

TEA UNIVERSE

Set a kettle to boil.

As it does so, take the tea bag from your cup and tear it open.

Scatter the dry tea over a clean tabletop.

Organise the tea into stars, planets, nebulae, galaxies and instruments.

Find the Earth and travel to it.

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New rituals by

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The rituals collected here were devised and written by participants in ArtHouses Home Actions in Whitley Bay.

These acts — involving gestures, words, or objects, performed according to a set sequence — were developed in workshops where we considered how rituals are part of our daily lives and how they help us make meaning. In different ways, they explore how the home can become a site for rites of passage, dedications, oaths of allegiance or actions that neutralise anxiety.

In some cases the rituals refer to undefined 'objects' or 'items.' These can be performed with a selection of your own objects in whatever quantity feels appropriate.

Stand up, or don't
Wink, or don't
Smile, or don't
Think, or don't
Sigh, or don't
Cry, or don't
Shake a hand, or don't
Do nothing, or don't

The second you leave your bed, make your bed
repeat

PERFORMANCE SCORE #1

Take 1 folding chair

Unfold it and stand it on the floor

Take 1 orange cushion and place it on the chair

Take another folding chair

Unfold it and stand it next to the first chair

Take 1 orange cushion and place it on the chair

Place a pair of boots in front of chair 1

Sit on chair 1 and put the boots on and lace them up

Move to chair 2

Unfasten and remove the boots

Repeat the previous 4 steps 5 times

AFTERNOON TEA RITUAL

- At 3pm
- Take gran's teapot from the shelf in the studio
- Carry it through to the kitchen
- Take the large Orange Polka Dot cup from the kitchen windowsill and wash and dry it
- Put cold water into the kettle and set it to boil
- Warm the teapot with boiling water
- Put 1 heaped desert-spoonful of Lap-sang Souchong tea leaves into the teapot
- Add 2 inches of boiling water to the teapot
- Allow it to stand for 4 minutes
- Find the tea strainer in the drawer
- Place the tea strainer over the orange cup and warm both with boiling water
- Put the tea from the tea pot through the strainer into the cup
- Carry the cup, on its saucer into the studio
- Sit in the rocking chair
- Breath in to the count of 8
- Breath out to the count of 10
- Think about the meaningfulness of the beetles, shells and conkers whilst drinking the tea
- Wash and dry the cup, saucer, teapot, lid and tea-strainer.
- Replace them in the places you found them

FORCED CHANGE

Make yourself a cup of tea with the right mug, the exact amount of water, the perfect flavour of tea, brewed for the correct length of time to the best strength, adding in the right amount of sweetener and milk, giving it a stir or not.

Now go sit in someone else's seat and drink it.

1. it is five o'clock
2. kneel at the foot of your bed and count to five
3. look to the nearest window and line up all the jittery, anxious bits of the day on the windowsill like china dolls
4. touch the blanket on your bed and caress the inside of your mouth with your tongue
5. cook whatever you desire the most

Find where the effort is located.
Look for the thread.
Unwind from your right hip to your feet.
When you feel it knot, stop.

Score #1 of I WANT TO BE WELL

always raining

Power stance

Be an umbrella

Step forward

Splash splash splash

“We recognise an invincible summer”

Score #2 of I WANT TO BE WELL

The familiar feeling catches the act

unsatisfied

1. identify its material
2. perform the absurd upon it
3. listen only then to what it has to say

ideally this ritual is performed with no speech

ingredients:

people who want to take part
objects to drum with - pen, pencil, masking tape,
book, fists, hands, fingernails
surfaces to drum onto e.g. window, table, chair,
radiator

method:

1. person 1 has the pen, pencil etc objects
2. person 2 is given an object and starts a rhythm on the table with it.
3. others join in as they are given their object by person 1 to drum with (or if hand, fist etc this is indicated)
4. drumming continues until person 1 collects in objects one by one, or signals people to stop, until only person 2 is drumming
5. person 2 counts to a number in their head and stops.

ingredients for ritual:

stones/ rocks/ pebbles - ones you love
water

containers - bowl or jug - ones you love
everyone in the house at the time

any drawing, painting, making materials that you have
and people want to use

method:

1. Gather everyone in the house together.
2. Gather the materials you need - a stone and maybe a container each, plus your making materials.
3. Make a/some collections of the materials. Each collection should include a stone, and could include water and a container. It could be just one stone.
4. Together, make a drawing or some visual response to your stone/collection. You could do this individually or alone, but stay in the same room and chat about what you're doing when you feel like it.
5. Arrange what you have made so you can look at it together.
6. Put the things you used back in the places they live in and thank each other for coming together to make something.

THE RITUAL OF THE PUBLIC SNEEZE

- TICKLY NOSE

- WITH DEPTH INWARDS, REALLY HOOVER THAT AIR WITH YOUR NOSE (ONLY). CONTAIN THIS AIR INSIDE YOUR NOSE WITH EFFORT.

- PANIC!!!- express this silently through opening your eyes and mouth at width

- DANCE WITH AWKWARDNESS BY PACING BACK AND FORTH. PACE LEFT RIGHT LEFT RIGHT. EMBODY THE REALISATION YOU CANNOT ESCAPE THIS PACING

(Remember you're in public trying to learn how to befriend your sneeze.)

- ACCEPT - WE CANNOT CONTROL THE FACIAL OUTBURST DUE. DEMONSTRATE THIS THROUGH A SURRENDER TO BODY - A LONG EXHALE. EXPAND YOUR HEART WITH THE KNOWING OF RELEASE DUE

- SHOUT 'AH', INHALE, SHOUT 'AH', INHALE MORE,

SHOUT 'AH', INHALE MORE

- SHOUT AND RELEASE BREATHE WITH EXPRESSION
VOCALLY THE SOUND 'CHOOOOOOOOOOOOOOOOOOO'
FOR AS LONG AS YOU CAN UNTIL YOUR LUNGS EMPTY
AGAIN, ONCE MORE

- SPRAY, SPIT, PHLEGM FROM MOUTH/NOSE INTO THE
INNER RIGHT ARMED ELBOW OF YOUR SHIRT

- CRUSTY UNTAMED SNOT DRIES IN ITS ONCE WET
POSITION

THE RITUAL OF THE BACKWARD SNEEZE – is this possible?

- HAVE PHLEGM CUP IN HAND (PRE-PREPARED).
FULL OF PHLEGM.

- INSERT STRAW INTO YOUR PHLEGM CUP

- SUCK ON STRAW, DRAWING PHLEGM UP INTO YOUR
MOUTH

- WITH THE FORCE OF AN EXHALED BREATH, FIRE THE
PHLEGM FROM INSIDE YOUR MOUTH THROUGH THE
STRAW ONTO THE blank PIECE OF PAPER opposite you,
(PAPER PINNED TO YOUR WALL)

(if you do not wish to use your mouth to do this
firing, use your fingers and hands to flick phlegmy
straw at the paper pinned to the wall)

- YOU ARE NOW Jackson 'PHLEGM' Pollock

- As Jackson 'PHLEGM' Pollock, SNIFF DEEPLY, THE PAPER OF PHLEGM DISPLAY.
(make sure to sniff so deeply you tickle your internal nasal carriage)

- PLACE GRATITUDE UPON SAID NASAL CARRIAGE. GIVE GRACE TO YOUR WINDPIPES BY THANKING THEM. ACKNOWLEDGE (INTERNALLY OR EXTERNALLY OR BOTH) THAT THEY ARE YOUR PAINTBRUSH AND PAINT

- BELIEVE WHOLEHEARTEDLY WITH TRIUMPH, THAT THEY ARE TO REASON YOU ARE THE GREAT MASTER, Jackson 'PHLEGM' Pollock

Firstly, swap your phone with the other's phone.
Now both of you inspect the object in your hand that is the phone.

Make a mental note of any particularities that indicate the personhood of the usual user of this particular phone— signatures that differentiate it from other phones and people. Consider its size, shape and weight. Feel it.
Practice this until you feel satisfied.

When ready...

Open the phone and go to the users social media account. Ask your partner to 'let you in' if it is password protected.

Now the virtual space of this object has been opened (the social media account) begin to scroll through it as though you would your own.

Scroll at your leisure and let your curiosity and disinterest determine the ebb and flow at which you scroll.

When ready, begin to imagine that the scrolling visual information is like a stream of water. Inside this box-like object is flowing water, cyclically rising, falling and refreshing.

When ready, place the phone to the side and bring two glasses in front of you. Slowly decanter water from one into the other and repeat this to your own desired rhythm.

Watch the water pouring and falling.

When you feel you are ready, continue the pouring back and fourth but also begin to imagine you are scrolling social media.

What do you see?

What ads come up?

What is happening in the water?'

STILL LIFE.

When you wake up, before any rituals you may automatically assume, take your phone-camera to each place you would usually visit in your home in the morning.*

Pause in the spaces and in front of the objects.

Suspend the usual morning interactions.

Look.

Now take a photo of the space and objects prior to you using them.

You now have your still life.

*This could be the coffee machine, the pile of dishes from last night. The cluttered side table over which I'd usually have my morning coffee.

THE EXTRA LAYER

Choose object that needs protection.

Find material that has a protective nature.

place protective material on object in need of protection.

place another object of choice on the protective material.

Take the screwdriver
unscrew a screw
put the screw in the universe
keep the screwdriver

GREETING THE DAY

Wake and stretch out in bed like a starfish.

Listen for weather outside,

Wind whistling, rain whooshing on windows.

Observe levels of light and brightness around
the curtain's darkness.

Feel the rug beside the bed with your toes.

Stand and stretch as tall as you can.

Walk to the window, open the curtains, open the catch,
push the window wide, stretch once more, breathing
the morning air deep into your lungs.

Breathe out slowly. Relax. Ready for the day.

Take post-its
note each object
take away the universe

Put the universe in your pocket

with the string, tie up all the universe in such a way
that if one object were removed everything else
would collapse

REMEMBRANCE

The old brass table top is polished.
Talisker whiskey in a cut crystal glass.
Place it on the mosaic coaster.
Put a tea light in the hand-painted Spanish
ceramic holder.
Strike a match, watch the flame settle.
Light the wick on the tea light.
Raise the glass in the candlelight.
See rainbows in the crystal.
Remember the years of friendship.
Watch the trees through the window,
Branches swaying, the breeze carries your memories
across time

Choose one object
this object will destroy the other objects

Leave the Universe
Have a party

RITES OF PASSAGE

Stretch elastic into a line

Press it into something solid

will it pass?

Open the elastic into a window

Will it pass now?

BEFORE 9, SWIM INTO THE SEA

1. Walk into water up to knees.
2. Dip cupped hands into water.
3. Splash shins.
4. Splash water onto upper torso — chest then belly.
5. Splash shoulders and face.
6. Walk further into water up to groin. Notice burning sensation.
7. Push off into water and start breaststroke.

Holding the circle in your hands, close your eyes.
Rotate to face a sound that you hear.
Look through the circle towards the light.
Find the shadow of the circle on a surface.
Move it into focus,
Then roll the circle away.

Look at the objects.

Order them from soft to hard.

Rearrange them.

Order them from precious to non-precious.

Rearrange them again.

1. Write six numbers down.
2. Pick a number from 1.
3. Throw two dice (if the score is ten or above throw again.)
4. Write your number down.
Repeat 3 and 4.
5. Pick the map that corresponds to the three-digit number.
6. Find the six-digit number [grid reference] on your map.
7. You have one year to visit the place corresponding to your map reference.

Face a wall.

Press your face to the wall.

Think of a big problem you faced in your life.

Press harder with your head against the wall.

Think of a beautiful time in your life.

Step away from the wall.

Look at the items.

Breath in — out.

Touch the items with your fingertips.

Breath in — out.

Pick up the item that feels good to you.

Hold it to your cheek.

Breath in — out.

Knock on a surface.

Listen for an answer.

Knock again.

Open a door.

Try to hum 'middle C.'

Go through the door.

Hum a lower note.

step back through the door.

Hum a lower note.

Close the door.

Hum a lower note.

Find your shadow.
Touch your shadow's face.

Find a tree.

Find a family of leaves on the tree.

Name them.

Give them a wave.

Push your finger very slowly into the butter.

Cross the room without touching the floor.

Take two lemons.

Create a series of still lives with other objects in the room.

Make a blind, continuous drawing from each iteration.

Go to the drawer that contains everything.
Select 5 things of one colour.
Arrange in relation to size.
Arrange to create one, new, impossible object.
Draw the object in time limit 30 seconds.
Scatter the components of your new object.
Rearrange to form a fish.
Draw the fish in 1 minute.

A PEANUT, A SAFETY PIN, A GLASS OF WATER,
A BOOK OF MATCHES

Spear the nut.

Put it to flame.

Warm the water.

Drink the peanut energy.

rites of porridge

Get bowl out

Get cup out

Fill cup to halfway with porridge oats

Put oats in bowl

Fill cup to full with water

Put water in bowl

Stir contents of bowl

Put in microwave for 2 minutes on full power

Retrieve from microwave and stir

Return bowl to microwave and set timer for 1 minute and stand by looking through window of microwave until it rises to the top or until 1 minute is up (if it doesn't rise to the top before then)

Retrieve from microwave and stir

Add half a banana in slices then stir

Sprinkle chopped nuts on top of porridge

Eat

www.arthouses.net
www.1200m.org

2022



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Organise the tea into star-systems, nebulae, galaxies and firmaments.

Find the Earth and home