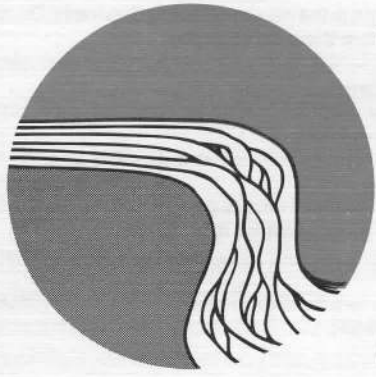


# 9th Annual



# WOMEN & SPIRITUALITY CONFERENCE

## Our Purpose Here

The intention of the "Women and Spirituality Conference" is to provide a supportive, nurturing setting for a dialogue of caring and mutual respect between and among diverse spiritual traditions. In not advocating or excluding any view,

the Conference hopes to foster an understanding and celebration of similarities and differences. May we continue to aid one another on our individual and communal spiritual journeys.

## Our New Logo

Hurrah for the birth of a new logo! Although the previous logo was very beautiful, spiritual and elegant, it received frequent criticism for not being sufficiently inclusive, representative of the overall conference mission. Trying to arrive at a potent image that could convey the essence of feminine spirituality without excluding any particular tradition was no easy task. As the time drew near for yet another Conference, we sought the professional help of someone who had both the artistic design expertise unique to logos, and also a

broad sensitivity and background in feminist ideology and imagery. **Bonnie Fornier** from Minneapolis has created a powerful image, retaining the primary symbol of the feminine, the circle. It is dissected with another primary feminine essence, flowingness, water ... centered between sky above and earth below, joining air and ground, spirit and matter, expressing balance, harmony, inclusiveness, the many in one. We hope you are as delighted as we are with the results.



## Carter Heywood

1990 Keynote Speaker

Carter Heywood is a Professor of Theology at the Episcopal Divinity School in Cambridge, Massachusetts. She was ordained an Episcopal priest in 1974. Her primary areas of teaching include Anglican Theology, Systemic Theology, Feminist Liberation Theology, Liberation Theologies — especially Latin America, Theology of Sexuality, and Theological Method. Carter's current research interests focus on Christology and healing and liberation with special attention to addiction and recovery in women's lives and the dynamics of a healing relationship. Carter has many book and essay publications on Christian Theology. Her most recent books are **Touching Our Strength: The Erotic as Power and the Hope of God**, and **Speaking of Christ: A Lesbian Feminist Voice**. Carter has been a contributing editor to **The Witness** since 1984 and has also been on the editorial board of the **Journal of Feminist Studies in Religion** since 1984.

## Schedule

### Saturday, October 20

11:30 - 1:00 Registration  
1:00 - 1:15 Announcements and Welcome  
1:15 - 1:45 Opening Celebration  
1:45 - 3:00 Introduction and Keynote  
3:00 - 4:00 Social, Networking, Gathering Time  
4:15 - 5:30 Session I  
5:30 Dinner

### Sunday, October 21

8:00 - 8:00 Breakfast  
9:00 - 10:15 Session II  
10:30 - 11:45 Session III  
12:00 - 1:00 Lunch  
1:15 - 2:30 Session IV  
2:45 Closing Celebration

# Golden Rules from Diverse Traditions

**Native American:** "The Universe is the Mirror of the People," the old Teachers tell us, "and each person is a Mirror to every other person."  
(Hyemeyohsts Storm)

**Native American:** Your mind, your relationship with yourself and others are reflected in everything around you: your intentions, your actions are causes which return to you as effects. Always there is the pure stream of light of mind within you, to be actualized in right relationship and actions for the good of all.  
(Dhyani Ywahoo, Tsalagi-Cherokee)

**Christianity:** All things whatsoever ye would have [others] should do unto you, do ye even so to them: for this is the law of the Prophets.  
(Matthew 7:12)

**Judaism:** What is hateful to you, do not to [others]. That is the entire Law; all the rest is commentary.  
(Talmud, Shabbat, 31 a.)

**Brahminism:** This is the sum of duty: Do naught unto others which would cause you pain if done unto you.  
(Mahabharata 5, 1517)

**Buddhism:** Hurt not others in ways that you yourself would find hurtful.  
(Udana-Varga 5, 18)

**Confucianism:** Surely it is the maxim of loving-kindness: Do not unto others that you would not have them do unto you.  
(Analects 15, 23)

**Taoism:** Regard your neighbor's gain as your own gain, and your neighbor's loss as your own loss.  
(T'ai Shang Kan Ying P'ien)

**Zoroastrianism:** That nature alone is good which refrains from doing unto another whatsoever is not good for itself.  
(Dadistan-i-dinik 64.5)

**Islam:** No one of you is a believer until [you] desire for [others] that which [you] desire for [yourself].  
(Sunnah)

**Gnosticism:** If you bring forth what is within you, what you bring forth will save you. If you do not bring forth what is within you, what you do not bring forth will destroy you.  
(The Gospel of Thomas)

**Wiccan:** Threefold Law — The greater your awareness, the greater your responsibilities: what you send returns to you three times over.

## Workshops

### Session I

#### Multi-Cultural Communication Styles in the 90's

CSU 201 Discussion

For people experiencing uncertainty in their personal and work relationships over gender and cultural communication styles. A self-evaluative tool will be used to expand personal awareness of stereotypes and a discussion of experiences will be encouraged.

**Ruth Pollow**, management development consultant with a special interest in gender and cultural communications.

#### Toward Spiritual Wholeness

CSU 254 Paper/Discussion/Experiential

Participants will learn how to empower themselves through consciously acknowledging and responding to their spiritual selves.

**Judy Porter** has worked extensively in the area of the development of human potential for more than 18 years designing groups, workshops and seminars.

#### I Want My Mother ... And Other Alternative Metaphors for God in the Jewish and Christian Scriptures

CSU 255A Paper/Discussion

Exploration of traditional God images which have been predominantly patriarchal and alternative metaphors for God in order to cleanse the imagination of the polluted God images and move toward images that mandate justice at home and in global communities.

**Michelle Meyers** and **Kay O'Neil**, Catholic sisters, creators and team teachers of courses, seminars, and retreats in Women's Studies since 1973.

#### Intimate Relationship as a Spiritual Path

CSU 253 Paper/Discussion/Experiential

A stimulating combination of didactic and experiential exercises drawing on Eastern and Western spirituality, psychology, current research on exceptional couples, and emerging visions of enlightening relationships.

**Miriam R. Kashia**, M.A. and psychotherapist working on a dissertation in Transpersonal Psychology.

#### Growth Support Groups:

##### A Holistic Career Counseling Model

CSU 202 Paper/Discussion

A model of career counseling with women which includes integrating social, intellectual, physical, emotional and spiritual aspects of the whole person.

**Kay Andreas**, B.A. and M.S.E., is employed at Mainstay, Inc. as a personal and career counselor.

**Kathleen Nightskye**, Master of Education/Counseling, is presently a counselor at Mainstay, Inc. and has worked in domestic violence organizations, advocacy and schools.

#### "Some of my best friends are..."

CSU 203 Discussion

How do good friends talk about spiritual differences? Explore deepening relationships by questioning, listening, and sharing spiritual journeys. Presenters will pose issues for large and small group discussion.

**Elaine Hartsman**, a rabbi's granddaughter, and **Ann Meissner**, a Presbyterian Sunday School superintendant's daughter, work together as psychotherapists and are faculty at the Gestalt Institute and St. Mary's College. Friends and colleagues for 25 years, they are learning to discuss spiritual issues.

**Diverse Sexual Paths:  
Celibacy and "Appropriate Vulnerability"**

CSU 204

Discussion

Depending on the chosen vocation or lifestyle of the individual person, sexual expression takes on different manifestations. Examine different lifestyles and discuss ways of expressing sexual feelings with integrity given the nature of the total relationship.

**Virginia L. Pharr**, director of Admissions and Vocations, United Theological Seminary of the Twin Cities and doctoral candidate, United Theological Seminary.

**Kathleen Storms**, SSND, School Sister of Notre Dame and currently a spiritual director at Loyola, a spiritual resource in the Twin Cities.

**Session II**

**Once Upon A Time When God Was A Woman ...**

CSU 255A

Storytelling Concert/Discussion

This workshop will run two sessions, II and III. Exploring spirituality with women's stories, ancient life-affirming myths, and tales from around the world. Discover and experience what's been mything! This is **NOT** appropriate for children.

**Mary Norris**, children's librarian and teller of tales since childhood, serves on the Board of the Northlands Storytelling Network.

**Peg Carlson** chairs the Central Midwest District Unitarian Universalist Women and Religion Committee.

**Discovering and Understanding Your Intuitive Abilities**

CSU 202

Experiential

This workshop will run two sessions, II and III. Aimed at gaining a greater understanding of intuitive abilities through discussion and experiential processes. Discover aura, initiate a sense of clairvoyance and clairaudience, activate skills in other areas such as psychometry and learn some knowledge of the functioning of quartz crystals.

**Patricia Chapman Brisson**, natural clairvoyant, metaphysical teacher for 15 years, Blind Awareness facilitator, spiritual counselor for 25 years, healer, committee member for 2 national retreats for 14 years.

**Stress Management for Women**

CSU 201

Experiential/Child Friendly

Learn breathing skills, basic reflexology, positive affirmations, and healthy nutrition. Recognize good health as your birth right.

**Cher Pacini**, body works therapist with both Eastern and Western skills including Shiatsu, reflexology, and holistic aromatherapy massage.

**Michele Jacobson**, M.A. and Ph.D. candidate in Human Potential with expertise in facilitating individuals and the study of entrepreneurs.

**Moving Meditation**

CSU 254

Movement Activity

Experience the peacefulness and joy of practicing the slow, patterned movements called T'ai Chi Chih. Simple to learn, easy to do for any level of fitness.

**Sandra Tanner** coordinates the Office of Commuter Affairs at Mankato State University, and is a certified art therapist, massage practitioner, and teacher of T'ai Chi Chih.

**Care for the Earth:**

**A Call From the Future Centered in the Wisdom of the Past**

MH 210

Paper/Discussion/Experiential

Explores the need for an earth spirituality and makes connections with spiritual traditions of the past, particularly Jewish and Christian creation and Wisdom traditions, native American and "pagan" traditions.

**Judith Kubish**, educator, poet, seeker and facilitator of ritual and community that is inclusive and earth-centered.

**Donna Beckstrom**, Anishenabe quay (or one whom the Europeans called Chippewa), dancer, educator, liturgist of the newly founded Congregation of the Great Spirit in Milwaukee.

**Unconditional Love and Forgiveness**

AH 121

Paper/Discussion

We can become free of hurt and resentment. Come and learn what it takes to really forgive someone.

**Mary Hayes-Grieco**, spiritual counselor, trained by Dr. Stauffer, author of *Unconditional Love and Forgiveness*.

**Deity Gender and the Treatment of Women:  
Is There a Connection?**

MH 212

Paper/Discussion

Those ancient and modern cultures with a heritage of female deity worship appear to have been far more equitable for women than those with male deities. What are the ramifications of this for us today?

**Nancy Nienhuis** is director of the Women's Center at the University of North Dakota and a master of Theological Studies.

**Grief's Call: The Power of Transformation**

AH 117

Ritual/Experiential

Discover personal symbols of transformation through a guided meditation and, with ritual, release stored grief.

**Ellen Hufschmidt**, consultant in rituals helping individuals create ceremonies that mark transitions and passages in their lives.

**Jan Dehler**, licensed social worker, certified massage therapist and psychosynthesis guide on staff at Center in the City, Minneapolis.

**Ritual For Women Within and Without the Institutional Church**

MH 209

Discussion/Experiential

Resource session for experienced and non-experienced

**Marilaurice Hemlock**, liturgist in the Roman Catholic Tradition for 13 years and feminist forever.

**Dorothy M. Corrigan**, 10 years experience in feminist spirituality and liturgy.

#### **Walking Your Spiritual Path in the Workplace**

AH 215 Discussion

Explore and share unique spiritual paths, the ways in which we walk our path in the workplace, and the language we use to talk about spirituality with others.

**Barbara Lee Parks**, writer, storyteller, musician, dancer, facilitator, on a spiritual path worn with continual self-forgiveness.

#### **Moon, Seed, Blood, Sex, Power, Rage, Solitude, Wisdom and Rebirth: Remembering Women's Mysteries Through Goddess Myths**

CSU 204 Storytelling/Lecture/**Child Friendly**  
(10 years and older)

Goddess myths, stories and anthropological discoveries told to nourish our souls, strengthen our hearts and honor our bodies as women. This is appropriate for children 10 years and older.

**Medea**, Master of Fine Arts, wife, mother, scholar, gardener, astrologer, advertising assistant, poet, dreamer, feminist, ritual-making, music-playing woman.

#### **Kabbalah: The Tree of Life as a Common Pathway**

MH 206 Paper/Discussion

Explore the Kabbalah as the basis of Western Esoteric Tradition with emphasis on relationships to other spiritual paths.

**Charlotte Smith**, health care professional and experienced presenter who is currently researching the Kabbalah and its relevance to feminine models of spirituality today.

#### **Empowerment in the Sacred Dimensions of Women's Experience**

CSU 203 Discussion/Ritual/Experiential

Finding the golden strand that runs through the tapestry of women's lives and daring to find it sacred and powerful. Participants should bring something that symbolizes sacredness to them.

**Marilla Thurston Missbach**, 64 year-old Unitarian Universalist ecofeminist, mother, healer, traveler, lover of jazz and classical music, and writer/editor.

#### **WOMANSONG: Music for the Journey Up the Mountain**

CSU 103 Original Songs and Personal Story

Through original songs and personal story, the presenter will share the painful struggles, hope and joy on the journey to wholeness.

**Dorothy Davies**, composer/performer of "Songs of Wom-

anspirit," human relations consultant, graduate of St. Catherine's College, picketed with hometown's "Willmar Eight" and has released original music cassette.

#### **Humor Is More Than A Laughing Matter**

AH 214 Discussion/Experiential

Identify and recognize the potential rewards of your unique sense of humor and build an awareness of the importance of laughter to general physical and emotional well-being.

**Nancy Scheibe**, actress, clown, artist and facilitator assisting others to grow, humor is her survival tool.

**Jackie Hays** has used humor in obtaining a B.S.(!!) in Social Work, raising three children, and in her work with troubled adolescents and their families.

#### **Addiction, Objectification, Ecofeminism, and the Living Process Paradigm**

MH 211 Paper/Discussion

Addiction and oppression destroy through the process of objectification. Feminism/ecofeminism and the living process paradigms heal and restore by honoring the immanent sacredness of all life.

**Susan A. Smith**, M.S., works in private practice as a facilitator, counselor and speaker in the areas of addiction, oppression, abuse and Living Process Recovery.

#### **Spirituality and Parenting: Children With Special Needs**

AH 213 Discussion/Ritual

Intended for parents of children with handicaps or people involved with handicapped children. Network with other parents, learn to support each other spiritually, and discover ways to get spiritual needs met within your community.

**Lisa Besnett** is a parent of a son with multiple handicaps, a MELD facilitator and has been involved with support programs such as Courage Center, Early Childhood Family Education, Minneapolis Children's Hospital and PACER.

#### **Dreams And Visions**

MH 208 Paper/Discussion/Experiential

Learn how to make use of dreams and develop the ability to have waking dreams otherwise known as visions.

**Judy Gibson**, licensed psychologist in private practice, currently working on the development of a support group for transpersonal professionals.

#### **Acceptance: The Doorway To Wisdom And The Heart Of The Spiritual Quest**

CSU 253 Experiential/Movement Activity

Explore ways we can be more accepting of ourselves, others, and of our environment through guided meditation and movement activity.

**Martha Sanbower**, psychotherapist and spiritual counselor, has a master's degree in Human Development and has been working with people's spiritual issues for the past 12 years.

### **In Sacrament and Solidarity: Catholic Lesbians**

AH 209 Discussion/Round Table

Designed to bring lesbians with catholic roots together for healing ritual, shared stories and ways they've integrated their spirituality and sexuality. Open to all women.

**Mary Jean Mulherin**, 39, irish-italian catholic lesbian, member of Dignity.

**Martha McDonnel**, 26, vice-president, Dignity, Twin Cities.

### **Claiming the Dark and the Light: Orientation Towards Personal Spiritual Power**

AH 231 Discussion

Our personal growth may be incongruent with messages received from family, schools, churches. Discover/re-cover our healthy spiritual selves. Discussion of 12 step recovery programs and bibliotherapy will be included.

**Kathleen Nightskye**, Master of Education/Counseling, is presently a counselor at Mainstay, Inc., and has worked in domestic violence organizations, advocacy and schools.

## Session III

### **Once Upon A Time When God Was A Woman ...**

CSU 255A Storytelling Concert/Discussion

Continued from Session II. Exploring spirituality with women's stories, ancient life-affirming myths, and tales from around the world. Discover and experience what's been mything! This is **NOT** appropriate for children.

**Mary Norris** and **Peg Carlson**

### **Discovering and Understanding Your Intuitive Abilities**

CSU 202 Experiential

Continued from Session II. Discover aura, initiate a sense of clairvoyance and clairaudience, activate skills in other areas such as psychometry and learn some knowledge of the functioning of quartz crystals.

**Patricia Chapman Brisson**

### **Women's Busy Lives:**

#### **Or Who is Going to Get Shortchanged This Week?**

MH 206 Discussion

Expand your self-awareness and learn a bag of tricks to bring more balance and joy in your life.

**Ellen Hufschmidt**, consultant in rituals helping individuals create ceremonies that mark transitions and passages in their lives.

**Rita Casey**, minister, combines her interest in spiritual expressions and practical issues of life management.

### **To Nurture Through Touch**

CSU 201 Experiential

Participants will be provided with a better understanding of

the meaning of touch and how it affects wholeness and health. The presenters seek to bring about a better understanding of safe, nurturing touch.

**Eva Lyn Carlson**, M.S., M. Div., massage therapist, counselor working with women and men recovering from body trauma.

**Jim Carlson**, engineer, masters candidate in Psychology, massage therapist in private practice working with stress and co-treatment for victims of trauma.

**Ruthe Enstad**, M.S. in Women's Studies, massage therapist in private practice working with people who have been traumatized.

### **Meditation, Music, and Movement**

CSU 204 Ritual/Experiential/Movement Activity

A centering and balancing of body energies via guided meditations and visualizations. Live music, movement exploration, time for reflection and journaling will be utilized. This is for those who have experience in meditation/visualization and are comfortable participating in movement activities.

**Hamsa Hanzak**, musician and RN using music and body energies as healing tools.

**Susan Delattre**, performer and storyteller, practices Vipassana meditation and enjoys creating participatory rituals with women.

### **Pregnancy, Pain, Penance and Piety:**

#### **The Bible and Women's Bodies**

MH 208 Paper/Discussion

An examination of interpretations of Genesis 3:16a ("In pain you shall bring forth children ...") in 18-20th century medical and theological communities and the implications of such readings for modern women.

**Linda S. Schearing** is currently assistant professor of Hebrew Scriptures at Luther College, Decorah, Iowa.

### **Feminist Spirituality: The Spiritual Is Political**

AH 221 Formal Paper

An academic paper which discusses the use of symbolic language and artifacts in ritual, and the socio-political and cultural implications of appropriating symbols from the dominant culture.

**Chrislee Lucas** wrote her M.A. thesis on communication patterns in a feminist coven and is currently a doctoral student at U of MN-Twin Cities in Speech Communication.

### **Joy Thru Movement (T'ai Chi Chih)**

CSU 253 Experiential/Movement Activity/Child Friendly

Gentle form of slow physical movement that helps to relieve stress and to relax and energize the entire system.

**Jean Katus** has been teaching Joy Thru Movement since 1977 when she received her certification from the originator, Justin Stone.

### **Spirituality and Abortion: Beyond Pro-Life vs. Pro-Choice**

AH 121 Lecture/Paper/Discussion/Experiential

Many conscientious, spiritual women have made the painful

choice to have an abortion. Come to share and heal in a compassionate environment. For women who have had abortions and open-minded people who want to learn from them.

**Mary Hayes-Grieco** is a spiritual counselor and host of a popular Twin Cities radio program.

#### **The Welcoming Congregation**

MH 210

Paper/Discussion

Learn and discuss a curriculum designed for use as an adult religious education class. Ideas presented will specifically examine homophobia and heterosexism.

**Terry Kime**, ordained Unitarian Universalist minister and lesbian, is serving a congregation in Pennsylvania.

**Sally Meiser**, Unitarian Universalist lesbian with a deep commitment to making our congregations inclusive and welcoming.

#### **Everywoman Writes: Creative Application Of Writing Skills — From Personal Use to Publication**

MH 209

Lecture/Discussion/Meditation

Designed to empower women regarding their individual writing skills. Exercises will be used to open up senses to the wealth of poetry and story in their daily life, and community values will be explored in a nurturing atmosphere.

**Jeanne Kerans** has published poems and short stories.

**Reva Rasmussen**, writer of both non-fiction and fiction.

#### **Color: Pathways of Knowing**

CSU 254

Ritual

A celebration of the magical interdependence of color within ourselves and the elements around us. Workshop will incorporate the use of creative visualization, writing, movement, and hands on activities with color, drawing on elements from the Goddess tradition.

**Ann Mohler**, visionary artist and poet, whose light and poetry art works have been shown in Twin Cities and out of state galleries.

**Sage Passi**, ritualist, storyteller and coop leader who is actively involved in promoting self-sustaining lifestyles.

#### **A Communion Service: Exploring Form and Symbol of the Goddess and the Christ**

CSU 203

Ritual/Experiential

Designed to explore the commonalities of the Goddess religion and Christianity through a communion service/ritual.

**Tara Lea Ford**, certified massage therapist and experienced presenter and group facilitator.

**Reverend Andrea Stoeckel** is currently serving as pastor of the United Church of Christ in Canova, South Dakota.

#### **"MENopause — is it PC?"**

AH 220

Experiential/Discussion

Share feelings about going through menopause giving each other support, encouragement, helpful hints and solutions to problems.

**Nancy Cox**, 1983 keynoter for Minneapolis YWCA Celebrate Yourself weekend for women and workshop leader for 1984 Women as Healers Conference.

**Pat Haga** founded God the Mother spirituality group in 1979 and is active in Spirit Rising and Spiderwomyn in Minneapolis.

#### **The Goddess and the God**

MH 211

Paper/Discussion

Historically, many Goddesses had a male son, lover or consort. Is any male deity relevant to Goddess worship today? Explore differences within Goddess worship and the common ground between Goddess spirituality and more conventional forms of worship.

**Magenta** has been a witch for over twenty years, a priestess for sixteen years and is a co-founder of Coven Prodea.

#### **The Spirit At Work**

AH 216

Paper/Discussion

In the workplace are you often left feeling decisions have been made at the expense of your spiritual self? The modern business climate will be analyzed and specific obstacles examined, then presenters will outline some common sense solutions.

**Maureen LaJoy**, president of the Communications Connection, is an award winning writer, teacher and publisher of *Wellspring* magazine and author of the highly acclaimed *Bitty Business Book*.

**Pj Doyle** has a broad writing background with work appearing in numerous magazines and journals and has authored *The Baker Street Dozen*.

#### **God/Spirituality/Women/The Arts**

CSU 103

Ritual/Experiential/Child Friendly

This is an opportunity to explore art forms such as icons, masks, plays, and songs either from a new perspective or for the first time and attempt to understand them in relation to faith journey.

**Diane Kobernusz**, poet, musician, kitemaker, journalist, seminary student in Twin Cities, feminist, nonviolence advocate.

#### **Women of All Ages Journeying Together**

MH 206

Discussion/Round Table/Child Friendly

Explore contributions of intergenerational relationships to spiritual journeys. Presenters will share their personal experiences of their relationships with older, younger, and same-aged women and the role of different generations in their spiritual community.

**Marian Kelly**, 76, social change agent, working for justice for women.

**Carolyn Moynihan-Bradt**, 46, clinical social worker, working for justice for women in families.

**Joann J. Ordille**, 32, campus minister and computer scientist, creating new communities of justice and promise.

**Nancy Cafferty**, 23, senior student in special education and

witness for justice, promoting environmental awareness and responsibility among children and adults.

**Ann Elise Bradt**, 13, president of the student council at Mt. Horeb Middle School, fighting for better ecological balance in the world.

**A Grandmother's Closet:  
A Study of Coming-Out in Midlife**

AH 214 Paper/Discussion

Thesis research based on responses of 20 midlife women who identify themselves as lesbian after many years of being out as a heterosexual.

**Sandra Parsons**, associate director of Women's Studies at the University of North Dakota, is working toward a Ph.D. in Education, label that best applies is "certified late-bloomer."

**One Body, Many Faces**

AH 209 Discussion

Presenter's personal journey through darkness to reach wholeness, concerned with child abuse and the struggle to connect the body, mind and spirit as one person.

**Mary Pulscher**, educator, artist, therapist.

**Session IV**

**HE is IT: Hindu Concept of the Absolute**

AH 221 Discussion

Discussion of the nature of Ultimate Reality: "He is ONE," but sages call Him by different names.

**Indira Junghare**, professor of South Asian Studies who teaches courses on Indian Philosophy, Hinduism and Buddhism at the University of Minnesota.

**The Women's Lodge**

CSU 255A Experiential

Program leads women to a greater understanding of the innate energy of the feminine power that is within them. Allows them to see that power grows from virgin (youth) to helper to crone (wise old woman).

**JoHanna Hawthorne**, Masters in Education, hypnotherapist in private practice and a certified practitioner of NLP.

**Stars in Your Bones:**

**A Woman's Spiritual Journey Through Painting**

MH 206 Discussion

A slide and lecture presentation stressing the interconnectedness of mythologies, religions, traditions of Far Eastern, Oriental, native American and Christian peoples from ancient times through the age of quantum physics with visual art works.

**Julia Barkley** paints life forces — the visual portrayal of the unseen but recognized energy phenomenon and has stud-

ied astronomy, theology, women's spirituality and native American traditions.

**Breathe Your Vision**

CSU 201 Experiential/Child Friendly

Use breathing techniques to aid in releasing limits. Imagine beyond limitations and express your true essence. Learn to access your sensory abilities to accelerate your inner awareness, thus creating your desired external reality.

**Michele Jacobson**, M.A. and Ph.D. candidate in Human Potential with expertise in facilitating the individual and the study of entrepreneurs.

**Cher Pacini**, body works therapist with both Eastern and Western skills including Shiatsu, reflexology, and holistic aromatherapy massage.

**Learning to Love the Body We Live In**

CSU 254 Experiential/Movement Activity/Child Friendly

In a safe, non-threatening environment, learn to love/like your body through body movement, playfulness, nurturance, self-affirmation, and guided visualization, and change the inner voices and vision of your body.

**Deborah Waldbaum** has worked with hundreds of adults and children in the areas of self-esteem, body image and playfulness; she also works for Children Are People Support Groups Inc. and Community Intervention, Inc.

**Ruthe Enstad**, adjunct faculty in Women's Studies at Mankato State University has a private practice as a massage therapist and believes in loving the body you live in!

**Women and American Modern Dance**

CSU 253 Discussion/Movement

Through a variety of mediums; dance, slides, performance, and discussion, explore the role of women in American modern dance.

**Julie A. Kerr**, assistant professor of Dance has been studying modern dance for nearly 18 years.

**Psychic Development, Naturally**

AH 121 Paper/Discussion

Our psychic faculty is a natural part of us so put your doubts and fears to rest and learn about its safe and ethical unfolding. Especially intended for people who are psychic and feel out of control with it.

**Mary Hayes-Grieco** is a spiritual counselor and has done psychic readings for the public for over 10 years.

**Emerging Patterns of Women's Spirituality:**

**Signposts On Our Spiritual Journeys**

MH 208 Slide Presentation/Lecture/Discussion

An overview of the patterns or practices of women's spirituality that have emerged over the last 20 years, with an additional focus on an introduction to Goddess Spirituality.

**Terri Berthiaume Hawthorne**, M.S. in Women's Studies, adjunct faculty at Mankato State University, co-author of

*Stars in Your Bones: Emerging Patterns of Women's Spirituality* and *The Many Faces of the Great Mother*.

#### **Creative Journaling:**

##### **A Unique Personal and Spiritual Growth Tool**

CSU 202

Instructional/Experiential

Learn how to work consciously and semi-consciously with your life using creative methods that shed insight and bring fresh perspectives to your personal and spiritual life.

**Connie Nadeau**, M. Div., creative designer and leader of numerous personal/spiritual seminars for 15 years, psychotherapist and consultant.

**Ann Penton**, M.A., teacher and fellow journaler, assisted in developing and administering several *Creative Journal Retreats* in the Twin Cities.

#### **Pathways to the Present: A Life Review**

MH 209

Experiential

Using a variety of exercises and activities participants will be asked to review past events that have led them to the present time and be given ways to view future possibilities based on past and present.

**Lynn Rossow**, M.A. in Religious Studies, teaches classes in life stories and journal writing, graduate student in Counseling.

#### **Ancient Nature Rituals and Values Reflected in Christian Festivals and Beliefs**

CSU 204

Experiential/Paper/Discussion

Information about the annual nature feasts celebrated by ancient peoples will be given and it will be shown how Christianity has adapted many of these elements in its festivals and beliefs.

**Laura Gellott**, educator and historian with an interest in the history of women, religions, and spirituality, frequent lecturer on above interests.

**Lucy Edelbeck**, facilitator for retreats and workshops on woman's spirituality, founder and coordinator of INTERWEAVE: WOMAN GATHERING, a movement dedicated to the furthering of a Feminist Spirituality, leads retreats nationally.

#### **The Descent of Inanna: A Sumerian Myth**

AH 209

Paper/Discussion

A story of the Goddess in all her aspects — individuality, sexuality, death, rebirth, and wisdom.

**Rita Casey**, ordained Universalist minister, combines her interest in Eastern spiritual traditions, Goddess worship and the 12 suggested steps of AA in her ministry.

**Ellen Hufschmidt**, consultant in rituals helping individuals create ceremonies that mark transitions and passages in their lives.

#### **Piety and Spirituality of Medieval Women**

AH 211

Paper/Discussion

Presentation explores the distinctive piety and spirituality of medieval women.

**Katherine Fromm**, instructor in History, and Ph.D. candidate at Iowa State University.

#### **Exploring Your Dreams**

MH 212

Lecture/Discussion

Lecture includes information on remembering your dreams, journaling dreams and dream symbolism, problem solving and creativity.

**Margaret Gerhard**, artist, teacher, student, dreamer, who has been working with dreams since 1979 and has 18 years of public school teaching experience.

#### **Women's Issues in the Spirituality of AA's Twelve Steps**

AH 222

Discussion

For AA, NA, and Alanon members (anonymity will be respected for participants) who are interested in discussing issues pertaining to women and spirituality within AA's Twelve Steps. The workshop will follow the form, or lack thereof, of an AA meeting.

#### **World Pluralism:**

##### **The Human Encounter With Women Around The Planet**

AH 214

Lecture/Discussion

The concept of pluralism will be introduced with examples, from the presenter's perspective, of common and differing viewpoints of women around the world. The presenter has traveled extensively and has developed relationships with many women who together, promote peace through friendship.

**Judi Bernstein**, M.S. in Peace Studies/Global Interdependence, adjunct faculty in Political Science and Women's Studies at Mankato State University, world citizen, activist, and peacemaker by profession who teaches/preaches inner and world peace and pluralism.

#### **"Discover Your Bliss"**

CSU 203

Experiential/Discussion

Explore some new aspects of spirituality, satisfaction, contentment, and happiness using lecture, participant's drawings, and small groups. The presenter will help participants move from spiritual pessimism to spiritual optimism.

**Kathleen Giguere**, master's in Counseling Psychology, licensed marriage and family therapist, licensed independent clinical social worker, has worked with families, individuals and counsels in private practice.

#### **Personal Empowerment Using Goddess Imagery**

AH 203

Discussion/Experiential

Discuss patriarchal systems vs. non-hierarchical systems, using Goddess imagery for personal empowerment. Short meditation at conclusion.

**Linda Green**, Ph.D. in Sociology, instructor of Sociology and Women's Studies and a Wiccan priestess.



# Conference Information & Services

## Conference Heritage

The Women and Spirituality Conference was born a number of years ago with an evening lecture attended by 75 people. The purpose was to bring together women and interested men from many spiritual and religious traditions for an educational event. Since then the conference has grown to average approximately 500 participants and over 70 workshops every year. Past keynote speakers from 1982 to 1989 have included: Jeanne Audrey Powers ("Women and Worship"), Rita Gross ("Women's Lives in World Religions"), Maureen Fielder ("Spirituality and Social Change"), Rosemary Radford Reuther ("Language and Imagery"), Starhawk ("Building Communities of Resistance and Renewal"), Charlotte Black Elk ("Lifepaths of Women: Celebrating Self and Community"), Valerie Russell ("Spirituality and Social Justice"), and Judith Plaskow ("Body and Spirituality").

**MEALS:** The registration fee covers beverages, muffins, and breads for Sunday breakfast. Those desiring a dinner and/or lunch ticket **MUST** pre-register. 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. There are a few restaurants in walking distance. The downstairs Deli at the Student Union **WILL** be open on Sunday.

Menu		
Dinner Saturday Night	Breakfast Sunday Morning	Lunch Sunday Noon
Vegetable Lasagne Chicken Wild Rice Glazed Baby Carrots Green Beans Dinner Rolls Tossed Salad with Dressings Chocolate Cake Beverage	Continental Beverages       Paper plates and utensils will be available for those who follow dietary laws.	Soup and Salad Beverages

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

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

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

Double and quad rooms are available at **Good Counsel Education Center**, P.O. Box 8968, Mankato, MN 56002, (507) 388-6257. Reservations including a check will be first-served. See attached housing form.

A special **Bed-and-Breakfast** (non-smoking) housing arrangement is available in the homes of members of Mankato Church Women United. All monies earned will be used to aid women and children locally and around the world. See attached housing form.

A list of the motels in the Mankato area can be obtained by calling the Women's Studies Department, (507) 389-2077.

**CHILD CARE** will be available at no cost at the conference site, Centennial Student Union, Room 101 on Saturday from 11:30 to 5:30 and Sunday 8:00 to 3:00, except during the lunch hour. Please complete the Children's Registration form and return with conference registration.

**CHILDREN'S WORKSHOPS** will be offered again this year. Workshops where children are welcome are highlighted **CHILD FRIENDLY** in the program. All other workshops are for adults only.

**SPECIAL SERVICES:** MSU is accessible to the differently abled. Anyone who desires special arrangements during the conference, please stop by the registration desk. A sign interpreter will be available during the conference.

**CREDIT:** Those interested in taking the conference for one (1) credit in Women's Studies or Religious Studies need to be aware that an 11:30 a.m. meeting in Centennial Student Union, Room 201 on the day of the conference is required and that the conference registration fee and meal are in addition to the fee for credit. To register, fill in appropriate section on registration form (tuition rates are listed).

**SCHOLARSHIPS:** If the sliding scale conference registration fee is still prohibitive, we offer the following options:

- Work exchange:** two (2) hours of work = free conference registration. Contact Women's Studies, (507) 389-2077 no later than Wednesday, October 10 to sign up. Report for assignment of duties at Noon Friday, October 19, Morris Hall 109.
- Apply for **scholarship** for conference registration by contacting Women's Studies (507) 389-2077 no later than Wednesday, October 10. Limited funds are available and will be awarded on a first come/first serve basis. We ask that only those who are truly excluded from the registration fee apply.
- Twenty conference registration scholarships are being set aside for **WOMEN OF COLOR** and will be awarded on a first come/first serve basis. To apply, complete regular registration form no later than October 10.

**OTHER INFORMATION:** MSU is a chemical-free space. Smoking is **NOT** permitted in the Centennial Student Union. Smoking is permitted in designated areas in other university buildings.

We are not responsible for lost or damaged property.

Conference participants should plan to bring pens, paper, art pads, and other materials that might be used in workshops.

Sunday Church services on campus are:  
Catholic — 11:00 a.m., CSU Auditorium  
ELCA-Lutheran — 10:30 a.m., CSU Shades

Refunds for registration and/or food are available upon written request, prior to October 10.

For answers to any questions, call or write: Women and Spirituality, MSU Box 64, P.O. Box 8400, Mankato, MN 56002-8400, (507) 389-2077

## 1991 Keynote Speaker

Luisah Teish will be the 1991 keynote speaker. Teish is a writer, performer, and ritualist. She is a priestess of Oshun, the Yoruba (West Africa) Goddess of Love, Art and Sensuality. Teish has lectured on culture, spirituality, and women's myth and ritual. She has also taught ritual dance, dance as meditation, and Katherine Dunham's technique.

## Entertainment for Saturday night, October 20

The Women and Spirituality Conference, along with the Women's Center and university programs, will be sponsoring a concert featuring **Judy Gorman**. Gorman, singer and songwriter, has performed round the world and at a variety of festivals, conferences, and special events. Her voice has been described as "rich and soulful." Come join us Saturday night at 7:30 p.m. in the Centennial Student Union -Shades. The concert is free of charge.

In addition to her performance on Saturday night, Judy will be conducting a workshop on Friday, October 19 at 1:00 p.m. in the Centennial Student Union, entitled **History of Women and Music**. A broad overview of women in music from pre-patriarchal times to the present will be given. The workshop format combines lecture, discussion and music.



## Access to Mankato State University

### Highway 14 (coming from the West)

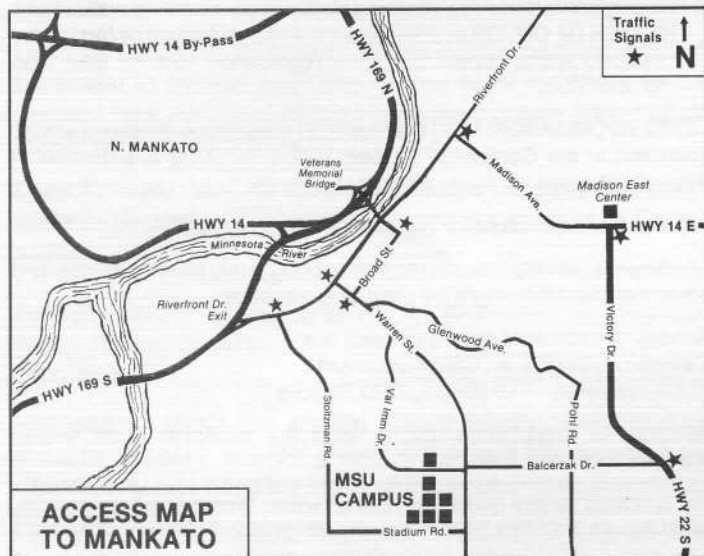
Exit to Highway 169 and use the following directions.

### Highway 169 (coming from the North)

Take the Mankato/North Mankato exit. Turn left at the stoplight and cross the bridge into Mankato. Turn right at stoplight on Broad Street. Continue on Broad Street to third stoplight (Warren Street) and turn left onto Warren Street. Continue on Warren and take the right fork leading up the hill to Val Imm Drive. At the top of the hill, you have arrived on campus. Use your campus map to find designated visitor parking.

### Highway 169 (coming from the South)

Take Riverfront Drive exit. Turn right at stop sign on Park Lane. At second stoplight (Hardee's corner) turn right on Stoltzman Road. At three-way stop sign continue straight ahead and go approximately one mile. Turn left at the State University sign on Stadium Road.



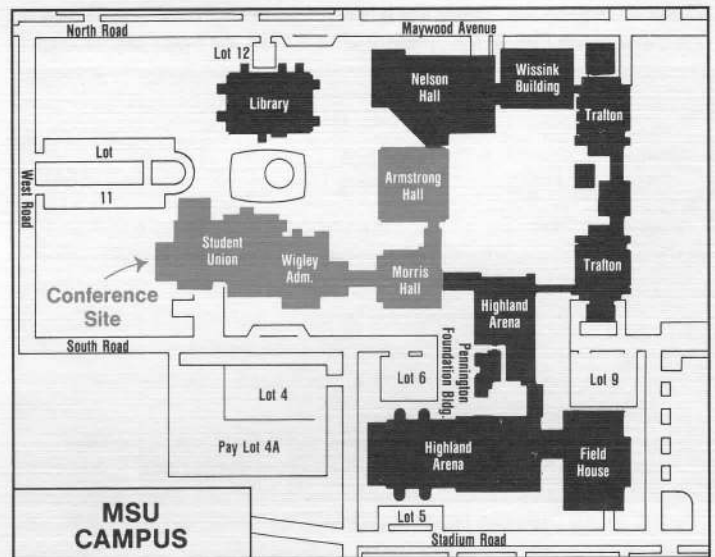
Proceed up hill. At the top of the hill, you have arrived on campus. Use your campus map to find designated visitor parking.

### Highway 14 (coming from the East)

Highway 14 becomes Madison Avenue. Turn left at intersection of Madison Avenue and Highway 22. Continue on Highway 22 to Balcerzak Drive. Turn right and continue on Balcerzak to Monks Avenue. Turn left and continue on Monks Avenue and turn right on Stadium Road. In two blocks, you will have arrived on campus. Use your campus map to find designated visitor parking.

### Highway 22 (coming from South)

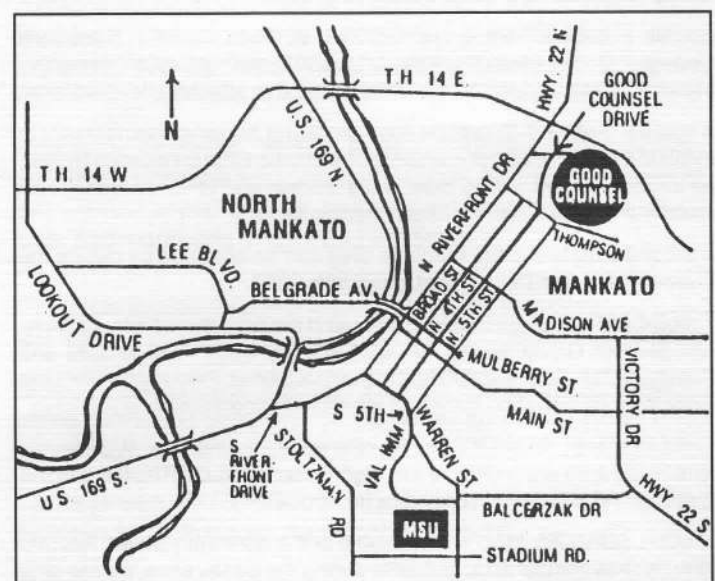
Turn left on Balcerzak Drive. Continue on Balcerzak to Monks Avenue. Turn left on Monks Avenue and then turn right on Stadium Road. Follow Stadium Road and in two blocks you will have arrived on campus. Use your campus map to find designated visitor parking.



## Access to Good Counsel Education Center

### Good Counsel Education Center

From the north or the south, take Highway 169 to Highway 14 and turn east onto Highway 14. Exit onto Riverfront Drive (Highway 22) and turn south. Go one block and turn left (east) onto Good Counsel Drive. At the top of Good Counsel Hill, take first left, park south of Good Counsel Education Center and enter south door.



# Conference Housing

## Good Counsel Education Center

Name \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_  
 Full Address \_\_\_\_\_

**(This housing form is NOT for workshop presenters.)**

I am a conference participant and enclose my check for housing at Good Counsel:  
 Saturday night housing — \$12

**Important:** Participant housing will be provided on a first-come/first-served basis when checks are enclosed.

Make checks payable to Good Counsel Education Center.

Send this form to:

Good Counsel Education Center  
 P.O. Box 8968  
 Mankato, MN 56002

### Bed and Breakfast (Deadline October 10)

Name \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_  
 Full Address \_\_\_\_\_

**(This housing form is NOT for workshop presenters.)**

Saturday night — \$13 per person  
 Double Bed  Single Bed

When registration is received, confirmation will be mailed to you with name, address and phone number of hostess. Checks should be made payable to Mankato Church Women United. Please include check with registration and mail to:

Mankato Church Women United  
 c/o Lucille Prinsen  
 P.O. Box 2252  
 Mankato, MN 56002

Persons wanting to stay together may request a home that can accept 2 people. Check single or double bed and please send registration together.

### Children's Registration

Children's Names \_\_\_\_\_  
 Ages \_\_\_\_\_  
 Parent's Name \_\_\_\_\_  
 Special Needs: \_\_\_\_\_

Parents will assume responsibility for lunch, formulas, and diapers. Snacks will be provided in the afternoon on Saturday and midmorning on Sunday.

# Registration Form

Registration must be postmarked by October 10, 1990 for reduced rates. Make checks or money orders payable to: Mankato State University. Mail to: Women and Spirituality Conference, MSU Box 64, P.O. Box 8400, Mankato State University, Mankato, MN 56002-8400. For more information call: (507) 389-2077. This form may be duplicated for multiple registrations. (One person per registration form. Please print neatly or type.)

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Day Phone #: (\_\_\_\_) \_\_\_\_\_ Evening Phone #: (\_\_\_\_) \_\_\_\_\_

Please check one:

**Pre-registration:**

- \$25 General
- \$15 Minimum Income
- Low Income Scholarship\*\*
- Women of Color Scholarship\*\*\*

**Postmarked After October 10:**

- \$30 (Late Fee)
- \$20 (Late Fee)

\*\* The low income scholarships allow for women of different economic abilities to attend. We leave this to your discretion. Scholarships are available on a first come/first served basis. Work exchange is also available. See the Conference Information and Services section of this program for details under the heading **Scholarships**.

\*\*\* The women of color scholarship allows for women of color of different economic abilities to attend. Scholarships are available on a first come/first served basis.

The earlier you register, the easier our task of hosting the Conference. We are a small group who donate our time, and late registrations are difficult to process. We will have a quick pick-up line for those who have registered before October 10. Receipts can be picked up at the registration desk from 11:30 a.m. - 1:00 p.m. on Sunday morning, October 20 or Sunday morning, October 21. Conference booklets and information packets will be distributed at that time. Full refunds for registration are available upon written request, prior to October 10.

### Meal(s) Registration (Deadline October 10)

Please check the meal(s) you want to register for. Refund for meals are available upon written request prior to October 10. You must include a copy of your cancelled check with this request.

- Dinner Ticket (Saturday night) - \$7.50
- Lunch Ticket (Sunday noon) - \$5.50

### For Those Registering for Credit

You must pay the registration fees above in addition to tuition fees. This information is required.

Social Security Number \_\_\_\_\_  
 Registering for Credit in Women's Studies:  yes  no  
 Registering for Credit in Religious Studies:  yes  no  
 Have you previously attended Mankato State University?  yes  no  
 Are you a resident of the State of Minnesota?  yes  no

I am registering as: (Check one)

- Undergraduate resident - \$42.80
- Undergraduate non-resident - \$68.80
- Graduate resident - \$58.50
- Graduate non-resident - \$81.50

These rates **DO** include the MSU activity fee.

Total enclosed: \$ \_\_\_\_\_ Pre-registration fee  
 \$ \_\_\_\_\_ Dinner Saturday  
 \$ \_\_\_\_\_ Lunch Sunday  
 \$ \_\_\_\_\_ Tuition credit costs  
 \$ \_\_\_\_\_ Total amount enclosed (Checks payable to Mankato State University)



**WOMEN &  
SPIRITUALITY  
CONFERENCE**

Mankato State University

Saturday and Sunday, October 20 and 21, 1990

Registration begins Saturday 11:30 a.m.

**“There Are Many Paths Up the Mountain”:  
Celebrating Our Commonalities and Differences**

Carter Heywood

Keynote Speaker

Two days of workshops, discussions, exhibits, dialogue, discovery and celebration. Scholarships, work exchange and college credit available. Registration forms and all relevant information are included in this program.

Co-sponsored by Women's Studies, Sociology and Religious Studies.

WOMEN AND SPIRITUALITY CONFERENCE  
MSU BOX 64  
P.O. BOX 8400  
MANKATO, MINNESOTA 56002-8400

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