peeking through the window, and a mischievous cat fighting to keep its stolen fish.

Each element — from the cluttered walls adorned with Radha-Krishna posters and old posters to the constant interruptions of neighbors — celebrates the chaos and intimacy of Indian middle-class living. Within this ordinary scene lies an extraordinary spirit: the quiet resilience of people who continue to laugh, love, and carry on despite the weight of repetition and expectations.

The Belan Premier League turns domestic struggle into sport, conflict into humor, and routine into performance. Here, the belan becomes more than just a kitchen tool — it’s a symbol of endurance, wit, and survival. Amid noise, curiosity, and endless chores, this painting finds poetry in persistence — where laughter becomes the language of strength, and everyday life becomes a game of resilience.



OIL ON CANVAS
2025



Punishment

OIL ON CANVAS
2025



PUNISHMENT

OIL ON CANVAS

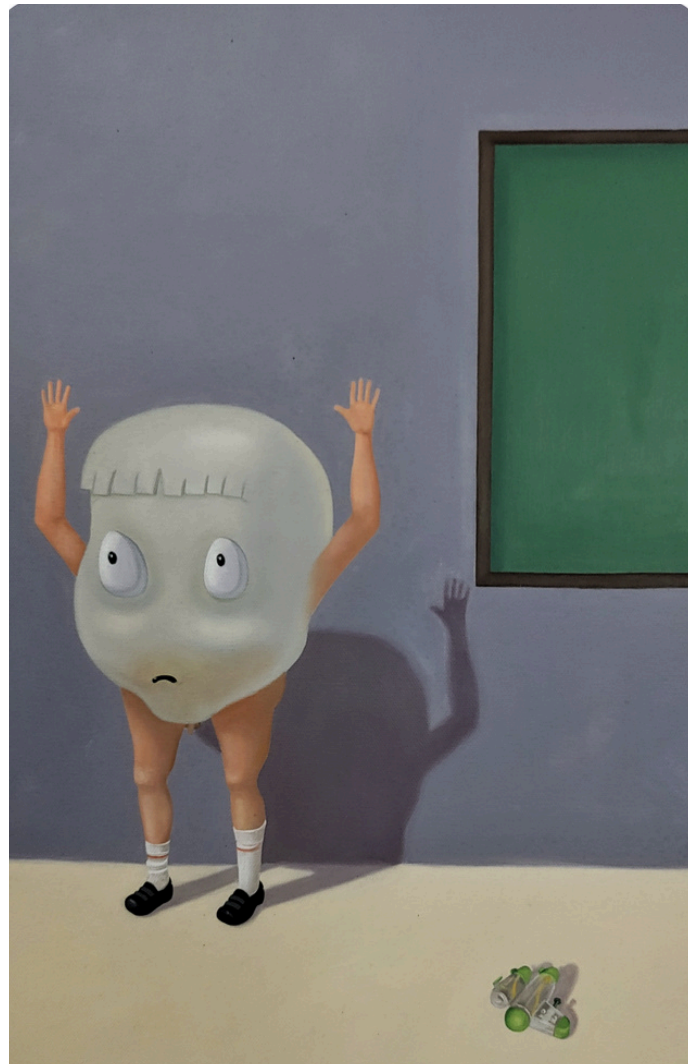
2025

Punishment — The Innocence of Resilience

Remember that one childhood moment when a small act of play could suddenly feel like a serious offense? “Punishment” brings that fragile memory to life — a young child stands silently in front of a green classroom board, hands raised, while a tiny water gun lies abandoned on the floor. What was once a symbol of play now appears as evidence of mischief — or perhaps, in a child’s imagination, a sign of some great crime.

Through its playful exaggeration, the painting captures more than nostalgia — it reflects how, even in innocence, we encounter misunderstanding. For a child, every scolding becomes a lesson in courage; every moment of shame, a quiet rehearsal for resilience. That simple act of standing still — of facing judgment without words — becomes the earliest form of strength.

In the adult world, “punishment” is often seen as correction; but in a child’s world, it transforms into a moment of reflection, empathy, and emotional growth. The painting invites us to revisit those early experiences — to see how we first learned to forgive, to understand, and to endure.



In a broader sense, “Punishment” becomes a metaphor for the human condition — for the ways we all, at some point, are misunderstood, silenced, or blamed for what we don’t intend. And yet, within that misunderstanding lies the seed of resilience — the will to keep believing, to rebuild trust, to return to kindness.

Just as compassion heals in times of conflict, resilience begins in moments of innocence. It reminds us that every act of endurance — no matter how small — is a gesture of hope. And sometimes, it takes a child’s quiet strength to show us what healing truly looks like.



“Sphinx of Strength”
Acrylics on Canvas
2020

“For me resilience is associated with ‘The dark night of the soul’ stage in personal development, when an individual is forced to undergo a difficult and significant transition, to a deeper perception of life. This enhanced awareness is often accompanied by a painful shedding of the ‘Old Skin’ of conceptual frameworks. An inevitable sacred journey of discovering the true nature of the blissful Self Love.”
-Shirog

Shirog is an autodidact visual artist based in Tel Aviv Yaffo. Shirog believes that art is a mystical path which unfolds through receiving inner guidance in reference to experimental rituals of play with colors, textures and shapes.

Shirog is intrigued with healing by means of using color, as an individual, Shirog aspires to communicate and contribute on an emotional level through visual art.

Shirog prefers handmade methods and old-school tools such as pencil, brush and knife. Shirog has specialized in commercial murals and experimented with a variety of other mediums. Plus, Shirog enjoys creating custom-made fashion garments.

Shirog strives to cultivate mystery in their work and to capture the magnetic sensation of the iridescent "PRESENT" sealed in a time-capsule, ready for viewers to unlock.



“The Departure”
Oil on Canvas
2025

“‘The Departure’ is a painting based on a photograph taken of my daughters, niece, and sister during a rare family gathering in Prague. With my family spread across three continents—often living in six different countries at once—our time together is precious and fleeting. The image was captured just as we were about to part ways, each returning home. Living in Israel during the war in Israel and Gaza, the moment of embrace carried an added emotional weight, amplifying the need for closeness and connection. In recent months I’ve found myself drawn to painting people hugging, perhaps as a way to hold onto what feels fragile and deeply needed.” -Gabriella Klein



“The Departure”

Oil on Canvas

2025

Gabriella Klein is an American–Israeli painter based in Tel Aviv. Working in drawing, canvas painting, and large-scale wall murals, she grounds her imagery in personal experience and direct observation, focusing on everyday moments and human interactions. Her paintings draw from both contemporary life and historical visual traditions to explore shared human experience across time. For Klein, painting offers both stability in an uneasy world and the possibility of transformation. Her work has been exhibited widely in Israel and abroad, and she has participated in residencies in Austria, Berlin, China, and Los Angeles. Recent solo exhibitions include *Night Train* at the Petach Tikva Museum of Art and *Hold at Cabin* in Los Angeles.



The piece "Free Soul" expresses the internal conflicts & deep emotions of the human spirit. The central message of the work is the understanding that there is nothing more important than the journey of discovery itself. Until we take a step towards self-knowledge & unconditional acceptance of ourselves, we cannot feel our inner flame manifesting, nor can we connect in a meaningful & natural way with others. The work focuses on the process of self-discovery, which leads to a connection with the collective, during which pain and loss gain significance, & love & creativity merge together to reveal the essence of life through love, peace, passion, true & authentic fulfillment of ourselves not through others or societal norms & conventions. The artwork raises questions about the nature of human existence & invites us to truly meet ourselves, to move beyond limitations, & to seek the true freedom that awaits each of us. At the core of the work are images of figures from various communities & cultures that reflect different voices in Israeli & international society that tend to be marginalized & silenced. These images appear alongside a photographic memory of my childhood with my grandfather.

The figures within the shells symbolize the journey of discovery & introspection. Among the figures is also the silhouette of "Hope"— a girl without identifiable features, symbolizing the healing of the "inner child" in each of us, regardless of religion, race, or creed, & representing the hope for future generations for lives of freedom & equality.



DANIELLE MANO-BELLA

MULTIDISCIPLINARY ARTIST &
ENTREPRENEUR

Danielle Mano-Bella is a multidisciplinary artist and entrepreneur of Israeli-Portuguese descent, residing in Jaffa.

Mano-Bella holds a bachelor's degree with honors from the Department of Multidisciplinary Art at Shenkar. Throughout her career, she has exhibited works both locally and internationally, receiving coverage in magazines, books, catalogs, and articles such as Art and Museum, Arts to Hearts Magazine, and Arttyco, Curatory Magazine and more. She is known for her work in multidisciplinary art, focusing on questions of identity, belonging, and the connection between humans and nature.

Her creations focus on diverse communities, including the LGBTQ community, the Arab-Israeli community, immigrants from the former Soviet Union, Ethiopian immigrants, and the BDSM community. Through photography and documentation, she explores themes of personal and collective identity, belonging, and the relationships between people and nature. She also examines mental, social, and environmental processes, emphasizing the commonalities among them in human experiences.

In 2023, Mano-Bella began integrating science and art by developing techniques called "Memory "SilkIt" Shape" in collaboration with the Israeli biotech startup, founded by Dr. Dror Eliaz, which specializes in producing biochemical materials for medical purposes. Mano-Bella is also the "Martch" founder of the art-tech startup "Martch".



Resilience, in my view, is something internal that exists within each of us and reveals itself precisely in moments when we feel and allow ourselves to break, to discover vulnerability and weakness. It grows and emerges from the fractures into the light.

I see it as similar to how a plant carves its way to the light from the earth, and sometimes even between rocks or buildings. Just like this, within our souls, the same thing happens during a crisis, this magical ability to uncover courage and strengths we didn't know we had in those moments to find hope for renewal, for a brighter future.

Just as pain can create an opening for closeness with one another, so too in moments when we are required to show that inner resilience and hope, there lies an opportunity to bring us closer together without differences of religion, race, or gender. It is based solely on emotional connection and belief in a brighter future.

—Danielle Mano-Bella

Resilience builds quietly.
Layer by layer,
through days that test us
and nights that ask too
much.

Sometimes those layers
thin.
They peel back.
We feel exposed,
tired, unsure, human.

But then—
a small kindness,
a moment of light,
someone reaching out—
and strength returns,
not all at once,
but enough.

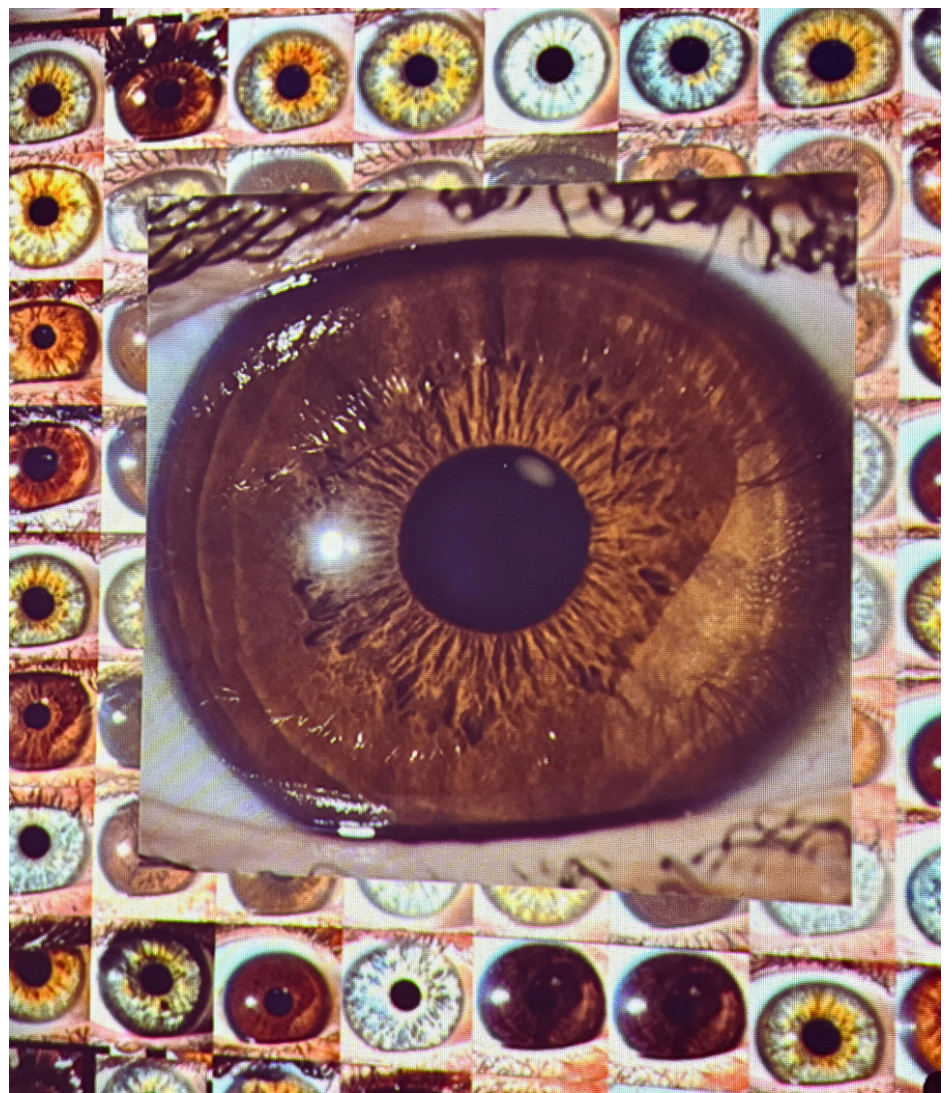
The world works the
same way.
Wars, storms, broken
moments—
they press against it,
leave marks,
add weight.

Too much, and we fall.
But together,
we stand back up.
We keep going.

One day,
may we walk hand in
hand—
resilient, strong,
equal, kind,
and fully alive.

Layers of Resilience

BY ANONYMOUS



Thank you to all that created.

Thank you to everyone who contributed to Chapter Four of Together, The Journal. The chapter of Resilience. Your voices, honesty, and willingness to share are what give this journal its meaning. We hope you'll continue to be part of this project, one we believe in deeply, and one that grows stronger with every submission.



Submit to Chapter 5 based on the theme of hope & healing. We're choosing to build something meaningful together —honest, thoughtful, and shaped by where we've been and where we're going. Submit art, poetry, photography, essays, anything that you feel embodies what hope and healing mean to you.

**Submit
to Ch. 5**

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DM @operating_together