

10th Annual WOMEN & SPIRITUALITY CONFERENCE

The Women and Spirituality Conference was born ten years ago with an evening lecture attended by 75 people. The purpose was to provide a supportive and nurturing setting for a dialogue of caring and mutual respect between and among women and interested men from many spiritual and religious traditions. Since then the conference has grown to

average approximately 600 participants with over 70 workshops. In not advocating or excluding any view, the Conference has always hoped and continues in the intention of fostering an understanding and celebration of similarities and differences. May we continue to aid one another on our individual and our communal spiritual journeys.



Photo: John William Lund

Luisah Teish

1991 Keynote Speaker

Luisah Teish is a writer, performer, and ritualist. She is author of the highly proclaimed book, **Jambalaya: The Natural Woman's Book of Personal Charms and Practical Rituals**, and is a priestess of Oshun, the Yoruba (West Africa) Goddess of Love, Art and Sensuality. Teish is internationally known for her performances of African, African-Caribbean and African-American folktales and won acclaim as Zora Neale Hurston in the multi-media production of "The Sanctified Church" by Ellen Sebastian. She has lectured on culture, spirituality, and women's myth and ritual. Teish has also taught ritual dance, dance as meditation, and Katherine Dunham's technique.

Schedule

Saturday, October 26

- 11:30 - 1:00 Registration
- 1:00 - 1:45 Opening Celebration
- 1:45 - 2:00 Announcements and Welcome
- 2:00 - 2:15 Loosening the Soil of Your Spiritual Journey-Guided Journaling Time
- 2:15 - 3:15 Keynote - Luisah Teish
- 3:15 - 3:30 Tilling the Soil of Your Spiritual Journey-Guided Journaling Time
- 3:30 - 4:00 Break
- 4:00 - 5:15 Session I
- 6:00 Dinner

Sunday, October 27

- 8:00 Conference Site Opens
- 9:00 - 10:15 Session II
- 10:45 - 12:00 Session III
- 12:00 - 1:15 Lunch
- 1:30 - 2:45 Session IV
- 2:45 - 3:15 Reap What You Have Sown - Guided Journaling and Communal Sharing
- 3:15 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 Rede: And ye harm none, do what ye will, lest in thy self defense it be, ever mind the rule of three.

Workshops

Session I

Honoring the Ancestors
CSU 101 Ritual/Child Friendly

Experiential ritual composed of singing, drumming, dancing and guided meditation.

Antiga is a feminist witch, singer, writer, and outrageous woman.
Nokomis, feminist witch, co-facilitator of numerous rituals.

Who Should Get What?: Women, Morality and Economics
MH 206 Paper/Discussion

The distribution of economic goods is a social justice issue. As economic inequality grows in the U.S., it is time for American women to define and demand a moral economy. This workshop will explore the "other" economy — one based on feminist values.

Neala Schleuning, director of the Women's Center, Mankato State University and author of **Idle Hands and Empty Hearts: Work and Freedom in the U.S.A.** and **America: Song We Sang Without Knowing: The Life and Ideas of Meridel LeSueur** plus many articles and films.

From Sin to Salvation: Healing From Sexual Abuse
MH 208 Paper/Discussion

Explore the history and nature of sexual exploitation within the Jewish-Christian tradition. With references to scripture and in the context of patriarchy discusses the issue of such exploitation within congregations using the metaphor of incest within families. The ultimate focus will be on the effects of such exploitation on the victim-survivors, with specific regard to psycho-spiritual dimensions.

Sheila Weidendorf, M.A. in Theology, focuses on feminist theology, sexual violence, women and religion, liturgical expression, and social justice.

"... male and female created he them" (Gen. 1:27)
AH 222 Paper/Discussion/Experiential

"In the beginning ..." we were made with both active and receptive functions. Navigating and having access to the active/receptive rhythm depends on recognizing its functions and embracing it. Participating in this rhythm is the very basis of the creative process. A simple art activity will demonstrate the Creativity Continuum — a model for navigating the active/receptive rhythm.

Evadne McNeil, Ph.D., RN, A.T.R., certified expressive therapist, founder and director of ATIRA: Center for Applied Creativity, author of **Birthright Our Proper Creativity**.

Expanding With Crystals! What! Why! How!
CSU 255 Discussion/Experiential

Crystals have been re-discovered as enhancements of energy, as instruments of healing, and for gazing, among other things. Find out how to care for them and use them to their greatest advantage. Bring a crystal and get acquainted with it.

Patricia Chapman Brisson, teacher, spiritual healer, clairvoyant spiritual counselor, committee member for national retreats for 15 years, graphologist, **Blind Awareness** facilitator and workshop leader.

Drumming in Ritual and Celebration
CSU Kaleidoscope Ritual/Movement Activity

Drums will be used as tools to achieve a connection with the earth by finding the spiritual inspiration within the beat of the drum and using that energy to infuse power into your personal or group rituals and celebrations.

Debra Sullens has gained experience in numerous drumming workshops and individual research projects. She has been instrumental in the formation and growth of a local drum circle and has led and participated in various types of rituals using drums.

Ellen Dinsmore has been involved in the preparation and development of rituals using drums.

Cosmic Mothers of the Four Directions
AH 121 Discussion/Round Table/Slide Presentation

From a multicultural perspective, a discussion and slide presentation will focus on the Corn Mother of the Americas and her counterpart in the other three corners of the world; the Virgin (Northern Greek and Latin Europe), Isis (Africa-Egypt), and the Hindu Goddess (India). Slides of the presenter's art and art of women will illustrate the topic.

Nadema Agard-Smith, artist-educator with a background in multicultural education and native american arts, free lance consultant, past project director of an arts program, Museum of the American Indian, recipient of an NEA grant and mentor/peer coach for teachers in New York City.

Lesbian Spiritual Stories
AH 221 Discussion

Lesbian women who wish to share their spiritual stories and learn from others' stories. Strengthen and/or challenge your spiritual path.

Pam Roiger, white lesbian with background in Roman Catholic religion.

Your BODY Your MIND
CSU 253 Discussion/Experiential/Child Friendly

Acquire new non-traditional techniques to balance and revitalize your body, mind, and spirit. Examine the feelings of how you, as an individual,

really would like it to be. Then move desire to active decision by internalizing it to get the joy you deserve.

Michele Jacobson, MA, CIRS, QRC, studies human potential through her work as a consultant, educator and facilitator.

Cher Pacini, MSU, massage therapist, has a private practice in the Twin Cities area with focus on women, women's issues.

Use of Ritual in Psychotherapy

MH 210 Paper/Discussion

From the feminist perspective, ritual empowers clients. The process of selecting the symbols, the words, the actions, and uniting them in an experience involving the right and left brain is powerful for breaking impasses, redefining relationships, and experiencing wholeness.

Elaine K. Johnson, Master's in Counseling and Psychological services, has worked 11 years as a chemical health coordinator in the public schools and is certified as a chemical dependency practitioner.

The Good, The Bad, and the Battered: Images of Biblical Women

MH 212 Discussion

Biblical images of women will be examined with special attention given to stereotypical portrayals and their implications for modern readers. Strategies for "redeeming" women's stories in the text will be discussed.

Linda Shearing, professor of Hebrew Scriptures, Luther College.

Building Altars/Claiming Inner Voices

CSU 202 Experiential

Explore the process of creating an altar to deepen your understanding of a particular life issue. In addition to honoring the seasons of the year, altars can help us celebrate something, seek wisdom, and invoke change. Building an altar and living with it opens a channel of communication between a chosen theme and one's own inner symbol language.

Kaia Svien, teacher, counselor, and writer-visionary who uses whole mind learning, guided imagery and self-esteem development.

Sage Passi, performance artist, naturalist and ritualist who designs ceremonies and theatre works on deep ecology and social change.

Recovering Our Spirituality Through Healing Our Inner Child

AH 233 Discussion/Experiential

Our true spirit, our "I AMness," is often hidden deep inside if we experienced trauma as a small child. This workshop will address how our spirit is tied to the wounded inner child and how to reclaim our spirit through healing this inner child. There will be opportunities to share information and ask questions in addition to an experiential meditation.

Judy Nelson, Master's in Counseling Psychology, licensed social worker, ten years working with all ages, focusing on family of origin issues.

Heather Lake, Master's in Counseling Psychology, two years working with adults with chronic mental illness, co-facilitating Healing the Child Within, individual counseling.

How the Goddess Lost Her Power: The Development of Violence in Western Culture

MH 209 Slide Presentation/Lecture/Discussion

Illustrates through art the development of patriarchy and the rise of warfare and institutional, hierarchical violence or how we got there and how we might get out.

Terri Hawthorne, adjunct faculty in Women's Studies at Mankato State University, has long term interests in women's history, women and art and spirituality, co-author of **Stars in Bone: Signposts on our Spiritual Journeys** and **Many Faces of the Great Mother**.

Diane Brown, educator, directs the St. Paul Clear Continuing Education Program, artist and co-author of **Many Faces of the Great Mother**.

Body Imaging for Girls and Women of All Ages

CSU 254 Experiential/Movement Activity/Child Friendly

For women and girls who are looking for ways to live more comfortably in the body they inhabit. Within a safe, non-threatening environment, learn to like and love your bodies. This workshop consists of body movement, playfulness, nurturance, self-affirmation and guided visualization. Together our vision is to empower our inner voices and the inner vision of our body-selves.

Deborah Waldbaum, counselor/consultant for Children Are People Support Groups Inc. and Community Intervention, her specialty is being a motivator for people transforming their lives.

Ruthe Enstad, M.S. in Women's Studies and adjunct faculty at Mankato State University, massage therapist and educator with experience in gender and family issues.

I Found God in Myself: Women's Power and Goddess Imagery

MH 211 Discussion/Ritual/Experiential

Explore our power as women through images of prepatriarchal goddesses, through discussion of our definitions of power, and through song and poetry. Please bring an object for a central altar, something which reflects your power as a woman.

Nancy Vedder-Shults, lecturer in Women's Studies, University of Wisconsin-Madison, contributor to **The Womanspirit Sourcebook** and **Well-springs**.

Annis Pratt, recently retired professor, English and Women's Studies, University of Wisconsin-Madison, expert in feminist archetypal criticism and women's spirituality.

Women Standing Upright: Making Connections Between Self-Esteem and Spirituality

AH 231 Lecture/Discussion

Life is too short not to have the delight of loving ourselves! Naming the forces that bend women double and claiming the energy that helps women stand upright are crucial concerns. Alternatives to patriarchal influence include self-affirmation and an understanding of spirituality.

Michelle Meyers and **Kay O'Neil**, Catholic Sisters, have made their conscious contribution to social justice by creating and team teaching courses, seminars, and retreats in women's studies since 1973.

Birthing Women: Creators of Life

CSU 201 Ritual/Experiential/Movement Activity

Explore the process of women re-empowered in the sacred act of birth: birthing our babies, our grandmotherselves, our inner-selves, our creative selves. As the Goddess creates the universe, so do we mirror that when we take the role of mother, creator. Through ritual, meditation and guided visualization empower yourself at whatever point you are on the woman-circle.

Diane Marie Brooke (Durkes-Haasken), mother, physical artist, water spirit, educator, childbirth activist/assistant, T'ai Chi student, consultant for ritual circles celebrating women's lives.

Jill Kent, mother, midwife of ten years, lay healer.

Do The Rite Thing

CSU 204 Discussion/Ritual/Experiential

Did your last transition leave you limp? Are the covers still over your head? Empower yourself with a ritual. Ritual can be a process of self-affirmation and healing. Presenters will share some ways of honoring significant changes. In the process, find the sacred in the experience.

Marilla Thurston Missbach is part of the UUCMD Women and Religion Task Force, ecofeminist, mother and writer/editor who practices ritual as part of her life.

Judy Holman, MEd, Chair UUCMD Women and Religion Task Force and organizer of a women's ritual group. She is planning a grandmother ritual for herself.

Our Heritage Is Our Power: The Goddess Traditions Preserved in Christianity

AH 211 Paper/Discussion/Ritual

Christianity has a rich heritage in the ancient Goddess and Earth traditions. Though the church rejected and declared pagan these ancient rites, the church also preserved them in its own celebrations, in its Scriptures and in its worship of the Virgin Mary.

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

"The Spirit is Willing, but the Body is ..."

CSU 203 Experiential

Self awareness through play, art and movement can lead to choices and changes. Learn that you have choices about how you view your body and how you live your life!

Jenna Eisenberg, chiropractor, teacher, mother, and all-around human being.

Motherpeace Tarot: Sacred Images of the Feminine
AH 114 Discussion/Experiential

In this hands-on workshop, experience how imagery in the Motherpeace Tarot can be used to awaken and deepen inner spiritual connections.

Kate Greenway, professional Tarot reader, uses symbols and imagery as a way to bridge the inner and outer worlds.

Filling The Envelope: Poetry As A Path of Self Transformation
AH 232 Experiential

Combination of ritual and poetry in which women enact the power of the Word to reshape feeling and experience.

Carol Ann Russell, Ph.D., author of **The Tao of Woman** and **The Red Envelope**, professor of English and Women's Studies at Bemidji State University, We'Moon, Mother, and Muse.

Session II

Not A Melting Pot, But a Flower Garden
MH 211 Discussion/Ritual

This workshop will run two sessions, II and III. We live in a society in which we have allowed differences of race, economic privileges, religious beliefs, sexual orientation and age to keep us isolated with 'our own'. The more we transcend those artificial boundaries the more we find that our dreams, our values, that which brings us deepest happiness and fulfillment are basically the same, enriched with beautiful nuances.

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

Safi Curry, an African American, in touch with Nature and the healing properties of foods and herbs, a member of the Toastmaster's Club, soothes herself with blues and jazz.

Marguerite Whiteeagle, of the Eagle Clan of the Winnebagos. Her main interest is people, while she follows her mother's footsteps in beading and basket weaving.

Nurturing Self-Love
CSU 254 Ritual

This workshop will continue in Session III with the workshop entitled Facing Fear With Self-Love. Within ritual space, explore means available from afro-diasporic religion, using Jambalaya and other sources, to increase our love for our woman selves.

Roberta Haskin, middle-aged, married, mother of four, B.A. in Religious Education and French, director of Religious Education, founding member of Spiderwimmin and Twin Cities CUUPS, student of Women's Studies and Storytelling.

The Twelve Steps Become an Expanding Circle
AH 220 Formal Paper/Discussion/Experiential

The twelve step format will be presented as a developmental tool for an ever expanding circle of feminine spirituality. The focus will be on the process for developing a spiritual identity. The result will be a clear picture of feminine spirituality using the traditional twelve steps.

Fran Klette is a long term recovering person who pursued the twelve step process to find out where she missed "IT" growing up and in early adulthood. She is a writer, mother, friend, and spiritual guidance person.

Choosing A Spiritual Name
AH 233 Discussion/Experiential

Indigenous peoples have long known the spiritual power of names. Many of us have experienced abuse and the low self-esteem associated with being victims. Claiming our own spiritual name can be a wonderful way to enhance our self-image and awaken the divinity within, reclaiming our own unique place in the universe.

Sarah Morningstar Stanton, Episcopal priest, artist, writer who discovered and claimed her own spiritual name in the process of healing from childhood abuse.

Jan Witman, United Methodist pastor, interested in women's spirituality, sacred dance, and liberation theology.

The Celebration of Woman As A Spiritual Gift
AH 114 Discussion/Experiential

Explore the negative childhood messages that impact today's spiritual growth. Use the power of creativity to assist you in receiving positive messages. Shame, anxiety and other survivor issues affect our spiritual journey. This workshop will facilitate an expanded awareness to heal and celebrate.

Annette Bodmer, M.A., licensed adult and family life educator, author of **The Gift of Affirmation**, owner of Affirmation Enterprises.

Karen Sackett, R.N., B.S., workshop speaker involved in support groups for incest survivors, ceramic artist and teacher, author of **Empowerment For Learning**, owner of Free to Be.

A Light Discovery
CSU 202 Experiential/Movement Activity/Child Friendly

Time spent experiencing the Light outside and within oneself through guided meditation, artistic expression and dance.

Sister Mary Goergen, elementary teacher for over 20 years.

The Outward Spiral: Reaching for a Multi-Valent Spirituality
AH 211 Paper/Discussion

A description of the outward phase of spiritual development in which we seek cultural, spiritual, and personal diversity for maturity. Discussion of ways of imaging divinity and why that is important in our lives.

Theresa King, spiritual director, writer and publisher, has experienced the spiritual traditions of many countries in her travels, and has lived in convents, ashrams, zendos and single-family settings studying a variety of spiritualities, editor of **The Spiral Path: Essays and Interviews on Women's Spirituality**.

Kything: Spiritual Presence Woman to Woman
MH 206 Experiential

Focuses on the process by which women can be present to one another—in heart and spirit anywhere in the world at whatever time they wish. Will strive to help participants understand the unity that can be established in spite of the diversity of race, ethnicity, faith, age, or education.

Loretta Girzaitis, author, trainer and lecturer on a variety of topics, does workshops on midlife directions, the enneagram and dreamwork, is also a spiritual guide.

WOMANSONG: Expanding the Spirituality Circle Through Music
CSU 101 Original Songs/Personal Story

WOMANSONG brings together people who recognize music as the language of the human soul, expressing spirituality in ways that go beyond words alone. In a very personal sharing of original music, the presenter will sing her songs after first describing the inspiration for each one. Participants are encouraged to embrace their own feelings as they listen to one woman express a wide range of emotions as she celebrates joyous experiences and works through painful ones, encouraging others to find their own creative vehicle for carrying the universal feminist message.

Dorothy "Dody" Davies, Christian feminist, composer/performer, soprano soloist and social justice activist.

Coping With Our Spiritual Roots
CSU 253 Experiential

Exploring spirituality brings many of us in conflict with our spiritual history. This workshop, through guided meditation and discussion, will help us come to some terms with our paths and allow us to continue our spiritual growth.

Lisa Besnett is a Wiccan priestess who has found many ways to bridge the gap between her own spirituality and her catholic upbringing.

Vonnie Linnell works with a large number of people from diverse backgrounds at her job with the City of Minneapolis. Her awareness of differences and similarities among people helps her to communicate effectively.

Spirituality, Feminism and the 12 Steps
MH 208 Discussion

Focuses on the rudiments of the 12 Steps, specifically how the 12 Steps impact women and the shortcomings concerning women's needs, especially feminists. Discussion of spirituality as the basis of the 12 Steps and how spirituality fosters connectedness among women.

Marylea Carr, graduate student in Women's Studies, former newspaper-woman, editor, member of a 12 Step program and ardent feminist.

A Personal Experience With the Belize Spiritual Melling Pot
MH 210 Discussion

People of many different cultural heritages have blended to produce the unique culture of Belize. African, English, Carib Indian, Spanish, North American and Mayan traditions are all reflected in the rich cultural heritage that has become Belize. Women have been instrumental in preserving the traditions of the different ethnic groups. Presenter will share her personal experience and how Belize has affected her.

Glenda Huston has been organizing tours to Belize for over two years sharing the spiritual harmony she finds there.

Council of All Beings: A Sampling
CSU 201 Lecture/Experiential

Learn about an experiential environmental workshop that is being given in countries around the globe. The Council of All Beings is a series of experiences created by John Seed and Joanna Macy to help end the sense of alienation from the Earth that most of us feel, and to connect us with new sources of joy, commitment and inspiration. The scope of this workshop will be described and participants will be led through some of the exercises.

Julie Katz, massage therapist, environmentalist involved with women's and American Indian issues.

Will Pipkin, organizational consultant for non-profit and social change groups, radical faerie, gardener, and activist involved in teaching conflict resolution and protecting the environment.

Circles, Circles, Circles
CSU 204 Experiential/Child Friendly

Explore the circle as a concrete image and symbol of the life cycle. Experience the circle through activities and dance. Bring, if you wish, photos of family/friends at various ages.

Pam Roiger, creative woman looking for ways to survive in an often hostile environment, "guide" for 6 year old.

How To Create Rituals From Dreams
CSU Kaleidoscope Ritual/Experiential

From time immemorial, dreams have inspired rituals, ceremonies and celebrations. This creative source is still alive within us in spite of being largely ignored by modern life. Dreamed rituals need to be enacted. Rituals can also be woven from other dreamed material. Design a ritual from dreamed material and enact parts of it.

Mary Flaten, M.A., M.A.T., is a dream educator and designs generic sacred rituals.

Creating Peace Through Mythology
CSU 255 Experiential/Movement Activity

Listen to stories of transformation and gentle strength that guide our healing and growing into wholeness and peacemaking. Learn some of the Dances of Universal Peace. Listen and learn some new heart songs about Mother Earth, ecology, and living in peace.

Carol McCormick, professional storyteller, priest of Melchizedek, teaches storytelling and does storytelling residencies.

Exploring and Honoring Women's Friendships
CSU 203 Ritual/Presentation

Through a short presentation and storytelling ritual examine how our friendships are enriched by the ways we are maiden, mother, and crone with each other.

Mary Melia, M.A. Theology, spiritual director at Ascension Place.

Sandy Bot-Miller, artist, educator, mother, grounded knitter, student in Master's in Spirituality program.

The Spiritual Aspects of Waiting
AH 222 Paper/Discussion

Women seem to spend much of their lives waiting. Some of it is unavoidable. This workshop provides a means to control the frustrations inherent in waiting by recognizing the inevitable situations and controlling the feelings they generate, to make possible a peaceful response.

Mary Campbell, part-time hospital chaplain and needlework teacher who tries to find meaning in the everydayness of life.

The Expanding Circle: Mother/Daughter Choices
MH 212 Paper/Discussion/Activities

Learn to bridge the communication gap between busy mothers (or advocates) and their pre-teen daughters (or students) before the critical transition to junior high school. Some goals include: promoting communication, providing a framework in which love and support can be shared and teaching valuable life skills including problem solving, decision making and goal planning.

Betty Shepperd, R.N., director of a multi-county hospice program and coordinator of a national educational advocacy program for teens.

Forgiveness: Healing Our Hurts
AH 231 Paper/Discussion

Many times forgiveness is not seen as an option or if it is, we are uncertain how to begin the process. This workshop will focus on the four stages of forgiveness, some of the things that forgiveness is not and reasons why we might choose to forgive.

Ellen Kruschke-Olson, licensed social worker, currently studying to become a licensed Unity teacher, Toastmaster.

Divorce As A Healing Process
AH 214 Ritual/Experiential

Intended for people going through the trauma of a relationship ending. Participants will share their experiences, look at the grief of that situation and go through a closed eye process on forgiveness. The workshop will end with a divorce ritual.

Laurie Savran, attorney in private practice, healer and teacher of The Radiance Technique.

Cal Appleby, spiritual teacher for many years in the areas of death and dying, past life work and spiritual aspects of addiction and comparative spiritualities, also works in the CD field and is an instructor at Augsburg and Metro State U.

Finding Plant/Animal Essence and Feminist Spiritism in the Social/Nature Movements
MH 209 Paper/Discussion

This workshop is for people with some familiarity of ecofeminism, spirituality, green thinking and animal liberation. The presenter will discuss her contribution and involvement with the national Green Movement's political platform as it relates to plants and animals. She formulated the four part contextual base of the "lifeforms" area of that platform.

Connie Salamone, teacher, artist, author, archivist, activist, for 20 years on the relationship between vegetarianism, feminism, animal liberation, ecology, and spirituality.

Session III

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Safi Curry, an African American, in touch with Nature and the healing properties of foods and herbs, a member of the Toastmaster's Club, soothes herself with blues and jazz.

Marguerite Whiteeagle, of the Eagle Clan of the Winnebagos. Her main interest is people, while she follows her mother's footsteps in beading and basket weaving.

Facing Fear With Self-Love
CSU 254 Ritual

This session will continue understandings gained from the Session II work-

shop entitled Nurturing Self-love. Through storytelling and within ritual space, we will name our fear(s) and by loving ourselves, we can gather the courage to face fear.

Roberta Haskin, middle-aged, married, mother of four, B.A. in religious education and French, director of religious education, founding member of Spiderwimmin and Twin Cities CUUPS, student of Women's Studies and storytelling.

African Storytelling Through Oral Tradition and Ritualistic Dance Movement
CSU 255 Storytelling/Meditative Dance Movement

Explore the inner healing process of ritualistic dance movement through storytelling and music. Participants will be asked to make their own ritual using specific afrocentric dance movements. Also, participants will be given an opportunity to share thoughts at the conclusion.

Oyo Habibullah has traveled nationally and internationally teaching and practicing holistic health.
Sahuel Mayimunahas choreographed the dance movement for the story of "The Ones."

The Varieties of Witchcraft
CSU 201 Discussion

Witchcraft is not a unified religion or denomination. Rather, it is a type of spiritual path taken by both women and men. There is a wide range of practices and beliefs among those who call ourselves witches. Discussion of some of the similarities and differences among several types of witchcraft.

Magenta, witch for over twenty-two years, a priestess for seventeen years and co-founder of Coven Prodea.

A Woman's Art and the Struggle for Social Change
MH 209 Discussion/Child Friendly

Discuss how art can be used as a political tool to forward any social justice concern or influence social change. Slides of the artist's works and discussion focus on the exploitation of animals and their relationship to every other disempowered group of individuals.

Marley Cornell, artist, writer and social justice activist, is also active in the animal rights movement and designed the cover for **The Struggle for Animal Rights**.

Affirmations for Healing and Growth
AH 220 Discussion/Experiential

A presentation and discussion on using affirmations effectively. Included will be the identification of underlying belief systems that hamper the individual, suggestions on how to create effective affirmations and an opportunity for participants to write their own.

Virginia Zachmann, OB-GYN nurse practitioner and incest survivor, she has worked extensively with affirmations for herself and others.

Power in the Workplace
MH 206 Paper/Discussion

After defining power, an examination of both negative powers such as false gender powers, warrior, terrorist, competition and whining powers and positive powers of ethics, human dignity, and competence. Participants will share experiences both in the examination of workforce powers and in some of the discovered answers.

Maureen LaJoy, author of **Power in the Workplace** and **The Bitty Business Book** has given empowerment seminars to many organizations.
Pj Doyle, author of **The Baker Street Dozen**, is an award winning writer and poet, whose training and workshops receive the highest evaluations.

The Body's Voice: A Journey to the Roots of Spirit and Culture
CSU 101 Experiential/Movement Activity

The voice crosses every spiritual tradition on earth. We have within us the ability to contact those cultures with our voices when they are firmly grounded in our bodies. Using sensation, attention, movement and breath, we will find the support in our glandular systems to allow our voices to express sounds that may surprise and delight us.

Marilyn Habermas-Scher has been investigating and teaching the mutual support of body and voice since 1976. She maintains a private practice in Minneapolis.

Holistic Leadership
AH 222 Paper/Discussion

What perspectives and approaches do women bring to leadership in religiously affiliated organizations? How do they effectively incorporate spirituality, inclusiveness, diversity, caring, collaboration, participation, and community into volunteer and employment settings? This workshop will focus on these questions and your unique contributions to the groups in which you work.

Sue Zabal, director of Planning and Admissions at United Theological Seminary and an United Methodist minister. A recent Bush Leadership Fellowship allowed her to pursue a M.S. and Ph.D. in Organization Development.

Healing the Inner Child Through Doll Play
CSU 202 Experiential

A guided imagery will help participants meet their inner child, followed by doll play in which participants dialogue and interact with their child. Soft, natural-fiber dolls will be provided (participants may bring their own doll if they choose). There will be time to process the experience, either through discussion or journaling. Limited to 10 participants.

Pamela Peterson, M.A. in Theology, feminist, dollmaker, mother, continuing the recovery and healing of her inner child.

Illuminating the Inner Child
CSU 253 Discussion/Experiential

This workshop will focus on the Inner Child concept, and how the spirit becomes wounded in our early relationships. Following some discussion, we will use simple guided movement from T'ai Chi Chih, combined with an art therapy experience to help us focus within and bring healing to the Inner Child.

Mary Pulscher, educator, therapist and art therapist.
Sandra Tanner teaches T'ai Chi Chih in the Mankato area and is certified in art therapy and massage.

Ritualizing Play
CSU 204 Ritual/Experiential

Ritual keeps a sense of relationship and community in our lives. Cooperative play helps us build community at all levels. Create a "magic circle of play" within a ritual to celebrate the child within.

Susan Mallison, M.A., director **Play Quests**, play facilitator, full-time mother of two daughters.
Elaine Johnson, M.A. Counseling Psych., public school chemical health coordinator, certified chemical dependency practitioner.

Touching Your Still Point
AH 231 Experiential

The intellect is a marvelous instrument, but the Still Point is the vision of our spirit and the voice of our soul. Learn how to identify the areas of your life that need attending to now.

Kathleen Giguere, is a licensed independent clinical social worker and a licensed marriage and family therapist.

Goddess Myths for Remembering Our Sensuality, Sexuality and Relatedness
CSU 203 Paper/Discussion/Ritual/Experiential/
Child Friendly (age 10 on up with parental permission)

Vibrant and vital womanhood as our birthright, our bodies and souls as sacred sanctuary, transformers for harmony and peace. Mysteries and stories told in a ritual atmosphere to reclaim World goddesses and their/our powers and attributes for role model, body and imaginative work. Visualization to find the flowering creative power in each of us for protection, blessing and inspiration.

Wendy Knox-Carr (Medea), M.F.A., astrologer, wife, mother, scholar, gardener, transformer, counselor, poet, dreamer, feminist, phone networker, ritual-making, music-playing woman.

Video Visions: The Heart and the Eye Are One
AH 121 Ritual/Experiential

Early cultures believed that a camera could capture the soul. Using words, music, organic objects and masks, each participant will have the opportunity to develop a video ritual in a collaborative setting and then see it.

Roberta Delegard, videographer, artist and producer is currently employed

with the Minneapolis Television Network and is seeking a happy marriage between technology and intuition.

Karen Ostrim, teacher, meditator, mother, writer, healer, gardener and television producer who believes that we can be healed through color, image, and sound.

Wounds Into Wands
MH 208

Experiential

The use of symbols or metaphors to transform wounds into wands of healing will be demonstrated and experienced. The true Healer is the Inner Child/Goddess within each of us and we need to use the language with which she can best communicate. This most often happens when we access the healing Child/Goddess within by using symbols, instead of painful memories. The Child/Goddess then feels safe to release and resolve the emotions around the trauma, opening herself to expansion and healing.

JoShanna Bush, educator and facilitator of spiritual healing, women's groups, dedicated to empowerment of the healing spirits of herself and others, a 44 year old lesbian woman living a meditative, simple life.

Pascha McKeough, 51 year old lesbian, massage therapist, mother of four young adults, her life is committed to her spiritual journey and sharing her healing with others.

Workplace Abuse and How To Overcome It
MH 212

Discussion

The purpose of this workshop is to identify problems faced in the workplace, recognize putdowns and explore how our family of origin cultural rules, and low self esteem affect our behavior. Participants will leave the workshop with new ideas on how to deal with problems and workplace boundaries.

Linda Mack Ross, organizational development consultant who works with issues faced by women in the workplace.

Experiencing Your Family Thru Art and Imagery

MH 210

Discussion/Experiential/**Child Friendly**

Come and experience the color, touch, feeling, and expression of your family through a hands-on art experience. Through writing and sharing, open new insights into your family with yourself and others. It will be a fun, colorful and rewarding experience for all. This process is derived from a longer course "Experiencing Yourself Thru Art and Imagery" based on whole brain research.

Carylee A. Kensler has presented her art workshops in California and Minnesota, at colleges, art centers, L.A. Art Museum and in-services since 1980.

Dance and Spirituality

CSU Kaleidoscope

Movement Activity

Explore the power of the feminine that taps your inner knowing and is expressed through your body in movement. Celebrate interconnectedness with the universe through dance, song, readings and sharing. "In the Plan of the Great Dance, plans without number interlock and each movement becomes in its season the breaking into flower of the whole design ..."
— C.S. Lewis

Maria Genne, dancer, choreographer and teacher, has been teaching adults, children and families for many years.

Humor Is More Than A Laughing Matter: The Quest

AH 211

Discussion/Experiential

Humor builds connections between people by bridging our differences and highlighting our similarities.

Nancy Scheibe, actress, clown, artist, counselor and humorist assisting others grow. Humor is her survival tool.

Jackie Hays used humor in raising three children, and working with troubled adolescents and their families. She agrees with Victor Borge that "A smile is the shortest distance between two people."

Session IV

The Heart Journey's Experience!

MH 210

Round Table Discussion/Experiential

This roundtable is designed to open up a discussion and sharing different

perspectives of ourselves, our destiny and paths, which creates a rite of passage within us towards the greater whole — the circle of humankind. A more creative and healthy expression of who we are will be introduced through redesigning some of our language. Explore together another step into the Journey of the Heart with more ease, joy, and deservability.

Carylee Kensler, founder of Heart Journey, Intl., has worked with people and their essences for 8 years.

The Art of Building Your Capacity to Persist: What We Do and How We Respond When Others Oppose Our Values or Vision For Change

AH 222

Experiential

What strategies do women use to create a female pattern for change? Is strategic planning a patriarchy syndrome? How can we honor our female realities/spirituality with integration to mainstream roles?

Sylvia Sharma, an Hispanic woman committed to the leadership of women, education administrator in health sciences, currently dedicated to alternative healing.

A Jew Who Works for Peace

CSU 201

Discussion

Presenter will share experiences working for peace and global understanding with women of differing spiritual traditions (Jewish, Christian, Muslim, even Atheists) through travel, home stays, hosting, study groups, and sermons. Peace through diversity and respect!

Judi Bernstein, Jew, peacemaker by profession, M.S. in Peace Studies/Global Interdependence, does workshops and sermons on diversity and peacemaking.

The Creative Journal: Coming Home to Your Spiritual Self

AH 121

Reflective/Experiential

The journaling process combines a variety of creative methods with an integrative process to help you bring the outer and inner aspects of your spirituality into a more meaningful whole. In particular, this gentle process can help you pull together the varied experiences of this spirituality weekend naming them, and giving them power and reality as you prepare to return home.

Connie Nadeau, M. Div., creative designer and leader of numerous personal/spiritual seminars for 15 years, is in private practice in Minneapolis as a psychotherapist and consultant.

Ann Penton, M.A., teacher and fellow journaler for many years, assists in developing and administering the **Creative Journal Retreats** held in the Twin Cities.

Widening Horizons: Spirituality of Neo-Buddhist Women

MH 206

Paper/Discussion/Ritual

Based on the presenters' fieldwork, collected data and interviews in the areas of religion and folklore, a formal presentation on the history and development of neo-Buddhism as a social, political, and religious movement. Discussion of neo-Buddhist women's spirituality and its sources, as well as their contribution to this new faith.

Indira Junghare, born and brought up in India, professor of South Asian Studies, teaches Indian philosophy and religions (Hinduism and Buddhism) at the University of Minnesota.

Raj Wadhwa, principal of Vivekananda College (for women) of Delhi University, specializes in Indian women's education, informal as well as formal.

Kids Are Animals TOO!

CSU 255

Ritual/Experiential/Movement Activity/**Child Friendly**

Discuss, create, sing, dance, and ritualize what it is to be a human animal. Also explore our connection to other animal life forms through mask-making, song, dance, and ritual. Celebrate the interconnectedness of ALL life on Earth.

Jan Edwards, mother of two daughters, passionate grower of gardens and planter of prairies, lives in the country and works as a research technician in plant pathology.

Lois Joy, full time mother of two, activist for emotional and spiritual freedom of expression and a lover of life and Earth.

Psychism: A Practical Approach and Demonstration

MH 208

Discussion/Experiential

What "psychism" is and isn't; its uses in everyday life; what to invite and what to avoid; how truly "normal" it is.

Elaine Toft, spiritual and personal counselor, intuitive/psychic consultant, long-time local government employee, Heart Journeys Int'l facilitator, mother and grandmother.

Healing the Wounded Male Inside

MH 211

Paper/Discussion/Experiential

After we have embraced our mother, wisdom, the deep feminine in our journey to experience God, we need to attend and love the inner male to become whole. Learn how the male is wounded inside you. Become more aware of how you are carrying the unfinished work from your own father.

Ingrid Bloom, LICSW, ACSW, therapist in private practice who specializes in counseling for relationship to self and others, speaker and workshop facilitator.

Creating Rituals for Celebrations and Life Passages

CSU 253

Ritual/Experiential/Child Friendly

Discuss significance of rituals in different traditions and ideas for creating new rituals. Participants will be given the opportunity to create rituals out of a variety of ideas and materials. This is intended to be experiential and fun!

Cathy Meyer is in the hospitality industry and is a creator of special events. She has led many groups in rituals for significant occasions. **Lynn Rossow**, M.A. in Religious Studies, teacher and program coordinator, has given workshops on "Writing Your Life Stories" and "Creating Memories and Celebrations."

Fashioning Our Spirituality: The Sewing Circle

MH 209

Paper/Discussion

This will be a presentation of women who use clothing as a spiritual medium. They will show a collection of their works and explain why each creates as she does. This will be followed by an interdiscussion and small project of sewing a charm bag.

Carla Magnuson, member of Plummage which is a Neo-Wiccan circle emphasizing spirituality through clothing/costume, also works at a vintage clothing store.

Maureen Hagen, BFA in clothing design, volunteers at the Hennepin County Historical Society in textile preservation.

Affirmations for Forgiveness and Healing

MH 212

Discussion/Experiential

After an opening guided meditation, presenters will discuss their experience using forgiveness/healing affirmations. They will share some specific affirmations they have found most powerful, how they use them in their daily lives and the growth they've experienced in the process. Participants will have the chance to ask questions, share affirmations they have used and write some affirmations to apply personally.

Lea Karlssen, religious education coordinator and active in the Greens and Pagan community, has worked intensively with affirmations for the past year and a half.

Dennis Ottoson, co-founder of the Twin Cities CUUP and an activist in the Green Movement. He began using affirmations through re-birthing work.

Celebrating the Sexual Spirit With Symbol

CSU 202

Discussion/Experiential

Through formal presentation, guided imagery, sketching and facilitated discussion we will endeavor to bring women of diverse sexual and spiritual experience together to create a personal symbol celebrating their spiritual/sexual selves.

Mary Jean Mulherin, B.A. in Social Gerontology, lesbian mother, poet and songwriter.

Sharon Holtan, heterosexual mother, crafter, dreamer, mentor, poet, has coordinated sexuality workshops in the Twin Cities.

Honoring the Divine Feminine

CSU 101

Ritual/Experiential/Movement Activity

SACRED SPACE is a ritual/workshop to uncover and recover The Divine

Feminine, to honor the Sacred Self within, to manifest the deep, wise Feminine in us. Come ready to move, chant, touch, listen, imagine, weep, rejoice, celebrate and receive the Beauty, Grace and Compassion that is The Archetypal Feminine.

Elleva Joy McDonald, M.A. in Dance and Psychology, master teacher of a universal energy science, body work therapist, teacher of Effortless Exercise.

Community Building Through Feminist Ritual

CSU 204

Presentation/Discussion

One way to expand the circle of community is to create ritual which results in an experience of relationship one to another and to the natural forces. A video of such a ritual will be shown and the elements of ritual, ritual design and the process of securing involvement and participation will be examined. Also, suggestions for creating such rituals in your community will be offered.

Wendy Allen, artist, ritualist, activist, and therapist, has designed numerous rituals for women's groups and the community.

Carol Petrucci, community organizer, artist, and activist using the arts as an empowerment tool with diverse groups.

Mandalas: Art As Spiritual Journey

AH 220

Experiential

Born in the image of Her, we are all creators desiring to experience the richness of our collective Human Design. The nature of artmaking as a spiritual journey will be addressed. Using the mandala form, a universal means of portraying wholeness through art, participants will explore areas in their lives where they feel brokenness or separation.

Maren Bjork's life journey has taken her through a major health crisis and a doctoral program with art journals as companions.

5000 Years of Halloween

CSU 203

Paper/Discussion

Halloween, Samhain, Dia de los Muertos: it's the Witches' New Year, the Wake of the Sun, summer's last dance, a feast of firelight and bones. Every year we keep it, but why? Together we'll explore the mysteries of Halloween: the history, folklore, and modern-day observance of this ancient and evocative holy-day.

Steven Posch-Coward, storyteller to the Twin Cities pagan community, Third Circle Wiccan initiate, ritualist, mythologist, heartologist, co-founder of Prodea and (COG) Northern Dawn Council.

Music, Movement and Meditation

CSU Kaleidoscope

Ritual/Experiential/Movement Activity

For people with prior experience in meditation and a good comfort level allowing their body to move. By tapping into that quiet space within us all, using guided visualization, movement exploration to live music and meditation, a freeing up can occur. Connecting, releasing and playing with our higher selves, we move from this individual space to that of community, ending with a participatory closing ritual.

Susan Delattre, storyteller and improviser with a dance and theater background, practices Vipassana, a form of sitting meditation in the buddhist tradition.

Hansa Hanzak, ritual improvisational music has been in her spiritual diet for over 16 years. Other flavorings include holistic healing, yoga, meditation and journaling.

The Relationship Between the Exploitation of Women and the Exploitation of Animals

AH 231

Discussion

Examine similarities between the dynamics involved in our society's exploitation of women and of animals. Advocating for the rights of both groups is part of the same cultural dynamic.

Marley Cornell, artist, writer and social justice activist, is active in the animal rights movement and designed the cover for The Struggle For Animal Rights.

Conference Information & Services

Past keynote speakers from 1982 to 1990 have included: Jeanne Audrey Powers ("Women and Worship"), Rita Gross ("Women's Lives in World Religions"), Maureen Fielder ("Spirituality and Social Change"), Rosemary Radford Ruether ("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"), Judith Plaskow ("Body and Spirituality") and Carter Heyward ("There Are Many Paths Up The Mountain: Celebrating Our Commonalities and Differences").

The 1991 Planning Committee

Nancy Bushnell, Coordinator
Cindy Veldhuisen, Assistant to the Coordinator
Sherri Hamann, Exhibitor Coordinator
Mary Flaten, Ritual Coordinator
Maggie O'Connor
Sandra Tanner

Rene Hersrud
Janet Lee
Loretta Johnson
Barbara Keating
Sherry Dowlin
Mary Kelley

If you are interested in working on the Planning Committee, please stop by the Registration Desk and let us know.

Special thanks to **Connie Nadeau** for helping us to bring the conference together with the journaling exercises.

MEALS: The main cafeteria in the CSU, Zwickey's, will be open on Saturday from 10:00 a.m. until 4:00 p.m. and from 8:00 a.m. until 2:00 p.m. on Sunday. There will be a Saturday night buffet which will cost \$10.00. Please see Dinner Registration form.

Menu

Chicken Kiev	Glazed Baby Carrots
Orange Roughy	Green Beans Almondine
Meatless Lasagne (we promise!)	Dinner Rolls
Baked Potato	Coffee and Tea
Rice	Sherbert

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. Participants, please note that **Good Counsel is unavailable this year.** The following is a list of motels in the Mankato area. We advise you to make reservations, if you need them, as soon as possible

Super 8 Motel - (507) 387-4041 or (800) 848-8888
Cliff Kyes Motel - (507) 388-1638
Holiday Inn Downtown - (507) 345-1234 or (800) HOLIDAY
Best Western Garden Inn - (507) 625-9333
Budgetel Inn - (507) 345-8000 or (800) 428-3438
Redwood Motel - (507) 388-1621
Sunset Motel - (507) 345-5129
Kato Motel - (507) 388-1644
Days Inn - (507) 387-3332 or (800) 325-2525

A special **Bed-and-Breakfast** (non-smoking) housing arrangement is available in 50 homes of members of Mankato Church Women United. Proceeds will be used to aid women and children locally and around the world. See attached Bed and Breakfast Registration form.

CHILD CARE for children ages 1-10 will be available at the campus child care center, Children's House, located at the Wiecking Center. Children's House will be open Saturday from 12:30 - 5:45 and Sunday from 8:30 - 12:00 and 1:00 - 3:30. Costs will be \$10.00 for one day and \$15.00 for two days. Please complete the Child Care Registration form and return with conference registration and payment. Children present at the conference site must be supervised by an adult.

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 wheelchair accessible. Anyone who desires special arrangements during the conference should call us at (507) 389-5179 prior to the conference. A sign interpreter will be provided for the keynote address.

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:

1. Apply for a **scholarship** for conference registration by contacting us at (507) 389-5179 no later than Wednesday, October 16. Limited funds are available and will be awarded on a first come/first served basis. We ask that only those who are truly excluded by the registration fee apply.
2. Twenty conference registration scholarships are being set aside for **WOMEN OF COLOR** and will be awarded on a first come/first served basis. To apply, complete regular registration form no later than October 16.

OTHER INFORMATION: This is our 10th Anniversary! We encourage you to celebrate in color, dress, ceremonial robes or whatever feels right to you!

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.

The temperature in conference rooms is not within our control, rooms tend to be hot ... or cold! You may want to dress for hot but be prepared for cold.

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 16.

For answers to any questions, call or write: Women and Spirituality, MSU Box 300, P.O. Box 8400, Mankato, MN 56002-8400, (507) 389-5179

Saturday Night Happenings

A Very Special Event For All!

Saturday, October 26, 1991

Centennial Student Union Ballroom

The acclaimed and thought provoking slide presentation
"Crossing All Barriers"
by **Connie Salamone**

In the emerging Nature Movement, the interconnected parallels of oppression done to women, children, powered-over peoples, animals and nature at large become clearer and finally intolerable. This presentation traces humanity's path from the harmony of natural, life affirming, pre-agricultural goddess cultures to our present day Earth-exploitive patriarchy.

The extensive visual presentation includes vivid commentary by New York based Connie Salamone — an experienced writer, teacher, artist and social activist for over twenty-five years. Her life interests and expertise include feminism, vegetarianism, animal rights, Green thinking and Earth spirituality.

A \$1.00 - \$10.00 donation at the door is asked of all who can afford one.

Sponsored by Save Animals From Exploitation (S.A.F.E.)

Open Stage

Carol Ann Russell, poet and associate professor of English and Women's Studies at Bemidji State University, will host an open stage from 7:00 p.m. to 9:00 p.m. in the Centennial Student Union, Room 253 (capacity 100 people). Anyone interested in sharing songs, poems, stories, dance, drumming or reflections should sign up with Carol Ann on Saturday at the Loon Feather Press exhibitor table. Carol Ann will open the evening with her poem "The Tao de Woman" which is dedicated to Meridel LeSueur. Come celebrate!

Other Rooms Are Available

There are six more rooms available (101, 103, 201, 202, 203 and 204) in the Centennial Student Union Saturday night. If you would like to reserve a room for a gathering that you would like to organize, call us at (507) 389-5179. We will announce gatherings on the blackboard, which will be next to the Registration Desk.

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 — Val Imm Drive — leading up the hill. 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.

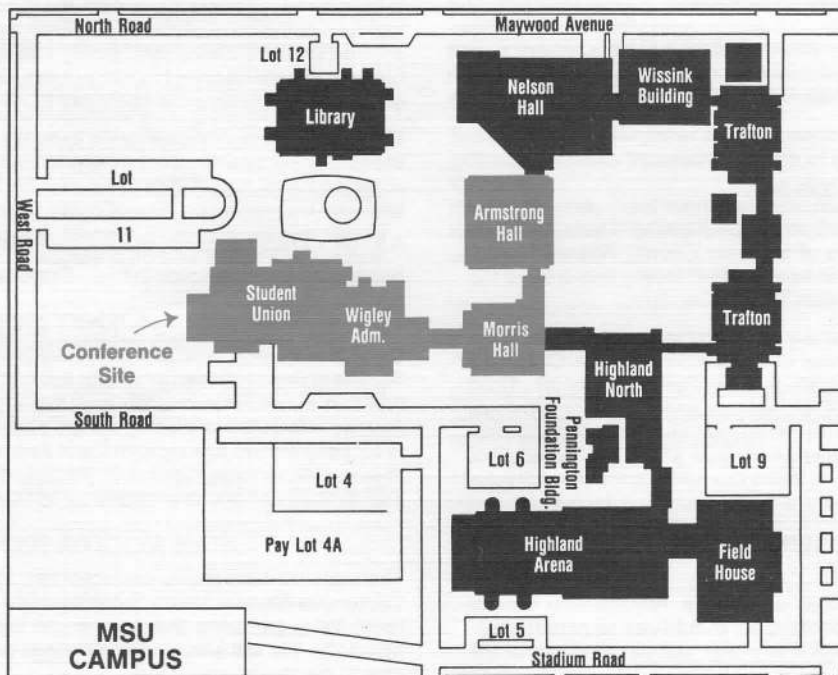
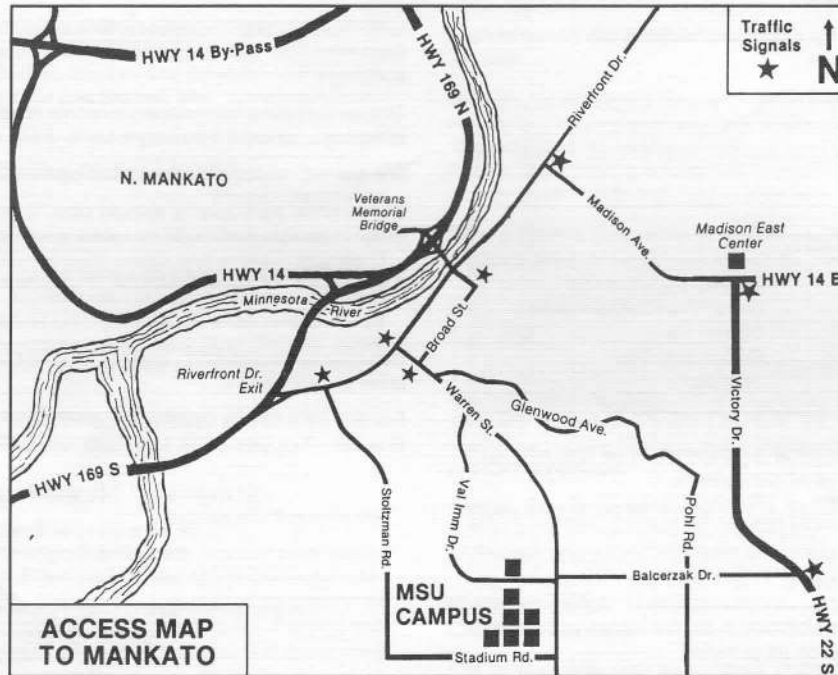
Proceed up hill. At the top of the hill, you have arrived on campus. Use your campus map to find designated visitor parking.

Highway 14 (coming from the East)

Continue on 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.



Bed and Breakfast (Deadline October 16)

Name _____ Phone (____) _____
 Full Address _____

(This housing form is NOT for workshop presenters.)

- I am a conference participant and enclosed is my check for housing in a private home of a member of Mankato Church Women United.
- Saturday night — \$15 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
 307 Dolph Road
 Mankato, MN 56001

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

Child Care Registration

Days Needed: Saturday, October 26 Sunday, October 27
 Children's Names and Ages: _____

Parent's Name: _____
 Special Needs: _____

Parents will assume responsibility for meals, formulas, and diapers.

Physically Challenged?

If you are physically challenged and need special arrangements, contact Cindy Veldhuisen at (507) 389-5179 at least 72 hours in advance of event.

Registration Form

Registration must be postmarked by October 16, 1991 for reduced rates. Make checks or money orders payable to: Mankato State University. Mail to: Women and Spirituality Conference, MSU Box 300, Mankato State University, P.O. Box 8400, Mankato, MN 56002-8400. For more information call: (507) 389-5179. 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 16:
- \$30 (Late Fee)
 - \$20 (Late Fee)

Please Note: Walk-in Registration will be \$35

** 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. 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.

If needed, receipts can be picked up at the Registration Desk from 11:30 a.m. - 1:00 p.m. on Saturday morning, October 26 or Sunday morning, October 27. Also during that time, conference information packets will be distributed. Full refunds for registration are available upon written request, prior to October 16. You must provide a copy of the cancelled check with this request.

Dinner Registration (Deadline October 16)

Please check if you want to register for Saturday dinner. Refund for the meal is available upon written request prior to October 16. You must include a copy of your cancelled check with this request.

- Dinner Ticket (Saturday night) - \$10.00

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 - \$45.70 Graduate resident - \$63.70
- Undergraduate non-resident - \$79.85 Graduate non-resident - \$89.00

These rates DO include the MSU activity fee.

Total enclosed: \$ _____ Pre-registration fee _____
 \$ _____ Dinner Saturday
 \$ _____ Tuition credit costs
 \$ _____ Child Care
 \$ _____ Total amount enclosed (Checks payable to Mankato State University)



**WOMEN &
SPIRITUALITY
CONFERENCE**

Mankato State University

Saturday and Sunday, October 26 and 27, 1991

Registration begins Saturday 11:30 a.m.

“Women’s Spirituality: The Expanding Circle”

Luisah Teish

Keynote Speaker

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

Co-sponsored by Women’s Studies, Sociology, Religious Studies, the Women’s Center and University Programs.



WOMEN AND SPIRITUALITY CONFERENCE
MSU BOX 300
P.O. BOX 8400
MANKATO, MINNESOTA 56002-8400

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Mankato, MN 56002