

FROELICK GALLERY

ARTIST STATEMENT

LIS PARDOE

Here to Remind You, 2026

My oil paintings explore the space between inner and outer worlds, centering the figure, nature, and nostalgic surroundings—reflecting the impermanence of this life. As my work has developed, I've become ever more interested in narrating overlapping states and memories, as opposed to singular events, to communicate grief, presence, beauty, and longing. This feels true to how I experience living. Creating a sensory visual experience through paint helps me to experience the now, make peace with the past, and trust in the future.

I work primarily in oil paint using both direct and layered processes with glazing to establish depth and harmony. While my background in classical realism continues to inform the lifelike quality in my work, my recent practice has shifted to lean more heavily on intuition. Each decision and brushstroke determines the next, allowing the paintings to loosen their dependence on reference and subtly expand into surreal disruptions that emerge organically. I rely on light, focus, and color to guide my compositions, resulting in imagery that is full and precise. My paintings begin from observation, photographs, memories, dreams, or fully formed images that appear in my mind while moving through life's mundane tasks. Living in a way that nurtures ritual is integral to my process and inspiration.

Women and bodies recur in my work as generational and psychological stand-ins, not as objects for consumption—something offering and worthy of care, and something I recognize and embody. By blending reality with the surrealism of interiority, I open a contemplative space to witness and feel. Ultimately, the paintings invite the viewer to pause, reflect, and commemorate the emotional rhythm of our daily life.

- Lis Pardoe

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