



RACHEL FISKE-CIPRIANI

*Conchas*

saltwater raw blue mussel shells, colored embroidery thread

“Mussels usually live on exposed shores in the intertidal zone, attached by their strong byssal threads to a firm substrate. These mussels were plucked from their home, boiled, the meat scooped out and eaten, providing nourishment to others. The discarded shells, usually thrown away, were collected, washed, dried, and strung on colorful friendship bracelets, threaded by friends working together. These two strands of shells are a powerful testament to the strength that a community fosters during healing.

We may each have been emptied at some point, but we are always connected to our fellow human beings, and we are each, like the mother of pearl in these open-faced shells, so precious.”

