



Come draw them out with Cassy Lee

SAW Free Friday Night Workshop
July 31 7pm est / 4pm PST

Thanks for coming to a SAW FNC Workshop!

DRAWING BIG FEELINGS

This workshop was led by
CASSY LEE

<https://www.cassylee.com/>
[https://www.instagram.com/
readfreedrawfree/](https://www.instagram.com/readfreedrawfree/)

On July 31, 2026

Next workshop → [https://
sequentialartistsworkshop.org/freefnc](https://sequentialartistsworkshop.org/freefnc)

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

... [https://members.sawcomics.org/share/
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We hope you'll share your work on social media
with the hashtag #fridaynightcomics . Please tag us
@comicsworkshop

Thanks so much for being here!

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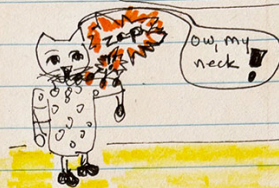


LABEL



OBSERVE

where in the body do you feel the emotion?



Value emotion as messenger



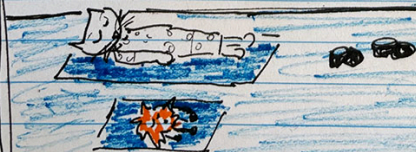
Embrace the emotion



Compassionately hold that emotion

EQUANIMITY

- less reactive response to suffering = goal



LAUREN



Hella uncertainty

X?X

LAUREN



X?X

LAUREN

X?X

It's time to land those plans that have been wandering in your head

LAUREN



gotcha!

For you!

X?X

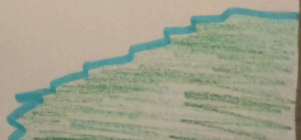
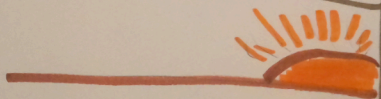
AUGUST						
1	2	3	4	5	6	
7	8	9	10	11	12	
13	14	15	16	17	18	

PLANE

NOTES

JORDEN

LAUREN



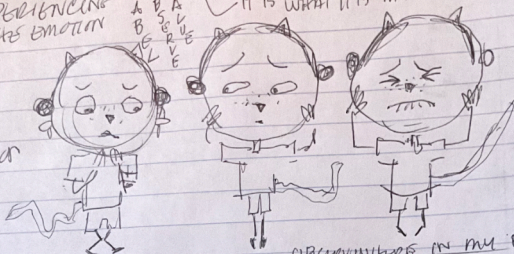


I AM A HUMAN EXPERIENCING THIS EMOTION

LOVEE METHOD SHARON BRICK

IT IS WHAT IT IS MAY ACCEPT IT JUST AS IT IS

NOT THIS EMOTION



LOBBE

FEAR

uh, hi?
BOO!



OBSERVING IN MY BODY

OBSERVE

HEAVENES ON MY CHEST
um, you're in my personal space
WHAT OF IT?
YOU GONNA DO SOMETHING ABOUT IT



IT'S NOT UNIQUE TO ME

VALUE

HERE'S A MESSAGE
WE'VE FIRST THANK YOU FOR COMING

SAND, UM WHAT DO YOU WANT FROM ME

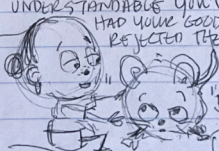
I'M HERE TO BE PUT DOWN AND STOLEN FROM

A LESS RESPONSIVE REACTION TO SUFFERING



EMBRACE

SO UNDERSTANDABLE YOU'VE HAD YOUR GOOD IDEAS REJECTED TEEN WITHOUT YOU BEFORE



SO NORMAL TO FEEL THIS WAY

EQUANIMITY

YOU GOT A BAD RAP BUT I'M HAPPY YOU GOT BY
HEATH, I'M TOO A THING



TAKE THE TIME YOU NEED TO BE OKAY

WE CAN DRAW A PICTURE TO FEEL BETTER

SHARON BRICK
↓
★
GORG!

Lately, my creative downloads
have been in full effect.
And it's been invigorating
and affirming!

eureka!

i feel

sooo

lucky.

RESEARCH★
FOR NEW ♥
PROJECTS •

Stefanie
2026

But today didn't go as planned
& I couldn't seem to access the routines
that normally keep me moving forward



Umm



Uh



gulp

LABEL

...uh,
hi

Boo

fear,
is that
you?

hello,
fear

who were u
expecting—
santa claus?

D. Okamoto 2021.6

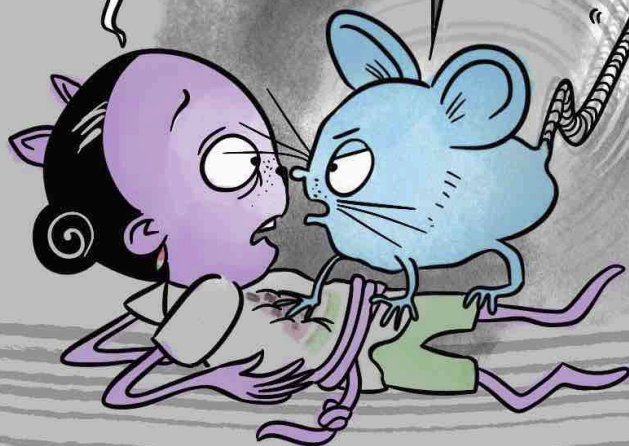
OBSERVE

Gasp

Hey,
you're in
my personal
space

Oh yeah,
what of eht?

Ya gonna
do somethin'
about eht?



D. Kumbas

2026

VALUE

Well, first...

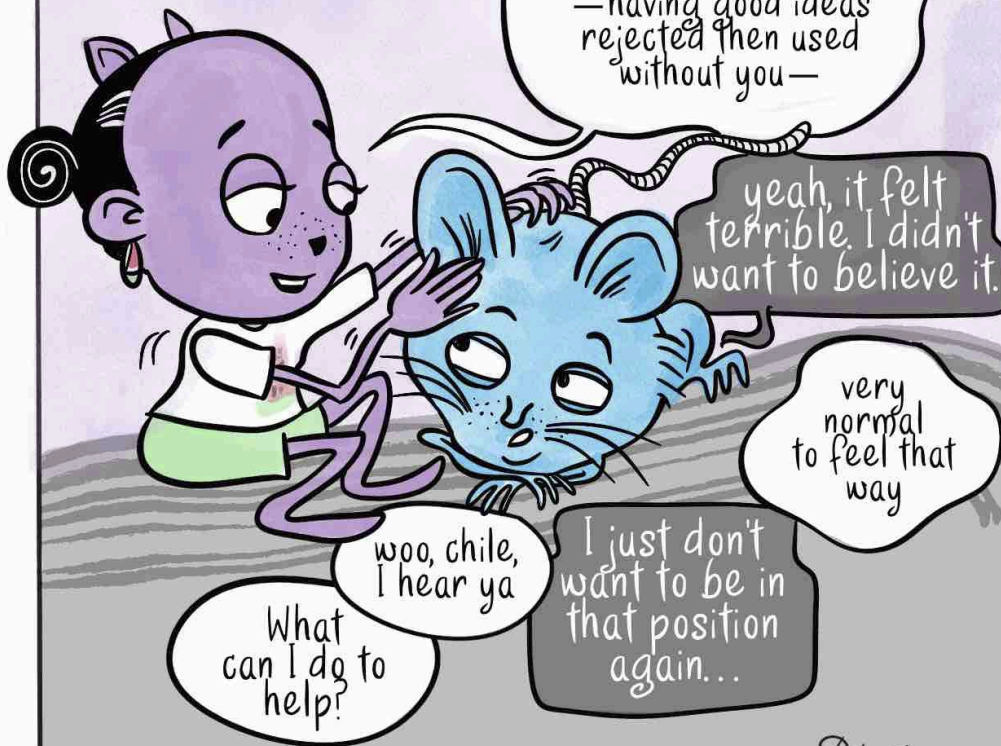
Thank you

for
coming

And...um,
what do
you want to
tell me...

I'm
afraid
to be rejected
and stolen
from again...

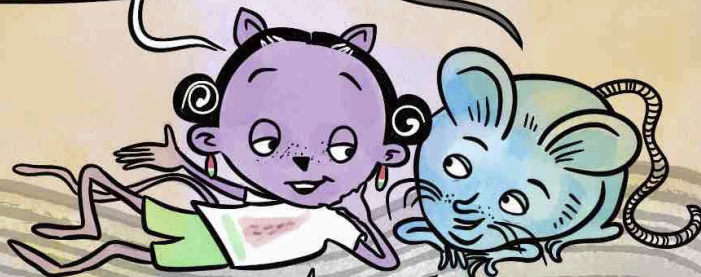
EMBRACE



EQUANIMITY

Do you mind if we just sit here together for a while?

That's a good idea, let's.



Ya know, fear, you get a bad rap but I'm actually glad you stopped by...

Thanks, me too.

You're not so bad yourself...

D. Kember 2026

Label emotion
yearning
yearning is
a trick
from
Kanso

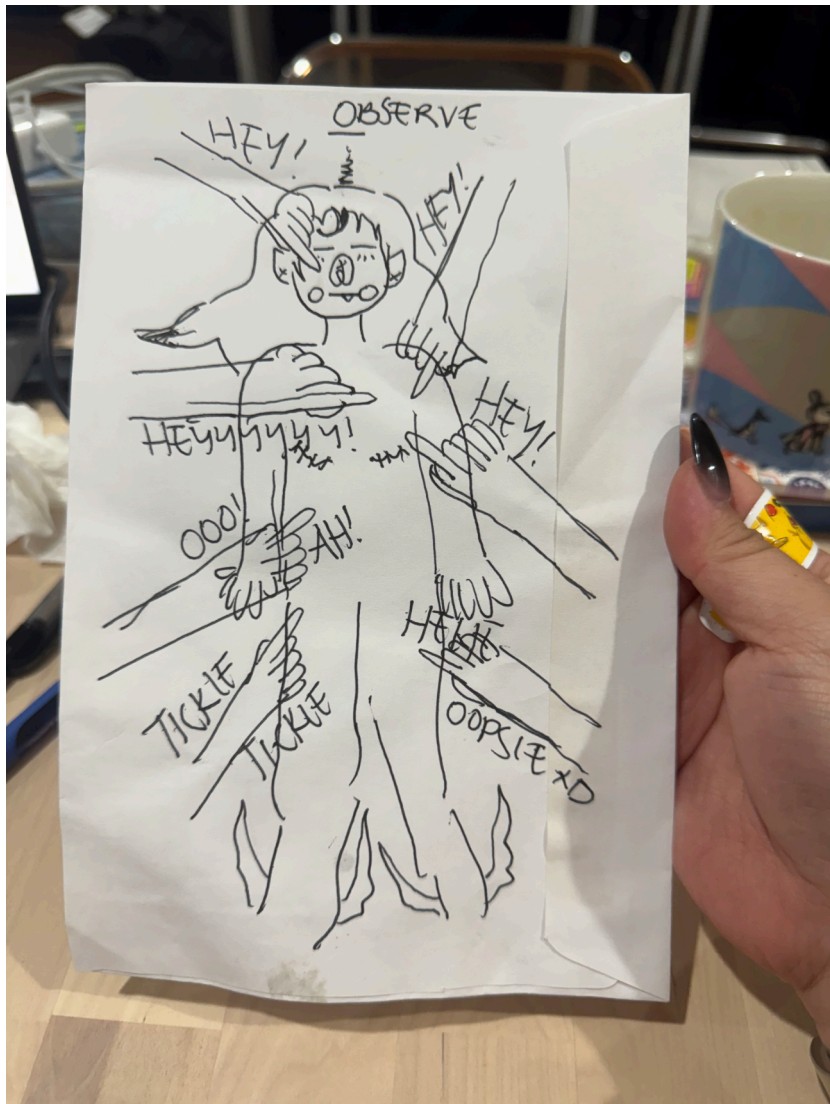


LOVEE METHOD

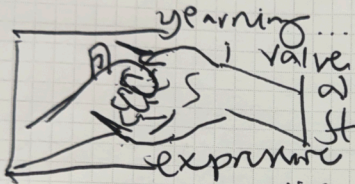
Pharon
Brook

"i am what
i am, i
accept
myself
as i
am"



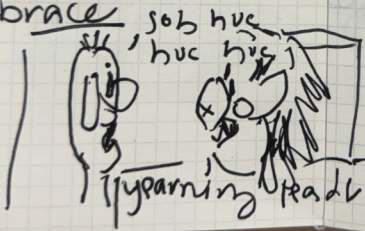


Valve



yearning...
Valve that you are
always around or have
stuck around. you are
and make me feel
more poetic even if i get
overwhelmed by your presence.

embrace



sob huc
huc huc
yearning leads to a life i want
to be living...



Equanimity) accept the
emotion place
it where it
needs to be

LABEL

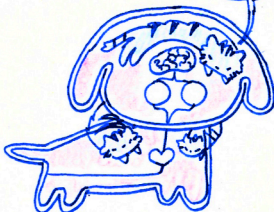
HELLO...

ANGER.



OBSERVE

MEOW



VALUE
MEOW!!!

HM...

YES...



EMBRACE

RUB
RUB

SHIT IS
F**KED...



EQUANIMITY

LOOK AT
THIS FLOWER.

(PAUSE...)



NOW, WHAT CAN
WE DO TO SOLVE
THIS PROBLEM?

M
N...

way
way

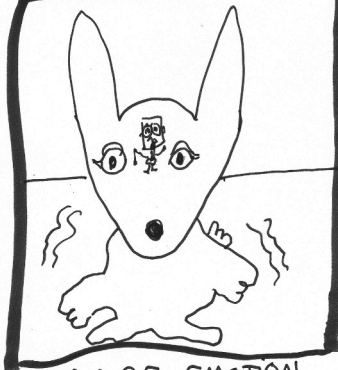


END.

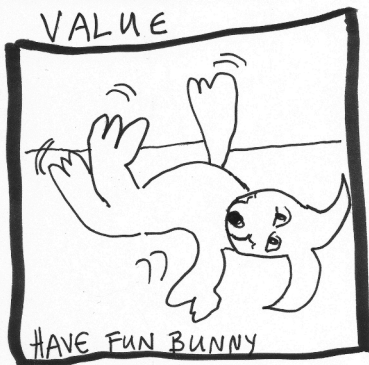
LABEL-SILLY



OBSERVE-WHERE



VALUE

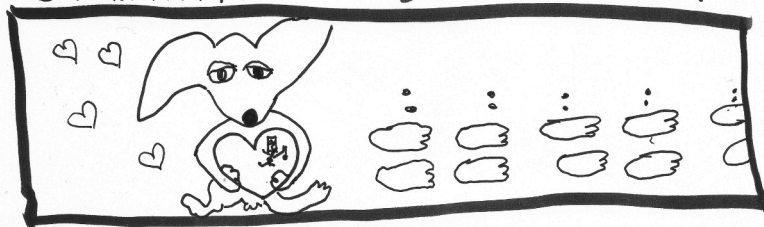


EMBRACE EMOTION



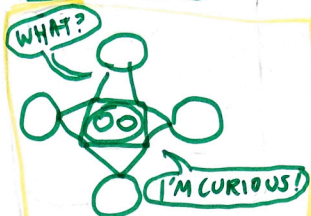
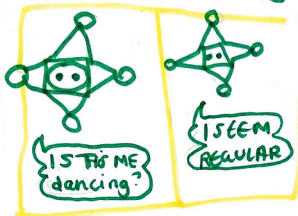
HAVE FUN BUNNY

EQUANIMITY

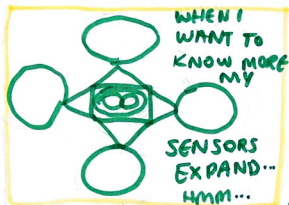


SUZIEQ

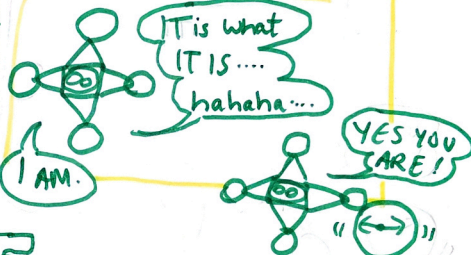
LABEL LABEL...



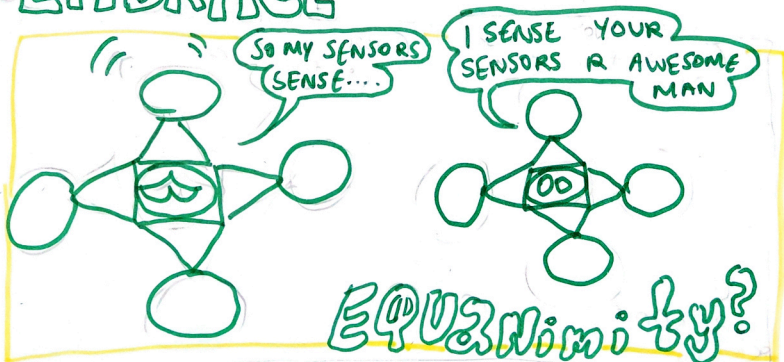
OBSERVE



VALUE



EMBRACE



EQUUSNIMITY?

Label



Hi! I'm Determinations.

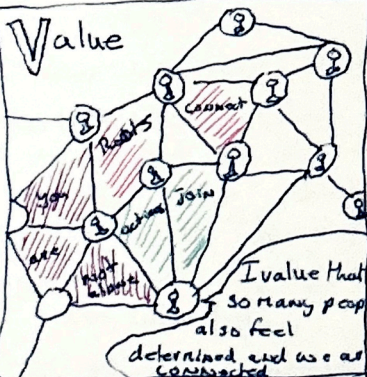
Observe



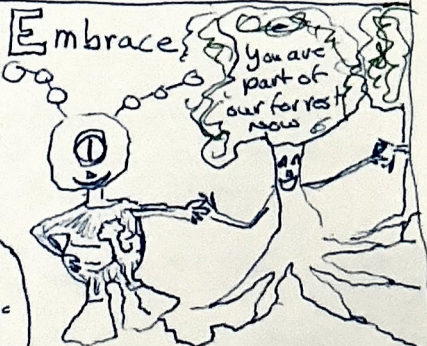
That's cool! I feel that I have you in my heart

And rooted through my body and actions.

Value

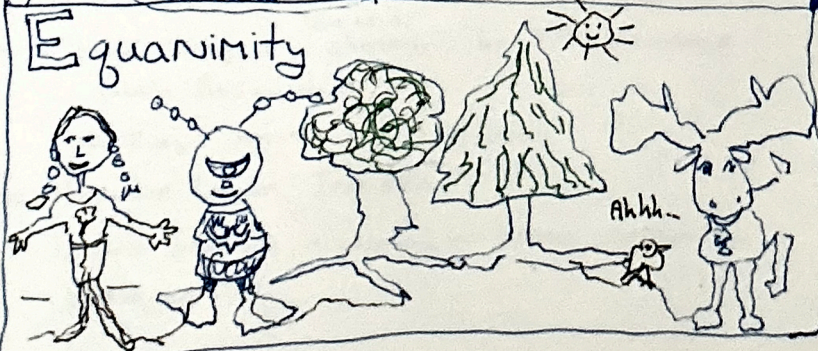


Embrace



You are part of our forest now

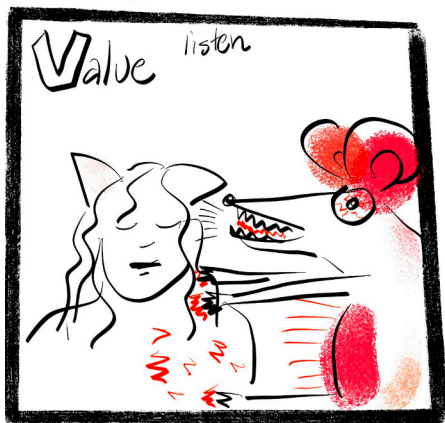
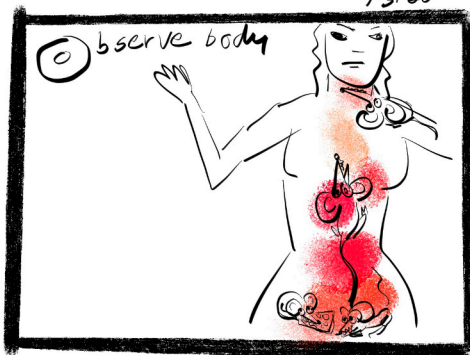
Equanimity

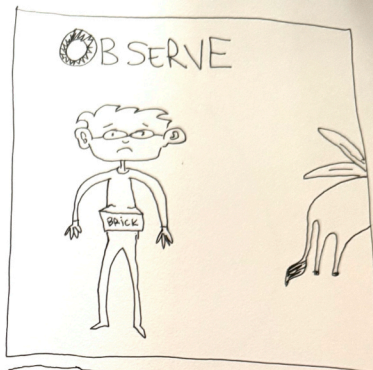


Stacey Alysa



7/31/26



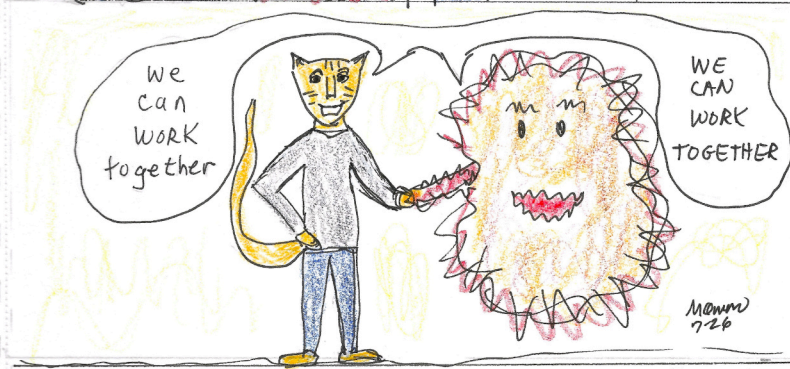
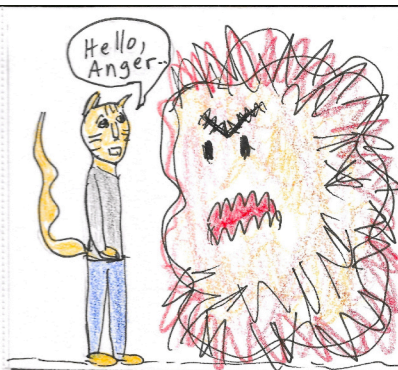




brode:

The goal of Mindfulness
is a less reactive
to feelings

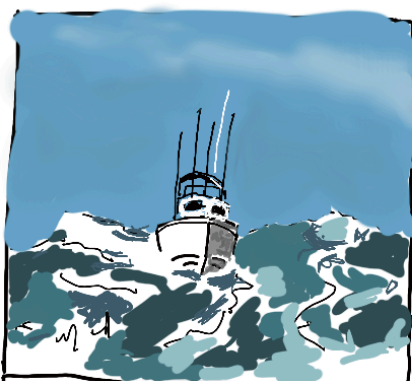
May I accept myself
just as I am.



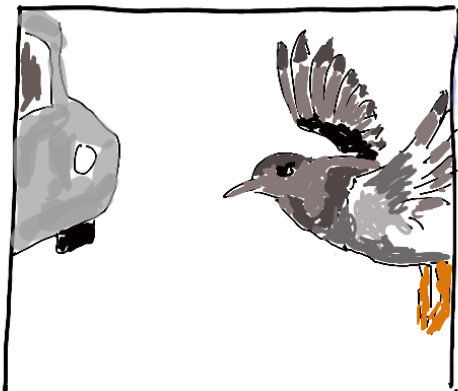
Life's Little Surprises



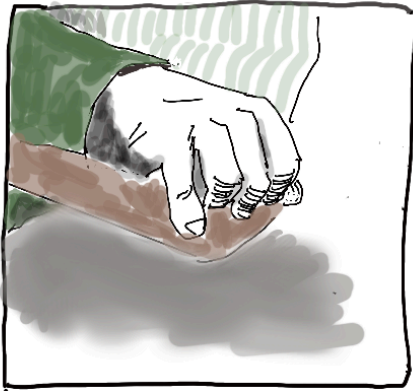
A bump in the road.



A boat on choppy waters.



A bird encounters a car windshield.



Grab your armrest and get a grip.

Michael Woo : August 2026

[I didn't catch what O, V, and E were.]

1965



1966



?!?



1978



1998



1999-2026... [Time for the "Shaft! catechism!"]

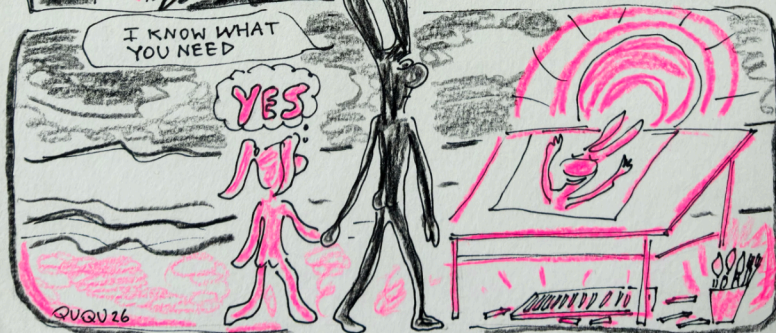
You arrive at an elevator shaft...

That shaft is a bad--

Shut yo mouth!

I'm just talkin' 'bout Shaft.





"BIG FEELINGS THROUGH EDGAR'S LIFE"

WRITTEN, DRAWN AND © 2026 BY EDGAR FARR, RUSSELL LITTLE, SAW FRIDAY NIGHT COMICS
 "GOT BIG FEELINGS?" JULY 31, 2026 WITH GUEST ARTIST, CASSY LEE, AND HOST, TOM HART

IN MY FIRST DECADE I WAS FASCINATED BY A LEFT OVER BARREL OF TAR ON A HILL AT GEORGETOWN UNIVERSITY.



DADDY LOOK THE TAR IS MELTED! CAN I TAKE SOME HOME? MM



YES, LITTLE EDGAR!
 AND WHEN YOU'VE GOT A PIECE, LETS GO TO COPLEY HALL TO GET A COP OF ORANGE SODA FROM THE VENDING MACHINE.

I STILL REMBER THAT TAR BARREL 66 YEARS LATER. BUT I THINK IT'S MORE ABOUT OUR LOVE FOR EACH OTHER ON THOSE SUNDAY MORNING WALKS!

IN MY EARLY 40'S I FELL IN LOVE WITH K. ONE EVENING SHE LEANED CLOSE TO ME...



I HAVE NEVER BEEN SO LOVED

I STARTED COLLECTING COMIC BOOKS SERIOUSLY IN 1966. I LOVED DC, MARVEL, CHARLTON, ACG, TOWER, RADIO COMICS, HARVEY, MILFORD, ETC. BUT MY GREATEST LOVE WAS FOR THE MOST EXCITING COMIC BOOK EVENT OF THE PAST 30 YEARS. THE TRIUMPHANT RETURN OF

THE SPECTRE



MANY THINK THAT I BRING ONLY DEATH. BUT I WISH TO BRING LIFE TO THOSE I LOVE.

I STILL IDENTIFY WITH THE SPECTRE.

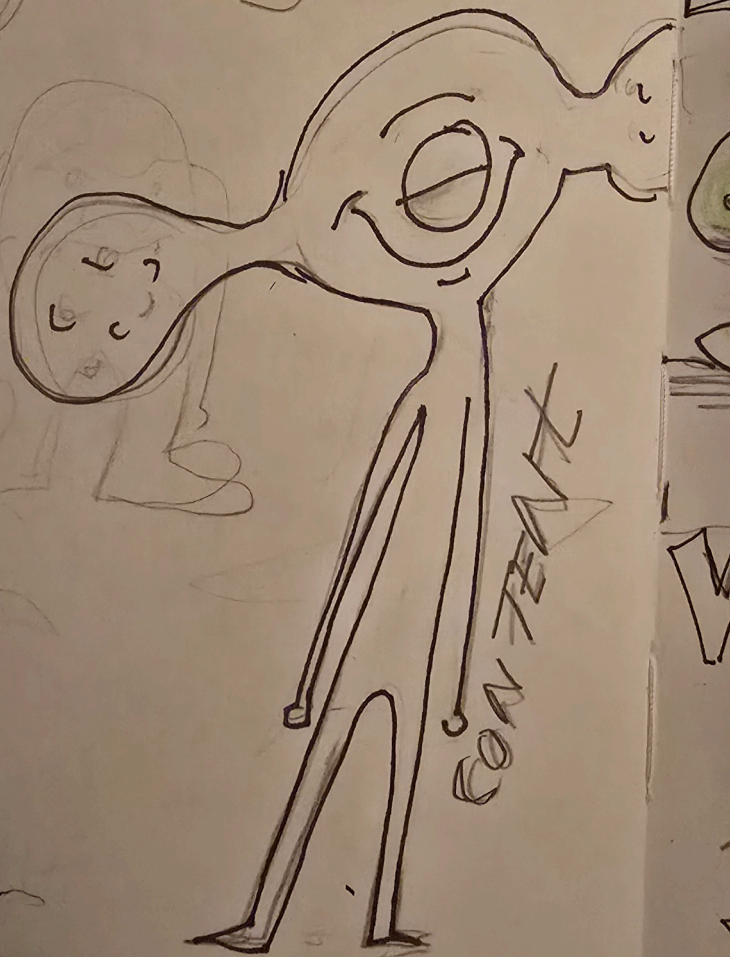
← MY VERSION OF THE PIETR

NOW, IN 2026 I HAVE MANY BIG FEELINGS OF JOY AND SADNESS, WORRY AND UNCERTAINTY. TO PARAT PHASE, LOU REED --- HOPE JUST MIGHT COME SHINING THROUGH.

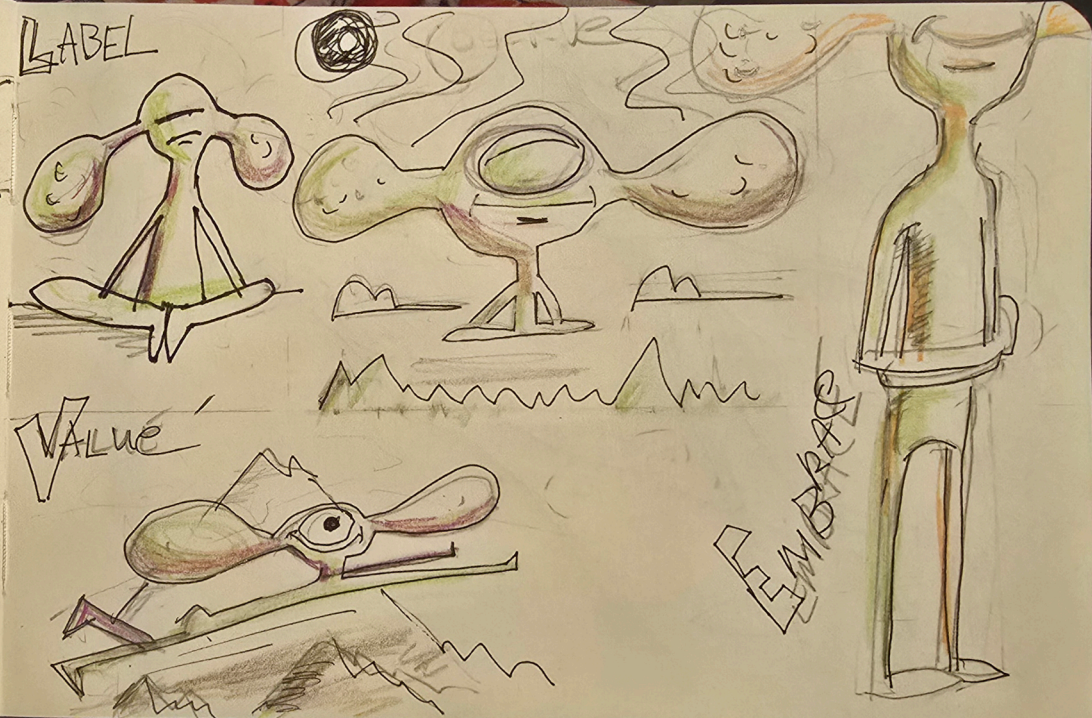
EDGAR FACING THE FUTURE



Feeling Charts

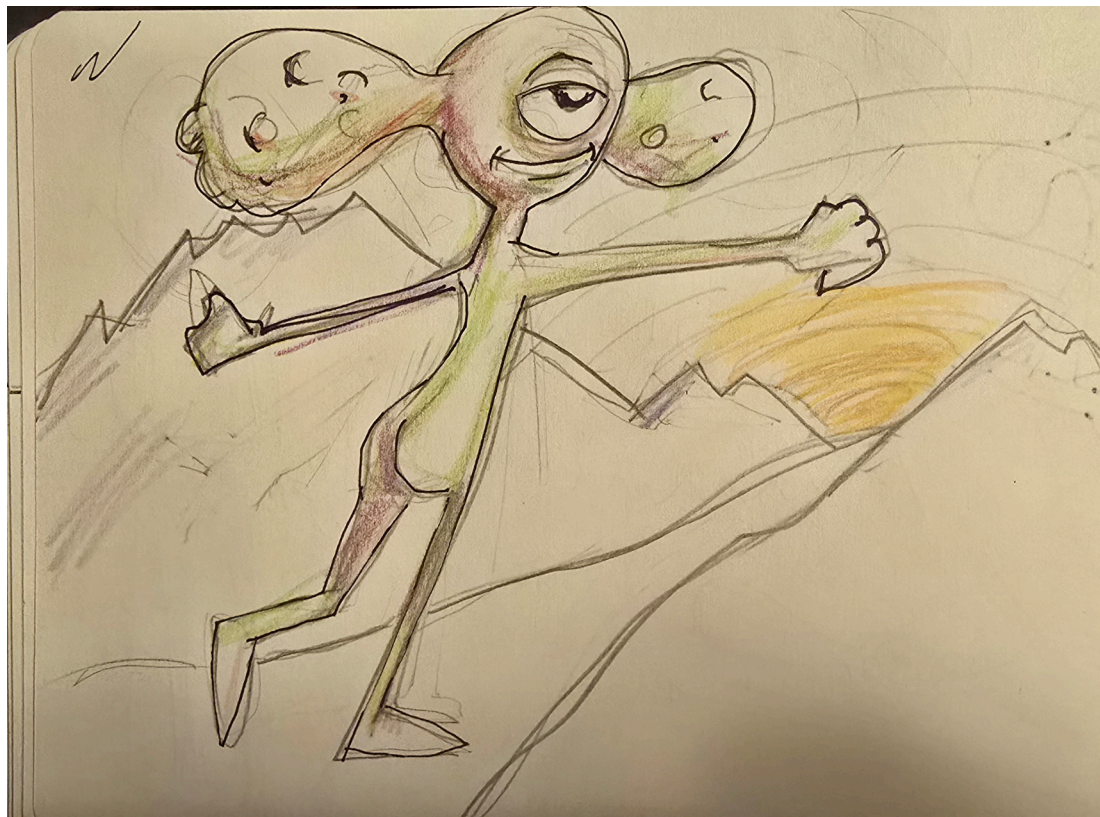


LABEL



VALUE

EMBRACE





**Sequential Artists
Workshop**

**Free Friday
Night Comics
Workshops**

**sawcomics.org
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