

# 14th Annual WOMEN & SPIRITUALITY CONFERENCE

The Women and Spirituality Conference was born thirteen 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.

## 1995 Keynote Speaker



Kate Rushin

The Fourteenth Annual Women and Spirituality Conference will be held at Mankato State University on Saturday & Sunday, October 14 & 15, 1995. This year our Keynote Speaker is Kate Rushin. She is an African American poet and teacher. Her first book of poem, **The Black Back-Ups**, published in 1993 was chosen by the New York Public Library as a "Books for the Teen Age 1994" selection and was nominated for a Lambda Book Award. She is a recipient of

the Massachusetts Artists' Foundation Fellowship, the 1988 Grolier Poetry Prize and an Honorable Mention in the 1994 Galway Kinnell Poetry Contest. Rushin is a former fellow of the Fine Arts Work Center in Provincetown and has attended Cummington Community of the Arts and the Breadloaf Writers' Conference. She collaborated with The Underground Railway Theater on the play "Sanctuary: The Spirit of Harriet Tubman." Her poems have appeared in

**The Black Woman's Health Book, Double Stitch, This Bridge Called My Back: Writings By Radical Women of Color, Home Girls: A Black Feminist Anthology, An Ear to The Ground: An Anthology of Contemporary American Poetry, New Worlds of Literature, "Ms. Magazine," The English Teaching Forum and "Callaloo."** Rushin worked as a Massachusetts Artist-In-Residence in high schools and elementary schools for seven years. From 1982-1992, she was a member of the New Words Book Store Collective in Cambridge, MA, and has taught courses on writing and Black Women Writers at Brown University, Massachusetts Institute of Technology, Boston University, Curry College, UMASS Harbor Campus and South Boston High School and the Jefferson Park Writing Center. She received her B.A. from Oberlin College and her Master of Fine Arts in Creative Writing from Brown University. Currently, she is Director of The Center for African American Studies and Visiting Writer at Wesleyan University.

## Schedule

### Saturday, October 14, 1995

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 15, 1995

8:30 Conference Site Opens  
9:30 - 11:00 Session III  
11:00 - 12:30 Lunch (on your own)  
12:30 - 2:00 Session IV  
2:00 Closing Celebration

## The 1995 Planning Coordinators:

Therese Wall, Co-Coordinator  
Genét Pierce, Co-Coordinator  
Cindy Veldhuisen, Assistant to the Coordinators  
Andrea Denise Watson, Graduate Assistant  
Nancy Bushnell & Linda Ridlehuber, Ceremony Coordinators  
Sandra Tanner, MSU 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

#### CELEBRATING THE SOLSTICES AND EQUINOXES

CSU 203

Child Friendly

This workshop will give a better understanding of the traditional agricultural and solar holidays. We will be looking at the celebrations of Yule/Winter Solstice, Ostara/Spring Equinox, Midsummer/Summer Solstice and Mabon/Autumn Equinox. We will be discussing the meaning of these holidays, giving examples of ways to celebrate them, and doing craft projects.

**Schon Wade**, an African-American woman who celebrates the solstices and equinoxes, is a graduate of Mankato State University and is a Daughter of Yemaya, the great Yoruban Sea Goddess. Schon and Deborah Wade own Once In A Blue Moon, a spiritual consultation and education service.

**Deborah Wade** is studying for her ordination through The Reformed Church of the Goddess. Deborah is a graduate in theology from St. Benedict's College and is a vitki (Rune Master). She is a Daughter of Freyja and Yemaya and shares her life with Schon.

#### A RETURN TO SANITY: WHAT IS REAL SPIRITUALITY?

AH 225

Experiential

This workshop is based on the idea that most people think of spirituality as something to be attained or worked toward rather than something that is already there and just needs to be acknowledged and allowed to open and expand. Aimed at the person who wants to experience more zest and radiance in their everyday life.

**Rev. Dr. Paula Sunray**, director and founder of Sunray Healing Haven and National Interfaith Seminary, leading expert in mind-body-spirit transformation, teacher, author, educator, counselor, healer, inspirer.

#### LEADERSHIP BY WOMEN: WOMEN'S INTERNATIONAL LEAGUE OF PEACE AND FREEDOM (WILPF) AND THE FOURTH U.N. CONFERENCE ON WOMEN

MH 211

Paper/Discussion

In this workshop we will experience the Fourth United Nations Conference on women in Beijing and the preparatory WILPF Peace train ride from Helsinki, Finland through Eastern Europe, Turkey, Kazakhstan to China in a slide presentation. The leadership of global women will be highlighted.

**Donna J. Malum**, who has master's degrees in education and theology, has taught at St. Cloud State University for several years and has been involved with women in ministry, business and education.

#### WOMANSONG: RELEASING THE SPIRIT WITHIN THROUGH MUSIC

CSU 101

Original Song/Personal Story

The presenter sings her original feminist songs to demonstrate the power of words and music, joined together, to release "the spirit within." Offering a wide range of emotions including hope, humor, healing and resolve, her songs invite each participant to explore and express the inner self. Come and share the universality of music as it transcends human boundaries and frees each of us to seek wholeness.

**Dody Davies**, Christian feminist composer/performer/recording artist. Veteran workshop presenter and composer of several conference theme songs. Sings concerts throughout the U.S., St. Catherine's college graduate, a social justice activist and lover of the earth, she "raises hell and vegetables."

#### HONORING THE SACRED: BIRTHING IN THE WISE WOMAN TRADITION

CSU 253

Discussion/Ritual/Experiential

We will discuss some of the historical differences between the traditional midwifery approach to birth at home, and the medical model of birth in the hospital. We will focus on how traditional midwives work in contemporary society; continuing to honor women's safe rite of passage into motherhood. We will explore spiritual empowerment, responsibility, safety, wholistic prenatal care and preparing for birth and parenting within the wise woman tradition. We will also explore birth as a metaphor in our lives.

**Kerry Dixon**, traditional midwife and childbirth activist, owner of Glorious Beginnings Midwifery and works primarily in a home birth setting, mother of three children.

**Brigitte Mastel**, traditional midwife and childbirth activist, owner of Ancient Ways Midwifery Services, attending births primarily at home, mother of three children.

#### INTRODUCTION TO JOURNAL WRITING: A PROCESS OF REFLECTION, INNER CONNECTION, AND INSPIRATION (Part One)

MH 209 (II)

Experiential

We will use a process of journal writing, inspired by Ira Progoff to gather data, to contact, and to record the movement of our lives. We will practice techniques that can help us to complete unfinished business, work with dream images, connect with our inner wisdom and move into the future with a sense of harmony and direction. A framework, guidance and examples for writing which participants can continue to use on their own will be provided. Please bring notebooks for exercises.

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

## SHAMANISM - ANCIENT METHODS OF HEALING

CSU 254 Paper/Discussion/Experiential/Ritual

Shamanism is an ancient practice of honoring the sacredness and inter-connection of all things. Through methods of journeying into 'Non-Ordinary Reality' a Shaman can communicate with spiritual guides and teachers to obtain information and perform healing. This workshop is designed to introduce some basic principles of core Shamanism and explore the various healing techniques. We will discuss the concept of "Soul Loss" and the healing technique of "Soul Retrieval."

**Jaes Seis** has studied Shamanism for many years, including with Sandra Ingerman at the Michael Harner's Foundation for Shamanic Studies, she is a Practitioner of Shamanic Healing and a teacher.

## DRUMMING THE HEART OF THE AFRICAN NATION

MH 206 Experiential

Healing through meditation - in this experience we are using music and rhythm to heal the heart. As we connect we open to the visualization of the Love of one.

**E. Cecilia McGarry**, facilitator and guardian of the Light Love Energy, mother of two children that is and has been in the awakening faith since the beginning of time.

**Sister Pat Thalhuber**, founder of Circles Restored, a non-profit organization serving the heart of the community, an educator and keeper of the dream.

## "I MUST LET GO:" CRONE POWER IN YOUR LIFE

CSU 255 Ritual/Experiential/Movement Activity

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, UW-Madison; performer, national women's music festival; new cassette "Chants for the Queen of Heaven"; contributor, [The Womanspirit Sourcebook](#); former presenter/performer.

## THE SPIRIT OF POETRY - A JEWISH WOMAN'S PERSPECTIVE

AH 223A (III) Discussion

Poetry as a way to get at one's soul, spirit, heart and values. Reading and discussion of poems.

**Judi Poulson**, M.S. from Mankato State University in Peace Studies (Global Interdependence), has done teaching and workshops at all levels on peace, poetry, spirituality. She is a Jewish poet.

## SPIRITUALITY WITHIN: PAST LIVES, DREAMS, AND SOUL TRAVEL

AH 222 (IV) Discussion/Experiential

Are you interested in learning how past lives affect you today? How dreams offer keys to your spiritual unfoldment? And that Soul Travel is for everyone to explore their own inner worlds to find more love and understanding?

**Sondra Traylor**, long time member of ECKANKAR, has presented many workshops on these spiritual topics in Europe and America.

**Mari Harris**, mother, singer/songwriter, recording artist, member of ECKANKAR, director of urban outreach for Global Action Plan Eco Teams.

**Virginia Hudson** has been a member of ECKANKAR for nine years and facilitates talks on these topics around the Twin Cities.

## VISIONS OF SU ANNE BIG CROW

AH 215 Discussion/Experiential

Presentation of how one young woman's death in 1992 in South Dakota has brought forth an inspirational story and an intricate bringing together of a group of people of diverse backgrounds for cultural healing.

**Mary Ruth (Rafferty)**, M.S. is a hypnotherapist, transformational counselor, consultant and artist.

## HONOR WOMAN - HER STORY AND RITUAL

CSU 202 Formal Paper/Experiential

We will present formal information on the absence of women's reality as

evidenced in our media and herstory to promote generational awareness of women in all aspects of social/culture.

**Maxine Wolf**, committed to promoting and honoring women, works in health care system, mother of two children.

**Lynn Bower**, acquiring a tradition of honoring self as a woman, parent of a grown son, employed in health care services, committed to woman's issues.

## INDIAN WOMEN'S SPIRITUALITY THROUGH THEIR LITERATURE

AH 211 Paper/Discussion

I have written and will read some metaphysical poems which refer to the essence of Indian women's spirituality. The poems have been transcreated in English and will convey the basic meaning of the metaphysical phenomena. These poems inquire into the personal understanding of the metaphysical phenomenon that guide our lives.

**Indira Junghare**, born and brought up in India, teaches Indian Philosophy and Hinduism at the University of Minnesota.

**Jeff Sehring**, student of Indian Philosophy and Asian Religions at the University of Minnesota.

## BODY PRAYERS I

CSU 201 (II) Movement Activity

Be moved by your prayers — literally! Exploration/discussion of how we each, as individuals use prayer in our lives. How we pray and if it works for us. What we do in our lives to create a sense of reverence. Discussion of the use of movement to help us carry out prayers — take them from an "inner space" to an "outer space" where others may witness. We will learn the movement tradition called "Earth Dance" done to a female version of the Lord's Prayer. The effect is similar to T'ai Chi, but with the added power of vocalized prayer.

**Hiyalah Indiga** is a member of a six-member dance troupe called "Body Prayers," which uses prayer as its inspiration for movement.

## DANCES FOR UNIVERSAL PEACE (sacred circle dance)

CSU 204 Movement Activity/Child Friendly

The dances provide a joyous, multicultural way to touch the spiritual essence within ourselves and others. Through the combined efforts of singing music and movement, participants are steeped in the life energy which opens the heart and leads to deeper meditative states. This is a "doing" workshop — no sitting down, except to rest, and no lecture.

**Sister Johanna Seubert** has a doctorate in music from Catholic University, Washington D.C., was chairperson of the music department at Viterbo College, LaCrosse, Wisconsin, and has taught music there for 8 years. She has extensive training and experience in liturgical music and the Dances of Universal Peace, and has had additional studies in scripture, religious formation, and spiritual direction. She resides at the Christine Center for Unitive Spirituality in Wisconsin.

**Donna Ronning** has been participating in the Dances for Universal Peace for two years. More recently, she has been honored by the opportunity to help facilitate some of the dances.

**Randy Lanari**, musician, has been involved with the Dances of Universal Peace for six years. He leads a regularly held Dance gathering at Unity Church in Golden Valley and plays the guitar.

## MIRROR, MIRROR...: DISTORTED IMAGES

AH 227 Performance/Discussion/Activity

Through a one-woman performance presentation, Jill explores the struggles and frustration many experience in attempting to achieve "the perfect body." A discussion, exercise and creative project allow participants to offer solutions, wisdom and insight on how we can achieve personal satisfaction and define beauty so as to create a less destructive environment for women, men and children.

**Jill Hildebrandt**, second-year graduate student in speech communication, though not entirely free from a self-critical body image, seeks to empower through performances, essentially realizing the true beauty and power of her body.

## CREATING A PERSONAL SPIRITUALITY

AH 221 (II) Discussion/Experiential  
Using experientials, theory and imagery, participants will be encouraged to effect self-permission, self-esteem, healing and closure necessary for positive change and growth. Poetry and music will be used to create a warm, safe atmosphere and will be instrumental in leading people into an awareness and exploration of their own Spirituality.

**Paula Mollenhauer**, M.S., poet, Krone, consultant, 12 years experience as group therapist, 65 years experience in living.

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

## Session II

### WHO'S RESPONSIBLE?

MH 211 Paper/Discussion  
Many times we are confused about our responsibility to others and we end up feeling or being responsible FOR them (when neither they nor we want that) instead of being responsible TO them. This can lead to negative emotions and unhappy feelings. This workshop will define and illustrate the differences and then assist participants in applying this principle to their own lives.

**Ellen Kruschke-Olson** has a B.S. in administration of social services from the University of Minnesota. She is a licensed minister at United Church of Christ, a licensed social worker in Brown County, and is an able toastmaster.

### HEALING SEPARATENESS AND ISOLATION THROUGH MOON GROUPS

CSU 253 (III) Discussion  
Join a community of women and experience a "Full Moon Ritual." Afterward speak with a group of Moon Sisters that have traveled this path for many moons. Network with others who are interested in forming a moon group. Examples of full moon rituals to hand out to each participant.

**Terri Ann Van Landschoot**, psychic, teacher, mother, wife, real estate developer and leader of women's moon groups for six years.

**Dee Joynes**, spiritual seeker, self-employed CPA, single parent and moon group participant for the past two years.

### REINCARNATION AS ODYSSEY AND MYTH: A JOURNEY INTO THE SOUL

CSU 202 Paper/Discussion/Experiential  
Each personality through which the soul manifests has a specific soul; purpose to fulfill. Life offers the opportunities through which that purpose can be realized. Working with and through these opportunities can be facilitated through inner/inter-dimensional imaging. This workshop provides an opportunity to learn about the experience a deeper, broader understanding of the soul's work through the use of directed active imagination—a journey into the soul.

**Christina Maria Potyondy**, M.A. in religious studies, educator, psychic interpreter, spiritual counselor, inner/inter-dimensional guide, healer, minister, seeker of universal consciousness.

### LIFE REFLECTIONS: THE INNER AND OUTER JOURNEY

AH 227 Experiential, Discussion, Brief Presentation  
Experience an in-depth creative journaling process that keeps you from getting "stuck." Gather together invisible threads of your inner and outer life and weave them into a more meaningful whole. Learn unique journaling methods such as two-handed writing, Weavings, dialogues, Seasons and Stillings. Treat yourself to special, quiet time to make sense of the gems already inside of you waiting to be noticed and paid attention to!

**Connie Nadeau**, psychotherapist in private practice in Minneapolis, author of *The Creative Journal: a Unique Personal and Spiritual Growth Tool* and couples workshops *When 'I Love You Is Not Enough*.

### DIAS DE MUERTOS CELEBRATION - OAXACA MEXICO

CSU 254 Slide Presentation/Ritual/Child Friendly  
This presentation offers a brief sampling of the richness of the traditional native celebrations surrounding the Days of the Dead. During these holy days in

Mexico ancestors are remembered and tended as are their descendants. Slides and artifacts from a 1994 visit with a Zapotec Indian family in Oaxaca.

**Terri Berthiaume Hawthorne**, M.S., associate graduate faculty in women's studies at Mankato State University and community faculty at Metro State, mother of four sons, co-author of *Stars in Your Bones: Emerging Patterns of Women's Spirituality* and *The Many Faces of the Great Mother*.

**Diane Berthiaume Brown**, educator and director of CLEAR Continuing Education programs in St. Paul, co-author and illustrator of the *Many Faces of the Great Mother*, mother of one son and "super-auntie" to 20 nieces and nephews.

### EMBRACING DIVERSE RITUALS: AWAKENING OUR HEARTS

AH 222 Experiential  
Using a variety of sacred practices we will draw on the beautiful diversity of many traditions. We will expand them, honor and ritualize these practices, and celebrate them in community. Participants will identify their personal spiritual truths and learn how to bring the sacred into their daily lives.

**Pat Finnegan** is a life-long learner whose own deep personal work has led to her passion of helping others on the journey of healing.

**Michele Bleskan**, an organization development consultant, spiritual traveler and wise woman, has led seminars on a variety of spiritual topics.

### DISCOVERING A STRONG INNER VOICE: SPIRITUALITY AND SELF ESTEEM

CSU 255 Discussion/Child Friendly  
Women often find self-esteem an elusive term as well as a roller coaster ride. Understanding why we do or do not "feel good" comes from a host of reasons. It is my intent to steer us toward the spiritual nature of letting go of central guilt and negative messages. Spirituality enhances this process if we're able to get in touch with who we are.

**Marylea Carr**, M.S. women's studies, has taught women and self-esteem for the past five years. She currently teaches women's studies at Denver, Colorado.

### SPIRITUALITY AND SOCIAL JUSTICE: THE LIVES OF THREE MINNESOTA WOMEN OF AFRICAN-AMERICAN HERITAGE AND HISTORY

MH 206 Paper/Discussion/Presentation  
Three biographies of Minnesota women of history will be presented. The lives of Ethel Ray Nancy (1899-1992), Mattie Porter Jackson (1854-1946) and Nellie F. Griswold Francis (1874-1969) will be discussed for commonalities and differences in spiritual and social justice activities in diverse areas of Minnesota. The roles of black pioneers, church and clubwoman activities, suffrage and civil rights movements will be examined as they were lived by each woman. Frameworks for exploring African-American heritage in Minnesota will be offered to encourage further study.

**Judy Yaeger Jones**, historian of women who has researched and written extensively on Minnesota women and is currently presenting a program on African American Women and Suffrage during this 75th Anniversary of Women's Suffrage, 1920-1995.

**Angela Jones** is a working mother, and has been assisting her historian mother whom she describes as a "living foremother" since her junior high years. She is a pricing analyst for a major Minnesota firm.

### WRITING: CREATION AND DIVINATION

AH 215 (IV) Discussion/Experiential  
Creativity, imagination and intuition are deeply connected aspects of our body/psyche/souls, needed not only for individual growth and healing, but for our communities, our villages and our world. In this creative writing workshop, the presenters will draw on divination and oracular traditions - African, Caribbean, Celtic, Aboriginal - to enhance your writing process and allow you to trust in your own voice. A few traditions from the South Side of Chicago and the St. Paul Summit U neighborhood will be thrown in for good measure. Come to write, speak to your muse, be your own oracle, and tell good stories.

**Kate Green**, poet, author of five novels, including mystery series featuring professional psychic Theresa Fortunato: *Shattered Moon* (nominated for an Edgar award), *Black Dreams* and forthcoming *Angel Falls* (Harper Collins).

**Davida Adedjoma**, 1987 Minnesota Voices Project Competition winner for *Last Summer and Other Stories*, Bush & Jerome Foundation Fellowship recipient; recent work anthologized in *I Know What The Red Clay Looks Like: The Voice and Vision of Black Women Writers* (editor, Rebecca Carroll, Southern Books, Random House, 1994).

#### CHI EXERCISE/CHINESE MEDITATION AND FACIAL ACUPRESSURE POINTS

CSU 101 Experiential/Movement Activity  
Taoism in China and Buddhism in India promote exercises to enhance Chi, the energy that animates our bodies. Developing Chi can be accomplished through the study of Chigong exercises and meditations. We intend to demonstrate tried and true methods to cultivate Chi in one's body through physical exercises and facial acupressure points.

**Laura Hansen**, personal growth in adult community education, entertainment promotion.

**Elana Renata**, Chigong practitioner for three years and resides in Minneapolis, MN.

#### BODY PRAYERS II — (extension of BODY PRAYERS I)

CSU 201 Movement Activity  
Be moved by your prayers - literally! Exploration/discussion of how we each, as individuals, use prayer in our lives. Somewhat same format as BODY PRAYERS I. We will use visualization to help each woman focus on what she would like to pray for. What does her "Soul" say? What is her yearning for the world? Each participant is encouraged to express their prayer with movement and teach their own body prayer to the group. Together, we will piece together the movements to create a group dance.

#### INTRODUCTION TO JOURNAL WRITING: A PROCESS OF REFLECTION, INNER CONNECTION, AND INSPIRATION (Part Two)

MH 209 Experiential  
When we connect to our present situation from within ourselves, we enter the inner movement of our whole life history. The present situation of our life comes into focus with a perspective that includes past experience and future potentials. Asking the question: "Where am I in the movement of my life?" opens us to our spiritual depths and creative resources. It connects us with the directive principle that is unfolding within us and helps us move into our future. Please bring notebooks for writing exercises.  
(See Session I for Bio)

#### NEW FACES IN ASTROLOGY

AH 211 Paper/Discussion  
For centuries astrology has disclosed its wisdom primarily through planets of masculine energy, with the exception of Venus and the Moon. Now, astrology reveals fresh dynamics through the study of four asteroid bodies, called Asteroid Goddesses. Important ways to see the emergence of feminist influences once hidden.

**Barbara A. Everett**, ordained minister, professional astrologer, spiritual consultant for out-of-state spiritual and metaphysical groups, is a creator of rituals and ceremonies.

#### LIFE AND TRIBULATIONS OF AN AFRICAN-AMERICAN WOMAN

AH 225 Paper/Discussion  
WE will talk about life and complications for an African-American woman. We will focus on life and tribulations, to accept life on life's terms and to know there is a resolution, if not a solution to any problem we face. Poetry will shed light on drug addiction, sobriety and the African-American in a White society.

**Kayrine Virgin-Carr**, Black female, age 43, associate degree in applied science, mother of four, grandmother of two, presently a Catholic worker in the Casa Maria Community.

#### OPENING YOUR CREATIVE CHANNEL

CSU 203 (IV) Ritual/Discussion  
The purpose is to facilitate the awakening and awareness of the creative self and to experience the liveliness, joy and power within from this spiritual process. We will begin with a discussion on the identification and spiritual guideposts governing creativity. Guided meditations, self-journaling, creative writing exercises, discussion, movement and breathing techniques will be used to assist participants in creating a self-dialogue and awareness of their inner voice

and its creative expression. The workshop will come to closure with a ritual blessing.

**Araela Kumaraea** practices the art of creative living as an artist, teacher, spiritual visionary, conscious channel and healer. She is internationally known as a woman dedicated to creative personal and spiritual transformation.

#### CREATING WITH LIGHT, SETTING A HEALING SPACE

CSU 204 (IV) Experiential  
Center, renew and recharge your life force energy with many useful techniques of clearing and balancing. Explore ways of opening intuitive channels for greater access and clarity. Guided journeys will assist in the setting of these healing spaces.

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

#### HOW PAGAN ARE CHRISTIANS?

AH 214 (IV) Paper/Discussion  
How Pagan are Christians? Very. Christian rituals, feastsdays, morals, and beliefs/myths resemble those of Pagan neighbors at the time of Christianity's infancy. This information can free us from a dogmatic Christian past and help us to link with people of other persuasions.

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

#### CREATING A PERSONAL SPIRITUALITY

AH 221 Discussion/Experiential  
(See Session I for description)

#### VINTAGE BEAUTY: APPRECIATING THE AESTHETICS OF AGE

MH 210 Movement/Ritual  
(See Session I for description)

### Session III

#### AFRICAN AMERICAN PAPER DOLL

AH 220 (IV) Activity/Child Friendly  
Participants will construct a doll from twisted paper and dress her with material and accessories.

Pamela Turner has been crafting dolls for more than 20 years as a hobby, and has successfully transformed her hobby into a profession. She has traveled around the country selling her dolls at shows, has taught doll making classes, and sponsored the first Black Doll Show in Chicago, bringing in artists from around the country. This convention is now an annual event.

**Danita Johnson**, who has always had a love for dolls, has worked with ceramics for about 10 years and specializes in porcelain dolls. In addition to creating dolls, Danita, who has joined her sister as an entrepreneur, also loves collecting dolls.

#### THE COMFORTER: MOTHER, GODDESS, AND HOLY SPIRIT

MH 206 Paper/Discussion  
This workshop will give a better understanding of the relationship between the Goddess and the Holy Spirit, through their common expression and experience as maternal comfort. This understanding will have both a philosophical/theological and an experiential component. We will explore the nature of the Goddess/Holy Spirit as a maternal presence of comfort, as well as how the comfort of touch and nurturance invokes the presence of the Goddess/Holy Spirit. Part of the workshop will be centered around participants sharing their experiences of comfort and this spiritual presence in their lives.

**Beth Bartlett**, 43-year old white woman, of European descent and Celtic origins, married, mother, teaches political theory and women's studies, had a heart transplant a year and a half ago, the experience of which brings me to offering this workshop.

## GLOBAL WOMEN: REPORT FROM UNITED NATIONS 4TH WORLD CONFERENCE ON WOMEN, THE NGO FORUM

AH 222 Discussion/Panel, Child Friendly  
NGO Forum and WILPF Peace Train participants will describe the year long process of preparing to go to China and will give highlights of the conference. Panel participants will summarize the key issues impacting women world-wide.

**Pat Darling** teaches writing and religious studies at Metro State University and the University of Minnesota. She works on nuclear issues with PICANS and has been presenting for seven years.

**Terri Hawthorne**, teaches women's studies for Mankato State University and perspectives for Metro State University, active in the women's community, co-author of *Stars in Your Bones*. Terri was one of the early organizers of this conference.

## WOMAN'S SACRED JOURNEY IN THE DANCE OF THE UNIVERSE

MH 211 Paper/Discussion/Ritual/Experiential/Movement Activity  
A reflection, observing and celebrating the seasons of earth's changes. With discussion, ritual, song and celebration we'll reflect on the steps in this dance of the earth and of woman's spiritual journey. A woman, searching for her self, must leave the upper world of people and events, her old safe role of faithful daughter to collective values in the society around her, and descend to her own feeling values. We'll follow the journey of Persephone, and of Inanna into the darkness of transformation and rebirth and harvest.

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

## AWAKENING THE GODDESS WITHIN

CSU 254 Discussion/Ritual/Experiential/Movement Activity  
This workshop is intended for women who are exploring and searching for the feminine power within. In a safe and creative environment we will attempt to examine the obstacles that have kept us as women from affirming and embracing the worship of a feminine deity. This workshop will be a healing and empowering circle of wo/men honoring their own individual backgrounds and searching for the mystery of the birth of Mother/Creator.

**Reidun Hanson**, spiritually intuitive, artist, student of light, mom, friend, teacher, wife, gardener, laughing and living in the love of 16 years of recovery.

**Janice Maas Pyles**, teacher/student, writer, living in the light and love of the Goddess and ever dedicated to the miracles of the spiritual journey.

## ARAMAIC LORD'S PRAYER

CSU 204 Movement Activity/Child Friendly  
The Aramaic Lord's Prayer is set to music, has movement, and is a very reverent and prayerful event. Experience the mystery and power of hearing and singing the very words Jesus spoke. The melodies recall the ancient time, the words lift the soul and allow one to experience the peace that surpasses understanding.

Sister Johanna Seubert, Donna Ronning, Randy Lanari  
(See Session I for bio)

## SMUDGING THE ANCIENT WAY

Courtyard/CSU Discussion/Experiential  
We will learn the how's and why's of smudging as it has been used to clean space by the ancients. We will learn the "E-ba Shay", an African prayer of love and respect to the four directions. We will then experience a group smudging ceremony.

**Judy Garrison**, has been smudging for her personal growth for five years and teaching smudging for four years. Her past lives as African, Tibetan and Native American find their expression as she walks her talk.

**Mary Gardner**, is a gentle creator of outrageously beautiful jewelry and is enjoying her adventure into the mystery school of life.

## A CEREMONY OF DREAMS

CSU 203 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.

## MUSIC, DANCE AND MEDITATION

CSU 201 Experiential, Movement Activity  
Meditation can be done by anyone regardless of age, educational or religious background. An introduction to meditation techniques for beginners and a chance to do group meditation for those already experienced is planned. You will learn a simple spiritual dance and songs, basic technique of mantra meditation, and experience the self-within.

**Didi Ananda Usa**, missionary nun from Ananda Marga, 14 years experience with yoga and meditation, trained in India, teacher of yoga meditation and also experienced administrator of social service projects in schools, children's homes, etc.

**Didi Danavrata**, missionary nun, belonging to Ananda Marga, six years of yoga and meditation, teacher of yoga and meditation, trained in India.

## THE PROMISE OF MOTHER CORN

HC 225 (Dance Studio) Ritual/Experiential/Movement Activity  
Celebrate our Spiritual Connection to the earth, using the seed of Mother Corn to help us transform our lives through ritual and movement. The ritual will include aromatherapy, blessing ways, legend, visualization, movement and the Hopi Promise of Mother Corn. There will be an exchange of Corn Bundles.

**Heidi Scott "Corn Woman"** believes in looking for ways to heal people and the land. She is a farmer, dancer, aromatherapist, massage therapist, corn artist and performing artist.

**Deblyn Russell "Dancing Fox"** founded Creative Connections, a service devoted to freeing the creative spirit through the visual, performance and healing arts.

## SSsnake GODDESSES

CSU 255 Ritual/Experiential/Movement Activity/Storytelling  
Within a ritual format, we will explore the power of several snake goddesses — symbols of transformation and rebirth, rejuvenating spirits associated with the power of the earth. We will experience the clarity which Kundlini (the energy coiled at the base of the spine) and facilitate through chakra cleansing and the power of Medusa—long-suppressed by patriarchy. Through guided visualization, story and song, we will get in touch with our own personal power to transform and make whole.

Nancy Vedder-Shults (See Session I for bio)

## LIFE'S TRANSITIONS THROUGH CELEBRATION, RITUAL AND

CEREMONY  
CSU 101 (IV) Discussion/Ritual/Experiential/Movement Activity  
This workshop centers around life transitions, especially those of women. Grieving and celebrating these transitions are essential to aid not only in the transformation of the individual, but also the individual's family, friends, and community. The workshop draws from rituals from various cultures for use as building blocks and inspiration for our practical application with life transitions in our own lives.

**Cynthia Welle-LaSalle** has been attending and creating celebrations and ceremonies for more than 10 years. She has presented to families, as well as women, and enjoys mask-making, carpentry and music.

## "FLIGHT OF THE EAGLE. LIGHT OF THE MOON"

MH 209 (IV) Paper/Discussion  
Living in the U.S. we can see many Native American ceremonies and rituals performed. We are told by some Native Americans that these ceremonies are for American Indians only, and that the white culture cannot understand them fully. But when we look carefully at some of those rituals we see that there is a big similarity to the Celtic spirituality of Europe. Come listen to the comparisons and see the resemblance for yourself.

**Gloria Hazell**, English, pre-Celtic background, founded Natives of the Earth, 1989. Co-presenter "Beads & Buckskins," adopted into three tribal families.

## OUT OF THE BROOM CLOSET: AFRICAN AND CELTIC WEDDING RITES IN HISTORY

CSU 202 Ritual/Discussion/Experimental  
Come celebrate African beauty and the Celtic Pagan handfasting. We will explore ideas in crafting our own wedding ceremonies, crafting ritual raiment, selecting and creating invitations, selecting rings, preparing a feast, among other ideas. If you would like to explore the African-American slave and Celtic matrimonial custom of broom-jumping and use your own creativity to craft a wedding ceremony which reflects your spiritualities, your ethnic heritages and your budgets, come join us for history, ritual, fun and crafts.

**Andrea Denise Watson**, a philosopher, poet and feminist, is planning her own Afro-Celtic handfasting for September of 1996. Denise draws connections among women's bodies, spiritualities and personal narratives.

**Rachel Miller**, student of Anthropology, Women's Studies and Life. Born-again Pagan; feminist, activist, wife, mother and all-around domestic goddess.

## WOMEN, SEX AND SPIRITUALITY: POSITIVE FORCES FOR PLANETARY HEALING

MH 210 Paper/Discussion  
A brief overview of women's sexuality and spirituality, two subjects we don't usually discuss in public — and certainly not together! Sex — as an energetic, creative force, and the importance of these at this time in the evolution of humans and the planet Earth. The use of sacred bodies and sacred spaces as healing forces will be presented.

**Leslie Livingston**, independent philosopher, writer, lecturer and energy worker.

## HEALING SEPARATENESS AND ISOLATION THROUGH MOON GROUPS

CSU 253 Discussion/Ritual/Experiential

(See Session II for description)

## THE SPIRIT OF POETRY — A JEWISH WOMAN'S PERSPECTIVE

AH 223A Discussion

(See Session I for description)

## Session IV

### YOUR LIFE IN THE PALM OF YOUR HAND

MH 210 Paper/Discussion/Experiential

Participants will learn to analyze their hands to learn their personality and character. Hands are a universal way of tapping the wisdom of the body — regardless of race, age or creed. They change to reflect life's influences.

**Kathryn Harwig**, attorney, palmist and lecturer, author of *Your Life in the Palm of Your Hand*.

**Gloria Harwig**, social worker and mystical seeker.

### A SPIRITUAL JOURNEY: SOUL REPLACES FEARS, SELF-OPPRESSION WITH LOVE, GENDER, CULTURAL PEACE AND HEALING

MH 206 Discussion/Experiential/Storytelling

Storytelling, recorded music, discussion and humor will be used to invite participants to open themselves to visualize their Soul, Angel Spirit Guide. Julie will share stories about her maternal great-great grandparents, Majedda, African Slave and John, English Master and her paternal grandfather, John Paul, a.k.a. "Thunders In Clouds." She'll give her reason for using **black for herself** instead of "African-American." Julie will discuss how her choice to reconnect with her Soul helped her regain her spiritual entitlements of inner/outer peace individual, cultural and gender peace that produced compassion and unconditional love. She will tell how these gifts from **Great Spirit** enabled her to live the quote that **Goddess** gave her: "Our differences are our similarities and our similarities are our differences."

**Juliet "Julie" E. Kallio**, M.Ed., **Soul**, SOULS journey's, has "walked the talk" 20 plus years, does public speaking, is workshop facilitator, writer, storyteller, teacher.

## INTIMACY AS A SPIRITUAL QUEST

MH 211 Paper/Discussion/Experiential

Could you use a personal treasure map? The concept of intimacy as a spiritual quest stretches us to venture on roads less traveled. It is for spiritual pioneers and brave souls to explore new territories within ourselves as well as with others. We will do experiential, self-discovery exercises that allow you to draw your own treasure map for your personal intimacy quest.

**Nita Wolf** is a licensed adult educator and mental health practitioner with 25 years of experience working with adults and children in varied situations. She also is an assistant spiritual leader at Unity of the Valley Center in Apple Valley.

**Cheryl Kartes** is a consultant facilitator and trainer who specializes in leadership training. She is also an artist and an author.

## CHILDLESS BY CHOICE

CSU 201 Paper/Discussion/Ritual/Experiential/Movement Activity

Consciously choosing to be childless goes against the grain; it's contrary to the programming, training and pressures of church, government and society's herd. This takes great STRENGTH of conviction, Sense of Self and Purpose, and dedicated commitment to one's Inner Authority and Soul's Guidance. We'll CELEBRATE this accomplishment and explore some of the motivations, synchronicities, challenges and rewards. We'll discuss what "selfish" REALLY is!

**H. Bambi Lynnwood**, 2nd Deg. Reiki, light body grad, metaphysicist, counselor, artist, COG, uranian power and cardinal adept conduit, individuated-spiritual, wearer of many hats, walker in many worlds

## A TIME OF HEALING: EXPERIENCE A HEALING CIRCLE

CSU 255B Experiential

Guided meditation, hands on healing, sharing in a safe, non-judgmental, loving atmosphere. Miracles can happen when we feel safe to let down the barriers that separate and we are free to express who we really are. Information available to anyone interested in starting a healing circle in their own community.

**Rev. Elizabeth McCabe** OSJD, an ordained priest and Traditional Reiki Master, ran a holistic center where she conducted Reiki sessions and facilitated a weekly healing circle.

## MANDALA JOURNEY

CSU 203 Experiential

As we are continually growing and changing through our life our spirituality is integrally connected to these stages. A mandala is an expression of the unique gifts that the maker wishes to impart about their current life journey. The Mandala and medicine shield speak of the inner truths as well as the outer personality of their makers. With humility and creativity we will use our hearts, minds and hands to explore our connections to all living beings, our earth, our sky and our God.

**Catherine Fontanazza**, is an artist, teacher and Catholic worker who is currently working with mothers and children in a day-care center.

## EMBRACING OUR DIFFERENCES AND COMMONALITY AS LESBIANS

CSU 255A Discussion/Experiential

Through songs, readings of affirmations, group discussion and exercises, we will explore both the diversity in the lesbian community and the bonds that can give us a sense of belonging. We will look for ways of affirming our uniqueness and challenge ourselves to work together in building community. By valuing the gifts we have to offer, we grow in love for ourselves and strengthen our connections with each other.

**Eleanor Ruth Wagner** is a lesbian crone of many passions. She is an herb gardener, crafter, writer, singer, audiologist and author of upcoming affirmation book *Lavender Reflections*.

## TEMPLE MAINTENANCE: EXERCISE FOR THE BODY AND SOUL

CSU 253 Movement Activity

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

**Sueanne Johansen**, African-American woman/mother with experience in leading successful women's exercise groups since 1988, with a special focus on large women.

**Charmane Olson**, Sueanne's daughter, has assisted Sueanne in various exercise groups and has recently returned from Germany where her husband served a three-year tour in the Army, and is now continuing to assist with her mother's exercise classes.

#### FEMININE SPIRITUALITY: CELEBRATING THE DIVERSITY OF INCARNATION

CSU 254 Discussion/Experiential/Movement Activity  
We will explore ways to heal the splits between spirit and matter, mind and body, spirituality and sexuality, transcendence and incarnation, etc. Feminine Spirituality grounds us in the here and now; listens to the body's truth; honors the particularities of each manifestation of spirit and celebrates diversity. We will utilize a simple ritualized form that creates a safe, loving, sacred space in which each participant will be supported to connect with and honor their own body/soul.

**Jane Larkin**, M.A. is a counselor and healer who integrates body and soul awareness. Jane graduated from Matthew Fox's Institute of Creation Centered Spirituality and has facilitated feminist spirituality groups for 13 years.

#### CREATING HEALING COMMUNITY: ONE ARTIST'S RESPONSE TO SEXUAL VIOLENCE

AH 227 Ritual, Experiential, Discussion  
Together, participants will unveil a participatory sculpture that is a series of cardboard boxes inside of boxes. The process of opening the boxes is a process of establishing trust - and earning entry into the most private interior box. The journey through the boxes is a journey through violation, anger, the need for boundaries, prayer, and intimacy. Participants will gain an appreciation for their ability to create safety for themselves and their stories, as well as an appreciation for the resource that is community.

**Jacqueline White**, Twin Cities, poet and visual artist who explores the intersections of sexuality, spirituality and race.

#### THEOLOGICAL DILEMMAS OF THE NUCLEAR AGE: REFLECTIONS ON SPIRITUALITY, THE 50TH ANNIVERSARY OF THE BOMB, AND THEOLOGICAL IMAGINATION

AH 211 Semi-Formal paper, Video, Discussion  
On the 50th anniversary of Los Alamos, Hiroshima and Nagasaki, we need to reflect on the meaning and development of nuclear weapons and "Atoms for Peace." These will be examined both as legacies of the Cold War and as our deadly gifts to future generations. Presenter will reflect on the ways selected religious thinkers have handled the moral questions raised by nuclear technologies and the arms race. She will offer insight into the spiritual dimensions of the nuclear age.

Pat Darling, Ph.D., teaches writing and religious studies at Metro State University and the University of Minnesota. She is active with the Prairie Island Coalition Against Nuclear Storage.

#### IMAGING THE SELF: FINDING THAT SOMETHING WITHIN

AH 221 Discussion/Experiential  
During this workshop you will learn and experience tools for balancing both the internal and external forces of living. This holistic approach of mind, body and spirit will utilize creative, spontaneous and cognitive energy. You will begin to find answers to the age-old questions, Who am I? What am I to do? and How am I to do it?

**Kathleen Giguere**, psychotherapist in private practice in Eagan, MN, uses imaging as a tool for healing in her work as a therapist as well as conducting workshops and facilitating groups on imaging. She has recently written a workbook titled "Imaging the Self."

#### VINTAGE BEAUTY: APPRECIATING THE AESTHETICS OF AGE

MH 210 (II) Movement/Ritual  
Stand on the mountain. Hold the stone in your hand, look at the stars and sing with the sea: "This is where I belong, in a workshop to affirm my beauty. A woman with a past, I join the wave of the future". Through your body, your voice and your stories, you will claim, affirm and confirm your beauty.

**Maren Hinderlie** spent her first three years in a Japanese prisoner of war camp, has lived, studied and worked in Europe, New York and Seattle, raised her two daughters while telling stories and teaching storytellers. She teaches storytelling at the Guthrie Theater and tells in all manner of places to all kinds of crowds.

**Marilyn Habermas-Sher** brings 20 years of training in Body-Mind Centering, Kinetic Awareness, Meditation, Tai Chi Chuan and Alexander Technique to her work. She has performed opera, contact improv. and everything in between, she raises one daughter, now an eleven year old belly dancer.

#### OPENING YOUR CREATIVE CHANNEL

CSU 202 Movement/Ritual  
(See Session II for description)

#### SPIRITUALITY WITHIN: PAST LIVES, DREAMS, AND SOUL TRAVEL

AH 222 Discussion/Experiential  
Sondra Traylor, Mari Harris, Virginia Hudson  
(See Session I for bio)

#### CREATING WITH LIGHT, SETTING A HEALING SPACE

CSU 204 Experiential  
(See Session II for description)

#### AFRICAN-AMERICAN PAPER DOLL

AH 220 Activity/Child-Friendly  
(See Session III for description)

#### HOW PAGAN ARE CHRISTIANS?

AH 214 Paper/Discussion  
(See Session II for description)

#### WRITING: CREATION AND DIVINATION

AH 215 Discussion/Experiential  
(See Session II for description)

#### LIFE'S TRANSITIONS THROUGH CELEBRATION, RITUAL AND CEREMONY

CSU 101 Discussion/Ritual/Experiential/Movement Activity  
(See Session III for description)

#### FLIGHT OF THE EAGLE. LIGHT OF THE MOON

MH 209 Paper/Discussion  
(See Session III for description)

1996 Keynote Speaker  
**Mary Daly**  
October 5-6, 1996



# Saturday Night Happenings

Celebrate the Goddess in each other!

**OPEN STAGE!** Please bring poetry, music, stories, etc. to share. Saturday, October 14, 1995, 7:45 p.m., INDIGO.

**Drumming and Dancing** - Saturday, October 14, 1995, 7:45 p.m. (room to be announced)

There are six more rooms available (201, 202, 203, 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) 389-2077. 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"), Jean Shinoda Bolen ("The Grail is the Goddess"), and Karen Warren (Feminism, Spirituality and the Environment).

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 8:30 a.m. - 2:30 p.m. and Sunday from 9:00 a.m. until 2:00 p.m. There will be a Saturday night buffet which will cost \$11.00. Please see Dinner Registration form.

### MENU

Buffet which includes:

Pasta bar (includes baked mostaccioli, spinach fettuccine, rotini)  
w/Alfredo, meat or marinara sauce  
"Olive Garden" Salad  
Italian Vegetables  
French bread  
coffee, tea or iced tea  
Carrot Cake

**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 name or tell them it's for the MSU Women and Spirituality Conference.

\* Comfort Inn - (507) 388-5107 or 1-800-221-2222 (Group name: "Spirit")  
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.

Registration is not required for children under age 16.

**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 9:45 - 12:45 and 1:45 - 6:00 and Sunday from 9:00 - 11:15 and 11:45 - 2:45. (**Note - children must be picked up for lunch breaks.**) Costs will be \$15.00 for one day and \$25.00 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, September 29. 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 29.

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. at Crossroads Lutheran (across street from Trafton Science Center)

Refunds for registration and/or food are available upon written request, prior to September 29. 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,

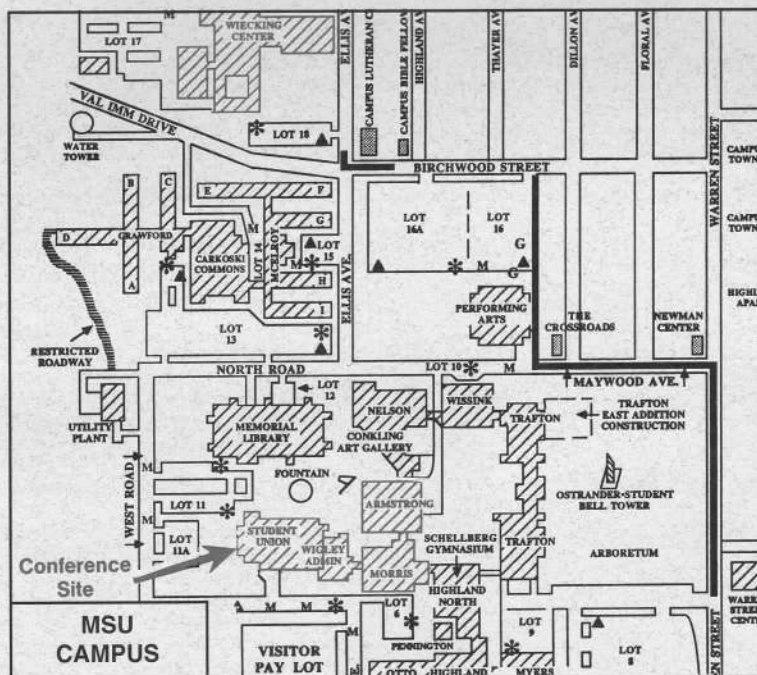
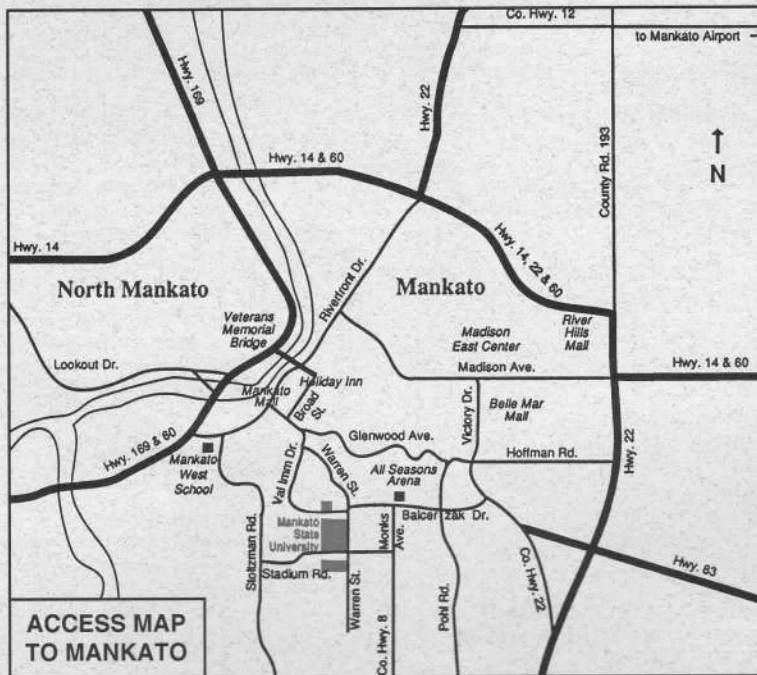
you have arrived on campus. Use your campus map to find designated visitor parking.

## 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.



## Dinner Registration (Deadline September 29)

Please check if you want to register for Saturday dinner. Refund for the meal is available upon written request prior to September 29. 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) - \$11.00

### Child Care Registration

(Send check with registration \$15 per day/\$25 for both)

Days Needed:  Saturday, October 14  Sunday, October 15

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.

## Registration Form

Registration must be postmarked by September 29, 1995 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 September 29:

- \$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 September 29. You must provide a copy of your cancelled check (front and back) with this request, along with your social security number.

### 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 \_\_\_\_\_  
 Check one:  Grade  Credit in Religious Studies:  
 Check one:  Credit in Women's Studies:  Call #  Course #

5072	1790-260-01	2513	1169-450-01
5074	1790-490-01	2515	1169-550-01
5079	1790-590-01		

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 - \$59.02  Graduate resident - \$85.12
- Undergraduate non-resident - \$120.07  Graduate non-resident - \$129.27

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.

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Mankato State University

Saturday and Sunday, October 14 and 15, 1995

Registration begins Saturday 8:30 a.m.

**"Something Within: Spirituality in African American  
Women's Literature"**

Keynote Speaker

Kate Rushin

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**

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