

# CATCH AND RELEASE

21 JANUARY - 10 FEBRUARY 2026

P  
A  
U  
L  
A  
  
B  
O  
R  
S  
E  
T  
T  
I



E X H I B I T C A T A L O G U E

---

*women united*  
ART MOVEMENT

Women United ART MOVEMENT  
Is proud to present

## CATCH AND RELEASE

a solo exhibition by

**PAULA BORSETTI**

### EXHIBITION SYNOPSIS

The works in this exhibition explore the act of recognizing what we hold to and what we can let go. Through painting, I move through experiences that are often difficult to process or articulate, finding both an entry point and a release while painting.

The year 2025 began under the weight of grief. The Evolution of Grief series emerged as a way to process grief and to notice the moments of light and beauty that arrive alongside loss. Grief appears and disappears, wearing many hats—subtle, shifting, and often unexpected. This series opened the door to exploring other aspects of being that feel especially challenging in our current moment.

I can no longer consume the news as I once did, yet, I do not turn away from the world. Instead, I choose to seek hope and beauty within the seemingly increasing dark moments. I catch myself in moments of descent, recognize them, and then release through artmaking, finding ways to celebrate new heights. I believe in seeking joy.

Painting is both a gift to myself and an offering to others. My hope is that this work encourages the release of old stories and limiting thoughts, and the catching of new, beautiful possibilities.

### ARTIST BIO

Paula Borsetti is a painter creating layered abstract works that explore the space of inner and outer landscapes. Her paintings, rooted in intuition and process, weave together personal and universal moments that invite reflection and connection.

Borsetti began painting in plein air from the landscape while in high school. A love of observing and translating experience through paint has guided her ever since. Being an art educator deepened her desire to nurture creativity, learn continuously, and share what she discovers.

Borsetti maintains studios on the North Shore of Massachusetts and in Maine. Her work is represented by TAG Gallery in Boston's SoWa district, The Salted Cod Arthouse in Gloucester, and is included in numerous exhibitions and private collections. She is also a member of The National Association of Women Artists, US and Mass, Women United Art Movement, See/Me Gallery, Create Collective, Visionary Art Community, Rocky Neck Art Colony, North Shore Art Association, Newburyport Art Association, Cambridge Art Association, New England Experimental Art Group, and the Abstract Artists Group of New England.

### ARTIST STATEMENT

These paintings honor the traditions of abstraction while discovering my own language of color, space, gesture and narrative. When I attended art school in the 1970s, I was deeply influenced by Abstract Expressionism and mentored by artists who were part of that movement. I learned to see the figure and landscape as moving planes in space, rather than working with traditional perspective - an approach that has shaped my work for decades. These, along with early lessons, rooted in the spontaneity of en plein air watercolor painting with St. Vincent de Paul, instilled in me a love for capturing fleeting moments and feelings through raw, intuitive expression.

As my practice has evolved, I've continued to explore where I fit within the broader art historical context. So many heroes are artists who are women. The powerful abstraction and brushwork of Joan Mitchell and Grace Hartigan, and the colorful honesty in the paint and figurative abstraction of Katherine Bradford as well as others, all have been guiding influences. Their fearless exploration of color, form, and gesture inspires me to honor tradition while finding my own voice as an artist, woman and mother.

This series is a continuation of that journey. Drawing on the visual languages of landscape, still life, and interior space, I allow myself the freedom to question and reimagine them. Each piece is an exploration of how abstraction can capture the essence of experiences such as grief, release and joy, as well as real and imagined moments of time, this time, today in 2025.



**Catch and Release**

PAULA BORSETTI

SOLO EXHIBITION  
21 JANUARY – 10 FEBRUARY 2026  
WOMEN UNITED ART MOVEMENT

PAULA BORSETTI

The Evolution of Grief, 2025

Acrylic, ink, graphite on paper mounted on deep  
cradled panel  
30 x 22 in (h x w)

\$ 3,000



PAULA BORSETTI

Hold On There Are Moments of Light, 2025

Acrylic, ink, graphite on paper mounted on deep  
cradled panel  
30 x 22 in (h x w)

\$ 3,000



PAULA BORSETTI

I Hold It In My Belly, 2025

Acrylic, ink, graphite on paper mounted on deep  
cradled panel

30 x 22 in (h x w)

\$ 3,000



PAULA BORSETTI

Tied Tight In Ribbons, 2025

Acrylic, ink, graphite on paper mounted on deep  
cradled panel

30 x 22 in (h x w)

\$ 3,000



PAULA BORSETTI

We Keep the Cold Warm Inside, 2025

Acrylic, ink, graphite on paper mounted on deep  
cradled panel

30 x 22 in (h x w)

\$ 3,000



PAULA BORSETTI

We Play At Dress Up, 2025

Acrylic, ink, graphite on paper mounted on deep  
cradled panel

30 x 22 in (h x w)

\$ 3,000



PAULA BORSETTI

In Dreams I Float Away With You, 2025

Acrylic on canvas

30 x 30 in (h x w)

\$ 3,000



PAULA BORSETTI

Dancing Between Worlds, 2025

Acrylic on canvas

32 x 32 in (h x w)

\$ 3,100



PAULA BORSETTI  
In the Rhythm of Letting Go, 2025  
Acrylic on linen  
72 x 46 in (h x w)  
\$ 6,500



PAULA BORSETTI  
The Spirits Danced, 2025  
Acrylic on canvas  
30 x 26 in (h x w)  
\$ 3,000



PAULA BORSETTI  
That Time Big Tim Came to the Picnic, 2025  
Acrylic on canvas  
30 x 38 in (h x w)  
\$ 3,200



PAULA BORSETTI

In the Garden of Possibilities, 2025

Acrylic on canvas  
38 x 40 in (h x w)

\$ 3,200



PAULA BORSETTI

What's Out Is In, 2025

Acrylic on paper mounted on deep cradle panel  
14 x 14 in (h x w)

\$ 685



PAULA BORSETTI

Beneath Surface Tension, 2025

Acrylic on paper mounted on deep cradle panel  
14 x 14 in (h x w)

\$ 685



PAULA BORSETTI

Diffused Authority, 2025

Acrylic on paper mounted on deep cradle panel  
14 x 14 in (h x w)

\$ 685



PAULA BORSETTI

Held Radiance, 2025

Acrylic on paper mounted on deep cradle panel  
14 x 14 in (h x w)

\$ 685



PAULA BORSETTI

Here, There, and Everywhere, 2025

Acrylic, ink, graphite on paper mounted on deep  
cradled panel  
14 x 14 in (h x w)

\$ 685



PAULA BORSETTI

In the Middle of It All, 2025

Letting go of being everywhere and reveling at being  
in the middle of it all.

14 x 14 in (h x w)

\$ 450



PAULA BORSETTI

Contemplating Sunday, 2025

Acrylic on canvas

26 x 32 in (h x w)

\$ 2,500



PAULA BORSETTI

The Treasure Box, 2025

Acrylic on panel

12 x 12 in (h x w)

\$ 450



PAULA BORSETTI

Where Will All the Research Go?, 2025

Acrylic on panel  
12 x 12 in (h x w)

\$ 450



PAULA BORSETTI

I'm Walking the Air, 2025

Acrylic on panel  
12 x 12 in (h x w)

\$ 450



PAULA BORSETTI

The Way You Make Me Feel, 2025

Acrylic on panel  
12 x 12 in (h x w)

\$ 450



PAULA BORSETTI

The Infinite Leap, 2025

Acrylic on canvas

48 x 96 in (h x w)

\$ 9,000



PAULA BORSETTI

When Our Paths Crossed and Crossed Again, 2025

Acrylic on canvas

56 x 30 in (h x w)

\$ 3,200



# CATCH AND RELEASE

21 JANUARY - 10 FEBRUARY 2026

P  
A  
U  
L  
A  
  
B  
O  
R  
S  
E  
T  
T  
I



E X H I B I T C A T A L O G U E

---

*women united*  
ART MOVEMENT