



11th Annual WOMEN & SPIRITUALITY CONFERENCE

The Women and Spirituality Conference was born eleven 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

700 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.

1992 Keynote Speakers



Neala Schleuning

NEALA SCHLEUNING, Ph.D., American Studies – author of **America: Song We Sang Without Knowing – The Life and Ideas of Meridel Le Sueur** and **Idle Hands and Empty Hearts: Work and Freedom in the United States** plus many articles, films and other media productions. Neala is employed by Mankato State University and teaches part time in History. She is currently working on two books – one on women's involvement in

the Hormel strike of 1985-86 and the other on the meaning of ownership and property in the U.S. as mediated through images of women.

RACHEL TILSEN – longtime member of "Women's International League for Peace and Freedom," "Honor" (honors Indian treaty rights; started in Wisconsin), is President of the Meridel

Le Sueur Library Foundation, President of the Portuguese Water Dog Club of the Twin Cities, has five children and 17 grandchildren. She spends her time taking care of her mother, Meridel Le Sueur.

CAROL ANN RUSSELL – author of a book of poems, **The Red Envelope** and a chapbook, **The TAO of Woman**. Her poems have also appeared in numerous press magazines and journals. Carol Ann has been the recipient of nine literary awards. She has received grants and fellowships from a number of foundations, universities and organizations, directed the Headwaters Writers Conference and sat on the editorial boards of a number of literary journals. She has a Ph.D. in Creative Writing and is an associate professor of English at Bemidji State University.



Carol Ann Russell

Schedule

Saturday, October 10

10:30 - 12:30 Registration
12:45 - 1:30 Opening Celebration
1:30 - 2:00 Journaling
2:00 - 2:15 Announcements/
Welcome
2:15 - 3:45 Keynote
4:15 - 5:30 Session I
5:30 Dinner
7:15 Molly Culligan
8:30 Additional Saturday
Night Happenings

Sunday, October 11

8:00 Conference Site Opens
9:00 - 10:15 Session II
10:45 - 12:00 Session III
12:00 - 1:30 Lunch
1:45 - 3:00 Session IV
3:30 - 4:00 Journaling
4:00 Closing Celebration

The 1992 Planning Coordinators:

Ellen Dinsmore,
Coordinator
Cindy Veldhuisen,
Assistant to the Coordinator
Mary Flaten,
Ceremony Coordinator
Sandra Tanner,
MSU Coordinator
Alice Maung-Mercurio,
Presenter Co-Coordinator
Debra Sullens,
Presenter, Co-Coordinator
Julie Boertje,
Exhibitor Coordinator
Also, thanks to our Friends and Mentors,
"Mothers" of the Women and Spirituality
Conference.

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] 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.

(Tai 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

Humor is More Than a Laughing Matter

AH 211

Discussion/Experiential/Male Friendly

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

Nancy Scheibe has a B.A. in Communications and Counseling. She is an actress, artist, counselor and humorist assisting others to grow. Humor is her survival tool.

Jackie Hays used humor in raising three children, and working with troubled adolescents and their families, and working to positively impact her community.

What's That Bee Doing In Your Bonnet?

CSU 225 A & B

Experiential/Child Friendly

Meridel tells us that "the duck, the butterfly, and the bee have survived millions of years because they formed communities." Join us in opening to this communal wisdom of other species through story-telling, movement, mask-making and counseling. Let us renew our sense of confidence in community's power to sustain viability and survival.

Sage Passi, co-op organizer, performance artist, and naturalist, designs ceremonies and theater pieces on deep ecology and social change.

Kaia Svien, ceremonialist, counselor, and writer uses altar-making, symbol finding, and guided images to enhance spiritual growth and creativity.

Ouch! That Hurts! How To Set Limits With Painful Words

AH 205

Lecture/Male Friendly/Role Playing/Discussion

This workshop explores words that are ageist, homophobic, militaristic, racist, and sexist. Such words demean individuals, exclude groups, and divide communities. Areas of concern range from words used in media to those used in liturgical worship. Assertive alternatives to affirm ourselves and to set limits with others will be presented and practiced in humorous and serious ways.

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.

Gossip, Myth, and Old Wives Tales: Women's Survival Through Oral Traditions

AH 209

Child Friendly/Male Friendly/Discussion/Panel

Our panel will explore how words develop survival networks for women in different times, places and cultures. We seek to acknowledge the validity and importance of female networks and oral traditions; and to examine how these traditional networks survive the suppression/repression of societies within which they flourish.

Frenchy Lunning, an interior and theater designer, teaches at the Minneapolis College of Art and Design. Her laugh is contagious and she hates bios.

Judy Daniel is a poet, fiction-writer, teacher and activist. She has written a thesis on gossip and gossips herself whenever possible.

Ruth Voights is an anthropologist who has studied oral traditions within her own Native American community(ies).

The Power of Words In Writing Rituals

AH 208

Paper/Discussion

How to invoke is one of the purposes of ritual for the transformation of the community and a tool of empowerment. We will share a few examples of rituals we have written and explain the process by which we design rituals. Workshop participants will then be guided in creating something of their own.

Hilary Pell is the founding Priestess of PluMage, a new neopagan coven which has been in operation for five years. She is also a Mankato State University alumnus.

Paul Rucker, founding priest of PluMage, and visionary artist, has written an undergraduate thesis on creative process in contemporary spiritual fine arts.

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

CSU 201

Discussion

Our personal growth may be incongruent with messages received from family, schools, and churches. Discover/recover our healthy spiritual selves.

Kathleen Nightskye, Master of Education/Counseling, South Dakota State University. Presently administrator and counselor, Mainstay, Inc., Marshall, MN, has worked in domestic violence organizations, advocacy and schools.

Your Body Your Mind

MH 210

Child Friendly/Male Friendly/Experiential

Learn non-traditional techniques to balance and revitalize your body, mind, and spirit. Explore how you really want to feel then move from desire to active decision through imagery, visualization, breath awareness, and non-traditional goal setting. Relax, refill, and refocus your entire being!

Cher Pacini is an educator, public speaker, and body works therapist with skills in Shiatsu, reflexology, Swedish and sports massage.

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

Clergy Sexual Exploitation: An Imbalance of Power

AH 206A

Paper/Discussion/Male Friendly

An examination of the parallel to incest and dysfunctional congregations. A look at the primary and secondary victims and at offenders. Victim/survivor stories. Explanation of what is being done through the Minnesota Council of Churches.

Mary Severson is a Director of Christian Education at Minneapolis Church. She has been working with the problem of sexual exploitation by clergy since the inception of a task force in the early 1980s. She is chair of the victim/survivor advocacy committee at the Minnesota Council of Churches.

Penny Vick is a survivor of clergy sexual abuse. She has been a member of the Minnesota Council of Churches Committee since it began in 1990.

Oh, What Big Ears You Have. Are We Aware of All That Our Children Hear When We Read Them Stories?

CSU 202 **Child Friendly/Experiential/Male Friendly/Discussion**

When we pay close attention to the stories our children hear, we find that many stories subtly reinforce sexist and racist stereotypes, and advocate aggression and power over (rather than peaceful solutions and power from within). Through separate adult and children activities, meditation, discussion, and journaling we will explore these childhood favorites and their influences on us.

Lynn Levine was a school psychologist for 22 years before retiring. She has won a Loft-McKnight Grant for creative writing.

Vivian Levine Juhasz held jobs in environmental research, publishing, and television news, before starting her own business. She is also a mother.

Women's Economics: A Just and Moral World

AH 202 **Paper/Discussion**

This workshop will explore women's economic issues such as the just wage; family economics; how to get involved in shaping a woman's economic agenda. It will also discuss economics as a moral and justice issue.

Neala Schleunig, director, Women's Center, Mankato State University. Author of two books: "America" Song We Sang Without Knowing: The Life and Ideas of Meridel LeSuer" and "Idle Hands and Empty Hearts: Work and Freedom in the U.S."

Abortion: Words of Choice

MH 212 **Child Friendly/Male Friendly/Paper/Discussion**

This workshop is a pro-choice discussion from a religious viewpoint. It will discuss the language that has affected the abortion debate. All opinions welcome.

Elsa Batuca is Director of Social Action at the Minneapolis YWCA. She serves on the Board of Directors of the Religious Coalition for Abortion Rights of Minnesota, of which the YWCA is an organization member.

Sticks and Stones Will Break Your Bones...and Words Can Be Harmful, Too

AH 214 **Discussion/Experiential**

We have been given many words (ideas) by our culture of birth that hurt our self image or may be interfering with our good now. By sharing ideas and feelings and becoming more aware of the source of our own belief systems, we can take charge of words to release an energy in ourselves for our own healing and for the greatest good of all.

Odra is a healing facilitator at Heart's Way, and deeply committed to offer healing in a nurturing, self-empowering way.

Wendy Alettha Barry is a Play Therapist working with children and "inner children" on a path to wholeness and joy.

A Women's Ceremony of Empowerment

CSU 204 **Ritual**

Through symbolic rituals of cutting bonds that limit us and burning old messages that disempower, we are freed from the negativity of our past. Each woman will share stories from her journey and witness to others as we create nurturing support to move forward in our lives.

Ellen Hufschmidt is a ritualist who helps individuals to spiritually mark significant transitions in their lives.

Laura Lucas is a transpersonal psychotherapist in private practice who guides individuals and couples in transforming problems into opportunities for growth and renewal.

Red Cedar Circle

CSU 203 **Ritual/Child Friendly/Movement Activity**

One of the lakes North West Coast Shamanic teachings are the si.si.wiss (sacred breath) medicine teachings and healing ceremonies which are shared with the permission and encouragement of the elders. In this ritual participants will circle around an altar and we will share the sacred songs, dances and prayers of the people.

Gabriel Kushi is a senior teacher and counselor in Macrobiotic. She has learned from native American people; since she came to the U.S.A. from Europe 13 years ago. Mother of one child currently working on a B.F.A. degree at the University of Minnesota.

Sheila Huebner is trained in theater and dance and performed with a professional company in Minneapolis for five years. Traveled extensively through western Europe continuing her studies of theater and dance. Mother of two currently working on a degree at the University of Minnesota in Sociology and cultural Anthropology.

Life Reflections: The Inner and Outer Journey
CSU 253 & 254

Reflective/Experiential

Take a break... treat yourself... use your quiet reflections to gain new insights about yourself. Experience creative journaling methods while reflecting on the inner and outer aspects of our life, and bring them into a more meaningful whole. We will move back and forth from the inner and outer and the spiritual and sexual aspects of our lives weaving them into a more meaningful whole.

Connie Nadeau, M. Div., founder of "The Creative Journal: A Unique Personal and Spiritual Growth Tool." Psychotherapist and organization development consultant in private practice in Minneapolis.

Ann Penton, M.A., teacher and fellow journalist for many years. Assists Connie in developing and administering the Creative Journal Retreats held in the Twin Cities.

Shamed Into Silence

AH 233 **Experiential/Discussion**

Isolation is a common reaction to feeling of shame. The more deeply a person is shamed the more they will tend to hide these thoughts, feelings, and actions from others. These components of shame can be best addressed when we come out of isolation and communicate with others. This workshop will look at thoughts, physical reactions, and defenses we have in relationship to shame.

Mary Pulscher A.T.R., certified expressive therapist, artist, and educator.

Harnessing the Power of the Drum

CSU Kaleidoscope (Basement) **Male Friendly/Movement Activity/Discussion**

Drums can produce noise or spiritual enlightenment. Learn to harness the power of the drum and use it to gain spiritual inspiration.

Debra Sullens is a ritual drummer who has gained experience in numerous drumming workshops and rituals. She has been instrumental in the formation and growth of a local drum circle. She is especially interested in helping women find the power of the drum.

Marianne Kollar has participated in, and led, drumming for rituals. She is the coordinator of a Stillwater drum group.

The Diaries and Dreams of Susie Moberly

AH 232 **Formal Paper**

This true story begins with Holly's discovery of the 1890 diary of Susie, just 17, but a gifted and sensitive woman. Holly felt a strong connection with Susie and was compelled to begin the search which led to the discovery of Susie's daughter, a warm and witty writer at 85, eager to share an extensive and fascinating family history. Holly has shared this unique and inspiring story with over 50 groups through a program of readings, slides, and original songs.

Holly Jorgensen has an extensive background in teaching, performance, and writing, working with diverse groups.

Will I Be My Valentine?

MH 211 **Experiential/Discussion**

As women we take care of others and many times put their needs first. What happens when we choose to love and nurture ourselves? What does it take to let go of guilt and fear and negative self-talk and feel good about who we are and what we do. Permission granted to be special to yourself.

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

A Lyrical Visual Journey

AH 121 **Experiential/Male Friendly/Child Friendly/Discussion**

Singer/songwriter Barbara Tisen and Photographer Gayla Ellis weave a lyrical journey that explores ourselves and our world. In this performance workshop they will present visual-musical pieces they have created in their eight year artistic collaboration combining the lyrical images issues and themes of transformation survival and change in a dynamic and powerful combination with both humor and insight.

Barbara Tisen is a Minneapolis based singer/songwriter who has performed since 1971. Her work has been published and recoded in magazines, books, periodicals, and several film, video, and recording projects.

Gayla Ellis is a photographer, editor, and small press publisher from Minneapolis, Minnesota.

Session II

Belonging in the Age of Quantum Physics

MH 210 **Ritual/Experiential/Male Friendly/Child Friendly/Discussion**

This workshop will explore the connections between new thinking in science and spirituality through ritual poetry song and a ten minute slide presentation. There will be time for discussion and sharing of personal experiences and resources.

Terri Berthiaume Hawthorne M.S. in Women Studies Adjunct faculty at Mankato State University, co-author of "Stars in Your Bones: Emerging Signposts On Our Spiritual Journeys" and "Many Faces of a Great Mother."

Diane Berthiaume Brown, educator, director of CLEAR, continuing education in St. Paul, author/illustrator of "Many Faces of the Great Mother: A Coloring Book For All Ages."

Coping With Our Spiritual Roots
MH 211

Experiential

Guided meditation and discussion on how we are helped and/or hindered in our spiritual journeys by our spiritual history.

Lisa Besnett, a Wiccan Priestess, has been actively involved with in the CUUP's (Covenant of Unitarian Universalist Pagans) Twin Cities for the last two years.

Vonnie Linnell works daily with the residents of Minneapolis. Her exposure to this broad cultural diversity makes her a good listener and compassionate cofacilitator.

Naming, Reclaiming, and Changing Our Language As We Embrace and Create Our Wiccan Heritage.
AH 205

Round Table/Male Friendly/Discussion

There is power inherent in words. Some describe who and what we are as Witches and Pagans, while others are used by the dominant culture to mislead, misdirect, and misinform the populace about us. Also discussion of how the magic of language (words of power, spells and incantations) create change in ourselves and the world.

De-Anna Alba, a Wiccan Priestess, 21 years experience in Magickal traditions, and the author of "The Cauldron of Change: Myth, Mysteries, and Magick of the Goddess."

Rae Atira-Soncea is an artist, Priestess, presenter/teacher of experiential workshops, conferences university classes. She is a co-founder of Earth Conclave, with 15 years experience in Pagan community.

Naming the Divinity
AH 214

Paper/Discussion/Male Friendly

A look at the ways we image and name the divinity and why it is important in our everyday lives.

Theresa King is a spiritual director, writer and publisher. She is editor of "The Spiral Path: Explorations in Women's Spirituality" and several other books.

Mary Butzer is a pastoral counselor at Good Counsel Health Care Center in Mankato.

WOMANSONG: The Power of Words and Music Joined Together
MH 206

Male Friendly

Focusing on the unique power of words and music combined to express spirituality, the presenter sings her original songs in an intimate sharing after describing the inspiration for each. Grounded in Christian feminism WOMANSONG honors and expresses both the joy and the pain of the human experience and is offered to all seekers on the spiritual path. Designed to embrace all participants with the healing power of the universal language, this workshop offers music, expressing many moods and emotions, as a creative bonding amid diversity.

Dorothy "Dody" Davies, Christian feminist, composer/performer, soprano soloist; recording artist, author of book of song lyrics-as-poetry; social justice activist.

Touching Your Stillpoint
AH 203

Experiential

Our intellect and verbal skills are marvelous instruments, but "a picture is worth a thousand words." Through spontaneous imagery we can name our hurts, fears.

Kathleen Giguere and **Carol Safer** have used and taught Spontaneous Imagery through paper and crayons for several years as a tool for physical, emotional, and spiritual healing. Carol also teaches dream classes and is a financial consultant for women. Kathleen is a Psychotherapist in private practice in Eagan, Minnesota. Both have worked with Sr. Terrance Minellis and at the Dallas School of Spirituality.

The Journey Toward Meaning in the Wilderness of Chronic Illness
AH 206A

Paper/Discussion

We are responsible for our experiences, our healings, our losses, and our rituals. The family is a system that shares feelings of shock, denial, anger, guilt, depression, sadness, fear, loneliness, and the journey of meaning.

Ina M. Christopherson is a medical social worker who has a Master of Science LISW, is also an author, lecturer, retreat leader, and group facilitator who works with patients and family members of cancer, cardiac, diabetes, asthma, and addictions.

Sounds For Survival
CSU204

Child Friendly/Male Friendly/
Movement Activity/Discussion/Experiential

As women we need to claim our voices. We need to give sound to our inner being. By toning and chanting we can release tension, deal with depression, and raise our energy levels.

AFI Ronée McHendrik is a crone whose eclectic spirituality draws on Christian, Wiccan, native American, new age, and most recently, the Essene traditions.

Smudging: A Path To Personal Cleansing and Empowerment
CSU 254

Discussion/Ritual/Experiential/Male Friendly

Learn the why's and how's of smudging. Judy will lead a seven direction smudging ceremony and meditation. The talking stick will then be passed for sharing time.

Judy Garrison has been leading this workshop for several years in the Twin Cities. She smudges at least five days a week and shares freely the empowerment that it has brought to her.

Ancestral Woman-Spirit In Us - A Multi-Cultural Reflection
CSU 255 A & B

Experiential/Paper Discussion -
A 2 hour workshop continued in session III.

Ancestral Woman-Spirit in us leads on with a message of Sacred Circles, the Web of Creation, the Unity of the Sacred and the Secular, and Responsibility to all forms of life. Each of our cultures interpret these messages uniquely. Listen and join us as an Anishanabe-quay Chippewa woman, a sun-kissed African American woman, and a European Christian woman reflect and celebrate this Woman-Spirit in each of our cultures.

Lucy Edelbeck, facilitator for retreats and workshops on woman's spirituality; founder and coordinator of Interweave: Woman Gathering, artist who designs Lucy's Cards.

Donna Beckstrom, an Anishanabe-quay, Chippewa woman, raising her children with her cultural values, American Indian Education Consultant, Chairwoman, Board of the Indian Health Center.

Debbie Evans, is a sun-kissed African American woman, who is a part of many non-biological family circles; was raised Baptist and is now a member of the Friends Meeting or Quakers. Debbie says hers is an ecumenical approach to spirituality.

Breaking Through Internal Barriers
AH 208

Discussion/Male Friendly

Identify how powerful our programming has been, where our internal messages came from and their long lasting effect on our behavior in the workplace and in personal relationships. Learn some management tools to be who you want to be through neuro linguistics programming techniques.

Linda Mack Ross is an Organizational Development Consultant trainer and key note speaker who has worked hard to identify my own internal messages and helped others learn about themselves.

Healing Into Our Earth Selves
AH 232

Discussion/Experiential

We are part of the living Earth. As we open our whole selves to identify with that larger Earth Self, we liberate and strengthen our recovery from abuse. Kay Grindland will share a few songs and poems to begin a sharing and honoring of our experiences of that interconnection as women. Her words speak honestly of the ways her Earth work and her recovery from abuse have inspired each other.

Kay Grindland, "Firesong," is a singer/song writer, environmental educator and activist. She leads deep ecology, re-earthing and BRETH workshops.

Babette Lightner is an Alexander teacher, registered movement therapist, deep ecology educator and activist, bringing together body and Earth work.

Before Words
CSU 203

Experiential/Male Friendly

We usually experience ourselves as separate and individual. There is another reality in which we exist as a wide open, loving, welcoming spaciousness. We'll use meditation, imagery, movement, breath and a talking circle to enter and explore that reality, experience its nourishment, and return refreshed to our everyday selves.

Cedar Spring, LICSW, therapist, ritualist, Ortho-Bionomy Practitioner, Zen student, lesbian, works at Center in the City, Minneapolis, and is planning a retreat center that will support the spacious, open quality of life.

A Trinity of Women: Mother, Daughter, and Grandmother.
AH 209

Formal Paper/Experiential/Child Friendly/Male Friendly

A lecture/poem exploring from two different cultural perspectives the spiritual metaphor and literal life presence of the mother, daughter and granddaughter. Deeply moving while humorous, the presentation is ultimately the story of friendship.

Andrea Steffens, Ph.D., is a grandmother of Celtic ancestry. She is a psychotherapist, author, performance poet, artist, and has been engaged in women's spirituality for nearly twenty years and leads workshops in the former.

Marcy Rendon, Native American-White Earth Anishinebe: Eagle Clan, a fulltime mother of three daughters, freelance writer in Native women's poetry, and stories-former psychotherapist in field of abuse/addiction.

The Power of Words-Through Affirmation or Negation
AH 202 Experiential/Discussion

The purpose of the workshop is to help participants have a deeper understanding of how words have had a powerful impact on how they feel about themselves and how they have affected their spiritual growth, to offer them the affirming messages that they have deserved to hear since birth, and ways to help them integrate them into their present-day lives.

C. 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, Support Groups for Incest Survivors, Ceramic artist and teacher, author of "Empowerment for Learning."

Honoring the Deep
AH 204 Experiential

What words and images surface from our hearts and minds that name the quality of our relationships with ourselves, our female kindred spirits, and our God/dess which is so primal to our well-being as women?

Sandy Bot-Miller has an M.A. in Spirituality, is an artist, educator, and mother.

Mary Melia is an M.A. in theology, and a Spiritual Consultant at Ascension Place, a transitional home for women.

Dreamed Words Bring Power to Rituals, Celebrations and Ceremonies
CSU Kaleidoscope (Basement) Ritual/Experiential/Movement
Activity/Male Friendly

The spiritual energy of dreams is enhanced when expressed in physical reality. Dreams, therefore, are a powerful source of material for creating rituals, celebrations and ceremonies. In this workshop, we will share dreams, focusing on words, sayings, chants, and songs in them. Out of the shared dream material, we will create a celebration with dancing and chanting.

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

Exploring Inner Resources Through Meditation
MH 212 Ritual/Experiential/Male Friendly/Discussion

There will be a ritual welcome, introduction to meditation and 12-step spirituality, a guided meditation with a long period of silence, time for journaling, and small group sharing. The meditation invites one to rest in the Sacred Inner Kingdom, a place where one can encounter the inner child.

Mary Moloney, S.P. M.A.T., Brown University, M.A., Mundelein, Chicago, is an experienced pastor, and does outreach spirituality ministry in LaCrosse, Wis. area.

Reclaiming Your First Moontime
MH 209 Ritual

Remember the first time you touched yourself and your fingers found the blood you had been waiting for. Reclaim that moment of transformation into womanhood. In small groups, we will share our stories, release pain, and create aspects of a participatory group altar using paint, clay, movement, and chants. We will then combine these elements to celebrate and honor our moons of fertility. What happens here will be taken to help young girls to celebrate their first moons.

Ellen Hufschmidt, is a ritualist who has 12 years experience. She has a private practice helping people to mark transitions in their lives symbolically and spiritually.

Kala Svien, M.S., is a ceremonialist, spiritual companion, and writer, who uses whole mind learning, guided imagery and ritual.

Authentic Movement-Giving Voice Through Movement
CSU 253 Male Friendly/Movement Activity

Authentic movement is a process which includes both a mover and a witness with eyes closed, the mover takes an inward journey, allowing subconscious material to rise and be known. Moving is about experiencing oneself more fully. Witnessing is the practice of seeing self and others without judgment, projection or interpretation. This is an experiential workshop where will work in pairs and each person will have an opportunity to move and be witnessed, share process, then switch to be a witness.

Diane Patten, massage therapist and counselor, facilitates retreats and healing ceremonies, and has done meditation practice for 18 years.

The Resourceful Heroine in Stories and Rituals
CSU 201 Paper/Discussion/Ritual/Child Friendly/Male Friendly

The objectives of this workshop are to introduce people to collections of folktales about resourceful heroines and to execute a ritual that uses a resourceful heroine story or a goddess story as the vehicle of the ritual.

Jennifer J. Jesseph is a writer, storyteller, and an E.S.L. teacher.

Jane Gunderson, mother of two children and is continually recreating the dance between the left brain world of finance and the right brain world of mystery.

Women's Spirituality Group
CSU 202 Ritual/Experiential/Discussion

For women on a spiritual quest seeking healing, love, and connection with each other through forming their own ongoing Spirituality Group.

For women discovering our spiritual quest, we will examine the abc's of forming your own ongoing Spirituality Group. The focus will be on healing rituals, the power of love and forgiveness, naming our fears and concerns, and empowering ourselves wherever we are in our spiritual journey. We will examine through ritual, meditation, discussion, and celebration how to embrace and inspire each other as women in a creative healing circle.

Spiritually intuitive, **Reldun Hanson** is an artist, student of life, mom, friend, teacher, wife, gardener, laughing and living in the Love of 13 years of recovery.

Janice Maas is a friend, teacher, writer, poet, gardener, recovering person living in the Love, and is dedicated to the surprises, delights, and miracles of her spiritual journey.

Session III

Sharing the Pastoral Landscape Within
MH 212 Ritual/Experiential

Drawing, writing, and reflection after exercises to evoke images relating to changes in seasons and growth. Through metaphor and symbol we will be able to share that which bespeaks value to us through tone, color, and line, and we will feel the power from each one to the other and from the other to each one.

Lenora Bernheisel lives in a rural valley, tends sheep, and marvels in nature's ways. Also, does pastoral counseling.

Word Power: Hawaiian Shamanism and Storytelling
CSU Kaleidoscope (Basement) Experiential

Discussion and participatory exercises which explore the seven principles of Hawaiian Shamanism as taught by Serge King. Using words, music, and various healing techniques, we will discover what these principles bring to our own healing process.

Susan Delattre, storyteller, writer, and improviser with a dance and theater background, has recently published "The Woman Who Lost Her Heart" with co-author Sue O'Halloran.

Hamsa Hanzak, ritual improvisational music has been in her spiritual diet for over 17 years. Other spices include holistic healing, yoga, meditation, and journaling.

The Word is the Ultimate Reality
MH 209 Ritual/Paper/Discussion

The "Power of Words" in Hinduism, specifically the Vedic maxim, 'The Word is the Ultimate Reality' and its implications for historical and contemporary Hinduism. The dominant Puja 'worship' ritual will be performed using various devotional song genres which will demonstrate their creative power.

Indira Y. Junghare received her Ph.D. at the University of Texas and has been teaching Indian philosophy and Hinduism at the University of Minnesota for ten years. She was brought up as Hindu and has been in this country for the last 25 years.

Rise Up and Call Her Name
AH 214 Presentation/Experiential

An introduction to the new Unitarian Universalist adult education curriculum-"Rise Up and Call Her Name" which will include an overview and a mini-session. The 10 week course looks at some of the goddesses of the Americas, Africa, and Asia. It aims to increase participants' knowledge as well as build community through ritual, integrative art experiences, and visual presentations of cultural expression of goddesses and the divine.

Roberta Haskin, B.A. majors in French, education and religious education. 13 years experience as a religious educator, founding member of Spiderwimmin, CUUP's, graduate degree studies in Women's Studies and Theology.

KALI, KAOSHIKI, and KIIRTAN
CSU 204 Discussion/Ritual/Experiential/Movement Activity

KALI is a goddess of the matriarchal tantric tradition (India). We will do a ritual, honoring her spiritual presence in our lives and dance KAOSHIKI, the dance of creation to overcome feelings of helplessness. A mantra will be taught to free the mind from limitations and a dance called KIIRTAN, to touch our innermost core. The workshop will end with a meditation.

Didi Ananda Locana, meditation teacher for women for 16 years in the USA, Central America, originally from Holland, representing P.W.S.A. (Progressive Women Spiritual Association).

Healing Divorce Trauma Through Words and Ritual
AH 208 Ritual/Experiential/Male Friendly

The participants will share their experiences, look at the way they label their experiences, go through a closed eye process on forgiveness and find ways to create their own healing ritual. The workshop will end with a group ritual.

Laurie Savran is an attorney specializing in divorce work in Minneapolis. She is also a certified teacher of the radiance technique and is developing her creative writing skills.

Cal Appleby is an instructor at Metro State University and has taught College Psychology and other classes in adult prisons in Minnesota. He has been a spiritual teacher for many years in the areas of death and dying, past life counseling, the spiritual aspects of addiction, and eastern mysticism.

WOMENWORDS: Why Women's Literature?
AH 209 Presentation/Round Table/Discussion

Why is there a need for women's literature? For separate publication? What is the impact of women's literature in the 1980's and 1990's on the formal word of writing? On women's lives?

Sue Ann Martinson is founding editor of "Sing Heavenly Muse: A Journal of Women's Poetry and Prose."

Centering/Contemplation
CSU 202 Paper/Discussion/Experiential

Explanation of history, breathing, positions, mantra, mindfulness, awareness, spiritual silence and allowing one's body and mind to enter into centering and contemplation.

Claren Sellner, Franciscan Sister of Assisi Heights, Rochester, MN, with a B.S. and an M.A. in education. She has years of teaching, chaplaincy, and pastoral work, and offers prayer workshops.

Feminist Publishing: It's History, Role, and Growth
AH 202 Presentation/Discussion

An interactive discussion/presentation about the history and growth of small women's presses in the last 20 years, including commentary on how these publishers seem to see their role and the expectations of their audience vis a vis feminist spirituality.

Jill Zahniser is founder and publisher of Calliceh Press, a fledging women's press based in St. Paul. She is a student of feminist institutions.

The Envoicement of Language, the Embodiment of Voice
CSU 203 Male Friendly/Movement Activity/Experiential

The power of language marries the voice in chant. The embodied voice harmonizes vibration and intention, and in community creates manifestational magic. By using sensation, attention, movement, and breath we will ground vocal vibration in the body, and then extend it out to each other and to the forces that move beyond imagining.

Marilyn Habermas-Scher has been investigating and teaching the mutual support of body and voice since 1976. She brings to it twenty years of experience in performance and bodymind practices. She maintains a private practice in Minneapolis.

Strong Words in Search of an Inner Healer
AH 205 Child Friendly/Experiential

Stories for your spiritual child can heal wounds and build bridges. Presenters will give personal examples of writing for empowerment with the individual and collective voice of women. Participants will be given resources for reclaiming spiritual voice and strengthening awareness of the inner healer as a midwife of spiritual wholeness.

Maren Bjork's life journey has taken her through a major health crisis and a doctoral program with woman stories to guide her. After 20 years in the Northwest teaching and conducting workshops she has returned to her native Midwest to integrate her spiritual landscapes.

Nancy Nau-Olson has a master's in Theology and in Art, she also has convened inservices/retreats on Spiritual Care and Inner Healing throughout Minnesota.

Stretching Your Limits
MH 211 Experiential

We will explore what our lives could be like if we had no limits. We will look at our beliefs about limits and how to break through the lies we've learned about what we cannot do. There will be martial arts demonstrations and possible participation.

Jean Captain, professional teacher, former martial arts and self defense instructor with a 20 year commitment to helping women stretch their limits.

Authenticity: Are My Shoes on the Right Feet?
AH 211 Experiential/Discussion

This presentation/workshop leads an individual to examine and compare ones current sense of reality to the authentic person and is intended to be. Are they the same; or does one enhance or distract from the other? Individuals explore life's experiences and the cumulative effect on ones current sense of reality. What in my past do I want or need to set aside and which experiences/lessons do I want to enhance? Am I going through life with my shoes on the right feet, or am I simply letting life just happen to me?

Jan Schultz, M.Ed., R.N., is an instructor at Metro State University, Coordinator of Health and Human Development programs at Hennepin Technical College and a graduate of the University of Minnesota Graduate School.

Voices of Minnesota Women of History: "I Don't Want To Be Famous, Do I?"
AH 203 Paper/Discussion/Small Group Work

"I don't want to be famous," is a quote from Finnish-American Lydia Torry, who lived alone as a commercial fisher for over 30 years on Kubel Island. Her voice and story, blends with 25 other Minnesota women's words and deeds, compiled largely from primary research, emphasizing a multicultural, disability aware perspective, including Minnesota Woman from a variety of backgrounds and accomplishments. Group work discusses grandmothers, aunts, and introduces awareness of the tremendous contributions made by ordinary family members to our state and voice.

Judy Yaeger Jones is an historian, educational consultant, playwright and Associate Staff, Upper Midwest Women's History Center, State Coordinator of Minnesota Women's History Month programs.

Aphrodite Rising: Woman Reclaims Her Own Definition of Sexuality
MH 210 Speech/Questions/Paper/Discussion/Male Friendly

Aphrodite can no longer be ignored, repressed, put down, relegated to the back entrance; shamed, degraded, trivialized, or put down by feminists. We must reclaim the notion that sex is holy.

Sandra Barnhouse SCSU publications editor 15 years; M.A., 1975 in painting (studied archetypes), working on a book of archetypes for teenagers, started the Goddess Reading Room in 1991 in her St. Cloud home, active in women's spirituality groups.

Healing Your Inner Child With Dolls
AH 204 Experiential

A guided imagery will help participants meet or re-connect with their inner child, followed by doll play in which participants dialog and interact with this child. Soft, natural-fiber dolls will be provided; participants may bring their own doll if they choose. Time will be provided to process the experience through journaling and group sharing.

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

The Voice of the Body
MH 206 Experiential/Movement Activity

Many of us have been taught to ignore our bodies; messages, and this has cut us off from an important source of inner wisdom. The goal of this workshop is to reclaim our bodies' wisdom. Using movement, visualization and sound we will gently open the communication channels of our bodies, and take time to honor the messages our bodies have for us.

Martha Sanbower, M.A. in Human Development, and over 10 years of experience facilitating personal and spiritual growth with individuals and groups, a background in Bio Energetics, Gestalt, dance and imagery work.

Freeing our Voices, Freeing our Songs
AH 232 Experiential/Male Friendly

For women to access the power of our words in song, we first have to free our voices—both physically and mentally. This experiential playshop will begin with physical methods of deep breathing, breath support for singing and chanting, and other exercises. We will then move through several improvising and harmonizing to simple chants and songs. Please bring favorite songs and chants to share.

Session IV

Nancy Vedder-Shults – Women's Studies lecturer, UW-Madison; performer, National Women's Music Festival ('76, '79, '88, '91); composer, contributor, "The Womanspirit Sourcebook."

Amy Vaughn, M.S.S.W., Family Therapist; in vocal training 10 years, solo and choral performances 15 years, including Festival Choir of Madison; free spirit.

Ancestral Woman-Spirit In Us – A Multi-Cultural Reflection
CSU 255 A & B (continued from session II) Experiential/Paper/Discussion

Ancestral Woman-Spirit in us leads on with a message of Sacred Circles, the Web of Creation, the Unity of the Sacred and the Secular, and Responsibility to all forms of life. Listen and join us as an Anishanabe-quay Chippewa woman, a sun-kissed African American woman and a European Christian woman reflect and celebrate this Woman-Spirit in each of our cultures.

Lucy Edelbeck, facilitator for retreats and workshops on woman's spirituality; founder and coordinator of INTERWEAVE: WOMAN GATHERING, artist who designs LUCY'S CARDS.

Donna Beckstrom, and **Anishanabe-quay**, Chippewa Woman, raising her children with her cultural values, American Indian Education Consultant, Chwm. Board of The Indian Health Center.

Debbie Evans is a sun kissed African American woman who is part of many non-biological family circles; was raised Baptist and is now a member of the Friends Meeting or Quakers. Debbie says hers is an ecumenical approach to spirituality.

Life Reflections: The Inner and Outer Journey
CSU 253 & 254 Reflective/Experiential

Take a break...treat yourself...use your quiet reflections to gain new insights about yourself Experience Creative Journaling Methods while reflecting on the inner and outer aspects of your life, and bring them into a more meaningful whole. We will move back and forth from the inner and outer and the spiritual and sexual aspects of our lives weaving them into a more meaningful whole.

Connie Nadeau, M. Div., founder of "The Creative Journal: A Unique Personal and Spiritual Growth Tool." Psychotherapist and organization development consultant in private practice in Minneapolis.

Ann Peton, M.A., teacher and fellow journaler for many years. Assists Connie in developing and administering the Creative Journal Retreats held in the Twin Cities.

The Lightness of Being
AH 206A Child Friendly/Experiential/Movement Activity

Through movement, discussion and other creative activities, we will continue our process of understanding our bodies, connecting the spiritual with our everyday experience. Come prepared to play and to create a new light outlook, leaving our burdens at the door for a while.

Ruthe Enstad has a Masters of Science degree in Women's Studies and is Adjunct Faculty at Mankato State University. She is an educator with experience in multicultural, gender, and family issues.

Debora H. Waldbaum is a counselor/consultant for Children Are People Support Groups and Community Intervention. She is working on being a motivator for transforming people's lives.

Peace Through Poetry: The Power of Words
AH 233 Discussion/Male Friendly

I use poetry-reading and discussion. Some poetry is peace poetry, some is symbolic, and some are lyrics from songs like "Imagine" by John Lennon. Participants analyze the meaning of the words of their message.

Judi Poulson graduated from MSU in 1983 with a M.S. in Peace Studies and Interdependence. Poetry is a hobby or hers she likes to use as a tool for peace making. She gives many workshops, talks, and teaches Peace Studies K-postgraduate. She teaches a course called "Peace Through Poetry."

Wounds Into Wands
CSU 201 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.

Psychism: A Practical Approach and Demonstration
AH 203 Experiential/Male Friendly

What does psychic work in action look like? How normal is it to be psychic/intuitive? The innate wisdom/knowing of every individual will be validated and supported in this group experience. "Mini-messages" provided for as many as time allows.

Elaine Toft, psychic consultant, Reiki healing channel, well grounded metaphysical teacher, mother, grandmother; excited about life!

Our Cosmic Connections With the Universe
MH 210 Experiential/Round Table/Discussion

The cards I use for readings came to me in dreams. I want to promote them to show people how to do problem solving in a spiritual way-like tarot, and I channel them in a positive way.

Carla Houle, Spiritual Psychic - channel an Indian Guide, "Kzeno," for last 10 years, privately does readings by mail, using "cosmic connection" cards she has created and is writing a spiritual psychic poetry book, and studied under Mary Rowan (a psychic from Minneapolis) for years.

Mary Freerks, a spiritual psychic from New Mexico, she designed the cards using Carla's concepts, is an artist, and is on the same spiritual path as Carla.

At Play In the Buddha Fields: Feminism and the Dharma and Invoking the Goddess
CSU 253 Paper/Discussion/Ritual/Experiential/Male Friendly

Presentation on some remarkable women who have been claiming Buddhism as their path and how American Buddhism's populism and feminism is challenging traditional male dominance and hierarchical structures in several Buddhist traditions. Intro to the Goddesses of the (Tibetan Buddhist) path and some ways to interact with them. Abbreviated ritual and meditation sample practice.

Pat Darling has a Ph.D. in American and Religious Studies and teaches Religious Studies at the University of Minnesota and Metropolitan State University. Not really knowing what she was doing, she took refuge and the Bodhi vow with Kalu Rimpoche 17 years ago and subsequently studied more and absorbed teachings from Tibetan sources, including His Holiness the Dalai Lama and Jetsung Kushaula, a female teacher from Vancouver.

A Meditation: To Deeply Relax, and Connect With Spirit
MH 209 Experiential

The purpose of this workshop is to allow everyone to experience a deeply relaxed state (physically, emotionally, and mentally); creating a quiet, so that the voice of our spiritual self can be heard within us.

Laura D'Antonio has been leading group meditations for three and a half years, has been at 12 step meetings and treatment centers, and spirituality classes.

Giving Birth Normally: How Labels Impact our Ability to Do So
CSU 203 Discussion

To explore medical terms used to document labor and birth. The definitions will be explained and analyzed by myself and the audience. I plan to use alternative ideas and words to defuse the negative impact of many of these terms.

Jill Kent, a senior certified traditional midwife, co-founder and co-president/leader of the Minnesota Midwives Guild, and past board member of Midwives Alliance of North America.

The Male Gaze: Images of Women in Art
AH 121 Paper/Discussion/Male Friendly

Workshop looks at slides to explore how women have been represented throughout history of western art, from early fertility figures to contemporary work by both men and women artists. Particular interest will be paid to use of the nude. We'll also look at issues the contemporary artist address when he/she makes art about the human figure.

Maura Matula Williams is a visual artist who lives with her family in St. Paul. She's interested in making imagery of powerful women.

La Experiencia Mestiza: The Mestiza Experience: Through Writers From the 16th Century to Present
AH 232 Discussion/Experiential/Male Friendly

To examine role models of awareness with the writings of those different and biculturally mestiza - mixed Indian and Spanish blood roots. To acknowledge, accept, honor and appreciate diverse realities. Facilitated by two Mexican American sisters - one who has lived in the Midwest for over twenty years and the other a lifelong California native.

Sylvia Lemus Sharma, Ph.D. – a former University of Minnesota administrator, university educator, stockbroker with a national firm, Financial planner, and researcher. Currently she is a personal growth consultant focusing on leadership skills and practicing medicine woman – curandera.

Elizabeth (Lisa) Lemus, M.A., has served as a consortia director in the San Francisco Bay area. Currently she is an office building manager. She is a single parent of two teenagers. She resides in Oakland, California and is a lifelong native.

To Be is to Love: The Power of Integrated Consciousness
AH 205 Discussion

Power lies in an integrated way of living in the now. It is an individual way of Being; free from all judgment of self or other; passionate because it has no expectation and no fear. It is wholeness/holiness – a consciousness that is one with the whole.

Christina Potyondy, teacher, minister, intuitive counselor, M.A. in Religious Studies, and student of the Esoteric/Metaphysical/Cosmic consciousness.

Using Words to Empower the Inner Voice
CSU 202 Experiential/Discussion

All of us listen to inner dialogue that is influenced by parents, society, family, and/or friends. Learn to acknowledge this inner dialogue and then discover the tools available for changing old patterns and habits. Learn through the use of affirmations, visualization, and rituals to re-create your life and set meaningful and obtainable goals.

Vicki Stewart empowers women through her course "Finding the Goddess Within" and through her work as a birthing coach and advocate.

Ana Gonzales Swanson learns, then teaches while exchanging a healing, accepting, loving energy with others.

Creative Conscious Living
CSU 254 Experiential

Our thoughts, words, and actions create our reality. Where you are in life, is what you have created, either consciously or unconsciously. I invite you to explore your own creative process, and empower your life with creative conscious living. We will do Mantra exercises to be aware of, and open the 7 energy centers in the body.

Suzanne M. Williams, message therapist, intuitive consultant, calligrapher, a student of Sancta Sophia Seminary, course in Miracles, and Metaphysics.

Shame: In Chemically Dependent Women
MH 212 Paper/Discussion

Shame can be devastating, dehumanizing, degrading, debilitating, and even deadly for chemically dependent women. Workshop will cover causes, effects, and ways to overcome shame. Spirituality is a main focus of recovering from shame and chemical dependency.

Cheryl Miller is a recovering alcoholic and drug addict who experienced shame for many years, and who spirituality has healed.

The Power of Words in Poetry
AH 209 Paper/Discussion

Poetry comes out of the still small place, often the darkest emotions, for the political poet. Their personal is political – the untold, one told story becomes all our story, becomes herstory, becomes the voice, becomes the vehicle for expression, and expression of oppression begets change. The Journal is the private vehicle of these emotions, the poem is what happens when the journal transfigures a personal grief into a publically comprehensible form.

Hilary Pell is a Minnesota poet.

T'ai Chi Chih – Integrating the Power of Movement With the Power of the Word
CSU 255 A & B Experiential/Movement Activity

An introduction to some T'ai Chi Chih movements. We will name our visualizations integrating them with the movements. The group(s) may choose a particular context and through a collaborative, creative process join thoughts and movement in healing circle.

Diane Marie Brooke, certified T'ai Chi Chih instructor physical artist, Aquatic educator and programmer, certified in Infant Aquatics, childbirth activist and promoter of water birth in the Midwest, mermaid-in-training.

Community and Creativity: The Self-Actualization Connection
AH 214 Discussion/Male Friendly

Definition of community: what it is and what it is not. Discuss impact of community on self-actualization. What nurtures and suppresses creativity? We will use literary references to illustrate usages of our talents and gifts.

Jeanette Fordyce, group facilitator, workshop presenter, focus group leader, International Training in Communication member, and member of communities.

Sharon Holtan, mentor, facilitator, trainer, workshop developer, community organizer, mental health worker, poet, and in business management.

HUMOR: The Great Healer
AH 233 Child Friendly/Male Friendly/Experiential/Group Activity

Did you know that research has proven humor to be a physical as well as mental healer? That being humor impaired can lead to illness—it's no laughing matter!! It is also impossible to be tense or angry and laugh simultaneously. You will leave this workshop feeling lighter, happier and hopefully inspired to share the healing gift of humor with others in your daily life.

Margaret Oibrekken, a 1988 graduate of the University of Minnesota with a B.S. degree in Social Services (Major: Human Relations); she is presently employed at a chemical dependence halfway house in St. Paul. Margaret has been involved as a public speaker with MADD for the past 10 years.

Ellen Anderson, a trained facilitator, feminist and humorist, having worked with groups of women at Chrysalis – A Center for Women. She has also served as Women's Advocate for Family Violence Network – a battered women's organization.

Serving the Light in Strength and Love
CSU 204 Lecture/Discussion

Many people today are feeling the call to serve humanity's healing and awakening through work as psychics, healers, artists, and other alternative professions. Because this work is "off the beaten track," we struggle with self-doubt and lack of direction. Come to a fun and informative lecture designed to help you see yourself in context and aid you in your practical questions about succeeding in the service that is uniquely yours.

Mary Hayes-Grieco has worked successfully as a psychic, counselor, healer, and communicator since 1984.

Honoring the Mother: A Healing Workshop for Moms
AH 211 Experiential

What does it mean to be a mother? What are our greatest joys and struggles as mothers? How do we honor the important role that we play? Through the use of imagery, small group discussion, and journaling, we will acknowledge, celebrate, and honor ourselves individually and collectively.

Fran Zimmerman M.A., L.P., maintains a private practice both as a psychologist and as a transformational bodyworker. She is the mother of two children.

Wounds Into Wands
CSU 201 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.

Will I Be My Valentine?
MH 206 Experiential/Discussion

As women we take care of others and many times put their needs first. What happens when we choose to love and nurture ourselves? What does it take to let go of guilt and fear and negative self-talk and feel good about who we are and what we do. Permission granted to be special to yourself.

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

Coping With Our Spiritual Roots
MH 211 Experiential

Guided meditation and discussion on how we are helped and/or hindered in our spiritual journeys by our spiritual history.

Lisa Besnett, a Wiccan Priestess, has been actively involved within the CUUP's (Covenant of Unitarian Universalist Pagans) Twin Cities for the last two years.

Vonnie Linnell works daily with the residents of Minneapolis, her exposure to this broad cultural diversity makes her a good listener and compassionate co-facilitator.

Saturday Night Happenings

A Very Special Event For All!
Saturday, October 10, 1992, 7:15 p.m.
Centennial Student Union Ballroom



Photo: Molly Culligan

MOLLY CULLIGAN – her work with one person plays has ripened down the days with her friendship with Meridel Le Sueur. They met over RIPENINGS fifteen years ago, at an ANVIL outdoor folkschool. Meridel was the keynote. "I'll never forget Meridel leading us in chanting, 'Run run, come come!', shaking a young planted sapling in rhythm with one hand, an Indian rattle with the other, and her long magenta shawl swirling about her – she was wind. And I'll never forget her hands, expressive and strong and fine. At the end I diffidently told her I'd like to make a play of her work. She opened her arms and simply said, 'Of course, I respect your vision.'

Ever after, what she teaches me informs the play, my own life unfolding informs the play. In turn, the play has profoundly informed my life. To me, this is great literature in its essence." Molly Culligan has four other plays in her repertory. An itinerant player, touring across the country and overseas.

Drumming and Dancing - 8:30 in Centennial Student Union Rooms 253-255

Ritual - 8:30 in Centennial Student Union Kaleidoscope (basement) [Male Friendly]

Other Rooms Are Available

There are six more rooms available (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.

Conference Information & Services

Past keynote speakers from 1982 to 1991 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"), Carter Heyward ("There Are Many Paths Up The Mountain: Celebrating Our Commonalities and Differences") and Luisah Teish.

If you have a hoop made for last year's opening celebration or one you would like to decorate this year, please feel free to bring it.

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 2:00 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 \$9.00. Please see Dinner Registration form.

SATURDAY NIGHT BUFFET MENU

Pasta Buffet which includes:
 two pasta choices
 three sauce choices
 three salad choices
 garlic/french bread
 coffee, tea or ice water

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. 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 1-800-848-8888
 Cliff Kyes Motel - (507) 388-1638
 Holiday Inn Downtown - (507) 345-1234 or 1-800-HOLIDAY
 Best Western Garden Inn - (507) 625-9333
 Budgetel Inn - (507) 345-8800 or 1-800-428-3438
 Redwood Motel - (507) 388-1621
 Sunset Motel - (507) 345-5129
 Kato Motel - (507) 388-1644
 Days Inn - (507) 387-3332 or 1-800-325-2525
 Americinn - St. Peter - (507) 931-6554
 St. Peter Motel - St. Peter - (507) 731-3100
 South Side Motel - St. Peter - (507) 931-4100
 Viking Jr. Motel - St. Peter (507) 931-3081
 Green Lawn Motel - Eagle Lake - (507) 345-3731
 Butler House Bed & Breakfast (507) 387-5055
 Park Row Bed & Breakfast - St. Peter (507) 931-2495

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 FRIENDLY WORKSHOPS are highlighted in the program as are **MALE FRIENDLY** workshops. This is to assist conference participants in finding workshops.

SPECIAL SERVICES: MSU is wheelchair accessible. Anyone who desires special arrangements during the conference, call us at (507) 389-5179 prior to the conference or stop by the registration desk. A sign interpreter will be provided for the keynote address.

CHILD CARE for children ages to 10 years 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 12:15 - 6:00 and Sunday from 8:30 - 12:15 and 1:30 - 4:45. Costs will be \$10.00 for one day and \$20.00 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. A maximum of three infants (less than one year of age) can be accepted for care.

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, September 23. 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 September 23.

OTHER INFORMATION:

MSU is a chemical-free space. Smoking is NOT permitted in any MSU building.

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 - 11:00-12:00 a.m. in the CSU Auditorium and ELCA-Lutheran - 10:30 a.m. in CSU Shades.

Refunds for registration and/or food are available upon written request, prior to September 30.

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

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 Frontage road exit. Turn right at the stop sign on Park Lane. At the third stoplight (Hardee's corner) turn right on Stoltzman Road. At the three-way stop sign, continue straight ahead and go approximately one mile. Turn left at the State University sign on Stadium Road. Proceed up the hill.

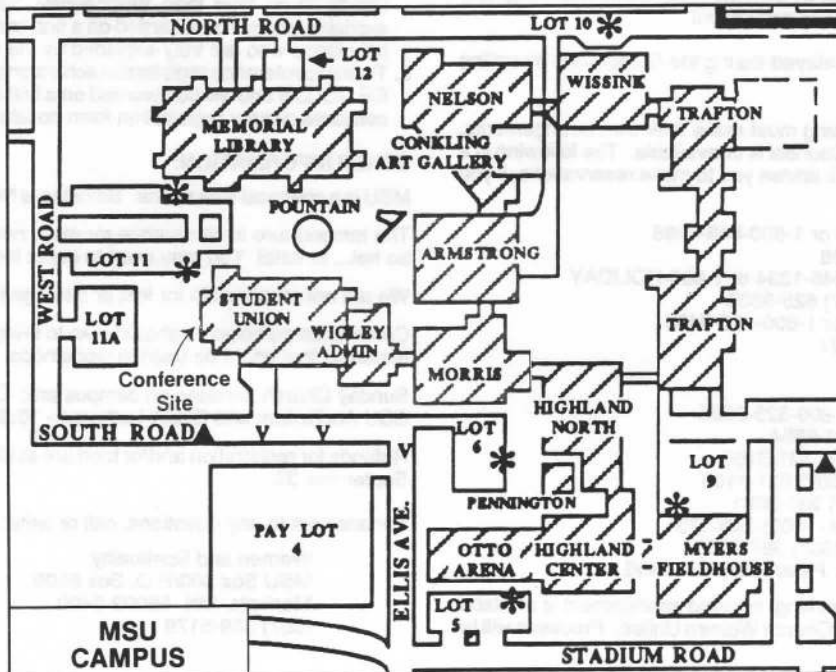
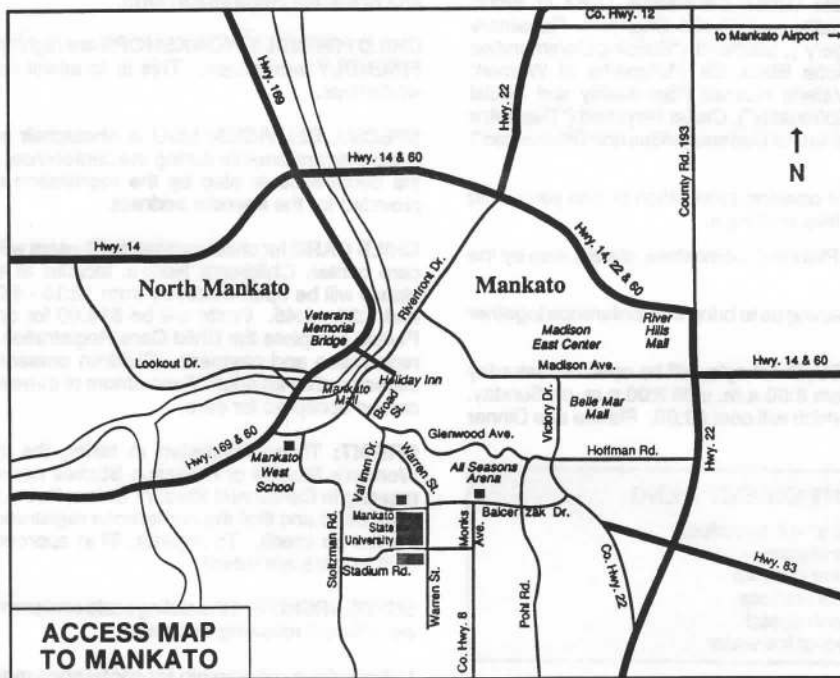
At the top of the hill, you have arrived on campus. Use your campus map to find designated visitor parking.

Highway 14 (coming from the East)

Continue on Madison Avenue. Turn left at the intersection of Madison Avenue and Victory Drive (the fifth light). Continue on Victory Drive 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 have arrived on campus. Use your campus map to find designated visitor parking.

Highway 22 (coming from South)

Turn left on Highway 83, then right on Victory Drive at the stop sign. Turn left at the first light, on to Balcerzak. 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 September 14)

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
 Children's House Wlecking Center MSU Campus
 (Send check with registration \$10 per day)

Days Needed: Saturday, October 10 Sunday, October 11
 \$10 \$10

Children's Names and Ages: _____

Parent's Name _____

Special Needs: _____

Parents will assume responsibility for meals, formulas, and diapers. Children present at the conference must be supervised by an adult.

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 September 30, 1992 for reduced rates. Make checks or money orders payable to: Mankato State University. Mail to: Women and Spirituality Conference, MSU Box 300, P.O. Box 8400, Mankato State University, 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 # (____) _____

- Pre-Registration **Please check one:**
 \$25 General **Postmarked after September 30:**
 \$30 (Late Fee)
 \$15 Minimum Income \$20 (Late Fee)
 Low Income Scholarship**
 Women of Color Scholarship***

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 10:30 a.m. - 12:00 p.m. on Saturday morning, October 10 or Sunday morning, October 11. Also during that time, conference information packets will be distributed. Full refunds for registration are available upon written request, prior to September 30. You must provide a copy of your cancelled check with this request.

Dinner Registration (Deadline September 30)

Please check if you want to register for Saturday dinner. Refund for the meal is available upon written request prior to September 30. You must provide a copy of your cancelled check with this request.

- Dinner Ticket (Saturday night) - \$9.00

For Those Registering For Credit

You must pay the conference registration fee above in addition to tuition fees. The following information is required. (If you are a current MSU student, please register through MARS.)

Social Security Number _____ PN Credit in Religious Studies:
 Check one: Grade Credit in Women's Studies: Call # Course #
 Call # Course # Call # Course #
 5008 1790-490-01 2580 1169-450-01
 5015 1790-590-01 2582 1169-550-01

Have you previously enrolled in any classes offered by MSU? yes no
 Are you a resident of the State of Minnesota? yes no
 I am registering as: (Check one)

- Undergraduate resident - \$50.35 Graduate resident - \$70.90
 - Undergraduate non-resident - \$91.80 Graduate non-resident - \$98.75
- These rates DO include the MSU activity fee. STUDENTS FROM WISCONSIN, NORTH DAKOTA, SOUTH DAKOTA, MANITOBA, ETC. WHO HAVE BEEN APPROVED FOR TUITION RECIPROCIITY WILL EACH PAY A DIFFERENT TUITION AMOUNT. CONTACT THE BUSINESS OFFICE, (507) 389-2261 FOR SPECIFIC CHARGES.

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



Mankato State University
Saturday and Sunday, October 10 and 11, 1992
Registration begins Saturday 10:30 a.m.

"The Power of Words: An Honoring of Meridel LeSueur"

Keynote Speakers

Rachel Tilsen Neala Schleuning Carol Ann Russell

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, University Programs and Cultural Diversity.

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

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Mankato, MN 56002



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