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### **“The Stories Within” by Tiffany Manning opens at Heather Moore Community Gallery**

Please join the Cathedral Arts Project for the opening reception of *The Stories Within*, an exhibition by local artist Tiffany Manning, on Thursday, November 7. The reception will begin at 5:30 p.m. in the Heather Moore Community Gallery, at 207 N. Laura Street, Suite 300, in Downtown Jacksonville. The event is free and open to the public.

Tiffany Manning is a contemporary fine artist and portrait photographer based in Jacksonville, Florida. Her drive to create is fueled by a lifelong fascination with energy – specifically the way it moves through people to form the connective tissue that weaves our world together. Aspects of energy rooted somewhere between science and spirit are what excite her the most.

Coupled with a process heavily influenced by music and dance, Tiffany creates an environment which allows her to surrender and simply be present with the canvas. There is a palpable energy coursing through her work that is deeply grounded in joy and happiness. From there, a visual journey begins, and in collaboration with her daughter, an illustrated children’s book emerged.

“When I stop trying to control everything and instead enter a state of complete surrender, there is magic waiting to be discovered,” said Manning. “I lovingly refer to my practice as the art of allowing. I am creating to be present in my body. I am creating to have a better understanding of the parts inside that can only be discovered through a sense of mental displacement. *The Stories Within* will take you on a journey into the depths of my imagination where magical worlds and beings are sparked to life through the use of color and movement.”

The opening reception will include a brief presentation by the artist, which will begin at 6:30 p.m. The exhibition will run through Thursday, January 23, 2020. The community gallery is free and open to the public Monday through Friday, 9 a.m. to 5 p.m.

The Heather Moore Community Gallery enriches the quality of life in Northeast Florida by providing a unique venue for emerging and established artists to exhibit original works of art. The purpose of the gallery is to nurture individual artistic expression, encourage the exchange of ideas and inspire a lifelong commitment to the arts. Exhibitions, related events and programs enrich the cultural footprint of our community by engaging the arts and educational communities, cultural organizations, and diverse audiences along the First Coast.

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*The Cathedral Arts Project is the leading nonprofit provider of quality, comprehensive and ongoing instruction in the visual and performing arts for elementary and middle school students in Duval County. The driving force behind all CAP programs is the belief that the arts matter – they provide essential skills, like creative thinking, perseverance, teamwork and self-discipline, that benefit all people in all areas of their lives.*

*Too often, certain populations of students do not have access to an arts-rich education because of limited access and resources in their schools, communities or homes. Yet these are the students for which the arts can have the strongest and longest-lasting impacts. CAP needs your support to accomplish its vision for every child in Northeast Florida to have access to a well-rounded, arts-rich education that endows his or her spirit with the imagination, self-confidence and strength of character that inspires great leadership and a will to succeed. Learn more at [capkids.org](http://capkids.org).*