



REFLECTION IN
MOTION

SAW PRESENTS A FREE
COMICS WORKSHOP WITH
ABBY KACEN! JAN 10TH
AT 7 PM EST (VIRTUAL)

Thanks for coming to a SAW
Friday Night Workshop!

REFLECTION IN MOTION

This workshop was led by
ABBY KACEN

<https://mildpain.art/>
[https://www.instagram.com/
mild_pain/](https://www.instagram.com/mild_pain/)

On January 10, 2025

Next workshop → [https://sawcomics.as.me/
friday-night-comics](https://sawcomics.as.me/friday-night-comics)

You can also join hundreds of people sharing
their work at our free members site:

🗨️ [https://members.sawcomics.org/share/
F6BBQeyGUGE0g-Qk?utm_source=manual](https://members.sawcomics.org/share/F6BBQeyGUGE0g-Qk?utm_source=manual)

We hope you'll share your work on social
media with the hashtag #fridaynightcomics .
Please tag us
@comicsworkshop

Thanks so much for being here!

You can support us on:

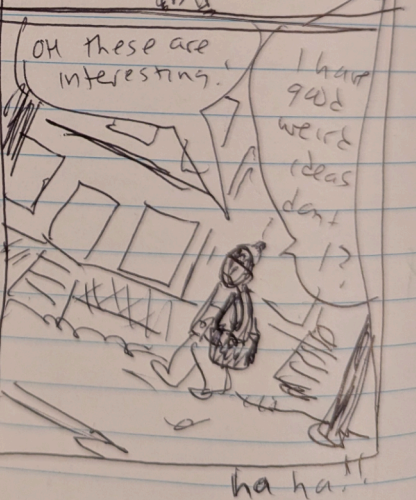
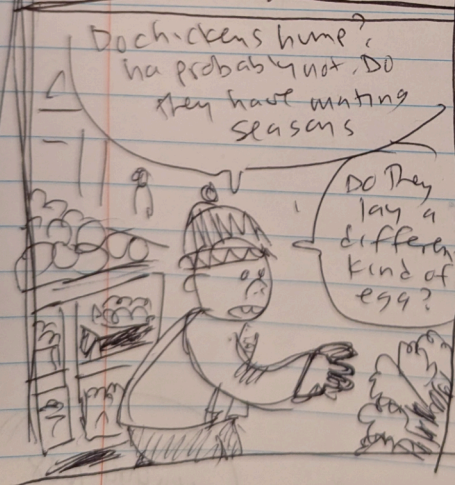
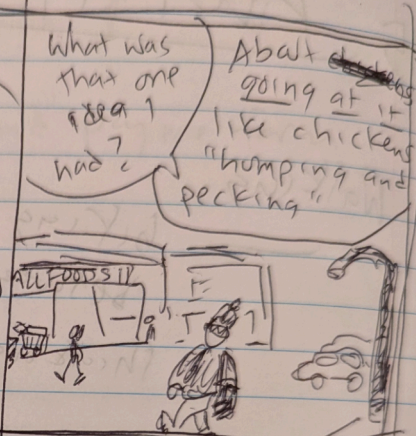
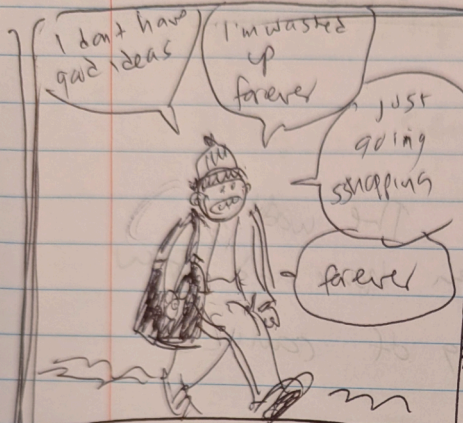
🗨️ PayPal: [https://www.paypal.me/
comicsworkshop](https://www.paypal.me/comicsworkshop)

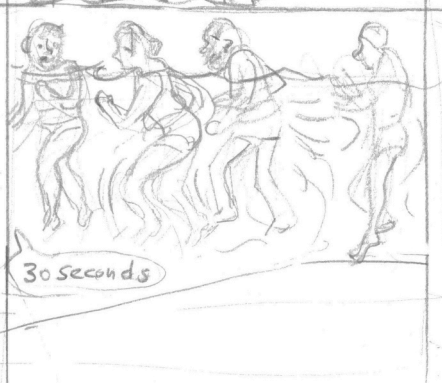
Contributors to this collection
in order of appearance are:

Tom Hart
Jenny Zervakis
Bruce Childs
Joanne Tolkoff
Alun Clewe
Milez Estelle
Hisla (2 pages)
Kai Rands
Nancy Charest
Besty Hudson
Robin Kerbrat
Sarah H. Wright (2 pages)
Catherine Closet
Chris Seidel



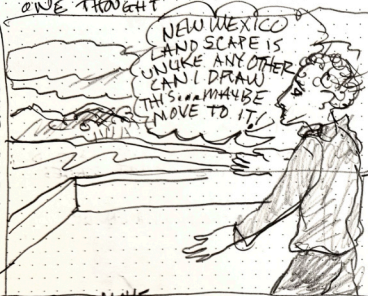
REFLECTION IN MOTION



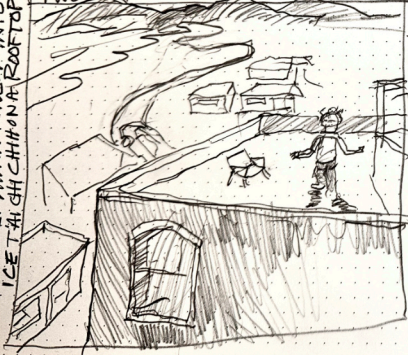


7 TOTALLY THINK MYSELF INTO NON-THINKING BEFORE PRAY-
ICE TAI GH CHIHANA ROOFTOP IN SANTA FE, DECEMBER 2021.

ONE THOUGHT



TWO MOVE



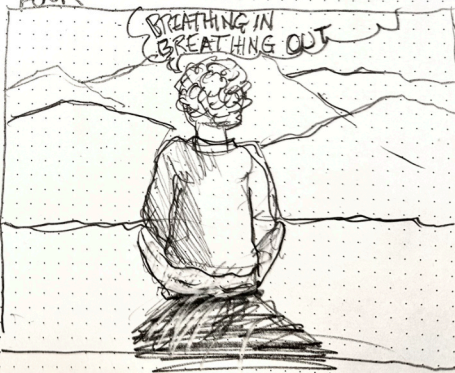
ABBY KACEN REFLECTION IN MOTION 11.10.25

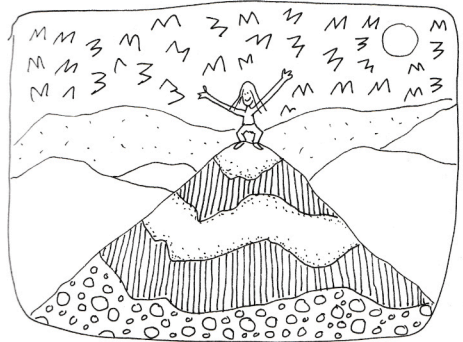
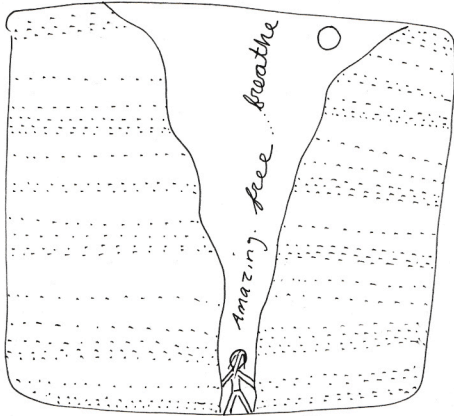
THREE



DEEPER

FOUR



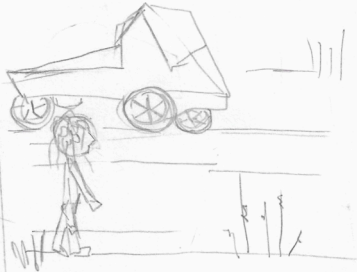




Walking makes you
stop, think.



Makes you fall
behind like you've
always done



Makes you fit,
Makes you stronger



Makes you
STRANGER



M. Estelle '25

THE SHOWER IS WHERE ALL THOUGHTS COME TO ME. IT COULD BE A NEW BUSINESS IDEA OR INVENTION. NOW I'M CONTEMPLATING THE FIRES IN LA AND MY RELUCTANCE TO GOING TO LA TO WORK.

A FEW DAYS AGO BEFORE THE FIRES STARTED I WROTE "SHOULD I GO TO LA? SOMETHING IS TELLING ME NO" "I NEED TO STAY IN ONE PLACE FOR A WHILE"

BUT THEN I TOLD THEM I WOULD GO + TO NEGOTIATE MORE HOURS NOW THE FIRES ARE HERE I DON'T WANT TO GO.

BUT THE GUILT I FEEL IS OVERWHELMING



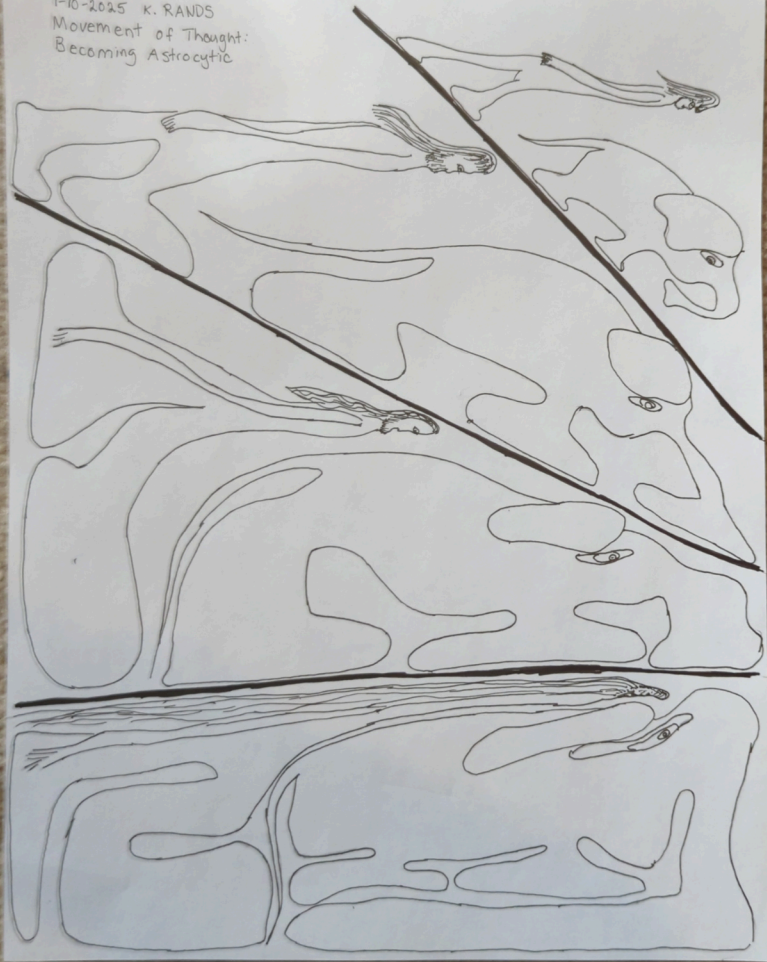
STILL CONTEMPLATING



ALL DAY LONG



1-10-2025 K. RANDES
Movement of Thought:
Becoming Astrocytic

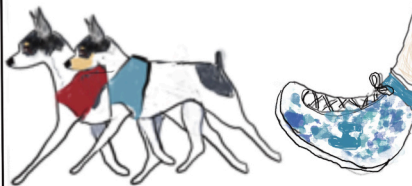




Eva

1-23-2017 to . 1-09-2025

I think I'll walk up
to the arena.



This
place is
so
beautiful



But it
seems
so
empty
without
Eva.



1-10-25 Movement and Reflection Abby Raven Bud N. Charest ©2025

IF I WERE ALLOWING MYSELF TO LISTEN TO MY INNER CRITIC, I'D BERATE MYSELF FOR NOT COMING UP WITH AN IDEA FOR A NEW COMIC. INSTEAD I'LL FOCUS ON DOING WALKING LUNGES... GOOD FOR THE QUADS... FRESH AIR... POSITIVITY! 100 LUNGES! I CAN DO IT!



22...23...24... OMG! I'VE NEVER MAKE IT TO 100. I HAVE TO TAKE MY MIND OFF LUNGES... FOCUS ON SOMETHING ELSE... WHAT CAN I THINK ABOUT? WHAT WAS THAT STORY IDEA I HAD...?



IF I COME UP WITH A DEBENT IDEA FOR A STORY I'LL ALLOW MYSELF TO STOP AT 30 LUNGES.



OK, SO MY INNER CRITIC AND I BOTH KNOW THAT TOMORROW THIS IDEA WILL BE BEYOND IMBECILIC. BUT RIGHT NOW, IT'S A BEST-SELLER, LIKELY TO BE ADAPTED INTO A LONG-RUNNING AND HIGHLY ACCLAIMED MINI-SERIES.



I know I don't like jogging



but I also know that the post-run clarity will outweigh the discomfort.

By halfway point I'm either "excelling" or diving deep into a daydream.



Daydreams usually derail the jog as they distract me from managing the exercise.



Which is always a nice reminder, that I started with jogging because I felt it would help me screw my head back on straight...



...from all the daydreaming I usually do, while I'm letting my mind be swallowed up by the quicksand called depression

SWIMMING
BACK AND FORTH
IN MY OWN LANE
CALM AND FLOWING
WITH IDEAS
FOR ART



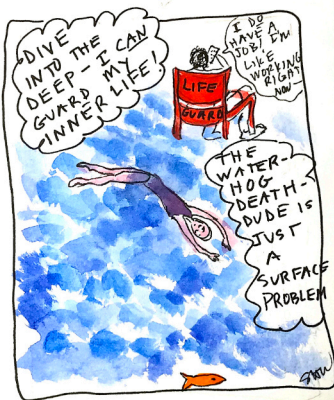
STW

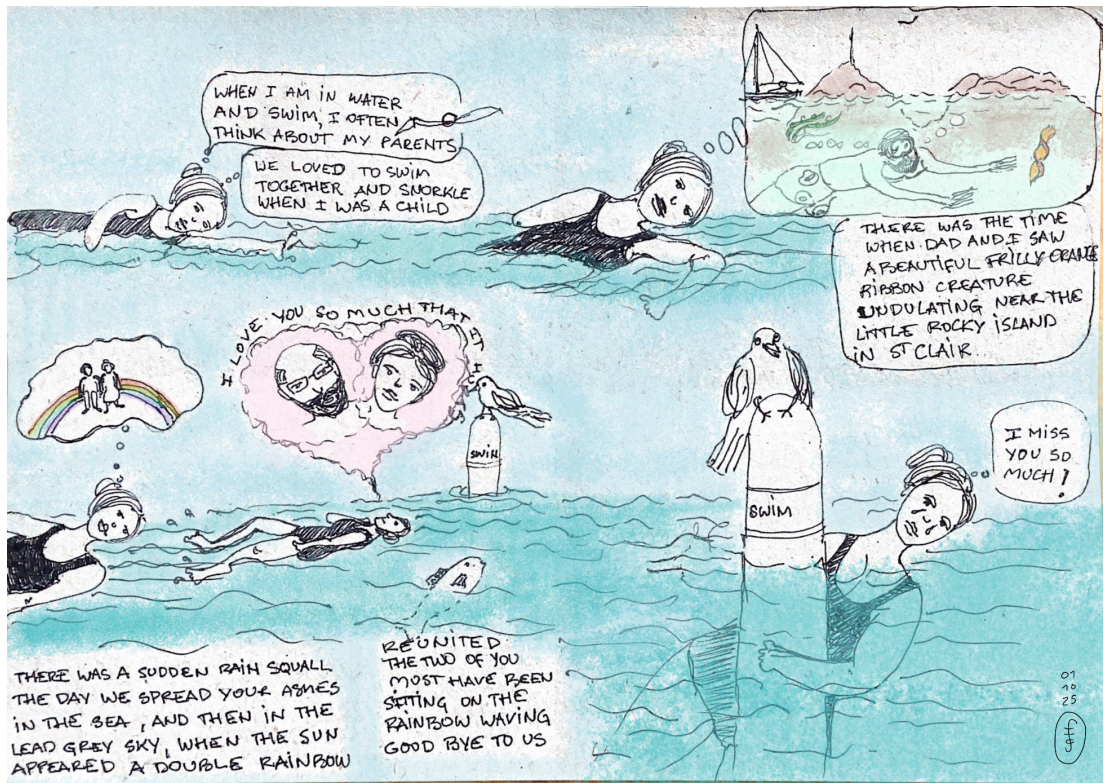
AGGRESSIVE
VARSITY BUTTERFLY-
HOG TSUNAMI DEATH-
DUDE

I'D FEEL
A LOT
SAFER IF THAT
LIFE GUARD
WOULD TURN
AROUND AND
LOOK



STW





WHEN I AM IN WATER AND SWIM, I OFTEN THINK ABOUT MY PARENTS

WE LOVED TO SWIM TOGETHER AND SNORKLE WHEN I WAS A CHILD



THERE WAS THE TIME WHEN DAD AND I SAW A BEAUTIFUL FRILLY ORANGE RIBBON CREATURE BUBBLING NEAR THE LITTLE ROCKY ISLAND IN ST CLAIR.



I LOVE YOU SO MUCH THAT IT I

I MISS YOU SO MUCH!

THERE WAS A SUDDEN RAIN SQUALL THE DAY WE SPREAD YOUR ASHES IN THE SEA, AND THEN IN THE LEAD GREY SKY, WHEN THE SUN APPEARED A DOUBLE RAINBOW

REUNITED THE TWO OF YOU MOST HAVE BEEN SITTING ON THE RAINBOW WAVING GOOD BYE TO US

Reflection in Motion w/ Abby Kacen

FRIDAY NIGHT @mie

C. Seidel 10 JAN 25

What is a thought you have had?

What body movement gets you thinking?





**Sequential Artists
Workshop**

**Free Friday
Night Comics
Workshops**

**learn.sawcomics.org
[@comicsworkshop](https://twitter.com/comicsworkshop)**