

13th Annual WOMEN & SPIRITUALITY CONFERENCE

The Women and Spirituality Conference was born twelve 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 800 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.

1994 Keynote Speaker



Karen J. Warren

KAREN J. WARREN is an Associate Professor of Philosophy at Macalester College in St. Paul, Minnesota. Her main scholarly interests are in ethics, feminism (particularly ecological feminism), and critical thinking. She has guest-edited two special issues of Hypatia: A Feminist Journal of Philosophy, one entitled "Ecological Feminism" and one with philosopher Duane Cady entitled "Feminism and Peace" (Spring 1994). Warren has also guest edited four special issues of the American Philosophical Association (APA) Newsletter on Feminism and Philosophy:

One on "Gender, Reason, and Rationality", two on "Feminism and the Environment" (Fall 1991 & Spring 1992) and a fourth (with Duane Cady) on "Feminism and Peace" (forthcoming Spring 1994). She has recently co-edited the section on ecofeminism for Environmental Philosophy: From Animal Rights to Radical Ecology, available from Prentice Hall. She currently is editing an anthology entitled Ecological Feminist Philosophy for Routledge Press, editing an anthology entitled Ecofeminism: Multidisciplinary Perspectives for Indiana University Press, and co-authoring a book with Jim Cheney entitled Ecological Feminism: What It Is and Why it Matters (Westview Press 1993).

Schedule

Saturday, October 22, 1994

8:30 - 10:00 Registration
10:00 - 10:45 Opening Celebration
10:45 - 11:00 Announcements & Welcome
11:00 - 12:30 Keynote
12:30 - 2:00 Lunch (on your own)
2:00 - 3:30 Session I
4:00 - 5:30 Session II
6:00 Dinner

Sunday, October 23, 1994

8:00 Conference Site Opens
9:00 - 10:15 Session III
10:45 - 12:00 Session IV
12:00 - 1:30 Lunch (on your own)
1:30 - 2:45 Session V
3:00 Closing Celebration

The 1994 Planning Coordinators:

Therese Wall, Co-Coordinator
Genét Pierce, Co-Coordinator
Cindy Veldhuisen, Assistant to the Coordinators
Nancy Bushnell & Linda Ridlehuber, Ceremony Coordinators
Sandra Tanner, MSU Coordinator
Elise Brown, Presenter Coordinator
Julie Boertje, Exhibitor Coordinator
Also, thanks to our Friends and Mentors, "Mothers" of the Women and Spirituality Conference

.... PLEASE BRING THIS PROGRAM WITH YOU TO THE CONFERENCE
ADDITIONAL COPIES WILL COST YOU \$1.00 EACH

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. (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

Room Code

AH - Armstrong Hall MH - Morris Hall CSU - Centennial Student Union

Session I

WILD WOMAN: A POWERFUL FORCE FOR CHANGE

CSU 254

Experiential

The Wild Woman has come forth in our lives, guiding us, making herself known to us and living in us as a conscious force for transformation on the planet. Reclaiming this inner authority and instinctual knowing may be the critical factor for making the necessary changes to save our earthly environment. In this workshop we will invoke and explore this powerful archetype.

Gaia Lamb, M.A., co-author of *The Sedona Vortex Experience* and director of Wild Woman Retreats International, has been guiding people to rebond with mind, body and spirit and with Mother Earth for 10 years.

DREAM SCULPTURE WORKSHOP

AH 217

Discussion/Experiential

Dream work will be presented and discussed using slides of the presenter's art work, interwoven with poetry and stories she has created. Then beginning with a guided standing meditation participants will flow from silence to some body movement to creating a clay sculpture using the inner-directed movements of your hands and arms. Group discussion will be encouraged.

Arlene Innmon, visual artist who uses writing, storytelling and movement to tell her own story, enlightening the world about the experience of going blind. Her focus has been on creating and teaching "dream art", creative expressions in various forms based on images and insights gained through dreams. Her art has been exhibited in most major cities in the U.S.

Janet Hedberg, has studied Hatha Yoga, meditation, and T'ai Chi Ch'uan.

GETTING IN TOUCH WITH YOUR INNER WOLF

CSU 255 A & B

Experiential/Movement Activity

In native traditions, Wolf is the Teacher, the Pathfinder, and sometimes the Healer. Getting in touch with your Inner Wolf means contacting your passion, power, and creativity. Wolf Spirit energy helps us to be in touch with our instinctual selves, to be fully present in our bodies. A "Wolf Tarot" will be used as well as a guided meditation so participants can get in touch with their Inner Wolf.

Anne Firestone, M.A., is a Chicago-based transformational teacher and counselor, whose work is inspired by her relationships with the wolves of the Timberwolf Preservation Society in Greendale, WI.

INTRODUCTION TO PERSON CENTERED ASTROLOGY

AH 220

Formal Paper/Discussion

The astrological system can be used as a language which transforms aspects of the universe around us into symbols to speak of human personality and our connection to the divine. An introduction to the signs of the Zodiac, the twelve houses of the horoscope and the ten planets will be made and their possibilities as a tool for self revelation and understanding will be presented.

Nancy Lee Madsen, professional astrologer with 23 years experience counseling, teaching and lecturing nationally.

SPIRIT: MOVING THROUGH THE WORKPLACE

MH 211

Paper/Discussion/Child Friendly

Many of us are dying spiritually and emotionally at work. If spirituality and wholeness could pervade the workplace, we could change the world. This workshop explores how we and our organizations could change and be meaningful and positive contributors. Our challenge is to bring soul into the guts of daily living where the spirit meets the material.

Margaret Lulic, author of *Who We Could Be At Work*, coaches people and companies in leading meaningful lives.

THE MANDORLA: MYSTICAL MARRIAGE OF HEAVEN AND EARTH

AH 213

Experiential

Experience the mandorla and its archetypal implications. The mandorla is an almond shape created by the intersection of two circles. Separately, the circles may represent dualities creating separation in both our internal and external environments. We will explore the environment of connection, a place where paradox is sacred, and spirit and matter unite.

Jean Marie Lauer, calls forth inner reflections and outward expressions in creative explorations of spirituality with individuals and groups through 'LIFESTREAMS.'

CREATING SPIRIT-FILLED SPACES

AH 121

Paper/Discussion

Architectural and building concepts, principles, and images for creating living/working and recreation spaces that respect the environment and the human spirit will be presented. Practical considerations will be included.

Jean Captain and Cedar Spring are engaged in building a retreat center, Ravenswood, with their own hands and volunteer help. Background includes holistic healing, psychotherapy, martial arts, Zen practice, electronics teaching, love of wilderness, ritual, drumming, and life.

HOLDING EACH OTHER IN WHOLENESS - TOUCHING SOUL TO SOUL

CSU 202

Experiential

Experience the rare gift of safe touch, feeling both connection and respectful spaciousness. Developed as a part of BRETH (transformational breath journeys), High Touch is a loving, supportive way to be with anyone, our selves, friends, clients or lovers. After a demonstration, we will practice High Touch in partners, a very concrete way to experience creating safe space and respectful boundaries.

Kay Grindland, trained BRETH facilitator, singer/songwriter and storyteller, leads BRETH and workshops of earth and heart.

Kaia Svien, performance artist/ceremonialist, facilitates rituals on personal and global themes and leads workshops on whole brain learning and empowerment.

THE POWER OF OATHS

AH 231

Discussion/Ritual

There was a time when a person was "as good as their word". By forming our own oaths (or vows) we can use the power of this history and the structure of ritual to help us strengthen our resolve, support our commitment in the face of crisis, and energize us to those actions we've "always been meaning to take". Making and meeting vows is a means of empowerment and a way to learn to trust our inner voice.

Lisa Besnett, (spiral) is a Wiccan Priestess, a cancer survivor, and mother of two (one of whom is multiply handicapped). She has used oaths throughout her life and been practicing regular oath taking for the last five years. She has found it an invaluable tool both for coping and for spiritual growth.

Cindy Mitchell, has come through ACA and Mental Health Counseling. At a key crisis point she was confronted with an oath she had taken, realized its power, and has continued to apply the strength of her oaths in her life.

BUSINESS IN BALANCE

MH 209

Experiential

Spirituality is not a separate experience from success, but the foundation of success. Spiritual based business includes balance in all aspects of life, healthy boundaries, and an inclusive and compassionate attitude. Each participant will have the experience of coming from her own spiritual belief system to begin to create joy, integration, and prosperity on her professional and personal path. A personal document will be created that embodies her truth, passions, and personal commitment. This document will serve as grounding for her life walk and a guide for decision making. Intended audience: women entrepreneurs, small business owners and women managers.

Kim Pentecost, president, Tools for Transformation, is a spiritually based intuitive consultant, works nationally with individuals and businesses in developing greater clarity, understanding, and empowerment.

Bobbie Martin, psychic counselor, certified hypnotherapist and bodyworker with over 15 years experience in leading people toward their own empowerment.

LEARNING AS SPIRITUAL PRACTICE: A TOOL FOR ECOFEMINIST AND OTHER BREAKTHROUGH THINKING

AH 209

Discussion/Experiential

Prevailing learning models circumscribe how we learn and know the world around us by maintaining a competitive, fragmented, and value-hierarchical world view. An inclusive, wholistic, process-oriented model will be proposed that both cultivates diverse learning styles within the individual and values them in the world at large. Workshop participants will create a model of their own approach to learning, using the technique of "meta-learning." They will then expand their approach by sharing their own model and experiencing others as re-sources for expanding their learning potential and inner knowing and for fostering cooperation.

Deborah Fink, recovering librarian, academic wage-earner, feminist, wife, mother, who also journals, writes poetry, practices yoga and meditation, hikes.

Abigail Loomis, feminist teaching librarian, partner, friend of four cats, who spins, gardens, walks, reads, and tries to sit quietly.

ACTIVE IMAGINATION I - DOORWAY TO UNKNOWN RESOURCES, SPIRITUAL CONNECTIONS AND PERSONAL MYTH

AH 221

Paper/Discussion

This paper/presentation will review some of Jung's personal experiences that led to his development of active imagination and the discovery of his own myth. Examples of active imagination will show how it connects us with inner resources, facilitates self understanding, and enriches our spiritual life. "It is a way of attaining liberation by one's own efforts and of finding the courage to be oneself" (Carl Jung).

Phyllis Vosbeck, Ph.D., is a therapist in private practice. She works with dreams, active imagination, journal, myth, and the body.

THE POWER OF THE CRONE

CSU 204

Discussion/Ritual/Experiential

The crone is the wise, older woman who retains her blood - a source of her power. We will affirm, honor and support our aging, reclaiming the crone within, through education, meditation, and the sharing of personal images. We hope to empower ourselves, as crones, to be avenues of change in the world.

Mary Mella, M.A. in theology and counseling, creating rituals for 12 years, 43 years old.

Sandy Bot-Miller, M.A. in spirituality, avid knitter and ritual maker, teaches art classes.

EARTH HONORING/EARTH HEALING RITUAL

CSU 201

Ritual

There will be a brief discussion of women's spirituality, women's ritual and their connection to the environment and the earth as sacred. Then a participatory ritual will be performed, with the focus on our connection to the earth and honoring the earth and our environment.

Barbara J. DesMarais, M.A. in women's studies, thesis topic on women's ritual, 20 years experience in counseling, the healing arts, and women's spirituality.

WOMEN WITH WINGS: SUFI ORDER OF MADISON WOMEN'S CHOIR

MH 206

Ritual/Experiential/Movement Activity

Following a group attunement, we will share purification breaths based on the five elements. The "Hymn to the Universal" exemplifies the metaphoricality connecting temple, body, and environment: physicalness. We will sing and dance the Celtic blessing "Deep Peace", activating deep ecology. And more.

Mary Sheehan, on SUFI path since 1974, Dances of Universal Peace participant and leader, jewelry maker. Philosophy, music, math are some interests.

Katya Luomala Whiterabbit, M.A., member of SUFI order since 1979, member of Reformed Druids of North America.

GARDENING AT THE MICROCOSMIC LEVEL

CSU 253

Discussion/Experiential

Participants will be introduced to the concept of "body-mind" and to the potential within for healing our body-minds as individuals and a world. With body maps, drawing, hypnosis, discussion, and group meditation, we create personal symbols, sensations and healing images.

Mary R. Rafferty, M.S., counseling, certified hypnotherapist, wholistic health provider, artist, somewhat wise and wildish and jungian oriented.

WOMANSONG: SINGING AN ECOFEMINIST SONG OF THE EARTH

CSU 101

Original Song/Personal Story

The presenter sings her original feminist songs in an atmosphere of intimacy, hope, humor and healing. She uses the universal language of music to celebrate the joy of life and work through the pain of the human experience. You are invited on this musical journey in which the Divine Feminine and reverence for the earth are ever-present.

Dody Davies is a Christian ecofeminist composer, performer and recording artist whose new "Touch the Earth" cassette tape and title song reflects our conference themes. A social justice activist, she sings concerts throughout the U.S. A graduate of St. Catherine's College, she picketed with the Willmar Eight bank women in the 70's.

THE DOWNWARD SPIRAL: A PERSONAL AND SOCIAL ECOLOGY

CSU 203

Experiential

This workshop is an examination of the downward spiral and how it relates to us personally as women and in the larger global and ecological community. We will look at our obstacles - in relationships, in self-esteem, and in caring for the earth as a group. Relaxation and ritual end the workshop.

Theresa King is a writer and spiritual director. She is the author of The Spiral Path: Explorations in Women's Spirituality and the newly released The Divine Mosaic: Women's Images of the Sacred Other.

Brenda Hoffman is a writer and social worker. She is the author of A Glimpse of Your Future.

STONE STORIES

AH 202

Experiential/Child Friendly (10 and up)

Stones hold ancient spiritual wisdom which is accessible to all of us when we slow down and listen. In this playful workshop, the presenter will share some of her stories and help you hear and see yours. You may bring a favorite stone or one will be provided.

Katherine Tilton is an artist, educator and spiritualist. She creates tools for transformation.

Laurie Johnson is a psychic, healer and journeyer.

SONG FROM THE CENTER

AH 208

Ritual/Experiential

Through water, color and words we will explore our personal sacred connectedness to the earth and weave our individual artistic expression into a collective song. Participants are encouraged to bring a container of water that has special meaning to her. Limited to twenty women who are open to creative, collaborative expression.

Joyce Jossart, songwriter, recording artist, has led many songmaking groups.

Mary Jean Mulherin, song spinner and word weaver.

THE PATH TO WORLD ASCENSION

AH 225

Paper/Discussion/Experiential

Ascension refers to the transformation from dense physical matter (the Third Dimension) into a higher vibration which is affecting Earth and every living thing. The timing coincides with the planet's transition from the Age of Pisces to the Age of Aquarius. Learn about changes which affect you physically (body aches, ringing in the ears, food cravings), mentally, and emotionally.

Nancy Clark, B.A. in professional communications and art masters in therapeutic counseling, working on doctorate of divinity.

Session II

RITE OF PASSAGE: MAKING THE MENSTRUAL PROCESS SACRED

MH 209

Ritual/Experiential/Discussion/Child Friendly

This will be an offering of symbols and rituals, to awaken and reinforce the unique female inner and outer experience of cycles. To honor women, encourage women to honor each other and herself in this process.

Maxine Wolf, 50 year old nurse, mother of a son and daughter, life long search to enhance dignity of the female experience.

FEMINISM, SPIRITUALITY AND THE PRAIRIE ISLAND CAMPAIGN
AH 121 Paper/Discussion

This workshop will give an historical summary of why nuclear storage was in the news this past year, highlights of the NO CASKS AT PRAIRIE ISLAND CAMPAIGN, a view of what happened at the legislature and why power politics is a guy game. The session will highlight engaged spirituality and the process of coalition building and what made this COALITION of environmentalists, Native Americans, church groups and feminists so unique.

Pat Darling, active with the Prairie Island Coalition the past two years and newsletter producer, Religious Studies and writing instructor for U of Minnesota and Metro State, teaches courses on Zen in American Life and Native American Religions.

WHEN "I LOVE YOU," IS NOT ENOUGH
AH 220 Experiential/Discussion

For adults - single or coupled - wanting to improve and strengthen a love relationship, experience deeper emotional intimacy and address areas of stress and conflict. Learn how to identify difficult childhood experiences that you unconsciously expect your partner to heal. A practical down-to-earth, experiential workshop. A feminist adaptation of the theory and methods of Harville Hendrix, Ph.D. in his best-selling book *Getting the Love You Want*.

Connie Nadeau, psychotherapist in private practice in Minneapolis, author of *The Creative Journal* and offers numerous workshops.

HONORING OUR GRIEF
CSU 204 Ritual

This is a ceremony to share and honor our grief and to feel its transformational power. Grief can be of any kind, be it the loss of a person, something to do with our bodies, our environment, or things from our past. We will create a sacred circle that includes gentle movement, sharing of stories, and a symbolic offering.

Ellen Hufschmidt, 14 years ritual experience, leader of workshops, conferences, consultant to individuals, groups and professionals, a co-founder of Birthing Ourselves, an integrative approach to growth and healing.

HEALING CHILDREN OF THE EARTH
AH 215 Discussion/Child Friendly

The purpose of this workshop is to show adults how we teach children boundaries. Presenters will share how they teach children respect for one another, dignity, love for Mother Earth and all her loving things and how together they work with child survivors of sexual, emotional, and physical abuse. Activities will include role plays regarding sexism, racism, ageism, heterosexism, classism, and respect for all spirituality. This will be a hands on discussion group.

Kathryn Moody-Hendricks & Cannady Fritzjunker, two feminist, child-oriented women who have worked in the movement with survivors. They have also worked with children and their moms in counseling, around the issues of abuse by putting the blame back on the perpetrator.

HOW DO I TRUST A GOD WHO HAS BETRAYED ME?
CSU 203 Experiential/Presentation/Meditation & Response

This workshop is designed to offer hope to those struggling with difficult aspects of their spiritual journey. It has three segments - a presentation of spiritual principles which have assisted the presenter in recovery from incest into creativity, a guided meditation to assist participants in contacting their spiritual selves, and individual reflection and sharing.

Alicia Hope Damara, author of workshop on attaining goals, author of *Katy Finds the Truth*, an allegory about recovery from multiple personality disorder.

TO MOTHER, WITH LOVE
AH 217 Poetry

There will be a poetry reading on women, spirituality and the environment. Discussion and search for meaning or interpretation of the poetry and ways to act on the issue presented will follow.

Judi Poulson, poet, peacemaker, presenter at many conferences, schools, churches, has a M.A. in peace studies.

MAKING PEACE WITH OUR CHRISTIAN PAST
AH 231 Paper/Discussion

Whether or not we still call ourselves Christians, whether or not we still believe the Christian message, whether or how often we still go to a Christian church, many of us still struggle with our Christian past. We will discuss areas of discord in making the paradigm shift and options for harmonizing them.

Jeanette Blonigen Clancy, M.A. theology, spirituality, survivor of mid-life womb-tomb, teacher, writer bridging traditional Christianity with eclectic spiritual trends today.

FEMINIST DRUMMING: THE THREE
AH 306 Experiential

We will learn and practice a 3/6 beat. The impulse for the three comes from the hips, the center of a woman's body. It is not martial, square or linear, it is a round beat. We will practice and implant this rhythm into our hands and hearts. Open to anyone 13 years and older who has a percussion instrument.

Susu Jeffrey teaches ritual and shamanic drumming and founded the Pagan Percussion Ensemble.

FREEING THE SPIRIT: MOVEMENT AND MUSIC WITH CHILDREN
AH 208 Movement Activity/Child Friendly

This workshop incorporates simple centering activities to open our voices. We will sign songs of our childhood as well as new children's music, then add global percussion and dance movement to create a musical synthesis of life.

Gloria Hays, has performed widely throughout Wisconsin and abroad in schools, libraries, festivals, and more on a variety of instruments, including hammer dulcimer.

Kristine Pamenter, has devoted her life to enhancing children by conducting the "Golden Rule Religion Class" and regularly visiting classrooms to talk about world citizenship.

INTUITING HEALING ACTIONS FOR GAIA'S BODY
CSU 253 Ritual

Let the four elements be your guide as we weave the connection between Gaia's body and our wimmin's body. We will use guided meditation to explore fire, air, water and earth as they manifest in us, then, dancing together for earth, we'll awaken some of our body's ancient remembrance of this connection.

Kaia Svien, ceremonialist, counselor, and altar maker who works with guided imagery and self-esteem development.

Sage Passi, ritualist/storyteller who uses movement and sound to deepen her stories.

USING YOUR EMOTIONAL WISDOM TO EFFECT CHANGE: RIGHT BRAIN STRATEGIES FOR LEFT BRAIN DEFENSES
CSU 201 Experiential

This experiential workshop will use the Blueprint Energetics techniques of kinesthetic biofeedback. Emotional wisdom is used to resolve internal conflict, thereby creating a change in your external manifestation. If a person is in conflict within a relationship, whether it be personal, political or environmental, resolving the blockage within the personal emotional body brings momentum for external change without control issues.

Cat Thompson, Blueprint Energetics practitioner, through her experience with BE she has converted her madwoman energy to right use of will.

Blue Integrity Seer, is the originator of Blueprint Energetics, a revolutionary therapy that has the right brain teaching the left brain intuitive, creative methods of solving problems.

ACTIVE IMAGINATION II - EXPERIENCE THIS WAY TO EXPLORE UNKNOWN AND UNEXPECTED PARTS OF YOURSELF
AH 221 Experiential/Meditation and Creative Expression

Participants will engage in their own active imagination to connect with inner resources for self understanding and enriched spiritual life. Bring an image from a dream or puzzling experience to explore with active imagination.

Phyllis Vosbeck, Ph.D., is a therapist in private practice. She works with dreams, active imagination, journal, myth, and the body.

HEALING FEELING: ACCESSING THE DEEP FEMININE AND EMBODIED SPIRITUALITY
AH 225 Paper/Discussion/Experiential

This workshop will bring awareness of the wounding of the deep feminine, of feeling, in us as individuals and in our culture. The effects of this are over emphasis on rationality, efficiency and busyness and a loss of meaning, connection, and spirituality. At the level of society the result is alienation, violence, racism and addiction. Emotional healing is essential to access deep feeling. There will be a talk, demonstration and guided experience in conscious, healing respectful touch as a means to heal feeling.

Bevalyn Crawford, MSW in private practice in body oriental therapy (based on Rosen Bodyworks).

CREATING THE SACRED WITHIN THE EVERYDAY: NON-TRADITIONAL CEREMONIES CELEBRATING RITES OF PASSAGE FOR WOMEN
CSU 202 Discussion/Experiential

This workshop is designed to stimulate discussion that will give rise to the interplay and birth of ideas necessary in creating meaningful ritual in our lives. It provides a strong "how to" component. We will focus on the transformation that ritual precipitates and/or formalizes, while encouraging participants to draw upon their creativity.

Kim Laudert, creates tradition and ritual where there is none, mother, feminist, closet clergy, scavenger and artist.

Rachel Fine, brings her creativity as a professional artist and teacher to her experience in creating ritual.

USING MAGIC IN POLITICAL ACTION
AH 203 Discussion/Ritual/Experiential

A brief review of effective political actions by witches and others striving for social and environmental justice will be presented. Participants will then discuss the ethics involved and the importance of assuring a spiritual component in community decision-making. Examples will be given of ritual plans to effect decisions to protect the earth and her creatures. Bring actions you are considering for suggestions on practical, effective magic you can do. We will close with a brief ritual on a current issue (for those who wish to stay 20-30 minutes extra.)

Diadra Decker, owner of Decker Business Consulting, is a leader in environmental, women's rights, and social justice activism, member of the Reformed Congregation of the Goddess (RCG).

Bellezza is an ecofeminist, ritualist, freelance writer, ethnic historian, new grandmother, leader in the Twin Cities Dianic community, and member of RCG.

SPIRITUAL PARENTING

CSU 255A Discussion/Experiential/Child Friendly
As we come to know our own spirituality we face the challenge of how to teach our children about life's mysteries and prepare them for their own life's journeys. We will discuss ways to enhance the spiritual lives of children from birth to adolescence through stories, songs and activities, and suggest ways to include children in our celebrations of the cycles and seasons of our lives. Limited to 25 adults and 12 children.

Adina Lebowitz, software engineer and mother of two bridging the worlds of high-tech and high-touch, she creates rituals and blessings for family and community celebrations, is a contributor to "Mothering" magazine on work and family issues, and is a member of the Jewish Renewal Movement.

Bonnie Resnick, scholar and lecturer on Jewish women and spirituality, attorney, feminist activist, advocate for battered women, writer, mother of two, and wife.

THE SPIRITUALITY OF LEADERSHIP

AH 213 Discussion/Experiential
In today's chaotic world, a new understanding of leadership is evolving. Today's leaders must know how to navigate comfortably through a sea of unknowns, and how to elicit the strengths of people they are working with. This workshop will help you gain hope and focus for your own leadership challenges.

Mary Hayes-Grieco, well known voice for spiritual enrichment in the Twin Cities, creator and host of a weekly radio program, author of *The Kitchen Mystic: Spiritual Lessons Hidden In Everyday Life*.

GLOBAL ACTION PLAN ECOTEAMS OF MN - A HOUSEHOLD PLAN FOR COMMUNITY-MAKING AND ENVIRONMENTAL HEALING

MH 211 Discussion/Experiential
This workshop is designed for women who are deeply concerned about the environmental crisis, and are looking for an effective way to join with others to make a measurable difference. Ecoteams is an international grass-roots organization which focuses first at the household level and builds toward community.

Julia Archer, workshop facilitator, community organizer and artist, community development director for global action plan Ecoteams in Minnesota.

Judy Zirwes, kripalm certified yoga teacher, community volunteer and coach for Ecoteams Minnesota.

WAITING TO EXHALE: FEELING THE LOSS OF DREAMS

CSU 254 Ritual/Experiential
Why didn't anyone ever tell us that fairy tales aren't true? This workshop will help us identify and grieve the loss of our dreams and offer a safe place to create new ones through ritual and sharing.

Patti Christensen and Shelley Jacobson, formed and were part of a ritual group in the Twin Cities for over two years. They continue to celebrate rituals on a personal level, and by crafting and leading rituals for individuals and groups. Among their offerings have been a ritual group entitled "Something About The Women In My Life" and a rejuvenation day for "Women Who Do Too Much".

BODY PRAYERS

AH 211 Ritual/Movement Activity
We will learn "The Lady's Prayer" (the feminine counterpart to the Lord's Prayer), a prayer to the Mother Earth. We will use simple movements derived from Indian and American sign language to "embody" the prayer. The effect is similar to T'ai Chi. Continued in Session III.

Hiyalah Indiga, choreographed this dance while living at Harbin Hot Springs, a New Age Community and Conference Center in California.

Session III

A RETROSPECT OF RE-IMAGING WOMEN'S SPIRITUALITY

MH 210 Slide Presentation
This presentation provides a brief review of women's spiritual history and focuses on the 1994 Re-Imaging Conference and shows art images from the conference exhibitions. It provides an opportunity to discuss this exciting and controversial event.

Terri Berthiaume Hawthorne, M.S. teaches women's studies, was on Re-Imaging Planning committee, is co-author of *STARS in Your Bones* and *Many Faces of the Great Mother*.

Diane Berthiaume Brown, educator and director of CLEAR, Continuing Education, co-author and illustrator of *Many Faces of the Great Mother*.

WOMEN, SEX AND SPIRITUALITY: POSITIVE FORCES FOR PLANETARY HEALING

AH 203 Paper/Discussion/Experiential
A brief overview of women's sexuality and spirituality from the viewpoints of different cultures and political/religious thoughts will be given. Sex as an energetic, creative force, and the importance of these at this time in the evolution of humans and earth will be discussed as well as the use of sacred bodies and spaces as healing forces. While the presentation is mostly lecture, there will be several meditations; discussion and questions will be encouraged at all times.

Leslie Livingston, creative writer, teacher, independent researcher, a philosopher and business woman who lives in reverence and wonder of the world around her.

THE POWER OF THE UNIVERSE

MH 209 Discussion/Child Friendly
This workshop will demonstrate how all things are related within the universe and our relationship to the earth as the center. Utilizing the circle central to American Indian spirituality, participants will begin to see their own closeness to the environment and the power of the universe around them. Discussion will include the exploitation of the many parts of sacred ritual.

Mary Van Voorhis, Eastern Cherokee, assistant professor in secondary education/women's studies at Metro State College of Denver.

COSMIC CHI: OUR BIRTHRIGHT AND THE "KEY" TO HEALING

CSU 254 Experiential: Standing Meditation
The Divine energies of the Cosmos - of the Great Mother - are available to each and every one of us limitlessly and continuously. In this workshop you will learn to access this energy and learn to use it as meditation, for self-healing, and for the healing of the Planet Powerful.

Gaia Lamb, M.A., co-author of *The Sedona Vortex Experience* and director of Wild Woman Retreats International, has been guiding people to rebond with mind, body and spirit and with Mother Earth for 10 years.

MAKING CONNECTIONS: INTERNET SPIRITUALITY

AH 221 Discussion/Round Table/Child Friendly
Computers operate as a new way to escape the limitation of place and social restrictions. This particular list on Internet is of special relevance to people interested in information or in sharing in the new growth in women's spirituality. We will discuss issues including the nature of computer communication, concerns of those whose spirituality is "in the closet" and the power of networking.

Laura Lyn Inglis, teaches philosophy and religion at Buena Vista College and is an active participant on the women's spirituality list, although a novice in the world of computer literacy and the information highway.

Peter K. Steinfeld, teaches philosophy and religion at Buena Vista College, is a lurker on the list, and is the resident expert on this team's experience on computer networking.

A PLAYFUL JOURNEY IN HEALING AND HOPE

CSU 253 Discussion/Ritual/Experiential/Movement Activity/Child Friendly
Is your creativity blocked, sidetracked, stuck? Are you weighed down with shoulds, censoring yourself? We all have a creative spirit, an inner child that wants to play in a safe environment. Through the use of humor, movement, drawing, and sound we hope to give a sampling of ways to allow the artist/creative child in each participant ways they can foster their own creativity. Welcome, you are invited to relax, let go and join us; it's time to play.

Deborah Waldbaum, has Master's degree from St. Marys, her specialty is being a motivator for transforming people's lives, has been a successful trainer for nine years.

Nancy Schiebe, has a degree in counseling psychology and communications, is a nationally known artist, humorist, and workshop facilitator.

Ruth Enstad, has her Master's degree from Mankato State, has taught women's studies for five years, is a facilitator of self-esteem for children of all ages and values collaborative work and play.

BODY PRAYERS

AH 211 Ritual/Movement Activity
CONTINUATION FROM SESSION II. We will learn "The Lady's Prayer" (the feminine counterpart to the Lord's Prayer), a prayer to the Mother Earth. We will use simple movements derived from Indian and American sign language to "embody" the prayer. The effect is similar to T'ai Chi.

Hiyalah Indiga, choreographed this dance while living at Harbin Hot Springs, a New Age Community and Conference Center in California.

WOMEN, CREATIVITY AND NATURE

AH 222 Experiential
Creativity is life's spiritual energy. Your creative seeds have been planted. The environment provides the elements to help them grow. Explore ways to enhance your life as a woman through nature and the creative process.

Deborah Zavitka, writer and facilitator, has bachelor's and master's degrees in education.

A CEREMONY OF DREAMS

AH 208 Ritual/Experiential/Movement Activity
Giving expression in physical reality to dreamed material is a way of embodying Spirit. In this workshop, we will share dream experiences. With dreamed words, sayings, chants, sounds, gestures and movement, we will create a joyful ceremony.

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

RITUAL OF NURTURANCE

CSU 202 Ritual
Receive a beautiful ceremony of caring by giving and receiving nurturance through light touch and sacred water. Experience being symbolically washed and fed by the spirits of water.

Ellen Hufschmidt, has 14 years ritual experience; leader of workshops, retreats and conferences; consultant to individuals, groups and professionals; a co-founder of Birthing Ourselves, an integrative approach to growth and healing.

THE SACRED CIRCLE - THE SEASONS OF THE EARTH - THE SEASONS OF MY LIFE - THE SEASONS OF MY FAITH - CELEBRATIONS

AH 215 Paper/Discussion/Ritual/Experiential
Goddess Spirituality celebrates the seasons of our earth. Our Christian worship celebrates the Liturgical Cycle. Their roots are identical. At Interweave we have been integrating them, celebrating the eight holy days of the earth for five years. We'll share some of our rituals and reflections with you.

Lucy Edelbeck, facilitator for retreats and workshops on woman's spirituality; founder and coordinator of INTERWEAVE: WOMAN GATHERING, artist who designs LUCY'S CARDS. Co-presenter not yet confirmed.

IMAGINING THE SELF

AH 220 Experiential
Through a relaxation exercise and paper and crayon medium, this workshop will help open the door to your creative self and help define, via spontaneous imaging, WHO AM I? WHY AM I HERE? WHAT AM I TO DO? and HOW DOES THE UNIVERSE AFFIRM ME? Tools for this workshop - crayons and paper. No artistic ability needed.

Kathleen Giguere, licensed clinical social worker, therapist for individuals and couples in Eagan, MN, author of a recently published book Imaging the Self - A workbook for physical, emotional and spiritual growth.

Carol Safer, mentor, teacher, financial advisor and caregiver, has a background in yoga, dream facilitating and spontaneous imaging. Her creative talents include wood carving and co-creating the workbook Imaging the Self.

WATER SPEAKING

CSU 255A Experiential
The Brook Speaks - The Wave Speaks - The Rain Speaks - Go Forth Into Nature - Drinking In - Pouring Forth - Making Rain. This workshop will raise or reinforce the awareness of the participants regarding Mother Nature as a source of much of what we need to live in balance - emotionally, intellectually, physically, and spiritually. We will call for a commitment to protect our surface and ground water.

Karen Isebrands, lives in the woods on a pristine lake in northern Wisconsin and feels a strong connectedness to Mother Nature - she is my source.

HEART PATH™ SPIRITUAL NETWORKING

CSU 203 Experiential/Discussion
HEART PATH™ Spiritual Networking brings together people with a variety of spiritual backgrounds and beliefs. HEART PATH™ provides a joyful, nonjudgmental atmosphere of caring support. Each person's wisdom and experience are welcomed and respected. HEART PATH™ is about honoring each other and all life. People who are supported and empowered create community where everyone succeeds.

Anita Halcyon Cooley, president of HEART PATH™ Spiritual Networking Inc., delights in bringing people together and experiencing the magic of synergy. A natural "spiritual cheerleader," she networks and speaks nationally.

SHIATSU - A JAPANESE FORM OF BODY WORK

CSU 101 Movement Activity
Addresses the ancient Oriental traditions of health within the context of Shiatsu, a Japanese form of body work. The presenters shall describe the fundamental principals of Oriental medicine, relative to beginning Shiatsu. A demonstration of a simple Shiatsu routine shall provide a rudimentary introduction, followed by a practice session.

Kyra Valentine, certified massage therapist (CMT), graduate of the Madison School of Massage Therapy, private practitioner, independent contractor, use of various therapeutic massage modalities.

Karen Nickels, certified massage therapist (CMT), graduate of the Madison School of Massage Therapy, private practitioner, independent contractor, use of various therapeutic massage modalities.

CENTERING WITH THE FEMININE DIVINE

CSU 255B Discussion/Ritual/Experiential/Movement Activity/Child Friendly

For those persons on spiritual journeys exploring the Feminine Divine present within self and each other. This workshop will encourage participants to enter into quiet and silence. Techniques and methods will be presented to help refine one's intuitive faculties. Discipline designed to make one aware of the spiritual in the environment will be focus. There will be ritual prayer and quiet.

Claren Sellner, Franciscan Sister, studied prayer of many different forms, teaches the discipline at Centering, knows all of life and creation as gift, challenges and embraces a new world view.

TIJAH - MOVEMENT OF BREATH AND LIGHT

MH 206 Movement Activity
TIJAH is a moving meditation which uses the forms of Tai Chi, yoga, and dance to integrate the breath and movement as one. Participants will learn the TIJAH movement sequence to access, open and activate energy channels for healing on many levels.

Deb Schubert, dedicated spiritual healer, channel, and Reiki Master who brings many past experiences into the meditative movement area.

CREATING SPIRIT-FILLED SPACES

CSU 204 Paper/Discussion
Jean Captain and Cedar Spring
SEE SESSION I

BUSINESS IN BALANCE

MH 211 Experiential
Kim Pentecost and Bobbie Martin
SEE SESSION I

WOMEN WITH WINGS: SUFI ORDER OF MADISON WOMEN'S CHOIR

AH 121 Ritual/Experiential/Movement Activity
Mary Sheehan and Katya Luomala Whiterabbit
SEE SESSION I

THE DOWNWARD SPIRAL: A PERSONAL AND SOCIAL ECOLOGY

CSU 201 Experiential
Theresa King and Brenda Hoffman
SEE SESSION I

Session IV

LOVING OUR LESBIAN SELVES

CSU 201 Paper/Discussion/Experiential
In a culture that is often slow to appreciate the beauty of our same-sex loving, we need to be creative in finding sources of affirmation. Through singing, listening to affirmations, guided journaling, self-affirmation exercises, and group interaction, we will celebrate the beauty within ourselves and in each other, while honoring our commonality as lesbians, bisexuals, and women exploring same-sex attractions.

Eleanor Ruth, "late-blooming" lesbian, author of a book of affirmations for lesbians and gay men.

ENVIRONMENTAL ETHICS: A HINDU PERSPECTIVE

MH 211 Paper/Discussion
This workshop will explore environmental ethics with the Hindu perspective. It will address the relationship of the Absolute (Impersonal God), Humans (Individual Souls) and Nature. Interconnectedness between the three seems to serve as the contributing factor for the implementation of environmental ethics.

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

Melissa Bryan, employee and graduate student at the University of Minnesota, majoring in industrial relations with a focus on international human resources.

DREAMING THE EARTH - BODY CONNECTION

AH 217 Discussion
Dreams are intriguing messages from the unconscious using the language of symbols. Observing dreams offers the believer a creative perspective. An increasing interest is occurring in this untapped source of wisdom that our ancient ancestors knew and heeded. After a brief presentation, the participants will be allowed to share dreams about their bodies and about the earth, its ailments, yearnings, healings and cycles.

M. Catherine Desmond, RN, MEPD, MS, Psychotherapist, best teachers have been husband, sons, their spouses, friends, colleagues and clients.

COMING OF CORN

AH 208 Ritual/Experiential/Movement Activity/Child Friendly
This workshop will ignite people with a sense of Earth using corn as a metaphor for the fruit of any labor. We hope to open the pathways to understanding our potential through thought and action, via ritual, legend, dance, visualization, aromatherapy, and the coming of corn. There will be an exchange of corn bundles.

Heidi Scott/Corn Woman, founder of Relaxation Artistry and corn woman, jewelry art. She uses massage therapy, dance/movement, aromatherapy, and Native Indian Corn to achieve health, beauty and wholeness.

Deblyn Russell, founder of Creative Connections, a service devoted to freeing the creative spirit through the visual, performance and healing arts.

"I MUST LET GO;" CRONE POWER IN YOUR LIFE

CSU 204 Ritual/Experiential/Movement Activity/Storytelling
Within a ritual format, we will explore the power of the dark goddess, knower of mysteries, wise woman and transformer. The crone symbolizes the power to let go, the power of death and rebirth. Through guided visualization, story and song, we will get in touch with our own personal crone, ancient and wise beyond all years.

Nancy Vedder-Shults, women's studies lecturer at UW-Madison; performer at National Women's Music Festival; new cassette "Chants for the Queen of Heaven"; contributor, The Womanspirit Sourcebook; former presenter/performer.

THE CHILD: THE HOPE - HOW TO PLAY & COMMUNICATE OUR IDEALS

AH 306 Movement Activity/Child Friendly
Childhood games, fingerplay, puppetry and storytelling all help mold our children into what we hope they can be. We will sign, dance, drum and play using global acceptance as our theme.

Gloria Hays, has performed widely throughout Wisconsin and abroad in schools, libraries, festivals, and more on a variety of instruments, including hammer dulcimer.

Kristine Pamenter, has devoted her life to enhancing children by conducting the "Golden Rule Religion Class" and regularly visiting classrooms to talk about world citizenship.

FROM CRISIS TO TRANSFORMATION

AH 219 Paper/Discussion
Are you experiencing a nameless restlessness and a sense of unknown urgency? Do you wonder if the Earth and her inhabitants are moving toward a destiny beyond its endless cycle of birth, suffering, reproduction and death? What does science and prophecy allude to regarding human potentiality, and where does Mother Earth fit into the Cosmic Scheme? This workshop is for the seekers who intuit that the individual has a purpose in the Greater Cosmic Pattern, and that purpose is far greater than we now experience.

Christina Mana Potyondy, M.A. in Religious Studies, educator, intuitive counselor and psychic, healer and minister, a seeker after Universal Consciousness.

HEALING CLASS: TECHNIQUES FOR CHANNELING ENERGY

CSU 202 Experiential
This workshop will use specific methods to access and open the channels or meridians of the body through which healing energy flows. Techniques will be learned to direct the energies through hands on practice and to align and balance the energy system for health, harmony and clarity of vision.

Deb Schubert, dedicated spiritual healer, channel and Reiki master experienced in conducting workshops throughout the United States.

SINGING OUR WAY HOME - MUSIC OF EARTH AND HEART

AH 233 Experiential/Movement Activity/Child Friendly
Celebrate our spirit connection with the Earth through the power of song. Bring your voices, rattles and drums to join in on some of Kay's favorite Earth chants and circle dances. "What are we here for on this Earth, but to open our hearts to the shape of her song".

Kay Grindland, singer, songwriter, storyteller and workshop facilitator performs music of Earth, Heart and Healing for both adults and school children.

BELONGING AND HEALING: LIVING IN THE UNIVERSAL RHYTHMS

CSU 254 Discussion/Experiential/Movement Activity
Participants will have the opportunity to take part in storytelling and simple movement meditations designed to enhance awareness of the universal rhythms and spiritual meaning present in ordinary movement and experiences with "nature".

Beth Briese, psychotherapist, raised by an oak tree, trained in outdoor recreation and psychology, student of spiritual traditions and environmental sciences, psychotherapist.

BETWEEN MOTHERS AND DAUGHTERS

AH 221 Discussion/Experiential
Mother . . . love her, hate her, separate from her, emulate her. We will explore our own relationships with our mothers: how they have shaped who we are as women, and the implications for how we mother our own daughters. We'll look at how mothers and daughters are joining together to break the cycle of separation, loss, and betrayal, and are transforming the mother daughter relationship into power and connection.

Rosalie Malter, transpersonal psychotherapist and a yoga teacher. Her practice involves art therapy, stress management and family dynamics, travels widely, has four grown children and three grandchildren.

Adina Lebowitz, software engineer and mother of two. She is Rosalie's eldest daughter, a contributor to "Mothering" magazine on work and family issues, and a member of the Jewish Renewal Movement.

HEALING THROUGH THE MANDORLA: "ON EARTH, AS IT IS IN HEAVEN"

AH 213 Ritual
Participants will share symbols, words, and movements reminding us of both the destructive and constructive forces of nature within ourselves and our world. A healing rite will be created in the sacred space and meeting place of our interconnectedness.

Jean Marie Lauer, calls forth inner reflections and outward expressions in creative explorations of spirituality with individuals and groups through "LIFESTREAMS".

THE SPIRIT HOOPS: A TRANSFORMATIVE ART WORKSHOP

CSU 203 Experiential
The "Spirit Hoops" boldly blend artistic, cultural, and mythic traditions in an art piece from which I've developed experiential workshops. This workshop will allow individuals to integrate the cognitive, emotional, and spiritual aspects of their lives, and also to better understand themselves in a larger context, as part of a larger tapestry.

Jeanne Wiger, artist, educator, feminist, spiritual guide, family therapist, and internationally recognized innovator of personal growth and communication.

WE ARE THE CIRCLE

CSU 101 Ritual/Experiential/Movement Activity
The feminine spirit is intricately connected with the earth spirit. As co-creators of the universe, we need to find ways to explore this connection and share our new-found strength. Participants will be led to discover new ways to connect with the universal energy through movement, song, ritual.

Julie Howard, composer, writer, teacher, ritualist, and director of the Crayons, a children's performing group who sing and record her children's music. Author of We Are The Circle: Celebrating the Feminine in Song and Ritual, wife, mother, grandmother of nine.

Susan Lattam Wood, involved in retreat work for more than a decade, work incorporates elements which comprise our common heritage, drawing from Christian, Native American, and Eastern traditions, melds perspectives into useful practices for people seeking a deeper spiritual walk.

WOMEN OVER 80, AN UNTAPPED RESOURCE

CSU 255B Discussion/Video/Guided Trance
A background of the project on women over 80 is presented with a brief video presentation. The concept of having a wise old woman within is presented with a guided trance inward to meet her.

Mary R. Rafferty, M.S., counseling, certified hypnotherapist, wholistic health provider, artist, somewhat wise and wildish and jungian oriented.

SMUDGING FOR BODY, MIND AND SPIRIT

AH 222 (may be outside) Discussion/Ritual/Experiential
As we heal our inner self and therefore the planet, we bring together our body, mind and spirit. Keeping our personal space clean brings to us heightened sensitivity and spirituality. We will instruct on the how and why of smudging and lead a '7 direction' meditation.

Judy Garrison, artesian, astrologer, healer, teacher and grandmother, has been smudging for 5 years and speaks freely on its transformational effects on her life.

Ellen Overaa, creator of love, joy, abundance and outrageous bead work.

THE CRONE

CSU 253 Ritual/Experiential/Movement Activity
A ritual to honor the crones we know and the crones we are becoming. A crone is an old woman who is wise by virtue of having survived so many years in a woman hating society. In this society, she is looked down on. It's time we honored her. This ritual will include story telling (telling of the crones we have known), drumming, dancing, singing, and raising energy to honor The Crone.

Antiga, feminist witch, writer, singer, and outrageous womoon. She is finding her crone years the richest and most challenging yet.

Nokomis, feminist witch whose experience with old women leads her to want to honor the crone.

GETTING IN TOUCH WITH YOUR INNER WOLF

CSU 255A Experiential/Movement Activity
Anne Firestone
SEE SESSION I

STONE STORIES

AH 202 Experiential/Child Friendly (10 and up)
Katherine Tilton and Laurie Johnson
SEE SESSION I

PATH TO WORLD ASCENSION

25

by Clark
SESSION I

Paper/Discussion/Experiential

BRINGING PEACE WITH OUR CHRISTIAN PAST

201

Cherette Blonigen Clancy
SESSION II

Paper/Discussion

BRINGING FEELING: ACCESSING THE DEEP FEMININE AND EMBODIED RITUALITY

121

Malyn Crawford
SESSION II

Paper/Discussion/Experiential

WOMEN, SEX AND SPIRITUALITY: POSITIVE FORCES FOR PLANETARY HEALING

203

Lillian Livingston
SESSION III

Paper/Discussion/Experiential

Session V**RETURNING HOME: REBONDING WITH THE GREAT MOTHER**

CSU 254

Through breath and movement that is natural and healing to the body/mind we will experience the release of the pain of separation, the gentleness of being at home in this material or physical body, and our connection to the Great Mother.

Movement Activity

Maia Lamb, M.A., co-author of The Sedona Vortex Experience and director of Wild Woman Retreats International, has been guiding people to rebond with mind, body and spirit and with Mother Earth for 10 years.**MUSIC IMPROVISATION AND EARTH SPIRITUALITY**

CSU 101

How to center and tap into the creative goddess-earth spirit within in order to release the creative self. Messages we get as women early on that stifle our confidence and how to overcome these will be exposed. Presenters will also demonstrate on electric violin and other instruments and invite participation. There will be instruments provided, but if you have an instrument, please bring it! Voice and percussion also welcome.

Presentation/Formal Paper/Experiential/Child Friendly

Michelle Dunkirk, studied in England, Russia and Juilliard School of Music, is a recording artist, gives concerts, seminars and owns Howling Moon Productions.

Lisa Fuglie, has lived and studied in Nigeria, Kenya and Thailand, composed the scores to seven plays and records original music.

SENSING FROM OUR WILD SIDE

CSU 204

An exploration into the wildness within, in order to reconnect to our passionate, instinctual selves, which, in turn, will allow us to connect more deeply to Mother Earth.

Ritual/Experiential/Movement Activity

Tory (Vicki) Stewart, mother of four, massage therapist and business manager at Turtle Island Health Center in St. Paul where she also teaches classes on women's health and spirituality.

Christee Donovan, mother of four, community activist and spiritual explorer.

CIRCLES OF STONE

CSU 253

A personal pilgrimage to some of the neolithic earthworks of Britain will be presented. Presenters will share their impressions of and readings about sacred sites, including their speculations on the role of the goddess at stone circles. We will close with a short participatory ritual.

Ritual/Presentation/Photographic Slides

Win Weston, artist, facilitator of women's groups with focus on aging, involved with women's spirituality and earth-based spirituality for 12 years.

Verna Alt, crone, hedgewitch, also involved with women's and earth-based spirituality for 12 years.

FEMINISM, PHENOMENOLOGY AND A GEOGRAPHY OF THE BODY: BREAKING NEW GROUND IN FEMINIST ONTOLOGY

CSU 203

This workshop explores a geocentric account of the phenomenology of women's bodily and spiritual experience in the world. Woman is presented not only as an inhabitant of the Earth, but also as a habitat. Through a geographical redefinition of the female body, the reciprocal-relatedness between inhabitant and habitat can be seen and celebrated. Drawing from our collective experiences, we will examine the ways in which woman is a habitat. We will conclude with a collective re-creation of the geography of the Earth and of the female body.

Paper/Discussion/Experiential

Andrea Denise Watson, M.A., is a philosopher, feminist and poet and is a graduate student in Women's Studies at Mankato State University.

FROM SORROWING WOMAN TO REJOICING KRONE

CSU 255B

The presenters will use poetry, experientials, guided imagery and music and will give their thoughts on grief, joy and spirit. We will discuss self-esteem, grief closure and healing. We will close with a relaxation exercise.

Discussion/Experiential

Paula Mollenhauer, M.S. Krone, poet, consultant, has 12 years experience as group therapist and 64 years experience in living.

Marit Riley, B.S. musician, business woman, group facilitator, writer, fashion model.

TEMPLE MAINTENANCE: EXERCISE FOR THE BODY AND SOUL

CSU 201

In this workshop we will learn techniques for maintaining physical health, rigor, flexibility and for strengthening, centering, balancing and toning the body/soul connection.

Movement Activity

Sueanne Johansen, African American woman with experience in leading successful women's exercise group since 1988 with special focus on large women.

Carol De Goer Langworthy, Ph.D. candidate, employed at St. Catherine's College, exercises regularly with Sueanne.

WORK AND PLAY WITH NATURE'S ELEMENTAL SPIRITS

MH 211

Do you believe in fairies? I do. In this fun storytelling workshop, the presenter will lead the way to sharing our experiences with the playful world of the devas and elemental spirits in the natural world. You will also learn some guidelines for establishing a relationship with these joyful beings and becoming co-creators in the work of restoring the planet to the garden it can be.

Discussion/Experiential/Child Friendly

Mary Hayes-Grieco, well known voice for spiritual enrichment in the Twin Cities, creator and host of a weekly radio program, author of The Kitchen Mystic: Spiritual Lessons Hidden In Everyday Life.**INTRODUCTION TO PERSON CENTERED ASTROLOGY**

AH 220

Nancy Lee Madsen
SEE SESSION I

Formal Paper/Discussion

LEARNING AS SPIRITUAL PRACTICE: A TOOL FOR ECOFEMINIST AND OTHER BREAKTHROUGH THINKING

AH 209

Deborah Fink and Abigail Loomis
SEE SESSION I

Discussion/Experiential

EARTH HONORING/EARTH HEALING RITUAL

CSU 202

Barbara J. DesMarais
SEE SESSION I**HONORING OUR GRIEF**

CSU 255A

Ellen Hufschmidt
SEE SESSION II**A CEREMONY OF DREAMS**

AH 208

Mary Flaten
SEE SESSION III

Ritual/Experiential/Movement Activity

THE SACRED CIRCLE - THE SEASONS OF THE EARTH - THE SEASONS OF MY LIFE - THE SEASONS OF MY FAITH - CELEBRATIONS

AH 215

Lucy Edelbeck and Co-presenter
SEE SESSION III

Paper/Discussion/Ritual/Experiential

TJAH - MOVEMENT OF BREATH AND LIGHT

MH 206

Deb Schubert
SEE SESSION III

Movement Activity

Saturday Night Happenings

Celebrate the Goddess in each other!

PLANTING IN THE DUST is a one act/one woman drama in which Annie, a young farm woman, reveals her connection to the land and the satisfaction of farming it right. The actress for this performance is Joan Lisi. Ms. Lisi is a professional actress from Minneapolis, MN, with stage experience in a variety of roles. She has toured throughout the United States and Canada with "Planting in the Dust" and performs with the Park Square Theatre in St. Paul, MN. 7:00 p.m. in CSU Ballroom, Saturday, October 22.

Open Stage! Please bring poetry, music, stories, etc. to share. Saturday, October 22, 1994, 7:45 p.m., INDIGO (CSU downstairs)

Drumming and Dancing - Saturday, October 22, 1994, 7:45 p.m., CSU 255 A&B.

There are more rooms available 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) 389-2077. We will announce gatherings on the blackboard, which will be next to the Registration Desk.

Conference Information & Services

Past keynote speakers from 1982 to 1993 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"), Luisah Teish (no theme), and Neala Schleuning, Carol Ann Russell, Rachel Tilsen ("The Power of Words: An Honoring of Meridel Le Sueur"), and Jean Shinoda Bolen ("The Grail is the Goddess").

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

MEALS: The main cafeteria in the CSU, will be open on Saturday from 9:00 a.m. - 2:00 p.m. and Sunday from 8:00 a.m. until 2:00 p.m. There will be a Saturday night buffet which will cost \$9.00. Please see Dinner Registration form.

MENU

Buffet which includes:
Lasagne (Meat & Vegetarian)
3 Salads
2 Vegetables
Rolls & Butter
coffee, tea or ice tea
2 desserts

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. Be aware you may not park in Handicapped space without a permit.

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. We have blocked rooms in the motels with a *. When calling give them the Group number or tell them it's for the MSU Women and Spirituality Conference.

*Comfort Inn - (507) 388-5107 or 1-800-221-2222
*Super 8 Motel - (507)387-4041 or 1-800-848-8888
Riverfront Inn - (507)388-1638
Holiday Inn Downtown - (507)345-1234 or 1-800-HOLIDAY
*Best Western Garden Inn - (507)625-9333 (Group # 1022)
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
Butler House Bed & Breakfast (507) 387-5055
Americinn - St. Peter - (507)931-6554
St. Peter Motel - St. Peter - (507)931-3100
South Side Motel - St. Peter - (507)931-4100
Viking Jr. Motel - St. Peter (507)931-3081
Green Lawn Motel - Eagle Lake - (507)345-3731
Park Row Bed & Breakfast - St. Peter (507) 931-2495
Budget Holiday Motel - New Ulm (507) 354-4145
Le Sueur Downtown Motel - Le Sueur (612) 665-6246
Campgrounds
Cedar Grove -Lake Crystal (507) 546-3598
Point Pleasant - Madison Lake (507) 243-3611

SPECIAL SERVICES: MSU is wheelchair accessible. Anyone who desires special arrangements during the conference, call us at (507) 389-2077 prior to the conference or stop by the registration desk. A sign interpreter will be provided for the keynote address only.

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 9:30 - 12:45 and 2:00 - 6:00 and Sunday from 8:30 - 12:15 and 1:30 - 4:45. (**Note - children must be picked up for lunch breaks.**) Costs will be \$12.00 for one day and \$24.00 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 a 9:00 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) 389-2077 no later than Wednesday, October 7. 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 7.

Note: These scholarships DO NOT include meals or child care.

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, drums, 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 "The Indigo".

Refunds for registration and/or food are available upon written request, prior to October 7. You must provide a copy of your cancelled check (front and back) with this request, along with your social security number.

For answers to any questions, call or write:

Women and Spirituality Conference
MSU 300, Mankato State University
P.O. Box 8400
Mankato, MN 56002-8400
(507) 389-2077

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 the stop sign on North Riverfront Drive. At the second 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,

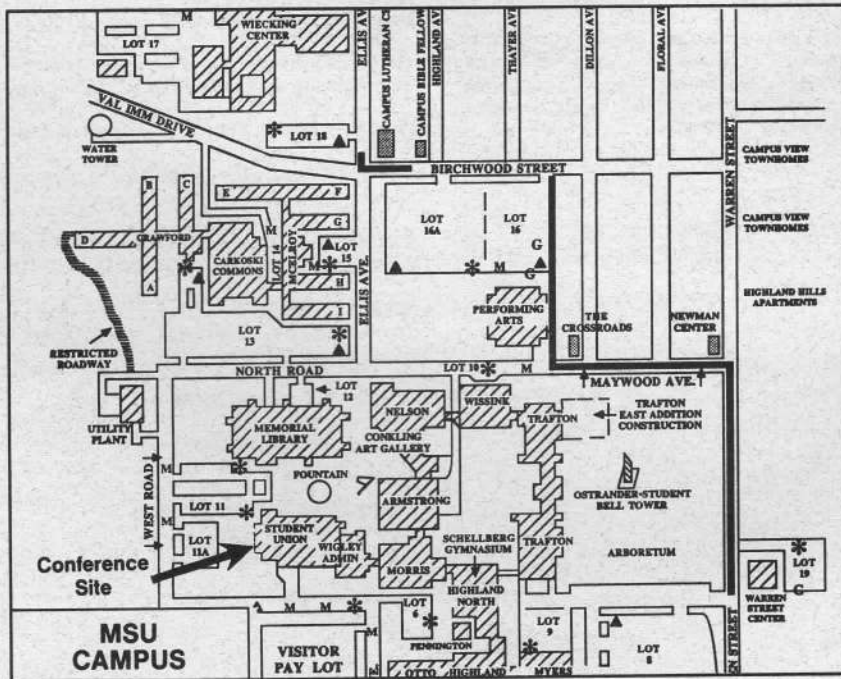
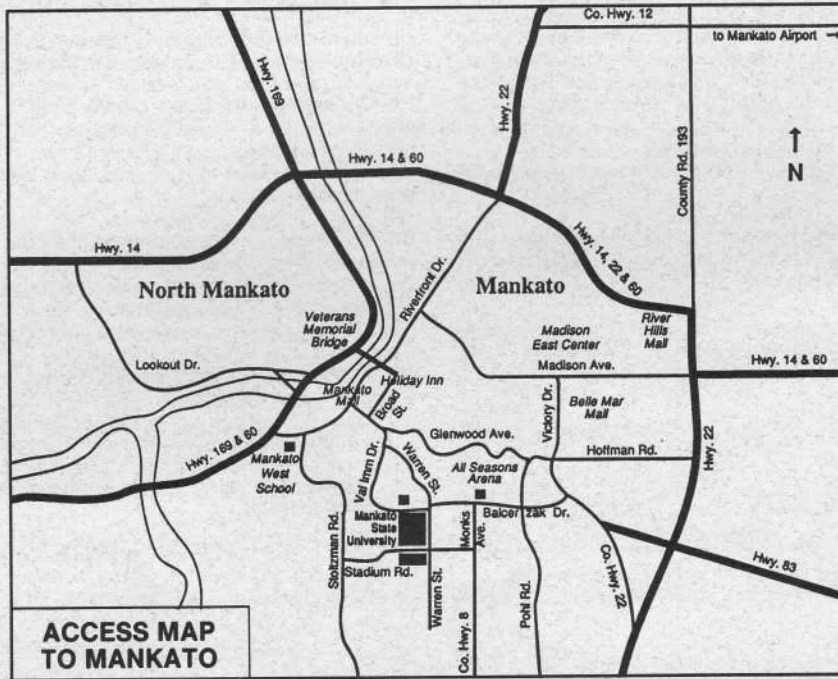
you have arrived on campus. Use your campus map to find designated visitor parking.

Highway 14 (coming from the East)

Continue on Madison Avenue. Turn left at the intersection of Madison Avenue and Victory Drive. 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 Hwy. 83. Turn right at stop sign. Turn left onto Balcerzak at stoplight. 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 Oct. 7)

Name _____ Phone (____) _____
 Full Address _____

(This housing form is NOT for workshop presenters.)

- 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. **NO refunds please.** Please include check with registration and mail to:

Mankato Church Women United
 c/o Genevieve Mocal
 311 Lafayette Street
 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

(Send check with registration \$12 per day)

Days Needed: Saturday, October 22 Sunday, October 23

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) 389-2077 at least 72 hours in advance of event.

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Registration Form

Registration must be postmarked by October 7, 1994 for reduced rates. Make checks or money orders payable to: Mankato State University. Mail to: Women and Spirituality Conference, P.O. Box 8400, MSU 300 Mankato State University, Mankato, MN 56002-8400. For more information call (507) 389-2077. This form may be duplicated for multiple registrations.

(One person per registration form. Please print neatly or type.)

Name _____
 Address _____
 City _____ State _____ Zip _____
 Day Phone # (____) _____ Evening Phone # (____) _____

- Please check if this is a change of address.
 Please check if not on our mailing list and would like to be.
 Please check if you are currently a MSU student.

Please check one:

- Pre-Registration
 \$35 General
 \$15 Minimum Income/Student
 Low Income Scholarship**
 Women of Color Scholarship***

Postmarked after October 7:

- \$40 (Late Fee)
 \$20 (Late Fee)

PLEASE NOTE, WALK IN REGISTRATION WILL BE \$45!

** 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 any time during the conference. Also during that time, conference information packets will be distributed. Full refunds for registration are available upon written request, prior to October 7. You must provide a copy of your cancelled check (front and back) with this request, along with your social security number.

Dinner Registration (Deadline October 7)

Please check if you want to register for Saturday dinner. Refund for the meal is available upon written request prior to October 7. No refunds will be given after this date. **You must provide a copy of your cancelled check (front and back) with this request, along with your social security number.**

- 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 _____
 Check one: Grade PN Credit in Religious Studies:
 Check one: Credit in Women's Studies: Call # Course #
 4868 1790-490-01 2515 1169-450-01
 4874 1790-590-01 2517 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
 Do you plan to work toward a degree from MSU? yes no
 I am registering as: (Check one)

- Undergraduate resident - \$56.11 Graduate resident - \$78.76
 Undergraduate non-resident - \$101.81 Graduate non-resident - \$119.26

These rates DO include the MSU activity fee. STUDENTS FROM WISCONSIN, NORTH DAKOTA, SOUTH DAKOTA, MANITOBA, ETC. WHO HAVE BEEN APPROVED FOR TUITION REC/IPROCIITY 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 22 and 23, 1993
Registration begins Saturday 8:30 a.m.

"Feminism, Spirituality and the Environment"

Keynote Speaker
Karen Warren

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, Religious Studies, College of Graduate Studies, and Women's Center

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

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