

A CONFERENCE ON  
WOMEN BUILDING  
AND SPIRITUALITY COMMUNITY



OCTOBER 18, 1986

RELIGIOUS STUDIES &  
WOMEN'S STUDIES  
MANKATO STATE  
UNIVERSITY

UNITED  
CHRISTIAN  
CAMPUS CENTER

## CONFERENCE HISTORY

A few years ago, several women from Mankato State University and the university community began to think that there was a need for women who shared an interest in spirituality and religion to have an opportunity to meet and share their interests and concerns. These women felt that there was a need to be involved in the whole world as a part of their religiousness. They were especially interested in making connections between the rural communities of Southern Minnesota and other world concerns. The primary thrust of the activities envisioned would be educational and would reach women and interested men from many spiritual and religious traditions.

The result was the establishment of the Women and Spirituality series currently co-sponsored by the departments of Religious Studies and Women's Studies at Mankato State University and the United Campus Christian Center. The first program, an evening lecture by Sr. Vera Chester from St. Catherine's College, was attended by about 75 people. The following fall, the first conference was held with keynote speeches by former Mankatoan Jeanne Audrey Powers from the United Methodist Church and Alla Bozarth-Campbell, one of the first Episcopalian women ministers. About 165 people attended the conference centered on the theme "Women and Worship."

The second conference, attended by about 200 people, carried the theme "Women's Lives in World Religions." The format was changed to one Keynoter, Dr. Rita Gross, professor of Religion at the University of Wisconsin-Eau Claire, and a panel representing women from five major faiths in the world. As in the first conference, there were also about thirty workshops on subtopics of the theme. There were also exhibits, music, books, and a celebration ceremony.

The theme of the conference for Fall, 1984 was "Spirituality and Social Action." Maureen Fiedler, co-director of the Quixote Center, a national Catholic justice center based in Mt. Rainier, Maryland, gave the keynote address. There was also a panel of five women representing different faiths and different social concerns. There were also about thirty workshops presented.

The Fall, 1985 conference was expanded to two days. There was an opening pot luck/get acquainted dinner, Saturday activities of a keynote address, over 45 workshops, and an evening concert. Sunday morning activities included a celebration ceremony and a closing panel. Dr. Rosemary Radford Ruether, a noted author, lecturer, theologian and teacher presented the keynote address based on the conference theme of "Language and Imagery." This conference was attended by about 465 people.

The theme of the conference this fall is "Building Community", with the Keynote address being presented by Starhawk. We continue to strive to provide activities that reflect the diversity of women and of spiritual and faith traditions.

## SCHEDULE OF EVENTS

### FRIDAY EVENING, OCTOBER 17

- 5:30- 8:00 p.m. Potluck for Presenters-Good Counsel Educ. Ctr.  
8:15 p.m. Play - "Have You Seen My Father" by  
Kaarin S. Johnston

### SATURDAY, OCTOBER 18

- 8:00- 9:00 a.m. Registration - CSU Ballroom foyer  
8:30- 9:00 a.m. Group singing - Nancy Vogl - CSU Ballroom  
9:00- 9:15 a.m. Welcome - Margaret Preska, MSU President  
Announcements -  
9:15-10:30 a.m. Introduction - Dr. Patti Lather, Acting Chair  
Women's Studies  
Keynote Address - Starhawk: "Building  
Communities of Resistance and Renewal"  
10:30-10:45 a.m. Short Break  
10:45-12:00 a.m. Workshops I  
12:00- 1:00 p.m. Lunch - CSU Cafeteria  
1:15- 2:15 p.m. Panel - CSU Ballroom  
2:30- 3:45 p.m. Workshops II  
4:00- 5:15 p.m. Workshops III  
5:30- 6:45 p.m. Dinner - CSU Cafeteria  
7:00- 8:00 p.m. Closing Celebrations  
8:30 p.m. Evening activities - Nancy Vogl Concert

## KEYNOTE ADDRESS

**TITLE:** "Building Communities of Resistance and Renewal"

**SPEAKER:** Starhawk

Starhawk is the author of The Spiral Dance: A Rebirth of The Ancient Religion of the Great Goddess (Harper & Row, 1979) and Dreaming The Dark: Magic, Sex, and Politics (Beacon, 1982). A feminist and peace activist, she teaches at several San Francisco Bay Area colleges and travels widely lecturing and giving workshops. She works with the Reclaiming collective in San Francisco, which offers classes, workshops and public rituals in the Old Religion of the Goddess, called Witchcraft. She is presently completing a third book: Truth or Dare: Encounters of Power, Authority and Mystery, and working on a film about women and spirituality with Studio D, the women's studio of the National Film Board of Canada. She is a cofounder of the WomanEarth Feminist Peace Institute, which will offer its first summer program in 1987.

The task at the heart of the feminist spirituality movement is to create culture based that is liberating, healing, and sustaining, based on empowerment rather than power-over. To do so, we must integrate the spiritual and the political to resist the continued destructiveness of the institutions of domination and to create communities that can sustain us in our struggles and embody our vision of the renewal of the world.

How do we create situations that foster freedom? How do we structure groups that empower their members? How can we deal with conflict and power issues? How can ritual be a tool for building community?

Drawing on her current research, writings, and life experiences in ritual making, nonviolent direct action, organizing, teaching, and collective living, Starhawk explores these questions and offers themes and directions for the future.

## KEYNOTE PANEL

Nadjla Burkland - Nadjla is a native of Iran who spent five years in the Philippines where she earned degrees in Electrical Engineering and Interior Design. She is a charter member of Women for International Peace and Arbitration and has been an active speaker on women and peace issues. She recently completed training as a community mediator. She is a mother of two and is a member of the Baha'i Faith.

Grace Hanson - Lutheran Pastor, Doctor of Ministry Candidate, Women and Spirituality Workshop leader. She is Pastor at Gustavus Adolphus Lutheran Church, Foley, Minnesota.

Peg Pfab - Campus Minister at United Ministries for Twin Cities Campuses. Starting her 8th year, a large part of Peg's work is with women's concerns and feminist spirituality. A major focus of her ministry is with the creation of small communities and OIKOUMENE House - a residential community of international and US students.

Lillianne Sprintz - Lillianne is 37 years old, a working class Jew from Philadelphia, has been active as a political organizer, welfare advocate, garden worker, landscaper, and cab driver for several years. Personal healing comes out of a place of healing where she finds hope on the other side for herself and whole earth.

Mary Van Voorhis - Mary has taught courses on American Indians at St. Cloud State University and at Mankato State University since 1976. She has lectured widely on minority women and done advocacy work in education, health, social service and employment. She is also a human relations consultant.

The panel will consist of Native American, Jewish, Christian and B'hai women who will discuss the topic "Building Community" from their individual experiences and faith.

## WORKSHOPS

Morning - 10:45 - 12:00 a.m.

### Hidden Lives: The Stories Women Tell

Kathe Ana  
Stephanie Edwards

Hidden Lives is a combination of performance and workshop which gives honor to the creativity of the feminine voice through the words of women, past and present. The performance of collected oral narratives is framed with a teaching about the three phases of womanhood - maiden, mother, and crone - from mystical tradition.

Kathe Ana is an editor and programmer for Communicate! a women owned business which creates and markets programs and materials; performing storyteller; teacher of oral history.

Stephanie Edwards is a Director of gifted and talented programs for high schools; teacher of journal writing; worker in goddess religion.

### Thinking Globally, Acting Locally

Sharon Anderson  
Sandra Parsons

We will look at the interconnectness of all women's lives no matter where they live. We will present and discuss activism at all levels starting at your kitchen table.

Sandra Parsons is a full-time college student at Mankato State University, mother of four and grandmother of two. She is concerned with the continuing education of all women, especially reaching women who are living and surviving in rural communities.

Sharon Anderson is a rural southern Minnesota woman who has been involved in social activism for many years. She is currently completing her thesis in Women's Studies at Mankato State University. Her main area of interest is international connections of feminism and will be teaching a class in International Feminism at MSU spring quarter.

### Feminist Group Process

Antiga

What do we need to do to create groups that are in tune with a feminist consciousness? Bring your ideas to share and your ears to listen. This workshop will be a brainstorming/sharing session devoted to how to enhance the efficiency of groups while meeting the needs of its members.

Antiga is a feminist witch, writer, singer and artist who has worked in collectives and feminist task oriented groups. She is a facilitator and workshop leader.

## Sharing the Journey: Spirituality for Two

Diane Benjamin  
Patti Christensen

This workshop is designed to give womyn practical ideas, from a variety of sources, for working with a "spiritual partner," including spiritual games, visualization, movement, and ritual. Participants will hear from the presenters' personal experience and will have an opportunity to try out several of these techniques. This workshop is open to couples, friends, and individual womyn - you don't have to bring your own partner to participate.

Diane Benjamin has named herself as lutheran, atheist, new age and unitarian, has given testimonies, danced with pagans, lived with nuns in West Virginia, and is willing to try anything twice. She has been exploring womyn's spirituality individually and in groups for the past three years.

Patti Christensen has a seminary degree with an emphasis in feminist theology. Her journey has led her to connections with battered womyn, gay/lesbian lutherans, a christian peace and justice community, disabled adults, and many groups of womyn exploring spirituality.

Diane and Patti have been sharing the journey for four years and currently live together in Minneapolis.

## Community Kaleidoscope: An Image for Transformation and Enrichment of our Working Lives

Susan Bourgerie  
Rebecca Lindholm

This workshop will explore the transformations women's work has undergone, focusing on the women of our own families, as well as on ourselves. Through literature, music, imagery, presentation and discussion, we will explore the development and enrichment of communities based around our daily work - in whatever form that takes for us. We will, hopefully, generate ways in which we can enrich and energize, even transform the workplace through connecting as women at work.

Susan Bourgerie is a career counselor at the College of St. Thomas, and in her own practice, in which she specializes in the career/lifework issues of women. Her interest in these issues is born out of her own struggle with issues of work, identity, and relationships - as well as her past work as counselor/trainer with CHART, a Twin Cities organization specializing in the career and employment concerns of women.

Rebecca Lindholm is an independent researcher and habitual workshop attendee! During the day, she does strategic marketing for a national health maintenance organization, but often she'd rather work with artists and investigate spiritual disciplines. She is a musician with a fascination for metaphor and myth. Rebecca recently organized a support group for individuals exploring the integration of professional life and spiritual values which meets at Unity Church, St. Paul.

Female Mind, Body and Spirit Connection Mary Ellen Carne

This workshop will experientially allow the exploration and discovery of the power that comes from the realization of women's "wholeness". In the process of creating and sharing of individual spiritual characteristics and symbols in a safe, relaxed environment, we will discover the connections that are inevitable between women who share their spiritual journeys.

Mary Ellen Carne is an experienced adult educator and group facilitator who received her training at OASIS, Center for Human Potential in Evanston, Illinois. She enjoys creating personal growth oriented environments which allow group members to safely explore and share portions of their own spiritual journeys.

Building a Feminist Community Upon the Church's Firm Foundation

Faye Christensen  
U Methodist Clergy Woman

The organized church is frequently viewed as male dominated - both on earth and in heaven. This workshop will focus on feminist concerns within the church and how the United Methodist Church is dealing with them.

Faye Christensen is co-chair of COSROW of the MN. Conference and has been a Christian feminist for over 20 years, acting as a change agent within the structure of the church. A UMC clergywoman will complete the two person panel.

Notes on a Radical Multicultural Feminist Theology

Consuelo Concepcion

This workshop will feature a discussion of radical feminist theology and racism, classism, and homophobia outside and inside the feminist spirituality movement. This paper/discussion is an analysis of and methodology toward a new radical theology of feminism.

Consuelo Concepcion will be attending MSU in the fall. She has been interested in feminist theology for the past four years. She graduated with a B.A. from the University of North Dakota in May, 1986. She has been active with the women's movement for ten years, and involved with UND office of Women's Programs for the past five years.

Songs of Christian Feminism: Building Community Through Music

Dorothy Davies

Dorothy Davies is a composer and performer of feminist songs, both sacred and secular. Much of her music reflects a Christian feminist perspective as she seeks to understand her own spiritual journey & intimately shares it with other seekers in story & song. Feminists of a variety of faith traditions respond to the universal message of freedom, equality, justice & peace expressed in her music. Experiences of pain, rage, hope, survival & healing are validated, promoting bonding & healing.



Dorothy Davies is a Christian feminist composer/performer; life-long musician. She is a graduate of College of St. Catherine, St. Paul with degrees in Sociology and Spanish, and minors in theology and philosophy. She is a wife, mother, homemaker, and a social justice activist. She left church choir and religious ed. ministries five years ago to protest sexism and maintain integrity. She felt strongly called to fashion highly individualized ministry consisting of writing and singing music which expresses deepest needs/emotions as woman, daughter of God, using inclusive language for humans and expanded images for God.

Developing a Herstory, Developing a Common Language

Bonnie Fisher

We will experience the power of personal transcendence and community by listening to a reading of work by feminist writers including the presenter and by taking part in writing exercises and the sharing of our own herstories through writing.

Bonnie Fisher is 43 years old, divorced, the mother of three young women. She has learned to transform her own life and share in the transformation of community through her writing. Her work has been published in a variety of literary journals including SING HEAVENLY MUSE and EVERGREEN CHRONICLES. She also writes feminist film reviews for the MN Women's Press.

Toward a Eucharistic Spirituality and Sexuality: Taking, Blessing, Breaking and Giving

Susan Hames, CSJ

The actions of "taking, blessing, breaking and giving" shape the rite we know as the Christian Eucharist. This workshop will explore experiences and the meanings of these actions in human friendship and living, as well as their meaning in the eucharistic rite, to see how they may also shape a spirituality and sexuality that may be said to be "eucharistic."

Susan Hames is the Director of Campus Ministry at the College of St. Catherine, St. Paul, MN, where she has coordinated liturgical and pastoral leadership in an 11-member team of professional and student (Peer) ministers, 1979-1986. She did full time Vocation and Formation work, 1975-78 for her community, the Sisters of St. Joseph of Carondelet. She is completing a MA in Liturgical Studies at St. John's University, Collegeville, MN in July, 1986.

Feminism and Nonviolence

Earlene Hawley

Feminism and Nonviolence will present definitions, history, connections, illustrations, personally from the presenter's teaching in the Philippines and Afghanistan, plus "success stories" out of early US history, the 60's, Bolivia, Greenham Commons, Seneca Falls, and now. Sharing of experiences and responses from participants will be encouraged.

Earlene Hawley is the mother of four, grandmother, amateur theologian, peace activist and educator, and freelance writer - of opera librettos, plays, book reviews and articles. Her opera Jeremiah (premiered in Binghamton, NY in '62 and produced again in '83) was the first US opera to receive a state grant. Her full-length historical play, SONS AND DAUGHTERS OF THUNDER, ran for six weeks in Oregon, with two state grants. Both works are of women's spirituality, oppressions, freedoms - and their connections. Ms. Hawley has taught in Philippines, Afghanistan, and U.S. She has a MA in English Literature from U of Northern Iowa, 1982. She has studied in (and taught at) several colleges and five seminaries.

Spirituality: Community with the Self

Ren'e Hersrud  
Lee Broach

Foundations for authentic community are found in our increased awareness of the spiritual within us: to be intimate with others we must first be intimate with Self. this workshop will use guided imagery, experiencing and discussion to foster renewed awareness of the spirit within.

Ren'e Hersrud is herself in the continuing process of self/spiritual awareness. She is currently a doctoral student in Social Science Education/Educational Psychology at the University of Minnesota and holds a Master's in Counseling.

Lee Broach holds a Master's in Counseling Psychology and is in practice with the Journey Clinic in St. Louis Park, MN. Exploration of Self through various mediums is of particular interest to her.

Dakota Women's Vision of Peace thru Spiritual Unity

Ramona Jones  
Mary Louise Defender Wilson

American Indian women's view of peace and spiritual unity is very important to share. The Eastern Sioux women's views will be presented in this workshop.

Ramona Jones is an Educator/Consultant; Dakota (Eastern Sioux Women).

Mary Louise Defener Wilson is an Educator/Consultant, Standing Rock Community College, Fort Yates, North Dakota.

Recreating Sacred Dance

Sonora Lingruen

The Place of the Dance is within the heart. This workshop will explore and demonstrate the origins of sacred dance through ritual, music and individual sharings of experience. Please wear loose, comfortable clothing. No previous dance experience necessary.

Sonora Lingruen is a 35 year old lesbian. Witchcraft is her spiritual practice. She has been studying dance since she was 10, researching sacred dance for about two years, with an emphasis on integrating dances from diverse cultures.

#### Meditation Through Guided Imagery

Dr. Monza Naff

Expand your meditative practice through imagery from both West and East, symbols from traditional and non-traditional spiritual disciplines, in word, music, visual art, and body movement. This workshop explores the freeing potential of varied imagery as a guide toward spiritual awareness and wholeness.

Dr. Monza Naff is the executive director of the Spiritual Growth Institute in Eugene, OR, and for the 1986-87 academic year she is serving on the faculty of St. John's University in Collegeville, MN. She has special interest in literature and theology, feminist theology and spirituality, meditation (eastern and western), dreamwork, cooking, and reading (almost anything).

#### 12 Steps to Community

Ellie Polifka

Based on her own experience as an addict and a counselor, Ellie will lead discussion on the value of the 12 steps as a viable tool in healthy, happy living. She stresses "prevention-not addiction."

Ellie Polifka is a Christian feminist, a counselor who works with battered women and the chemically dependent. She is active in promoting social reform in her church and community. Her personal goal is to promote the philosophy of the 12 steps to include everyone, especially children.

#### Shaping Consciousness: Goddess Images for Contemporary Women

Jean Saul Rannells

Goddess images represent important symbols for women and specific teaching methods encourage growth in Jungian individuation through the use of these symbols. Narrative excerpts from women's journals and interviews will illustrate. A reflective activity will encourage response to a goddess image from one's own life-experience.

Jean Saul Rannells is an adult educator interested in the spiritual journey of women. Presently she is completing her Ph.D. work at the University of Wisconsin-Madison. Jogging, swimming and biking and active reflection times are important to her spirit growth.

This workshop will attempt to identify burdens we place on ourselves, burdens that we allow others to give to us and some things that we can do about them. With the application of a few self-esteem techniques we can reaffirm our worth.

Pauline Sellner considers herself to be the "I wonder...Woman", a crone and a crony, a seeker and searcher - "because the more I learn, the more I find I do not know."

Birthing Our Children, Birthing Ourselves: Feminist Spirituality and Woman-Centered Childbirth

Trina Zelle  
Beverly Pierce

It was an ironic recognition of the spiritual power of women when the male doctors of the Church prosecuted midwives and herbalists. There is a spiritual power in a woman giving birth that cannot be replicated in male experience. We contend that woman-centered birth provides a model for cooperative community and spiritual growth that stands in opposition to the male model of high tech birth.

Trina Zelle is Associate Pastor at Northfield United Methodist Church, mother of four children and studying to become a childbirth educator. Her poetry has been published in the anthology Absorb the Colors by the Northfield Women Poets.

Beverly Pierce has two children, one born by Cesarean, the second vaginally. A reference librarian and founding mother of the Cesarean Prevention Movement of Southeast Minnesota, she has written a research manual for laypeople who want access to obstetrical literature.

W O R K S H O P S  
Afternoon - 1:30-2:45 p.m.

Women and the Establishment of Peace

Nadjila Burkland

It is proposed that full equality between the sexes is one of the most important prerequisites of peace. This workshop will explore the essential role of women in the establishment of peace from family to a global level.

Nadjila Birkland is a native of Iran who spent five years in the Philippines where she earned degrees in Electrical Engineering and Interior Design. She is a charter member of Women for International Peace and Arbitration and has been an active speaker on women and peace issues. She recently completed training as a community mediator. She is a mother of two and is a member of the Baha'i Faith.

Experiences in Bonding

Sherrill A. Carlson  
Lorelei Tomyris

Workshop will demonstrate ways in which women bond with each other through the use of song, touch, shared stories, and shared vision in a guided meditation.

Lorelei Tomyris is a feminist witch, ritual leader, and healer. She has used bonding techniques in small groups as well as large ones to bring women together from different backgrounds.

Sacred Dykes

Janet Cedar Spring

The archetype of the Lesbian has in most cultures been the sacred dyke - healer, priestess, wisewoman, sacred clown. We'll use history, myth and literature to reflect on our culture, our lives, and where we fit in the present earth healing.

Janet Cedar Spring has taught classes and workshops on meditation and ritual, the sacred drum, and the subject of this workshop. She is beginning a second year-long cycle of retreats exploring Lesbian spirituality, and is working to create a wilderness spiritual retreat space. She works as a therapist.

Dreaming a Common Language: Poetry and Community

Kathryn Christenson

Women poets often use their art to describe community as they witness it and to entice us into stronger community. We will read and discuss several poems by Adrienne Rich, June Jordan, Marge Piercy, Alice Walker, Denise Levertov, and others whose poetry has community-building implications.

Kathryn Christenson is a Development Associate at Gustavus Adolphus College, where she has taught English and Women's Studies courses. Her poems have appeared in anthologies and periodicals.

Women's Studies in Contemporary Christian Communities: What Mary and Martha Should Have Known

Diane Finnerty

How do women, aware of the historical roots of Christianity, continue to press for radical transformation within the church. I will give a brief overview of the "changing of the gods," and discuss the awareness this knowledge brings to women in the Christian church. From this base, I envision the session to continue on and discuss what else contemporary Christian women need to know in order to transform the institution?

Diane Finnerty has an MA in Women's Studies from MSU and is currently a student at United Theological Seminary. She is strongly committed to women's studies as a revolutionizing movement for women, and is increasingly committed to the church as a community of social change.

O not I=I (Circles Not Ladders) Rev. Grace Hanson

The image of circle, rather than ladder, invites us to let go into the unknown for we can trust that the unknown will creatively come back into us to fill again (in a new way) what we let go of. A ritual.

Rev. Grace Hanson is a Pastor at Gustavus Adolphus Lutheran Church, Foley, Minnesota.

Why Women Need to See and Learn About the Goddess: A Slide Presentation

Terri Hawthorne

This workshop slide presentation explores the history of the images of the Goddess from various cultures. It will examine how these images (ancient and those by contemporary artists) currently relate to spirituality and religion, women's self-concept, environmental and ecological issues.

Terri Hawthorne has been working with women in the areas of spirituality, art and psychology since 1971. She is particularly interested in the ecuminism of women's spirituality and its potential for healing. She currently works in the field of chemical abuse prevention organizing and developing programs, workshops and materials for young and adult children of alcoholics on a national level.

Spiritual Psychic Development Mary Hayes-Grieco

A lecture and work with individuals on psychic development as a natural by-product of our spiritual journey. Mary will discuss our culturally generated misconceptions about the psychic faculty, and assist individuals in clearing out their particular blocks in order to establish an appropriate personal level of psychic awareness.

Mary Hayes-Grieco is a practicing psychic and spiritual counselor. She has done readings for the public and taught classes in spiritual development for six years in Minneapolis. "She is an excellent speaker: poised, self-confident, humorous, articulate and coherent." (Anna Meigs, Assistant Professor at Macalester College.)

#### Women Together in the Wilderness

Chris Herter  
Elizabeth Hallowell

Women feel spiritual connections to the wilderness. Exploring the wilderness together creates a space for women to discover and experience a spiritual connection to nature.

Chris Herter worked at Woodswomen in the summer of 1984 and returned the following summer after receiving her degree in recreation from George Williams University. Besides backpacking and canoeing, she's developed a love of bike touring. She's a paraprofessional worker trained at the sexual violence center and dreams of doing outdoor programs for survivors of sexual violence and domestic abuse.

Elizabeth Hallowell works with Woodswomen as office manager and received her degrees in psychology and early childhood education from Wartburg College. Nine years work for the U of M school of Public Health and US Department of Transportation, contributed to strengthening of MN state DWI laws, three years MTC driver fulltime while studying women writers and spirituality. Interested in personal empowerment and healing Woodswomen fosters through its trips.

#### Codependency vs. Community

Carol Johnson

Codependency can isolate women, keep us from forming relationships that provide support and nurturing. One program that offers help in overcoming codependency is adult children of alcoholics and/or dysfunctional families. This workshop will comprise a brief presentation and an opportunity for discussion on ways to build or improve your personal community.

Carol Johnson went through codependency treatment three years ago at Chrysalis, and has since tried to read and learn as much as she can about codependency and its treatment. She has been active in ACA for four years and is a founding mother of an adult daughters of alcoholics (women) meeting in Minneapolis. Establishing a community of supportive women has been essential in her ongoing recovery.

#### Samkranta: A Rite of Transition

Indira Y. Junghare

Samkranta A Rite of Transition, one of Hindu women's rituals, which is commonly used for changing social relations and building 'friendly' or 'neighborly' communities. Ritualistic and social aspects of the ceremony will be analyzed and presented.

Indira Y. Junghare is an Associate Professor in the Department of South and Southwest Asian Studies of the University of Minnesota. She teaches courses on Indian women and Hinduism. She was born and brought up in India and has received her undergraduate degree in Indian Philosophy from Magpur University in India and MA and Ph.D. in Linguistics from the University of Texas at Austin.

Women's Spirituality and Social Change Barb Keating

After an introductory discussion on the concepts of spirituality the workshop will focus on Women's spirituality and its relationship to social activism and social change. We will also discuss The Politics of Women's Spirituality by Charlene Spretnak (ed.).

Barbara Keating is an Associate Professor of Sociology at Mankato State University teaching courses in Family, Research Methods and Gender Roles. She taught a course, "Women's Spirituality and Social Change" during the summer, 1986 for the Women's Studies Department. She was raised as a Roman Catholic and was active in Mankato Woman Church but is now taking an indefinite leave of absence from organized religion to explore issues of spirituality.

Reflections on Women in Structured Religious Communities  
Louise Mancuso

We will explore these questions: Do ex-nuns have anything to contribute to "community building" in the larger world? Do they want to "build community" or have they lost confidence in that concept? What special perceptions/experiences can ex-nuns bring to building community?

Louise Mancuso was a former Poor Clare (cloistered nun - seven years). She is a member of the National Women's Studies Association. She was a paid staff person for a Women's Center for a year and a half and is also a writer.

The Liberation of an Oppressed People-Is it Possible?  
Phyllis Monge  
Stephanie Frey

This presentation addresses the problems of women in underdeveloped countries, and how they are working toward positive change. Included is a slide presentation, and a brief introduction to the use of Liberation Theology in Base Christian communities. We will examine poverty in Third World countries, and the Revolution in Nicaragua.

Stephanie Frey is a Lutheran Pastor. She has an intense interest in the Christian response to violence and poverty. In November, 1985 she toured Mexico and Central America in order to gain a broader perspective of their world view.

Phyllis Monge was also a tour participant. She is a Sexual Assault Advocate and a pregnancy Counselor and has worked with battered women. She is also a support group facilitator.



Tribal Identity versus Individual Spirituality: Life in the Working Class Coven

Nancy Okerlund

Judy Contento

Working class women thrive in community with their spiritual sisters. Our experience of darkness and the Crone on a gut level has kept our coven vital through many difficulties. We seek to share that experience with women who want to organize a coven.

Nancy Okerlund is a working class mother of two who works as a consultant for other white women who want to overcome their racism; she has been active in the child care advocacy movement, and has been a member of the coven for four years.

Judy Contento is a working class lesbian mother of a 15 year old amazon, a writer, and office manager for an organic farming group. She has been in the coven for three years.

The Question of Mary

Christina Potyondy

The Protestant Reformation turned its back on Her. Catholicism allowed cults to form around Her. Was She only a vessel for the Divine, or was She Divine in Her own right? Is She more important than ever to a full understanding of what it means to be fully human, and proudly Woman?

Christina Potyondy has a MA in Religious Studies from United Theological Seminary of the Twin Cities with a special interest in women's spirituality and also the Immortality Principle.

Supporting Recovery from the Incest Wound with Self-Help Support Groups

Gwen Rust

One Victim Survivor

Self-Help Group work has been shown to promote recovery from the Incest Wound. This workshop will present a model which provides structure and safety for victims. Following the presentation of the model the members of this workshop will be given the opportunity to practice the model.

Gwen Rust is a candidate for a Masters Degree in Counseling and Development, Moorhead State University. She developed a self-help group for incest victims in the Fargo-Moorhead area and now is a Vista Volunteer, working to develop self-help groups throughout the area. She is a farm wife, mother of four children.

The Use of Hypnosis and Imagery to Access the Spiritual and to Create Positive Personality Changes

Dr. Betty Scott

This workshop will help women find and claim their spiritual subconscious by using such techniques as hypnosis, imagery, relaxations methods, simple NLP procedures, self-help suggestions and metaphysical belief systems. This workshop will endeavor to show that we have much spiritual power both individually and collectively and that each of us can help to change our reality.

Dr. Betty Scott is a full professor of Music and Humanities at the University of Missouri-Columbia. As a certified hypnotherapist, she gives many workshops both nationally and internationally on Stage Fright Control, Stress Reduction Techniques, Imagery and Self-Help Methods and Spiritual Enhancement Procedures.

Ritual as a Tool of Freedom Starhawk

Ritual is free space, outside the boundaries of a society based on domination and control. In a society based on power-over, we learn early and deep to feel powerless, to internalize and obey authority. In this experimental workshop, we use the tools of ritual: chanting, drama, dancing, visualization, games, rhythm and storytelling to confront the patterns of power-over inside us, to build the conditions of community in which freedom can flourish, and to create together ritual that can be an empowering force for social change.

Mending the Wounds Between Jews and Christians: A Workshop of Fun and Mutual Healing

Lillianne Sprintz

This workshop is open to anyone born or raised Jewish or Christian, presently defined as Jewish or Christian, their friends and their allies. It incorporates elements of honesty, safety, mutual pride, lightness and fun.

Lilli Sprintz is a 36 year old Jewish woman who has been doing a lot of work in her life in healing the wounds of Jewish oppression. She has been doing a lot of networking with both Christians and Jews in discovering the commonality of our spiritualities and the potential for being allies with and for each other. She is presently attending United Theological Seminary (a Christian seminary north of St. Paul).

Open Reading

Any woman who would like to present her own work is welcome to participate.

**WORKSHOPS**  
Afternoon - 3:30 - 4:45 p.m.

Faces of the Four Directions: Guided Visualization and Mask-Making

Fran Belvin  
Cynthia Packer

Participants will learn about the four directions (East, South, West, North), their meaning in several cultures and spiritual traditions, and their spiritual significance in our lives. There will be a guided visualization about the four directions where we will "find" a mask from one of the directions. Each of us will make our mask with materials provided. The masks will be included in the closing ceremony of the conference. No previous art experience necessary!

Fran Belvin and Cynthia Packer are both artists who are interested in manifesting spirituality through art. Fran is also a lesbian, a witch, a teacher and a bus driver. Cynthia has been involved in women's spirituality for many years, as a seeker, teacher and healer.

Women as Peacemakers

Judi Bernstein

Women as Peacemakers is designed to raise women's hopes, self-esteem and ability to act as peacemakers. We hope to show you what you have done and what you can do now and in the future to help bring peace to our world. You can make a difference!

Judi Bernstein received her MS in 1983 from Mankato State University in Peace Studies/Global Interdependence and took part in a U.N. seminar on Peace and National Security in 1982 and has given about 50 talks on the peace issue. She has been involved in the politics of peace since 1968. She recently became adjunct faculty in Women's Studies at MSU on the peace issue and women.

Toward an Unveiling of Truth

Jan Bodin

How does one know she's lesbian, another that she's tall, another that she's a performer, another that she's loved? Through small group discussion and art, we will explore some strands of what brings us to "truthfulness."

Jan Bodin is a Christian, minister, lesbian, writer, peace activist and educator. Like all women, she is a role model, friend, beginner in all things, maker of mistakes, mover of mountains.

### Therapeutic Touch: Spirituality Through Healing

Nancy Byrne

Judy Howard

Therapeutic Touch is the modern holistic method of healing based on the ancient art of healing with hands. Through our spiritual connectedness we can activate the healing process within ourselves and others.

Nancy Byrne is a Registered Nurse and a current Bachelor of Arts candidate, Metropolitan State University, St. Paul, MN. She studied Therapeutic Touch with Janet McCrae, Irene Morelli and Jessie Potter. She is a trained facilitator of growth groups and support/education groups through HERS. She is an adult educator in holistic health and a member of the Professional Nurse Healers Association.

Judith Howard earned a Bachelor of Science in Nursing from Northwestern University, Chicago Illinois. She trained with Jean Illsley Clarke to facilitate "Self-Esteem: A Family Affair." She facilitates growth groups and trains volunteers for HERS, a unique women's program. She is licensed Acupressurist by Pedro Chan and is a member of the Professional Nurse Healers Association.

### Creating Personal Images for the Spiritual Journey

Judith M. Costella

Carol Keziah Hinchon

This workshop will explore the infinite possibilities for imaging God. We will evaluate current symbols which limit our potential and impede our growth (as a culture and especially as women.) Then we will use art materials to portray images of the Divine which include our experiences as women. (No art experience is necessary.)

Judith Costello is a Master's degree candidate at St. Mary's College, Minneapolis. She currently uses art therapy with mentally ill adults and critically ill children. She is an artist and has been exploring women's spirituality for seven years.

### Journey Toward Wholeness: Contemporary Issues for Women & Men in the Church

Larry Gaffin

Diane Finnerty

Short presentations followed by discussion will be offered on the following: The use of inclusive language in worship and liturgy, the meaning of liberation theology for church and society, sexuality and spirituality, work, family, sex roles, hierarchy vs. mutuality. Other concerns will be discussed, time permitting.

Larry Gaffin is a MSU campus minister and director of the United Christian Campus Center.

Diane Finnerty is a graduate of MSU Women's Studies and student at the United Theological Seminary in the Twin Cities.

## Thealogy, the Study of The Goddess

Jan Griffith (Magenta)

The Goddess, as She is worshipped by modern Witches and Pagans, is a distinctly different deity from the Judeo-Christian god. Who and what is the Goddess, and why and how is She worshipped? This will be an intellectual analysis of the Goddess.

Magenta is a witch and priestess of the Goddess. She has been studying Her history for over 10 years, and has taught a seminar at the University of Minnesota, and elsewhere, "10,000 Years of the Goddess". She's a co-founder of both Children of the Night, the Pagan student organization at the University of Minnesota, and the coven Prodea.

## Women and the Faith Experience

JoAnn Halgren  
Jan Hays

This workshop is designed to provide a place for women to explore their own personal spirituality. It will include a discussion of the differences between spirituality and religious doctrine, a guided exercise to heighten awareness of personal spirituality and its history, and a discussion of the reasons women often don't feel they "fit in" with their church's teachings or practices. It is non-denominational and nonjudgmental, affirming who we are and where we are as women.

Jo Ann Halgren is a Therapist in private practice with Shorewood Psychiatric Associates. She has special interest and expertise in working with women. Groups organized and facilitated include self-confidence building for women and wellness for women.

Janet Hays has a Master of Sacred Theology degree in Clinical Education from the University of Dubuque Theological Seminary. She is at present a United Campus Minister at the University of Wisconsin-Platteville.

## Compassion Reconciles

Margaret Hinton

"Compassion means being moved in the center of your being, deeply moved. This deep feeling begs us to give up our differences and distinctions (anything that divides us) and allows us to BE WITH." "This deeply BEING WITH brings us together (reconciliation) and the fruit or result of this BEING WITH is Peace." This workshop will share 13 important characteristics of the compassionate person.

Margaret Hinton began a music program at Christ the King Elementary School. She has designed four teacher workshops with these goals in mind: generate a positive classroom management style, create a peaceable environment, and promote original and elaborative learning. She spoke as an "Educator for Peace," and she wrote and presented parent lectures to 15 parishes on reconciliation, peace, and compassion.

Women and Shame

Connie Kleingartner

Each of us has had shaming experiences. We will be about the process of naming them, understanding ways to defend against them, beginning the healing process.

Connie Kleingartner is a Pastor of the American Lutheran Church, currently called to be Coordinator for Congregational Life, Iowa District. She is a lover of good wine, a soup maker, and seeker of community.

Sagging, Surviving, or Sustaining? What Supports the Support Group?

Mary Lindstrom

Catherine Weyrens

In this workshop we will facilitate a discussion of issues and strategies for the on-going development of small (20 or less members) ecumenical communities of concern. We will reflect with participants on the successes and challenges they have faced in their groups and offer some suggestions of our own. It is our hope that participants will leave renewed for their own community building. This workshop is targeted for people with at least one year experience in a small group.

Catherine Weyrens has many years experience with small groups and group leadership in women's groups and groups using the 12 step model. She is presently a graduate student in counseling and adult education at South Dakota State University at Brookings. She is an educator; her most recent success was a course "Life Skills for Women in Transition." Kate's recent volunteer work has addressed issues of drug and alcohol awareness for the school and community.

Mary Lindstrom has long experience in group leadership in her community and with a women's support group. She currently co-facilitates a therapy group for older adolescents in a sexual abuse treatment program. Mary is a graduate student in Human Development with St. Mary's College. She has extensive experience in advocacy for battered and sexually abused women in her community.

The Right to Life/In Praise of Choice

Catherine Turner Steckline

This lecture-recital-ritual has value as testimony to the moving and healing powers of literature and serves as a ritualistic confirmation of choice and responsibility in building community. Through writings by Gerda Lerner, Andrea Dworkin, Gloria Steinem, Charlotte Gilman Perkins, Naomi Nimrod and E. B. Broner, and Marge Piercy, the voices and choices of womanspirit are examed and confirmed.

As a "woman on the edge of time," C. Turner Steckline believes that our choices in this life determine the future, individually and collectively. An Assistant Professor of Speech Communication at Loras College in Dubuque, Iowa, she teaches classes in Interpersonal Communication, Gender in Communication, and Literature in Performance.

## The Evolution of Woman

Shirley Strassburg  
Zoe di Negri  
Judy Horner

The Evolution of Woman will examine the issue of sexuality in our lives and in nature. What is the historic and theoretical position of women in a male dominated world? Is our behavior out of harmony with nature, and how can we bring it back into the harmony and joy of evolving relationship? The goal of nature and God is joyous union. How can we work to achieve this?

Shirley Strassburg is a founder and past president of The Center for Astrological Research and Education, now functioning as a private research group. She has appeared on radio and television (notably the Henry Wolff Show) and teaches Astrology and Psychic development through the Minneapolis Public Schools' adult educational facilities.

## Building Community through Feminist Utopian Visions

M. Kayt Sunwood  
Patricia Skadsberg

The exploration of feminist utopias from Herland by Charlotte Perkins Gilman, The Wanderground by Sally M. Gearhart, and Woman on the Edge of Time by Marge Piercy, offer an abundance of inspirational and practical community building visions for our time. This workshop will employ discussion, imagery and visualization to examine and explore the literary basis of feminist utopias, and discover ways to bring the positive aspects of these communities about in our own lives.

Kayt Sunwood is a writer, editor, lumber grader, log building, energy auditor, educator who is currently a librarian at the Learning Resource Center at the University of Minnesota, Duluth. Community and community building are lifelong threads of passion which have woven through her life creating a fabric which unifies all of the diverse aspects of her experience.

Patricia Skadsberg is a Liberal Arts student who has joined the "university community" after a decade and a half in the corporate world. Pat is delving into literature and the arts to uncover visions of community which can help to bridge and ultimately bring together the diverse worlds in which we live.

## (Wo)manifests in Ritual

Sage Passi  
Kaia Svien

We will uncover the common threads in our various traditions as we celebrate spirituality as it (wo)manifests in birth, imitation, ripening, repose, and transformation. Bring a symbol of your personal spirituality (object from nature, picture, poem) and a symbol of your tradition. Limited to 20.

Sage Passi studied theater arts and audio-visual communications and continues to create theatrical and multi-media pieces.

Kaia Svien is a learning disabilities specialist and gives workshops in whole-brain learning. As performing artists, Sage and Kaia have led many empowerment workshops and design and facilitate rituals for groups and individuals.

#### The Politics of Naming: Reclaiming Spirituality

Annette Van Dyke  
Pamela Mittlefehldt

This workshop will present a two-part discussion of women's spirituality. Part one looks at current threads of women's spirituality which name the Goddess as central. Part two is a poetic exploration through women's own words of the etymology and meaning of some traditional words of spirituality.

Annette Van Dyke is a Ph.D. candidate in American Studies at the University of Minnesota. Central to her work is the spiritual integration of mind and body.

Pamela Mittlefehldt is completing a Ph.D. in American Studies at the University of Minnesota. The focus of her work and writing is on the power of story in women's lives.

#### Women Empowering Women

Linda Wahlstrom  
Margaret Karbon

This workshop will feature a discussion/exploration of the issues in women empowering other women in the church: 1) The need for women to empower each other; 2) How women sabotage women's power; 3) Techniques of empowering other women.

Linda Wahlstrom is a professional educator and a third year student of Luther Northwestern Seminary.

Margaret Karbon is the President of Building Human Systems, an organizational development consulting firm, and a former member of the Franciscan Sisters of St. Joseph.

#### Group Visioning: Using Collective Spiritual Energy for Individual and Planetary Change

Elizabeth Willcockson

This is an experiential workshop which will teach participants how to work individually and collectively with others using various levels of mind/spiritual energy to enhance consciousness and promote positive planetary evolution. This workshop will be using special music, demonstration, imagery, symbols, metaphor, and affirmation to understand how to specifically work with this energy in day-to-day living.



Elizabeth Willcockson is a naturopathic doctor, wellness consultant, and professional speaker. She is President of Total Wellness, a Minneapolis based firm that since 1983 has provided natural health and wellness services to individuals and groups. She maintains a private natural health practice where she uses her diverse background in health, psychology, and human potential training to help her clients address diverse aspects of their current life situations.

Rural Women and Spirituality: On Strength and Isolation

Brenda K. Winter

Rural women are one of this nation's most isolated groups. Often the bonds of women's friendship are not easily reached by them. This workshop looks at the survival tactics used by farm women to weather the farm crisis, as well as how they have dealt with their roles in the past.

Brenda Winter was raised on a Southwestern Minnesota farm. Her Master's thesis topic is "Rural Women and the Farm Crisis." She is currently (as of July, 1986) a farm woman who deals daily with the psychological implications of the threat of losing the family farm.

Mother of God: Can We Own Her?

Ann Wittman

For 2,000 years the cult of Mary, the Virgin/Mother, has been intermittently censored, defended, denied, or defined, but it persists, especially in the Roman Catholic tradition. Rather than the misanthropic invention of a patriarchal church, it seems more likely that it is the product of a deep-seated urge of the human psyche bent on finding a Mother God. The figure of Mary may well be the energizing symbol the women's movement has overlooked.

Ann Wittman is a former faculty member at Santa Clare University and Our Lady of Holy Cross College, New Orleans. Since 1980 she has lectured and written widely on issues important to the women's movement, including the connections between the cult of Mary and the Goddess. Presently she is coordinator of the retired nuns of her order - wise old women - at their provincial house in Merrill, Wisconsin.

Open Reading

Any woman who would like to present her own work is welcome to participate.

COORDINATORS - CLOSING CELEBRATION

Sr. Lucille Matousek  
Antiga  
Carolyn Shrewsbury

MUSIC

Nancy Voql

Opening ceremony - 8:30 - 9:00 a.m. - CSU Ballroom

Celebration Concert - 8:30 p.m. - CSU Ballroom

(tickets available during conference and at the door)

CONFERENCE COMMITTEES

Co-Administrators: Sharon Anderson  
Sandra Parsons

Conference Chair: Patti Lather

Program Co-Chairs: Suzanne Bunkers  
Carolyn Shrewsbury

Local Arrangements Co-Chairs: Carol Ann Smith  
Sr. Lucille Matousek

Publicity Co-Chair: Larry Gaffin

Program Preparation & Typing: Cindy Veldhuisen

## A D D I T I O N A L   C O N F E R E N C E   I N F O R M A T I O N

MEALS: Those desiring meals MUST pre-register. The meal packet is \$12.00 extra and includes beverages, Saturday lunch and dinner. You are also welcome to bring a bag lunch or to make your own food arrangements. Food service on campus is, however, limited on weekends. (Vegetarian meals will be available.)

HOUSING: Those interested in housing must make their own arrangements.

The following motels are within the Mankato area:

		<u>Single / Double</u>
Holiday Inn North	Hwy. 169 N. / (507)625-9333	/\$40.00 / \$48.00
Holiday Inn Downtown	101 Main St. / (507)345-1234	/\$41.00 / \$49.00
Redwood Motel	Hwy. 22 & 14 / (507)388-1621	/\$20.00 / \$25.00
Super Eight Motel	Hwy. 169 N. / (507)387-4041	/\$24.88 / \$28.88
Cliff Keyes Motel	1227 N Front / (507)388-1638	/\$20.00 / \$24.00
Prime Rate Motel	Hwy 169 & 14 / (507)345-8800	/\$27.00 / \$36.00

CHILD CARE: Past experience has taught us that child care arrangements made are seldom used. However, we want no one to miss the conference due to lack of child care. If you have a need in this area, contact Patti Lather at ~~XXXXXXXXXXXXXX~~ by October 3. There will be a charge for this service.

MSU is accessible to the HANDICAPPED. Anyone who desires special arrangements should indicate those needs on the pre-registration blank.

Women whose religious practices require special arrangements for food, housing, or other needs should so indicate on the pre-registration blank.

CREDIT: Those interested in taking the Conference for one (1) credit in Women's Studies need to be aware that additional sessions and study are required and that the conference registration fee and meals are in addition to the fee for credit.

PARTIAL SCHOLARSHIPS for anyone otherwise unable to attend are available. If desired, please pre-register and simply pay the student/senior citizen rate. Several half scholarships are available for Women's Studies students by contacting the Women's Studies Department at MSU (507) 389-2077.

NOTE: This map may be duplicated for use in your registration.

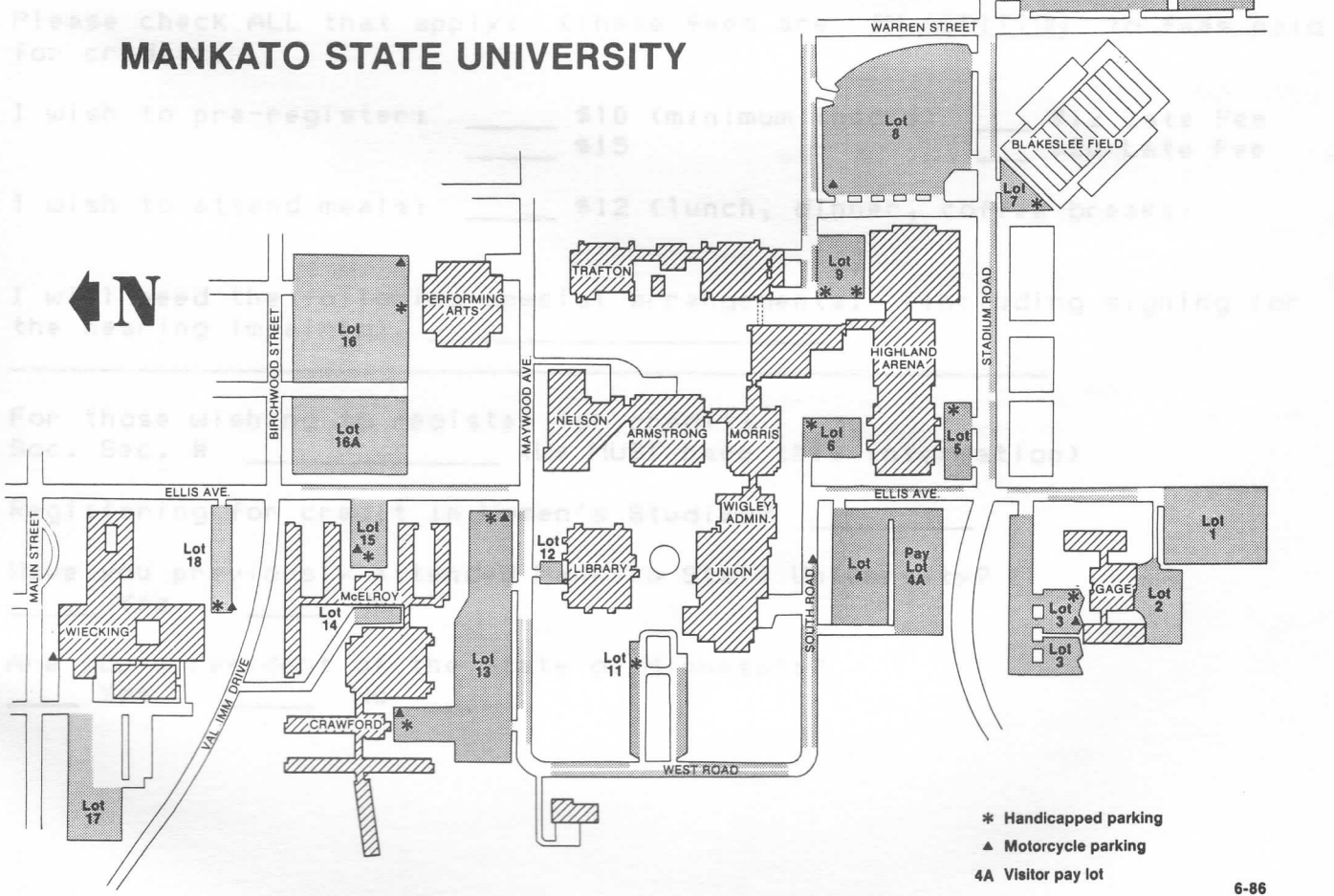
**PARKING:** You may park in any lot or other legal locations on Saturday. Lots 4, 6, or 4A will be the most convenient.

**Other QUESTIONS:** Call Women's Studies Department (507) 389-2077.

**EMERGENCY MESSAGES** will be relayed to you during the Conference by calling (507) 389-2111 (MSU Security).

**ENTERTAINMENT** will be Nancy Vogel, Saturday, October 18 - \$4.00 (Tickets available at the door or at the table during the conference). Concert begins at 8:30 p.m.

Name \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_ Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_



NOTE: This form may be duplicated for multiple registrations

P R E - R E G I S T R A T I O N

Return to: Women and Spirituality Conference  
Box 64, Mankato State University  
Mankato, MN 56001

RETURN BY OCTOBER 3, 1986, FOR PRE-REGISTRATION

Checks are payable to: Mankato State University. (NO refunds can be made).

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_  
Street City State Zip

Please check ALL that apply: (These fees are IN ADDITION to fees paid for credit).

I wish to pre-register: \_\_\_\_\_ \$10 (minimum income) \_\_\_\_\_ \$12 Late Fee  
\_\_\_\_\_ \$15 \_\_\_\_\_ \$20 Late Fee

I wish to attend meals: \_\_\_\_\_ \$12 (lunch, dinner, coffee breaks)

I will need the following special arrangements: (including signing for the hearing impaired) \_\_\_\_\_

For those wishing to register for credit:  
Soc. Sec. # \_\_\_\_\_ (We MUST have this information)

Registering for credit in Women's Studies? \_\_\_\_\_

Have you previously attended Mankato State University?  
\_\_\_\_\_ Yes \_\_\_\_\_ No

Are you a resident of the State of Minnesota?  
\_\_\_\_\_ Yes \_\_\_\_\_ No

I am registering as: \_\_\_\_\_ Undergraduate resident - \$35.40  
 (check one) (P/NC option only)  
 \_\_\_\_\_ Undergraduate non-resident- \$53.95  
 (P/NC option only)  
 \_\_\_\_\_ Graduate resident - \$45.80  
 Specify: \_\_\_\_\_ P/NC \_\_\_\_\_ Credit  
 \_\_\_\_\_ Graduate non-resident - \$63.95  
 Specify: \_\_\_\_\_ P/NC \_\_\_\_\_ Credit

The above fees DO include the MSU Activity fee.

Receipts can be picked up at the pre-registration desk in the CSU from 8:00 - 9:00 Saturday morning, October 18. Full information packets will be distributed at that time.

Pre-registration greatly helps us, so we offer you a price bonus for pre-registering. Later fees will be \$20.00 (regular) and \$12.00. We will also have a quick pick-up line for those who have pre-registered.

**TOTAL ENCLOSED:**

\$ \_\_\_\_\_ Preregistration Fee

\$ \_\_\_\_\_ Meals

\$ \_\_\_\_\_ Credit Costs

\$ \_\_\_\_\_ **TOTAL Amount Enclosed**  
 (Checks payable to: Mankato State University)

Women's Studies Department  
Box 64, Mankato State University  
Mankato, MN 56001

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Mankato, MN 56001

A CONFERENCE ON

WOMEN  
AND  
SPIRITUALITY  
MANKATO  
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BUILDING  
COMMUNITY

October 18, 1986