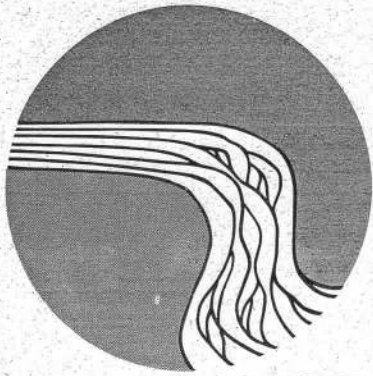


Cindy's Master - Do NOT Remove!



15th Annual WOMEN & SPIRITUALITY CONFERENCE

In 1990, Bonnie Fournier, from Minneapolis, created a powerful image, retaining the primary symbol of the feminine, the circle. It is dissected with another primary feminine essence, flowingness, water...centered between sky above and earth below, joining air and ground, spirit and matter, expressing balance, harmony, inclusiveness, and the many in one.

The Women and Spirituality Conference was born fourteen 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 70-100 workshops. The Conference does not advocate or exclude any view, and continues to foster an understanding and celebration of similarities and differences. May we continue to aid one another on our individual and communal spiritual journeys.

1996 Keynote Speaker

The Fifteenth Annual Women and Spirituality Conference will be held at Mankato State University on Saturday & Sunday, October 5 and 6, 1996. Our Keynote Speaker is **MARY DALY**. She teaches Feminist Ethics in the Department of Theology at Boston College, and has lectured at more than 300 colleges and universities. Mary Daly inspires her audiences to time travel with her across the vast Realm of the Subliminal Sea into Spiraling Galaxies. Daly is



Mary Daly

a Nag-Gnostic philosopher who holds doctorates in philosophy and theology from the University of Fribourg, Switzerland, and a doctorate in Religion from St. Mary's College, Notre Dame. She is the author of six Radical Feminist books, including The Church and the Second Sex, Beyond God the Father, Gyn/Ecology, Pure Lust, Websters' First New Intergalactic Wickedary of the English Language, and Outercourse: The Be-Dazzling Voyage, her philosophical autobiography. She is currently writing a new book entitled Quintessence: Re-Calling the Outrageous Contagious Courage of Women.

Schedule

Saturday, October 5, 1996

8:30 - 10:00 Registration
10:00 - 10:45 Opening Celebration
11:00 - 12:15 Session I
12:15 - 1:30 Lunch (on your own)
1:30 - 2:45 Session II
3:00 - 4:15 Session III
6:00 Dinner (advance reservations required)
7:30 Announcements/Keynoter (ticket required)

Sunday, October 6, 1996

8:30 Conference Site Opens
9:30 - 10:45 Session IV
11:00 - 12:15 Session V
12:30 - 1:00 Closing Celebration

The 1996 Planning Coordinators:

Therese Wall, Co-Coordinator
Denise Brennan Watson, Co-Coordinator
Cindy Veldhuisen, Assistant to the Coordinators
Jean Willis, Ceremony Coordinator
Shirley Piepho, MSU Coordinator
Rhys Gaffer, Exhibitor Coordinator

Also, thanks to our Friends, Mentors, and "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.

Baha'i: If thou lookest for justice, choose thou for others what thou chooseth for thyself.

Workshops

Room Code

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

Session I

Armstrong Hall

BODY PRAYERS I

AH 121 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. This workshop is for all ages, abilities and cultures. CONTINUED IN NEXT SESSION.

Hiyalah Indiga, choreographed the "Lady's Prayer" while living in California. She teaches and performs Body Prayers, which uses prayer as its inspiration for movement. She leads monthly workshops at "Pathways" in uptown Minneapolis.

Amy Barankovitch loves trance-dancing and is interested in exploring the healing effects of sound. She is an animal rights activist and has turned vegan cooking into an art and hobby. Amy works at the Institute for Music, Health and Education.

Luann Kleppe is one of the original members of Body Prayers, having performed with the group for three years. Luann is a wise-woman with a keen interest in astrology who enjoys catering and working with children.

WOMEN'S COURAGE AND THE IMPLEMENTATION OF THE UNITED NATIONS BEIJING PLATFORM FOR ACTION

AH 211 ritual/panel/experiential/child friendly
This presentation will focus on the WILPF ARTS committee's work on making social change through ART. Their goal is to share information on the U.N. 4th World Conference on Women and on the Beijing Platform for Action and its implementation. They will focus on stories of personal courage of the women they met in Beijing as told through puppetry, slides, music and ritual. Many of the artists presenting were at the conference in Beijing.

Panelists include: Quilter - Diane Knust; Poets - Marilyn Cuneo and Naima Richmond; Artists - Dorothy Crabb, Geri Benavides, Luella Greene, Lovey Lein, Terri and Lisa Hawthorne.

FEMINISM AND CHRISTIAN SCIENCE IN OUR EXPERIENCE AS COLLEGE EDUCATORS

AH 213 panel/discussion
In this workshop, several feminist educators from Principia College discuss the interplay among our professional, personal and spiritual lives. We begin with a short panel, and then we invite questions, responses, insights and critiques. Some of the topics we will explore include: How does spirituality inform one's beliefs about teaching and learning? How can spiritual commitments be infused in a classroom in a non-doctrinal way? How are feminism and Christian

~~Science interwoven in our experiences? How do we participate in a community whose members share spiritual values, but who are diverse and wide-ranging in their political views? This workshop is especially beneficial to teachers and other educators, though everyone is welcome.~~

~~**Karen S. Grayson, Pamela Barron, Gail Haslam, Margaret Powell, Randi Browning, Sarah Perkins, Ann Taylor**, feminist faculty members who work together at a small private, liberal arts college in the Midwest.~~

EXPANDING THROUGH COLOR

AH 233 experiential/meditation
Come and share in a beautiful meditation using music and Atlantean Color Light therapy. The flowing colorful lights will assist us in achieving the theta level of awareness and lead us on a deep journey into Self. We will then share our experiences.

Kathi Taylor Mesick, healing touch practitioner, RN, Mother of two great kids, partner of an expanding man, has spent the past four years learning to connect to God, self and others on deeper levels.

Marle (Micki) Lindeberg, NMT, CMT, has been a professional healing arts practitioner since 1985. She practiced in a clinical setting until 1995, when she left to pursue an expanded vision of healing work.

SHE IS THE MOUNTAIN

AH 231 discussion/experiential
BRING THREE ROCKS NO LARGER THAN 6 INCHES TO THE WORKSHOP
"One does not approach the mountain lightly." Words shared by a wise sister. The mountain is a metaphor for the journey we take to arrive home again. This journey has become necessary because of the disconnection of relationship among spirit, mind, and body within ourselves and then carried to our external relationships. We will use the concepts of mutuality, empathy, collaboration, and connection as tools to bring us "OM SWEET OM".

Wendy Schmidt-Janosik, M.A. in family & community counseling, mother of two children, therapist, teacher, and coach to individuals wanting to incorporate ritual into their lives.

Kathleen Holt, training in social work, family systems, mediation and psychosynthesis, seeks to integrate the practical with the spiritual in all her work.

SPIRIT IN MOTION: integrating body, mind, spirit on the healing path to wholeness (holiness)

AH 305 experiential/meditation/discussion/ritual
This workshop will offer participants a taste of the integrative healing process. Information that gives a picture of the whole will create the framework for experiences that can engage you in the processes of grounding, accessing and responding wherever you find yourself on the path, in a community of those who share the journey. The purpose of this workshop is to experience the inter-relatedness and inter-dependence of our human and spirit beings.

Kathleen Kroska, M.A., licensed psychologist, spiritual guide, integrative artist and writer, ever-true to her own path (and companion with others) of embodying spirit.

HOW WE CAN PREVENT VIOLENCE AH 334

presentation/discussion

Violence has become so pervasive in our personal lives, our society and in the world. We will examine ideas on what we can do to prevent violence. We will look at parenting and particularly the need for fathering. We will stress and discuss suggestions each of us can do to promote peace in our homes and lives.

Judi Poulson, M.S. in peace studies, teacher, presenter, poet, mother, gramma, peacemaker, taught K-post graduate, given four sermons, Jewish, world citizen.

TAPPING YOUR INNER SOURCE OF STRENGTH AH 217

experiential

The purpose of this workshop is to explore what the inner source of strength is, why it is necessary to access it, and how to do it. We will highlight techniques that give you courage to face life. This workshop is intended to show the steps to get in touch with the inner side of oneself, the source of renewal and strength of the feminine side of our being. The presenter will explain why it is important to find the inner source of strength in our everyday lives. We will experiment with the techniques of accessing this inner strength.

Marie Nguyen Welch, B.S., is a spiritual student, community leader, public speaker, advocate for Asian women and youth and activist for life participation.

THE MOTHER PRINT PROJECT: SEEKING THE SACRED FEMININE AH 311

panel/slide presentation

In the workshop, we will present a slide lecture of our artwork and research, a four-year collaboration, exploring ancient sacred sites, feminism, spirituality, and the relationship between art and healing. The Mother Print Project is committed to the reconnection to the lost valuing of the sacred feminine and how we can draw on the sacred feminine, also called intuition, for a renewed sense of ourselves.

Judy Stone Nunneley is an artist, educator and director of Out of Hand Press.

Elizabeth Erickson, is associate professor, teacher, artist, painter, poet.

SPIRITUAL COURAGE: PAST LIVES, DREAMS, AND SOUL TRAVEL AH 309

experiential/discussion

Spiritual courage is a great personal attribute to have. Understanding and experiencing the gifts from past lives, dreams and soul travel can help you overcome fear and expand spiritual courage. How do past lives affect you today? How do dreams help our spiritual unfoldment? How is soul travel used to explore our own inner worlds and find more peace, love and understanding? This workshop is geared to all interest levels. Everyone is welcome.

Sondra Traylor, long-time member of ECKANKAR, presents workshops on spiritual topics in Europe and America.

Nora Patrin, has spoken widely on these topics in Minneapolis, South America and Europe.

Virginia Hudson is a lecturer and has been a member of ECKANKAR for 10 years.

THE GODDESS IN AMERICA FROM THE 60'S TO THE 90'S AH 221

paper/discussion

We will review what has happened in Goddess religion and Witchcraft over the past three decades. So often, women have to re-invent everything in each generation. I want to show women interested in the Goddess what has been done so they can continue to progress onward, rather than repeating the work of the past.

Magenta is a witch and Priestess who has an M.A. in American studies and religious studies. She has followed the events of women's spirituality since the mid-70's.

DALY SPACE TRAVEL AH 215

experiential

We will explore Mary Daly's Be-Dazzling Voyage through the four spiral galaxies weaving into them our experiences within the galaxies, and looking at where our movement is now on our voyage. Some prior readings/experience of Daly would be helpful.

Mary Melia, has been a ritual facilitator for 13 years. She has an M.A. in counseling and theology and is a musician and educator.

Lynda Olson, M.A. is a counselor and eco-feminist who is connected with earth-bound spirituality groups.

ITALIAN STREGA & IRISH CELTIC TRADITIONS: REMEMBERING OLD-WORLD PAGANS AH 314

paper/discussion

Through presentations, discussions and demonstrations, we will examine what happened to the Italian Strega and the Irish Celtic pagan traditions of the Old Country once the people immigrated to America. We will contrast and compare the major Goddesses of these traditions, exploring the celebration of major holidays and use of ritual tools.

Bellezza Squillace, Italian-American Historical Association President, gathers oral histories of Italian immigrants, and is a Dianic community leader.

Erin Sim TreeDancer, Dianic "hedgewitch", celebrates the Divine Spark through words, music, ritual, therapeutic massage, laughter, curiosity and love.

THE COURAGE TO LEARN AUTHENTICALLY AH 232

discussion/experiential

The wide-ranging, kaleidoscopic nature of our inherent learning styles tends to be suppressed by prevailing learning models. Women can reclaim their innate learning skills and break through imposed limitations through a process we call "meta-learning." In this workshop, participants will create a model of their existing learning styles and learn how to transform and expand them. The process, itself transformational, inspires an inner courage to learn in ways that honor all aspects of one's being.

Deborah Fink, a recovering academic librarian and certified Photo Reading instructor, is dedicated to the transformational potential of learning.

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

HONORING WOMEN'S COURAGE AH 219

experiential/participatory ritual

Our purpose is to gather participants in a creative, celebrative circle where they can share how their journey to their authentic self enabled them to act courageously in the world. We will explore the dualistic words of faith and society which have isolated participants from one another. Through dramatization of emotions, we will lead participants in expression of their anger, which, if turned inward, can lead to debilitating despair, but which, if turned outward, can change lives. Participants will honor one another's courageous journey in words and ritual.

Mary Jean Mulherin, former presenter, is a pagana, lover of life, weaver of words, no man's wife.

Sharon Bigler Holtan, former presenter, is a writer, fighter, spirit igniter.

MAORI INSIGHTS INTO SPIRITUAL WELL BEING AH 223-A

experiential

As people journey through their lives, this workshop will offer a tool that can be used to help focus on a person's center and gain insights into total well-being. We will use relaxation and visualization techniques and then move into a Maori (indigenous people of the Pacific) tool to gain insight into our emotional, mental, physical and spiritual well-being. The purpose of the relaxation is to reassure them that the drawings are personal and that the quality is not the objective.

Catherine Fontanazza, B.S., an artist, teacher, healer and Catholic worker, is currently working with mothers and children in a day care center that is part of CASA Maria Catholic Worker of Milwaukee.

Steve Pavlik (no bio available).

Centennial Student Union

VOLUNTARY SIMPLICITY: RE-CONNECTING THE SPIRITUAL IN OUR DAILY LIVES CSU 103

discussion/experiential

The value of simplicity is connected to spiritual and emotional well-being, bringing clarity, compassion and beauty to our everyday lives. Simplicity also serves as a basis for our relationship with the earth. As the planet is destroyed at the hands of human consumption, waste and greed, an awakening to our personal impact on the earth is urgent and essential. This workshop will explore the spirituality of simplicity and introduce the voluntary simplicity movement. We will also discuss practical ways to cultivate an "ethic of simplicity" in our daily actions, awareness and lifestyle.

Debra Pexa is a Women's Studies graduate student at Mankato State, ecofeminist, and activist, working to realize the intimate connection between spiritual awareness and each waking moment of life.

YOUR LIFE IN THE PALM OF YOUR HAND CSU 201

paper/discussion/experiential

Participants will be given a "map" of the lines of their hands and will be shown how to interpret the meaning of the lines. We will discuss the fingers and their characteristics. We will also talk about how to "read" a palm in order to see experiences and other life occurrences. We will discuss how hands hint at — rather than prescribe — the future.

Kathryn Harwig, author of *Your Life In The Palm of Your Hand*, and the *Millennium Effect*, has read palms all her life. She presents workshops worldwide and is a partner in a law firm.

Gloria Harwig, spiritual seeker, wise woman and social worker.

WOMANSONG: THE OUTRAGEOUS, COURAGEOUS VOICE OF WOMEN CSU 101

original song/personal story

You are invited on a musical journey of original songs as the presenter spins lyrics, melody and harmony to tell the story of one woman's (every woman's?) determination to find, and be, her own Self. In a variety of styles, moods and

topics, the presenter sings her songs which have been described as "defying categorization." Come experience laughter, tears, anger, hope and healing in the voice of women's reality.

Dody Davies is a Christian feminist composer/performer/recording artist and veteran workshop presenter and composer of several conference theme songs. Still "coloring outside the lines," she is a graduate of St. Catherine's College.

I FOUND GOD IN MYSELF: GODDESS IMAGERY AND WOMEN'S POWER
CSU 255 discussion/ritual/experiential
In our patriarchal society, power is often understood in ways which are unhealthy to us as women. In contrast, in the women's spirituality movement of the last few years, we are reclaiming our power, including the ability to redefine "power" in our lives. This workshop will explore our power as women through images of pre-patriarchal goddesses, through discussion of our definitions of power, and through ritual and song. Please bring an object for a central altar, something which reflects your power as a woman.

Nancy Vedder-Shults, women's studies lecturer, has recorded Chants for the Queen of Heaven, contributed to The Womanspirit Sourcebook and has performed at the National Women's Music Festival.

THE "CLASS" SLIPPER: DOES THE SHOE FIT?
CSU 203 discussion
Why is there so much resistance to talking about class and classism? As human beings, we are really all equal, but systems of oppression, including classism, teach us that we aren't. How does our silence about it maintain a classist system and keep us separated from each other? What gifts could we give to each other if we were aware of our own class and classism and could break through barriers by talking, listening and understanding? In this workshop we will discuss these questions.

Lea Karlssen, raised working class, and **Antiga**, raised privileged, are beginning to discover healing in their candid discussion of the above questions.

"WOMAN ON FIRE: menopause stories"
CSU 219-A experiential/video/discussion
Anyone is invited to attend this workshop! We will utilize excerpts from my newly-released feature-length documentary: "Woman on Fire: menopause stories." Our discussions will take off from strategic stopping points, progressing through the structure of the film alongside several women's stories (including my own). We will begin with an introduction to the physiological/psychological connection, and menopause as a re-birth; then on to aspects of the darker side; the passage **through!**; to new energy and the brighter side; finally acknowledging the potential of transformation, as life becomes "both/and," "dark/light," "on/off." We grow even as we see we are disintegrating; we come home to our true bodies, to our real selves. Participants will be asked to do a written exercise as we progress through the video, although it will be for their personal use only.

Kathleen Laughlin is a veteran media producer and collector of many menopause stories.

Mary Peterson, an experienced re-birther, was Kathleen's associate producer for "Woman on Fire: menopause stories."

REAL GEMS (GOOD ENOUGH MOTHERS)
CSU 204 discussion/movement/experiential
We hope to bring together working parents seeking a balance between earning a living and caring for their families. One of the keys to finding such a balance is letting go of perfection. When we can accept our best as "good enough," we can achieve much more satisfaction in our dual roles as providers and caregivers. Drawing from a variety of sources, including Good Enough Mothers, Goddess in the Workplace, and Mother Journeys, we'll look at where in the world we are now, ways to find the support we need, and explore new possibilities for working/living.

Adina Lebowitz has combined working and mothering in a variety of ways over the past seven years. She writes software, teaches childbirth, and uses ritual to create social change.

Patty Magid-Volk is a mother, physical therapist, childbirth educator, and a gardener.

SACRED DANCE
CSU 253/4 movement activity/circle dances
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 'going' experiential workshop. Goddess dances included.

Sister Johanna Seubert, chairperson of music department, has taught music for eight years and has extensive training and experience in liturgical music and the Dances of Universal Peace. She has a doctorate in music and has studied scripture, religious formation and spiritual direction.

Donna Ronning, has been participating in spiritual dances for three years and helps facilitate the dances at a regularly held dance gathering. She has been involved in sacred dance retreats.

Randy Lanari, musician and dance leader, involved with Sufi dancing, leads a regular dance gathering and play guitar, and has been involved with sacred dance retreats.

Morris Hall

DREAM SCULPTURES
MH 210 experiential
Dreams use symbols and stories to bring out our deepest desires and fears. The purpose of this workshop is to bring out and express the deep desires and knowledge about ourselves from the creative unconscious which connects us to our spiritual selves. The workshop is a combination of the artist's sharing slides and telling dream stories and the participants doing movement meditation and working with clay. The workshop ends with the participants sharing their stories from their clay pieces.

Tara Arlene Innmon, visual and performance artist, poet, dancer, story teller, disabled woman, single mother, occupational therapist.

Janet Hedberg is a single mother and student.

THE DOORWAY TO WISDOM AND THE HEART OF THE SPIRITUAL QUEST
MH 212 experiential
What does it mean to be accepting? How do we come to experience acceptance? Through the use of experiential exercises - including guided imagery and movement - we will explore these questions, gaining a greater sense of acceptance of ourselves and others. Anyone is invited to participate in this workshop. No previous experience is needed.

Martha Sanbower, M.A., has over 17 years of experience facilitating people's personal and spiritual growth. Her work is woven from a background of training in psychic development, Process-Oriented Psychology, Gestalt, dance and imagery work.

REVIEW OF THE LITERATURE
MH 206 paper/discussion
The women's spirituality movement is comprised of many streams, from the corrected history of religion, indigenous cultures, archetypal psychology and feminist theory, to witchcraft, the Celts, Arthur's Britain, the study of symbols, Greek mythology, and New Age experimentation. Where does the busy reader begin? In this workshop we will discuss the far-reaching effects of this movement, as well as the various streams (and dribbles), where they've wandered from and how they flow into the great river of women's spirituality. Presenter's perspective is not inclusive of New Age materials.

Sandra Barnhouse, M.A. proprietor of the Goddess' Reading Room, has collected, categorized, read and researched many of the more than 200 books that connect to women's spirituality. She has presented many talks to university classes, as well as presentations given at three past conferences.

Session II

Armstrong Hall

IS JESUS GOD? OR JUST DIVINE?
AH 233 paper/discussion
We will look at the Christian claim that Jesus is God the Son, using scripture to show that neither Jesus nor his first followers believed that, and using Jungian psychology to show how the myth of Christ developed. The purpose of this information is to allay guilt over losing literal beliefs and to encourage respect for mythic symbols.

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

THE CREATIVE PROCESS: LISTENING TO THE INNER SELF
AH 214 paper/discussion/art
This workshop is designed to touch anyone who has struggled with their own personal growth, demands placed on them by others and who appreciate the intuitive, creative process that leads to energy, affirmation and fulfillment. We will stimulate an understanding of our own life as a creative work of art. Come and share a visual, auditory, sensual experience. We will look at what can happen when we listen to our intuitive, creative inner voice.

Floralyn Groff Flory, M.A., licensed mental health counselor, artist, writer and poet, currently working as a therapist, mother of four children, married for 30 years.

DIALOGUE METHODS TO EXPAND AND DEEPEN UNDERSTANDING OF DREAMS AND OTHER IMAGES, TO FIND WISDOM, COURAGE AND STRENGTH FOR OUR LIVES

AH 203 experiential/journal writing
We will utilize dialogue techniques to explore dream images and to gain deeper understanding of ourselves. Active imagination was developed and used extensively by Carl Jung. This is the basis for Ira Progoff's method of journal writing and to some extent it underlies Hal Stone's method of voice dialogue. We will focus on the use of dialogue in active imagination and journal writing. Bring pen, paper, notebook.

Phyllis Vosbeck, Ph.D., teacher, group facilitator, therapist in private practice, works with dreams, active imagination, voice dialogue, journal, myth and the body.

TURNING POINTS: SPIRITUAL SECRETS FOR MASTERING CHANGE- Part I

AH 232 experiential/discussion
Change is a fact of life, yet so often we experience change as stress, not as spiritual opportunity. Learn techniques and spiritual exercises to identify your own personal patterns of change and see themes in your life from a higher viewpoint. We will cover seven steps to spiritually successful change, spiritual techniques to lessen fear of change, and self-assessment exercises. CONTINUED IN NEXT SESSION.

Mary Carroll Moore, ordained minister with Eckankar, award-winning writer, author of *Turning Points: How to Handle Change in Your Life*, syndicated columnist, has taught workshops on spirituality and change.

THE CROSS QUARTER DAYS: CELEBRATING THE INSIDE

AH 202 discussion/child friendly
This workshop will give a basic understanding of the celebrations of the Cross Quarter Days: Samhain/Hallows Eve, Imbolc/Candlemass, Beltane/May Day and Lammas. We will discuss the inner meanings of these celebrations: ancestor worship, initiation, sexuality and harvest. We will give examples of how to celebrate each and complete a craft project for each Cross Quarter Day. This workshop involves the use of herbs, so those who are scent-sensitive may wish not to participate.

Schon and Deborah Wade, an inter-racial couple, are members of the Reformed Congregation of the Goddess of Minnesota. Schon and Deborah's spirituality is a mixture of African (Yoruban), Celtic, Tuetonic and Dianic Wiccan traditions. Schon is a graduate of Mankato State University, and Deborah is a graduate of the College of St. Benedict.

EMBRACE THE 'still small voice' OF YOUR CREATIVITY

AH 216 experiential/discussion
This workshop will offer an opportunity to practice a skill that makes the spirit's 'still small voice' available. An experiment in image-making with simple art media will provide a form for the voice. By embracing their images, participants will receive the meaning of the voice's message. An outline of the procedures will be presented and discussed.

Evadne McNeil, Ph.D., teacher of creativity as spiritual discipline, founder/director of the Atira Expressive Arts Program, author of *Birthing Our Proper Creativity*.

SOUL-ESTEEM AND VALUE FULFILLMENT

AH 325 presentation/open discussion/experiential
Define, discuss Value Fulfillment as SOUL's using short, fun lecture, discussions, storytelling. Share insights gleaned from Entities such as Seth, Orin, Daben, Betty Book, and others channeled through humans. Participants are invited to share their experiences with angels, spirit guides, relatives, friends, etc. The presenter will share from her 23-year journey. If you have not been exposed to metaphysical ideas, such as life before and after physical death, spiritual guides and angels, please be open and respectful when others are relaying their experiences.

Juliet "Julie" E. Kallio, M.Ed., public speaker, writer, workshop facilitator storyteller, self-employed as founder of SOULSjourney, has "walked the talk" of her spiritual journey for 23 years and continues to expand.

BODY PRAYERS II (extension of BODY PRAYERS I)

AH 121 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 participant focus on what s/he would like to pray for. What does your "Soul" say? What is your yearning for the world? All participants are encouraged to express their prayers with movement and teach the group their own body prayers. Together, we will piece together the movements to create a group dance.

Hiyalah Indiga, Amy Barankovitch, and Luann Kleppe - see Session I for bios.

CLAIMING YOUR SACRED PSYCHIC SELF

AH 314 discussion/ritual/experiential
Through discussion, meditation and interaction this workshop will explore what psychic ability is. Participants will be guided to envision and claim their sacred psychic self. In a safe environment opportunity will be provided to move beyond the five senses and experience the extrasensory world of infinite possibility.

Diana Blagdon, worked in the field of human growth and development and metaphysics for 20 years, is a certified spiritual director and psychic.

Shelly Darnutzer, is a psychic and zen practitioner who teaches mindfulness meditation, supports these practices as a computer consultant.

EMBRACING DIVERSE RITUALS: MANY TRADITIONS, MANY WAYS

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 lives.

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

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

WOMEN OF COURAGE: A READERS THEATER PERFORMANCE

AH 102 readers theater presentation
Following a brief musical and visual introduction, this session will present a dramatic reading of the lives of courageous 20th century women; the session is a performance rather than a participatory session.

Sue Bateman, oldest M.S. degree recipient from St. Mary's University, graduated August 1995.

Judy Harris is an encourager, mother, daughter and teacher
Char Hostad, certified massage therapist, has had long-time involvement in various women's groups and projects.

Joanne Weygand, communications specialist, is a gardener, gourmet cook, new grandmother and owner of Achievement Videos.

POSSESSING THE SECRET OF SPIRITUALITY: FEMALE GENITAL MUTILATIONS AND ITS EFFECT ON CONNECTING WITH THE DIVINE THROUGH OUR BODIES

AH 220 paper/discussion
It is estimated that ninety million women have in some way been genitally mutilated. This includes clitorectomies, infibulation as well as hysterectomies. In the practice of most mystic traditions, the body is connection with the Divine. By looking at the functions of the chakras as channels for this type of communication, what is the effect when the second chakra is mutilated or defiled? The purpose of this workshop is to explore this connection and to begin healing the split between the Divine and the body.

Miri Hunter Haruach, doctoral candidate, performance artist who teaches theatre, published poet, currently an artistic director, conducts workshops on healing through personal narratives and individual diversity/multi-culturalism.

SPIRITUAL COURAGE: PAST LIVES, DREAMS AND SOUL TRAVEL

AH 309 experiential/discussion
Sondra Traylor and Nora Patrin (See Session I for description and bios).

Centennial Student Union

RELEASING YOUR SPIRIT'S VOICE

CSU 253 experiential/discussion
Come, tune up your awareness of cultural and gender-specific conditioning which "stifles" the true power of a healthy, outflowing, woman's voice. Explore ways to physically release emotional and spiritual blockages that literally choke your voice, and focus on clearing energy that has become trapped in the throat chakra. I invite you to howl with me! This workshop is beneficial to anyone and does not require any previous experience or training.

Cheryl Moore Brinkley (Brinkley Vocal Power), BFA drama/speech, actor, mother, speaker, performance mentor, and teacher of acting and elocution.

WRITING INSIDE OUT: UNLEASH CREATIVITY AND REVEAL YOUR RITUALS

CSU 255 experiential/ritual/discussion
This workshop is to help individuals create personal rituals to honor that which they instinctively find sacred. And, through ritual, to open the doors of creativity. Participants will focus on the information they carry in their subconscious by unleashing their inner thoughts through guided, "free-flow" writing exercises and guided imagery. We will discuss how the images in our writing reveal what we hold sacred. We will explore ways in which we can honor the sacred through ritual that reflects collective and individual needs for sound, smell, touch, silence, movement, etc. Bring a notebook and pen, and be prepared to move barefoot.

JoAnne Makela, writer, published poet and performance artist, has taught creative writing and drama, and has been awarded grants.

THE MILLENNIUM EFFECT
CSU 201

paper/discussion

We will start by discussing and showing examples of both the ancient and "scientific" predictions which center around the year 2000. We will then use hand analysis to show participants what they can do to prepare for the coming times. Participants will learn what they truly value and we will discuss how to live our lives according to our values.

Kathryn Harwig and Gloria Harwig - see Session I "Life in the Palm of Your Hand" for bios.

JOURNEY INTO DISCOVERY AND CLARIFICATION — PART I
CSU 101

discussion/experiential

For those beginning to discover and experience their abilities and have need of clarification and identification of these abilities, Patricia will guide you into understanding. She will help you with meditation where you may discover individual strengths that assist in your personal, social and spiritual growth. We will explore reading and sensing auras, as well as the subtle workings of clairvoyance and clairaudience. We will also explore experiential methods to help you discern your innate abilities. You will learn to be receptive to the capacity of crystals for amplifying energies and as a tool for personal transformation. Bring a quartz crystal to the workshop if you have one. Patricia will give you a safe means to review past lives in order to discover their influence in the present and to help you move forward. We will do discussion in this session and experience meditation in the next. CONTINUED IN NEXT SESSION.

Patricia Chapman is a teacher of metaphysical ways; Amadeus, Kofutu, retreat-planning committee member, workshop leader, lecturer for international metaphysical organizations, and healer with private practice in clairvoyant counseling for 30 years.

SHAMANISM: ANCIENT METHODS OF HEALING

CSU Indigo 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". The presenter will teach a method of journeying and offer participants an opportunity to try it.

Jaes Seis, studied Shamanism for many years, practitioner of Shamanic healing and a teacher.

Debra Schwarze is a partner in the Richland Healing Center/Retreat.

HEALING SEPARATENESS AND ISOLATION THROUGH MOON GROUPS
CSU 254

discussion/ritual/experiential, child friendly

Join in a "full moon ritual". Afterward speak with members from established moon groups that have traveled this path for many moons. Network with others who are interested in forming a moon group. Examples of full moon rituals will be given to all participants.

Dee Joynes, spiritual seeker, self-employed providing tax and accounting services, single parent and moon group participant for the past three years.

Julie Theobald, instructor and organization development consultant, world traveler, psychic, old soul intently venturing forward in her soul evolution and spiritual development, moon group sister for the past three years.

CELEBRATING THE INTERCONNECTION OF ALL SPECIES

CSU 103 experiential/movement activity/child friendly
All animal and plant lovers welcome! We will explore and strengthen our sense of sacred connection to other species. Come and share one of your favorite stories of a connection you have had with another species. Come and be fed by others' stories. Drawing, movement and storytelling.

Kaia Svien, M.S., is a spiritual mentor, ceremonialist, and educator.
Sage Passi, a naturalist, performance artist and intergenerational facilitator, enjoys movement, multisensory activities and storytelling. Kaia and Sage specialize in workshops that expand their love for Earth.

ANGELS, SAGES AND DRAGONS: QUEST FOR SPIRITUALITY
CSU 204

experiential/discussion

This workshop will focus on providing the time, space and energy for participants to gently explore the presence of their own inner wisdom and guidance. The use of imagery and the sharing of the experience with another allow the participant to delve into deep inner questions and find a sense of security and assurance to life's trials and tribulations. Intended to raise self-esteem and encourage self-assurance and empower participants to confront the dragons within and find connection with their own angels, perhaps even a Sage.

Loui terMeer, M.A., LCP, author, produces seminars for personal spiritual growth worldwide and strives to create a safe, supportive environment.

SHEKINA; THE FEMININE FACE OF GOD
CSU 202

discussion/experiential/ritual

Men use "principles" or "abstract rules of justice" to decide whether an action is right or wrong, whereas women consistently use relationship and personal responsibility as their primary reference points in making moral decisions. They key word is relationship, being in relationship with God. This workshop helps us to stop looking to authority figures to define our personal relationship with God and to trust that what we have experienced as sacred is indeed sacred.

Rachel Fine, professional artist, Jewish feminist and a spiritual teacher.

JOURNEY TO GAIA
CSU 203

experiential

This workshop will provide an opportunity for participants to learn and use the shamanic technique of journeying to dialogue with Mother Earth in order to help us to heal and empower ourselves as women as well as our relationships to the Earth and to other women.

Kim Stanley-Dias, transpersonal psychologist and instructor of consciousness studies.

C. Holly Denning, Ph.D. candidate in sociology, adjunct faculty, explorer of consciousness and a community activist.

CALLING THE WILD GIRLS: CONNECTING GIRLS AND WOMEN FOR SMOOTHER TRANSITION
CSU 219-A

experiential/paper/discussion/child friendly

This workshop will explore the problems we women have transmitting our knowledge and wisdom from one generation to the next and the gaps in female identity that often take over half a lifetime to fill. After calling maiden-mother-crone goddesses, Pat will give her thoughts on gaps in identity, problems with inter-generational dialogue and what high schools do to emergent female consciousness. Empowerment examples include New Moon girls who went to Beijing's World Women's Conference and mothers and daughters who create First Moon rites. Participants are invited to share stories of how the numbing and waking process worked for them. We will affirm what we want our daughters to know. We will "Wake Up Ophelia" and explore the Wild Girl Path through living fully, connecting with nature, asking questions and dancing with our mamas.

Pat Darling, Ph.D., teaches Writing and Religious Studies at the University of Minnesota and Metropolitan State University. She is a krone-in-training and has presented at this conference for the last eight years.

Morris Hall

A BOLD NEW FRONTIER: CONSCIOUSNESS

MH 206 experiential/lecture

This workshop introduces participants to a profound journey into self. The curious will learn, create and experience expanded awareness, energy structures and alternate realities. Our principal goal is to expand consciousness so that participants may know and understand better their own potential. This workshop employs Hemi-Sync technology developed by The Monroe Institute. A series of mental processes and a taped exercise will enable people to simplify and ease and enhance the all-important task of living better and more fully every day.

Scott M. Taylor, MM., M.S.C., found of Expanded Awareness Institute, an accredited Gateway Outreach trainer, speaker, self development workshop presenter and marketing consultant.

Sharon J. Taylor, found of Expanded Awareness Institute, an accomplished leader, sales person, and consultant to private and non-profit organizations.

WHITE FEMINIST RACISM

MH 211 discussion/round table

This workshop, through small discussion, will explore issues of racism that impede open acceptance of the diversity of people. Feminists of white, western cultural heritage may still be quite racist and unaccepting or unwelcoming to women, feminist or not, from other cultures or races. One strength of the International Women's Movement is feminists' ability to find those common links with many women world-wide. Participants will discuss various issues through the use of guided questions on race relations. Representation from various cultural and racial backgrounds is desirable.

Donna Malum, M.S. in education, M.A. in theology, white western woman who wishes to reduce her own racism, teacher, multicultural diversity trainer, participant of WILPF's peace train from Helsinki to Beijing and the Fourth United Nations conference on women.

THROUGH WOMEN'S EYES: BEIJING 95 - BUILDING A GLOBAL COMMUNITY

MH 212 ritual/video

This presentation will create a visual experience of the United Nations 4th World Conference on women. It will feature the video through women's eyes: Beijing 95. Presenters will use ritual to enhance this experience. Discussion will focus

on the outcomes/integration/implementation of the U.N. Women's Agenda, the platform for action and the future global women's movement. How can women participate in these ongoing agendas? How can we make global change?

Terri Berthiaume Hawthorne, M.S., adjunct faculty, ritualist, co-author, producer and editor.

Diane Berthiaume Brown, educator, director, co-author and illustrator.

Lisa Hawthorne, M.A. special education, artist, world traveler.

INDIAN WOMEN OF FORTITUDE

MH 209 paper/discussion
In this workshop we will pay a tribute to the Queen of Jhansi, Laxmibai, who fought against the British takeover of her Princely State with her six month old baby on her back. She was instantly killed by the British guns and cannons. Laxmibai served as the role model of feminine courage, integrity and dignity and inspired the freedom fighters, especially women, during the period of India's Independence Movement (1920-1947). Laxmibai will be honored by the discussion of the historical event and recitation of the poem written on her by Subhadra Kumari Chauhan, a nationalist, freedom fighter, and a recognized woman writer in Hindi literature. Finally the presenter will discuss how she herself can relate to Laxmibai's plight in the face of male dominated administrative opposition.

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

Jeff Sehring is a student of Indian Philosophy and Asian Religions at the University of Minnesota.

Other Buildings

RETURN TO YOUR NATURAL HOME IN THE WATER -Part I

MSU Pool - Highland experiential/movement/child friendly
This workshop will give landlubbers a new perspective on water exercise. We will explore healing movement in the water with music background. We will look at different ways to re-cycle jugs for use as relaxation and movement tools in water. Freedom of movement without stress along with explorations of water resistances will be experiences. Have fun in the water while developing a healthy mind and body through movement. Bring swimsuit and towel. CONTINUED IN NEXT SESSION.

Merri-Lee Berglund, B.S. physical education and art, aqua-aerobics instructor for community education, certified aquatics teacher for special groups for over 20 years.

Annie Mohler, fine artist and spiderwimmin goddess ritualist, a Pisces child and water lover, a believer in the power of water to heal and transform.

Session III

Centennial Student Union

JOURNEY INTO DISCOVERY AND CLARIFICATION — PART II

CSU 101 discussion/experiential
For those beginning to discover and experience their abilities and have need of clarification and identification of these abilities, Patricia will guide you into understanding. She will help you with meditation where you may discover individual strengths that assist in your personal, social and spiritual growth. We will explore reading and sensing auras, as well as the subtle workings of clairvoyance and clairaudience. We will also explore experiential methods to help you discern your innate abilities. You will learn to be receptive to the capacity of crystals for amplifying energies and as a tool for personal transformation. Bring a quartz crystal to the workshop if you have one. Patricia will give you a safe means to review past lives in order to discover their influence in the present and to help you move forward. We will experience meditation in this session.

Patricia Chapman — see Session II for bio.

USING DOLLS TO RECLAIM THE COURAGE OF OUR INNER CHILD

CSU 202 experiential
Come and explore what your inner child has to teach you. Using cuddly, natural fiber dolls, or a doll that you bring from home, a guided meditation will help you connect with your inner child. This year's focus will be honoring the courage of that child within. Processing with a variety of art materials and group sharing, we will discover what truths she has been waiting to disclose. Limited to 10 participants.

Pamela Peterson, M.A. theology, mother, dollmaker, nurturer of the child within, honoring women's diverse experiences.

FEAR IS COURAGE RETURNING

CSU 254 experiential/discussion
Throughout the ages, women have shown extraordinary courage in facing every kind of difficulty, despite their feelings of fear. What great things are we capable of, that we allow to go untapped, because of the ways we allow fear to

invade and pervade our lives? In this workshop we will explore ways to unlock the hidden information found in the emotion of fear, allowing us the freedom to achieve our full spiritual potential.

Tory Stewart is co-director of Turtle Island Health Center where she is a massage therapist and creator of Body Talk, a unique approach for connecting with and clearing emotional and physical blocks in the body.

SOMETHING WITHIN - SOPHIA/WISDOM - A SPIRITUALITY OF RE-IMAGING

CSU 203 paper/ritual/experiential
Re-imagining God as SOPHIA/WISDOM touches deep in our center where we learn to trust our inner light. We come to know ourselves as good rejoicing in Creation. We hear the call to solidarity and justice living. We reclaim an ancient Biblical spirituality of the Feminine.

Lucy Edelbeck, a crone who facilitates retreats and workshops on women's spirituality, founder and coordinator of Interweave: Woman Gathering, artist who designs Lucy's Cards.

THE WAY OF THE HEALER: FINDING HEART AND MEANING IN OUR LIVES

CSU 253 experiential/guided meditation
In this experiential workshop, we will walk the path of the healer as described by Angeles Arrien. We will facilitate a shamanic exercise and encourage acknowledgement of our inner beauty, our strengths, and our talents. We will look at the contributions which we have made and are making in our lives. In so doing, we will honor with deep gratitude all those who have shared their lives, their love, and their teaching with us through the years.

Laurie Savran, an attorney in private practice, was elected Trustee of the Minneapolis Public Library board and received the 6th degree in The Radiance Technique.[®]

Cal Appleby teaches in prisons, offers classes and workshops in the area of self-awareness and facilitates past life recall in individual and group sessions.

PRIESTESSING DIANIC RITUAL

CSU 201 paper/discussion/ritual/experiential
Of particular interest to women who desire to lead nature and goddess-based ritual. There are few role models for us to follow of successful High Priestessing. Thus, we are making our own way. This workshop presents material developed by Ruth Barrett, who was ordained by Z. Budapest in 1980. Practicing ritual privately and publicly and refining our abilities to facilitate are excellent ways to advance competence in the community in doing magical work. We will consider what priestessing is, cover the elements of a ritual plan, discuss the skills required to facilitate, and offer critiques of ritual.

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

Val Mondor is a community activist, video editor, energy worker and member of RCG.

EXPERIENCE A HEALING CIRCLE

CSU 255 experiential
We will explore guided meditation, hands-on and group healing. Healing Circle's purpose is to create a safe, non-judgmental, loving atmosphere for sharing with each other. Participants will be guided through a simple hand exercise so they feel their own energy field.

Rev. Elizabeth McCabe is an ordained priest and traditional Reiki Master with a practice and ministry in Pipestone, MN.

HOW TO READ THE ENERGIES OF THOSE 'OUTRAGEOUS' STONES

Courtyard/CSU discussion/ritual/experiential
Why are you drawn to certain stones? What are the healing effects and how would you use the stone? Raven will lead guided imagery that will, with practice, become a tool for you to use when choosing or using stones. She will bring stones for you to use in class or you may bring your favorite one to work with. Stones are vital tools as we stay on the earth or prepare to ascend from it.

I am **Raven Blackcrow**, a mystic from the other side, and I teach from my experience there and here.

OUTRAGEOUS WOMEN, COURAGEOUS CHOICES: USING STORY TO ACCESS PERSONAL THEMES

CSU 103 discussion/experiential
This workshop invites participants to look at their own stories through investigating the metaphor of folk stories as a way to explore important life themes. We will focus on how women help and support each other, accepting one another's differences, while pursuing goals and addressing needs. Through individual activities, and group and pair discussions, participants will tend the narratives of their own lives. Group size is limited to 35 participants.

Cynthia Chauhan and Rebecca Unternahrer, of different ages and ethnic backgrounds, come together in their love of story and deep interest in how people understand the story of their lives.

LUTHERAN FEMINISTS: CAN THEY CO-EXIST?

CSU 219-A discussion/panel
This workshop will provide the audience an opportunity to learn of the "herstory" from members of the decade old Feminist Bible Study at Our Saviour's Lutheran Church (ELCA), Minneapolis. We will discuss its birth, its struggles, and how it has come to be a vital force within itself, the church, and the community. This will also be an opportunity for other feminist church groups to share their journeys and encourage others to initiate a journey. We will learn of one another's bibliographies, rituals, and sources of life. We will discuss "why" we exist in what is often viewed as a submissive patriarchal institution. Group size is limited to 20 participants.

Elaine Johnson, M.A., licensed psychologist, certified chemical dependency practitioner, was born, raised and is still actively involved as a feminist and Christian.... Sometimes I wonder why.

Deborah Swenson-Klatt is a mother of two young children and life-long feminist and sometimes reluctant Christian.

THE VOICE OF THE BODY

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

Martha Sanbower. See "The Doorway To Wisdom and the Heart of the Spiritual Quest," Session I, for bio.

Armstrong Hall

TURNING POINTS: SPIRITUAL SECRETS FOR MASTERING CHANGE-

Part II
AH 232 experiential/discussion
Change is a fact of life, yet so often we experience change as stress, not as spiritual opportunity. Learn techniques and spiritual exercises to identify your own personal patterns of change and see themes in your life from a higher viewpoint. We will introduce goal-setting from the inside out, collage-making for spiritually successful change, and tools to handle future changes with grace and enthusiasm.

Mary Carroll Moore. See session II for bio.

HABITATIONS OF THE GREAT GODDESS

AH 233 paper/discussion
This workshop, accompanied by slides, will be an in-depth examination of the architecture and culture of the Neolithic people of Malta and Scotland who worshipped a female diety, a Great Goddess. This is intended not only as a scholarly exercise, but also as a journey in pursuit of a personal experience as well, which the presenter experienced during her examination of the artifacts and architecture of these early cultures. We will ask such questions as, "why did the Maltese build 33 huge temples on their small island?" "How is it possible to find strong architectural and artifactual similarities in Malta and Scotland when they are obviously so far apart?"

Cristina Biaggi, author, lecturer, artist, sculptor, has written articles that have appeared in feminist and archaeological publications, published book Habitations of the Great Goddess in 1994.

MAXIMIZING YOUR POSITIVE EXPERIENCES BY ASKING THE RIGHT QUESTIONS

AH 214 discussion
This workshop will stress the importance of asking questions to maximize positive experiences; help participants identify their past programming and beliefs about asking questions that may stand in their way; affirm that assertive thinking and behavior will decrease bad experiences and be empowering. We will identify new beliefs and discuss the right to think and behave assertively.

Linda Mack Ross, M.ed., writer, author of The Smart Consumer's Book of Questions, organizational development consultant, facilitator, mother, woman in growth, loves working to empower women.

STONE STORIES

AH 220 slide show/discussion/experiential/child friendly
Stones hold ancient wisdom which is accessible to all of us when we slow down and listen. Katherine has created a series of drawings and wisdom titled "Stone Stories". In this playful workshop, she will share some of her stories and help you hear and see yours.

Katherine Tilton, an artist, designer, writer, educator and lightworker, collects, draws and listens to stones.

Ellen Overaa is an artist, healer, channeler and lover of nature.

THE KINSHIP OF SPIRITUALITY: BREAKING THE ISOLATION OF SPIRITUAL PRACTICE

AH 221 experiential
This workshop will invite participants to explore the value and opportunity of sharing their spiritual journey in a small group format. Specifics on forming a group and group process to guide the group will be highlighted. Participants will have the opportunity to develop a personal model that they can implement when returning home. Group size is limited to 30 participants.

Meredith Green is an active member of the Society of Friends/Quakers and has developed workshops and has provided training on various topics. She has been a member of a Spiritual Nurture Group for the past three years.

Barbara Nehls-Lowe and other members of the Spiritual Nurture Group—including educators, social workers and a dance therapist— will help facilitate the workshop.

EMPOWERMENT THROUGH CREATIVE EXPRESSION

AH 202 discussion/experiential/movement/child friendly
Negative thought patterns have become unconscious bad habits. We need to change them so we can stop strangling our true selves. We need to learn to eradicate self judgment in order to allow self-expression to flow. Come and learn to express your creativity that will lead back to our essence and our divine self by participating in guided improvisation with electric violin and other instruments.

Michelle Dunkirk, teacher, recording artist, has recently returned from Egypt and Peru. She has studied at Juliard School of Music and has just released her latest CD.

Rebekka Fisher, bachelor of music, singer, songwriter and keyboardist, is currently recording her second CD, and is the founder of "Women Sing," a publication for women in music.

A KRONE'S SONGLINE FOR HER CHILDREN

AH 211 discussion/experiential
A spiritual songline is a created path of positive growth and spiritual fulfillment. Using experientials, theory, and imagery, we will encourage participants to create personal spiritual songlines. Poetry and music will be used to provide a warm, safe atmosphere and will be instrumental in leading people into an awareness and exploration of their personal spiritual songlines.

Paula Mollenhauer, M.S., is a poet, krone, retired group psychotherapist and consultant in healing, grieving, and self esteem. She has 9 children and 23 grandchildren.

Kathleen Schultz is a business woman in music production.

IMAGING THE SELF

AH 203 discussion/experiential/child friendly
This experiential workshop will provide an overview of spontaneous imaging as well as empower participants to get in touch with their unique Self. Using crayons and paper we will begin to answer those age-old questions: Who am I? What am I to do? How am I to do it?

Kathleen Giguere, M.A. LICSW, has conducted workshops and groups using imagery in many different settings, has published a workbook titled "Imaging the Self", has a counseling practice where she sees adults, adolescents and children.

DIVERSITY AND THE IMAGE OF THE GOD/DESS

AH 213 experiential/child friendly
The purpose of the group is to gain awareness of our own uniqueness as the image(s) of the God/dess. Briefly, we will discuss stereotypical images of God and ways in which these have kept us from recognizing ourselves and others as visions of the divine. Next, we will individually and/or in family groups create our own collage of the God/dess in our family/community circles. Finally, together we will celebrate the diversity of the Godhead as we design a group montage which illustrates this diversity. Participants may want to bring favorite family or magazine photos to include in this activity.

Nancy Nau-Olson, M.A., M. Div., has convened various workshops on creativity and spirituality. She is a teacher and guide, and is currently writing her spiritual autobiography.

Morris Hall

WOMEN'S RITUALS AT THEIR PERSONAL ALTAR USING WORSHIP, SYMBOLS AND NAMING

MH 210 discussion/experiential/ritual
Interactive and participatory activities hallmark this workshop. We will look at centering, orientation to worship, constructive self-concept, absorption of change, destruction of putting limits on the self, reintegration of self-esteem, actualization of dreams and purification of the extended self. We will discuss "naming" the symbols for these concepts. Come and share the symbols you use in your personal rituals. We will explore the commonalities in the workshop

group. We will highlight our similar symbols in journaling. The purpose of this workshop is to grow in awareness of naming your symbols used in ritual and worship in the privacy of your own home.

Ina Mae Christopherson, M.S., is a teacher, writer, mother of three grown children, counselor in private practice and wife of 32 years.

Florence Chard Dacey, published author, poet, mother, voice of nature educator and presenter, teacher in the schools, and journal instructor for women.

Other Buildings

RETURN TO YOUR NATURAL HOME IN THE WATER -Part II

MSU Pool - Highland experiential/movement/child friendly
This workshop will give landlubbers a new perspective on water exercise. We will explore healing movement in the water with music background. We will look at different ways to re-cycle jugs for use as relaxation and movement tools in water. Freedom of movement without stress along with explorations of water resistances will be experiences. Have fun in the water while developing a healthy mind and body through movement. During, Part II, we will have an "open swim" where participants can do whatever they want.

Merri-Lee Berglund and Annie Mohler. See Session II for bios.

SACRED DANCE

MSU Dance Studio movement activity/circle dances

Sister Johanna Seubert, Donna Ronning, Randy Lanari (see Session I for description and bios).

STORYTELLING SHIELDS

Trafton C-124 experiential/visualization/art activity
In this workshop, we will explore an overview of the diverse and similar story uses of shields by various peoples. Then using personal stories, participants will be guided in the design and creation of their own storytelling shield, using found objects personal "treasures." Participants are encouraged to bring personal treasures.

Sue Jansen, professional artist and educator, emphasizes the multi-media aspects of self and materials and re-sourcing the abundance in our daily lives.

IS RE-IMAGINING THEOLOGY OUTRAGEOUS?

PA Music Room discussion/ritual/experiential/movement
The World Council of Churches declared this the Ecumenical Decade of Women, and a group of Minnesota women responded by taking three years to plan an international conference on Christian theology which took place in Minneapolis in Nov. of 93. A large group crowded the convention center, dancing and singing and worshipping, hearing world-class women theologians and participating in workshops. Lesbian and bisexual clergy and laity staged a happening which, in addition to the use of feminine images of God, triggered a backlash among conservatives, making Re-Imagining the top religious news story of 1993. This workshop will recapture some of the feminist/womanist/mujerista theology, dance, music and story of the 1993 event and subsequent annual Re-Imaging gatherings.

Jerie Smith is a campus minister, co-director of the Center for Spiritual Growth Retreat Center and a member of the Co-ordinating Council of the Re-Imagining Community.

Nadean Bishop is a lesbian pastor, former women's studies professor, outrageous poet, grandmother and secretary of the Co-ordinating Council of the Re-Imagining Community.

Session IV

Centennial Student Union

MEDITATIONS ON THE TREE OF LIFE

CSU 255 ritual/experiential/movement activity
In this workshop, after drumming and honoring the directions, we will lay out the pattern of the Tree of Life (Qabalah) with colorful circles, scarves and lights. We will then walk and dance our meditations/prayers on and around this form. Participants will learn the Yang circle dance, the Yin circle dance, and a walking meditation on the three pillars of the Tree of Life.

Mary Flaten, M.A., teaches dream classes and workshops and leads meditations on the Tree of Life.

THE ARAMAIC LORD'S PRAYER

CSU 201 movement activity/dance
The Lord's Prayer in the original Aramaic 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 in his own language. The

melodies recall that ancient time, and the words lift the soul, allowing one to experience the peace that passes understanding.

Sister Johanna Seubert, Donna Ronning and Randy Lanari. See "Sacred Dance," Session III for bios.

WOMEN WITH WINGS: DANCES OF UNIVERSAL PEACE

CSU 253/254 experiential/movement activity
Reality is demanding to be recognized - in all Her holy names and forms. After a short silence, we attune with sound, feeling the actual physical production of sound in the body. We walk; we sign; we dance; we pray, all at the same time. We consciously perform/study the relationship between the individual and the whole at many different levels, and we honor the highest qualities of each other in the process. Spirituality consists of experiences — not premises.

Mary Sheehan, a relatively whole person, mother of three, grandmother, world traveler, philosopher, artist, musician; has been doing dances of universal peace for 20 years.

Joy Wood, mother of two girls, business woman and biker-ballerina, has been active in spiritual dance and song for ten years.

LESBIANS OF COURAGE

CSU Indigo discussion/experiential
We can feel pride as part of a community of courageous women and also by recognizing our inner courage as individual women. This workshop will explore the lives of lesbian heroes as well as encourage participants to affirm their own courage. Through singing, listening to affirmations, and group interaction, we will celebrate the beauty and strength in ourselves as lesbians, bisexual women, and women exploring same-sex attractions.

Eleanor Ruth Wagner, lesbian crone and author of the meditation book Lavender Reflections: Affirmations for Lesbians and Gay Men.

WALKING THE RED ROAD: SHARING OF NATIVE AMERICAN RITUAL

CSU 103 paper/audience discussion
This workshop will attempt to clarify the misconceptions concerning the teaching of Native ceremony, both in content and persona. There has been considerable dialogue concerning the exploitation of our ceremonies by self-proclaimed healers and non-native people. The presenter will explain what the concept of "walking the red road" is all about and how respect can be achieved among all people.

Mary Lou Van Voorhis (Yellow Day Womyn), Eastern Cherokee, ABD, is assistant professor of women's studies/secondary education, activist, storyteller and crafts womyn.

REFLECTION ON COURAGE: A MEDITATIVE WALK THROUGH HISTORY AND THE LABYRINTH

CSU Ballroom ritual/experiential/movement
Enter the world of courageous 19th and 20th century women from around the world through a vast collection of photographic images. Connect with their lives and stories. Know that they travel with you as you enter and walk an intricate, ancient pattern called a labyrinth. Experience the unexpected as you awaken to the possibility in your own life story. Due to time constraints in walking the labyrinth, an ideal group size can be no more than 20 participants.

Jazmin Gikling, a massage therapist, teacher, gardener and lover of nature, believes in the personal and planetary healing power of the labyrinth.

Luella Greene, MSW, specializes in women's issues. She is a retreat facilitator and creator of celebrations that empower women, as well as an artist, gardener and traveler of the inner and outer worlds.

Barbara Kellett, LSW, has been a social worker for nearly thirty years. She is a certified spiritual director and master of divinity student at United Theological Seminary.

Kim Hammer, artist and massage therapist, teaches yoga and massage.

FROM PYRAMIDS TO CIRCLES: TAKING HIERARCHY OUT OF SMALL GROUPS

CSU 101 lecture/discussion
This workshop will explain how to change the structure of a small group to make the group more effective as a whole and more rewarding for individual members. The discussion will highlight four important aspects of small groups - the problems created by hierarchy, the importance of understanding different perspectives, how roles and rules function in groups, and how to keep decision-making inclusive rather than exclusive.

Paula Kramer, M.A., is author of From Pyramids to Circles: Taking Hierarchy Out of Small Groups.

VOLUNTARY SIMPLICITY: RE-CONNECTING THE SPIRITUAL IN OUR DAILY LIVES

CSU 219-A discussion/experiential
Debra Pexa (See Session I for description and bio).

Armstrong Hall

THE APPEARANCE/DISAPPEARANCE OF RELIGION AND SPIRITUALITY AT THE BEIJING WOMEN'S CONFERENCE

AH 232 paper/discussion
Religions, acting as social, cultural and political institutions, traditionally have dictated women's roles and behavior. Women's spiritual needs, however, often dictate rebellion against these imposed definitions of self and ways of being. In this workshop we will explore how the world's major religions influenced the debates and decisions at the 1995 UN Women's Conference held in Beijing, China, and how courageous women of faith and spirit expressed and acted on their alternative view of the world, thereby re-igniting hope and a sense of mission in the 35,000 people who attended this forum of global women.

Marilyn Cuneo, M.A., ABD, 1995 Peace Train rider Helsinki-Beijing, Beijing NGO Forum attendee, convenor, arts committee-MN Metro WILPF, life-long teacher and student, world citizen, perpetual quester.

READING AS SPIRITUAL PRACTICE

AH 214 discussion/experiential
Reading will serve your higher purpose when practiced with purpose, the whole mind and relaxed alertness. In this workshop, participants will experience the ideal state for learning, the power of purpose, and simple techniques for becoming an active, open, and questioning reader. When the traditional approach to reading is seen as a limiting paradigm, breakthrough to unlimited potential is possible.

Deborah Fink, recovering academic librarian and certified Photo-Reading instructor, is dedicated to the transforming potential of learning.

Lynette Ayres, travels the world teaching PhotoReading and certifying new instructors. Lynette has an unabashed passion for learning and teaching.

BEFRIENDING CREATION

AH 305 paper/discussion/ritual
What is ecofeminist spirituality? What challenge does ecofeminist spirituality hold surrounding the twin domination of women and nature? How do we begin to change our anthropocentric consciousness to appreciate the sacredness of all creation? Explore these questions and more in a workshop that will introduce you to ecofeminist spirituality, thinking and theory.

Gabriel Ashley Ross, M.A., shares her life with four four-leggeds, teaches religious studies courses and directs Performing Arts Ministry.

ANCHORING THE BODY'S ENERGIES - A MOVEMENT JOURNEY

AH 121 experiential/movement activity
This workshop will explore feeling and experience within the body through movement, meditation, sound, and color. It is a journey in which the breath, the body, the mind, and the heart merge as one in remembrance. Come and join in this inner and outer dance of healing and life.

Deb Schubert, Ed.D., is a healer and channel currently practicing with over 20 years of movement experience.

WOMEN IN THE BIBLE: LESSONS FOR TODAY?

AH 222 discussion
This workshop will focus on women whose stories are told in the Bible; the participants will select two women from a suggested list including, for example, Eve, Ruth, Ester, Mary, or the woman at the well. We will discuss the aspects and applications of the story which are relevant today. We will be very specific in selecting lessons which are empowering, enlightening, enriching, and encouraging.

Connie Fulmer, Ph.D., professor of English, enjoys looking at old stories in fresh, new and exciting ways that force us to rethink our judgments.

Margaret Barfield, B.A., works at Pepperdine Law School, and is constantly looking for effective, innovative, and challenging ways to grow spiritually.

BRING THE GLOBE TO YOUR KIDS - "MUSICAL POW-WOW"

AH 202 child friendly/experiential
This workshop is intended to introduce children to a variety of musical instruments from around the world, and given them an opportunity to play with them, while exploring rhythm and making their own music! Enough instruments for up to 20 children will be provided. Parents welcome.

Mary Sibley, B.A. in special education and early education, M.A. in educational technology, former peace corps volunteer, has 17 years teaching experience. She is proprietor of EARTHEART Music, mother and family woman.

IS JESUS GOD? OR JUST DIVINE?

AH 231 paper/discussion
Jeanette Blonigen Clancy (See Session II for description and bio).

FEMINISM AND CHRISTIAN SCIENCE IN OUR EXPERIENCE AS COLLEGE EDUCATORS

AH 213 panel/discussion
Karen Grayson, et al. (See Session I for description and bios).

HONORING WOMEN'S COURAGE

AH 219 experiential/participatory ritual
Mary Jean Mulherin and Sharon Bigler Holtan (See Session I).

EMBRACE THE "still small voice" OF YOUR CREATIVITY

AH 216 experiential/discussion
Evadne McNeil (See Session II for description and bio).

HABITATIONS OF THE GREAT GODDESS

AH 233 paper/discussion
Cristina Biaggi (See Session III for description and bio).

SPIRITUAL COURAGE: PAST LIVES, DREAMS AND SOUL TRAVEL

AH 314 experiential/discussion
Sondra Traylor and Virginia Hudson (See Session I).

Morris Hall

HOLY SEX

MH 206 paper/discussion
Christians and Pagans have sharply different views of sexuality, and this difference is at the core of the chaotic relationship to each other throughout history. As the neo-Pagan/Wiccan traditions are being revived, what implications does this have with regards to "conventional morality"? Until we examine this issue, including all the implications of the ancient hieros gamos, we can't be comfortable with any dialogue that might occur between these two historical adversaries.

Sandra Barnhouse. See "Review of the Literature," Session I for bio.

FLIGHT OF THE EAGLE, LIGHT OF THE MOON — PART 2*

MH 209 paper/discussion
Spiritual similarities can be conceived as a bond between indigenous cultures from around the world but in this workshop we will be examining only the Native American and Celtic spirituality. The presenters will speak about their own cultural heritage. This workshop will deal mainly with women's spirituality, and the conflicts of abiding by such. *Part 1 was presented at last year's conference.

Gloria Hazell, English, pre-Celtic upbringing, founded Natives of the Earth in 1989. She is the mother of four and crone.

Chuck Derby, Dakota, spiritual elder, master pipestone quarrier/pipe maker, is founder 'Little Feather Indian Center.'

IN SEARCH OF ELDERS: RECALLING OUR WOMEN ELDERS THROUGH RITUAL

MH 211 ritual/experiential/discussion
Rituals are a way we can connect with our ancestors and honor the gifts we have been given. In this workshop we will share our experiences as a women's ritual group by co-creating with you a ritual to honor the outrageousness and courage of our women elders: our grandmothers, mothers and aunts. We ask that you bring with you a three-yard strip of fabric, a sacred object, and a picture or other representation of a female elder you would like to honor. Group size is limited to 30 participants.

Kathleen Holt, Wendy Janosik, Sue McCoy, Kristi Olson, Kathryn Ripp and Lani Schuster are a women's ritual group that formed as a result of last year's conference who range in age from 31 to 55. They are a combination of feminists, pantheists, pagans and goddess worshipers who honor the feminine principle.

FOR THE SHE-ROES WHO HELP US STAND

MH 212 performance/discussion/experiential
This workshop will use poetry, storytelling and music to explore, from a historical perspective, the ability of African American women to "stand" in the face of adversity. We will look at the ways in which pain and struggle, humor and celebration, family and tradition, spirituality and song, have been used as empowerment-tools-for-survival. The purpose of this workshop is to encourage participants of all backgrounds to begin to consider and share their own stories, using the power which is passed on through generation as examples of courage and strength.

Shellie Moore Guy is a storyteller, poet, author of Remembering Melodies: A Thank You Note, substance abuse counselor, youth program director and former workshop presenter.

WOMEN'S RITUALS AT THEIR PERSONAL ALTAR USING WORSHIP, SYMBOLS AND NAMING

MH 210 discussion/ritual/experiential
Ina Mae Christopherson and Florence Chard Dacey (See Session III for description and bios).

Other Buildings

OUTRAGEOUS MAIZE MAGIC

MSU Dance Studio ritual/experiential/movement/child friendly
Utilizing esoteric knowledge and ancient traditions...focusing on the empowerment of individuals in their personal growth...Using the symbol of corn to enhance this ritualistic, experiential format in an earth based spiritual atmosphere of harmony and healing...Experience guided visualization, corn circle, aromatherapy, harvest dancing, toning and insights to postural benefits.

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," helps facilitate a process utilizing the visual, performance and healing arts, where clients can discover their true selves and move consciously toward a healthier lifestyle.

Session V

Centennial Student Union

CRONE POWER IN YOUR LIFE

CSU 255 ritual/experiential/movement/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. Open to anyone who wants to respectfully explore the crone aspect of the goddess.

Nancy Vedder-Shults (See Session I "I Found God in Myself: Goddess Imagery and Women's Power," for bio).

RECOVERING OUR PASSION THROUGH RAGE

CSU 201 experiential/movement/discussion
As we age in this culture, we often lose our passion for life. One possibility is our non-acceptance of rage. Repressing rage takes passionate energy, which then is unavailable for other things in life. This workshop is designed to show anyone, from 2 to 102 a simple, effective and safe way of releasing repressed rage and returning passion to life.

Cat Thompson, practicing urban shaman, uses a variety of traditional, eclectic and cutting-edge tools to facilitate individuals in achieving their highest choices in life.

REFLECTION ON COURAGE: A MEDITATIVE WALK THROUGH HISTORY AND THE LABYRINTH

CSU Ballroom ritual/experiential/movement
Enter the world of courageous 19th and 20th century women from around the world through a vast collection of photographic images. Connect with their lives and stories. Know that they travel with you as you enter and walk an intricate, ancient pattern called a labyrinth. Experience the unexpected as you awaken to the possibility in your own life story. Due to time constraints in walking the labyrinth, an ideal group size can be no more than 20 participants. **This workshop will end at Noon, instead of at 12:15.**

Jazmin Gikling, Luella Greene, Barbara Kellett and Kim Hammer — see Session IV for bios.

TEMPLE MAINTENANCE: EXERCISE FOR THE BODY AND SOUL

CSU 253/254 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 is an African-American 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 her in various exercise groups and has recently returned from Germany where her husband served a three-year tour in the Army. Charmane is now continuing to assist with her mother's exercise classes.

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 of 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, is an educator, psychic interpreter, spiritual counselor, inner/inter-dimensional guide, healer, minister and seeker of universal consciousness.

LESBIANS OF COURAGE

CSU Indigo discussion/experiential
Eleanor Ruth Wagner (See Session IV for description and bio).

WOMANSONG: THE OUTRAGEOUS, COURAGEOUS VOICE OF WOMEN

CSU 101 original song/personal story
Dody Davies (See Session I for description and bio).

Morris Hall

SYMBOLS OF THE GODDESS THROUGHOUT THE BIBLE

MH 211 paper/discussion
This workshop will provide information on the various symbols found throughout the Bible that relate to ancient Goddess worship. The focus will be on the Serpent Goddess and Sophia. A formal presentation along with slides will trace these images from Genesis through Revelations. A question and answer discussion will follow.

Carmen Myrtis-Garcia, B.A. in sociology/women's studies, is a Reiki healer, founder/director of Tree of Life Ministries and facilitator of Sophia's Circle women's spirituality group.

MARGARET FULLER: AN OUTRAGEOUS FOREMOTHER

MH 210 presentation/discussion
Come and meet Margaret Fuller, the Mary Daly of the 19th century. Outspoken on women's abilities and rights, she also devoted much of her energy to spirituality. She will speak to you herself, through the presenter, of her life as a scholar, seeker, and writer, and comment on similarities to today. She will tell you of her experiences as a radical teacher, war correspondent, and founder of women's discussion groups. She invites your comments and questions. No prior knowledge of material is needed.

Robin Proud speaks on women's spirituality topics at Unitarian Universalist gatherings.

FOR THE SHE-ROES WHO HELP US STAND

MH 212 performance/discussion/experiential
Shellie Moore Guy (See Session IV for description and bio).

FLIGHT OF THE EAGLE: LIGHT OF THE MOON

MH 209 paper/discussion
Gloria Hazell and Chuck Derby (See Session IV for description and bio's).

Armstrong Hall

STORY TELLING AND ATTENDING YOUR CHILD

AH 216 child friendly/experiential
Expression is a vehicle for children to access their inner power/wisdom. Storytelling and artmaking can help us to attend our child's experience and assist us in facilitating his/her natural development. Children will be asked to create a scene in a sandtray and tell a story. Their caretakers will be asked to write the story exactly as the child tells it and to re-tell the story.

Lynn Lidbury is a certified atira practitioner, registered art therapist and foster parent. Her professional work has been with children using art, play and sandtray therapy.

THE COURAGE TO FIND THE GODDESS

AH 214 paper/discussion
It takes courage to find the Goddess and to live grounded in the Feminine Divine. It also takes courage to tell others how we found Her and what it means to live in her presence. Yet find Her and tell others about Her we must. In this workshop, the presenter, who recently completed a Goddess pilgrimage to Crete, will share the story of her personal journey to the Goddess and discuss the works of the courageous archaeologists, historians, and theologians who helped her find her way. She will look at the various paths women can travel to find their way to the Goddess, and consider the reasons why it is an absolute necessity that we all find Her.

Joan Cichon, M.A. in history, is a teacher of European history, student of archaeology and theology. She is a goddess pilgrim, and she lectures on how she found the Goddess.

FEMINISM AND SPIRITUALITY: CHANGING IDEAS

AH 305 paper/discussion
This workshop will explore some connections between feminism and spirituality/religion. We will present the results of our study of feminism, spirituality and religion, which we completed this year at the University of Minnesota at Duluth. We will highlight the idea that as people become more feminist, their evolving beliefs and attitudes often include changes in their spirituality and/or religion. Workshop participants will have opportunities to discuss their own experiences.

Meg Petra, B.S., a feminist Women's Studies student and researcher, is always learning about and celebrating similarities and diversities among women.

Monica Roth Day, MSW, LGSW, community organizer, has a special interest in sexuality and spirituality.

A PSYCHOLOGY OF DIVINATION: DECISION-MAKING, NARRATIVE AND EMBODIMENT

AH 232 paper/discussion
Divination is one of humankind's oldest activities, yet modern psychologists know very little about it. Today divination practice is undergoing a virtual renaissance in this country. This workshop will explore the history, practice, and intellectual aspects of "hands on" divination techniques (e.g. tarot, pendulum, I Ching, etc.). Special attention will be paid to their uses within the feminist spirituality movement and their potential psychotherapeutic benefits. We will attempt to formulate a theory of how divination "works" and what its effects are on the practitioner. This is NOT a "how to" or instructional program. Some prior experience would be helpful.

Ruth Crocker, experienced teacher and researcher, is currently pursuing a Ph.D. in psychology. She is a feminist witch and practitioner of several divination techniques.

RECLAIMING OUR BODIES AS SACRED USING SONG AND MOVEMENT

AH 121 experiential/movement/dance
This workshop will use sound and movement to harmonize our "being", lift our spirit, and dissolve our pain. We will look at how the culture has inhibited us from our spirit's innate spontaneity and move us toward wholeness. We will use gestures that "move" us into an altered state, enabling us to tap into healing energy. We will use simple sounds and songs so that we may be rejuvenated. This workshop is intended for those without "singing" experience.

Dorcas Hueners, M.A., is a T'ai Chi Chih instructor, crone, facilitator of "Wise Women Gatherings" and co-facilitator of "Womansong".

Geralyn Sorensen, M.S.T., is a singer, teacher, healer and co-facilitator of "Womansong".

EXPANDING THROUGH COLOR

AH 222 experiential/meditation
Kathi Taylor Mesick and Marle (Micki) Lindeberg (See Session I for description and bios).

EXPERIENCING A HEALING CIRCLE

AH 306 experiential
Rev. Elizabeth McCabe (See Session III for description and bio).

Other Buildings

MEDITATIONS IN CLAY

Traffon C-124 experiential/child friendly
The purpose of this workshop is to explore our personal connection to the earth through guided meditation and clay work. We will hold, feel, squeeze, create and play with the Earth using natural clay. We will let the clay take its own shape in our hands as we meditate and form our expressions.

Gloria Adrian is an artist, art teacher, creative consultant, mother and grandmother.

Gineen Adrian is a potter, organic farmer and mother.

RE-CLAIMING THE MATRIARCHAL BODY: THE BELLY DANCE BLESSING

MSU Dance Studio lecture/experiential/ritual/movement
This workshop will help heal the patriarchal mind/body split and help women feel more comfortable in their bodies. We will discuss ways in which patriarchal cultures teach women to hate their bodies. We will explore the way we feel about our bodies and ways of re-learning to love our bodies, no matter what our size, shape, or age, including the use of movement. We will highlight the workshop with a belly dance blessing. No experience is needed.

Timi Loge, feminist anthropologist, mother of Elissa, Cella dedicant, and RCG member. She has studied belly dance for two years.

Elissa Stanton, high school student, sci-fi writer and hockey player, has studied belly dance for two years.

1997 Keynote Speaker
Barbara G. Walker
October 4-5, 1997

Saturday Afternoon Happenings

Celebrate the Goddess in each other!

OPEN STAGE! Please bring poetry, music, stories, etc. to share. Saturday, October 5, 1996, 4:30 p.m., INDIGO.

Drumming and Dancing - Saturday, October 5, 1996, 4:30 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 1995 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), Neala Schleunig, Carol Ann Russell, Rachel Tilsen ("The Power of Words: An Honoring of Meridel Le Sueur"), Jean Shinoda Bolen ("The Grail is the Goddess"), Karen Warren (Feminism, Spirituality and the Environment), and Kate Rushin (Something Within: Spirituality in African American Women's Literature).

Daisy (Re-Calling the Outragious Contagious Courage of Women)

If you are interested in working on the 1997 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 8:00 a.m. - 2:30 p.m. and Sunday from 8:00 a.m. until 1:00 p.m. There will be a Saturday night buffet which will cost \$11.00. Please see Dinner Registration form.

MENU

Buffet which includes:

- Red Beans and Rice; Meat Lasagna; Vegetable Lasagna
- Bella Key salad; Tossed greens with choice of dressings
- Italian vegetables; corn
- French bread; corn bread; hunk breads; pita bread
- Coffee; tea; ice tea; lemonade
- Assortment of pies, cakes and more

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. A board for posting messages to other conference participants will be available in the registration area.

HOUSING: Those interested in housing must make their own arrangements. 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 advise them it's for the MSU Women and Spirituality Conference.

- * Comfort Inn - (507) 388-5107 or 1-800-221-2222 (Group name: "Womens")
- 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 # 3000)
- Budgetel Inn - (507)345-8800 or 1-800-428-3438
- Redwood Motel - (507)388-1624
- 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
- Holiday Inn - New Ulm (507) 359-3941

Campgrounds

- Cedar Grove Lake Crystal (507) 546-3698-
- Point Pleasant - Madison Lake (507) 243-3611

Minneopa State Park 389-5464

CHILD FRIENDLY WORKSHOPS are highlighted in the program.

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 age 11-16.

CHILD CARE for children up to ten years of age 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 - 12:30 p.m., 1:15 - 4:30 p.m. and 5:30 - 9:00 p.m. and Sunday from 9:00 a.m. - 12:30 p.m. (**Note - children must be picked up for designated breaks.**) Costs will be \$20.00 for Saturday and \$25.00 for both days per child. 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.

at least 48 hrs. make times for child care longer.

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). Failure to pay the conference registration fee will result in the cancellation of course registration.

must be cancelled at least 3 days to be elig. for refund

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 20. 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. 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 20. Check "Women of Color Scholarship" on your form.

Note: These scholarships **DO NOT** include meals, child care, or MSU tuition.

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. There will be a lost and found site at the registration table.

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 September 20. You must provide a copy of your cancelled check (front and back) with this request, along with your social security number. *Registrations must be cancelled 48 hrs before conf to be eligible for a refund.*

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,

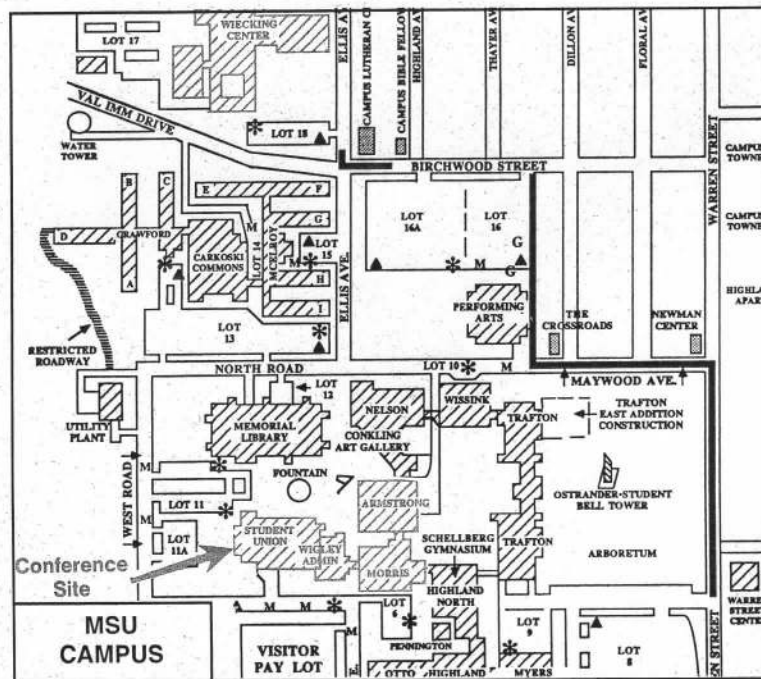
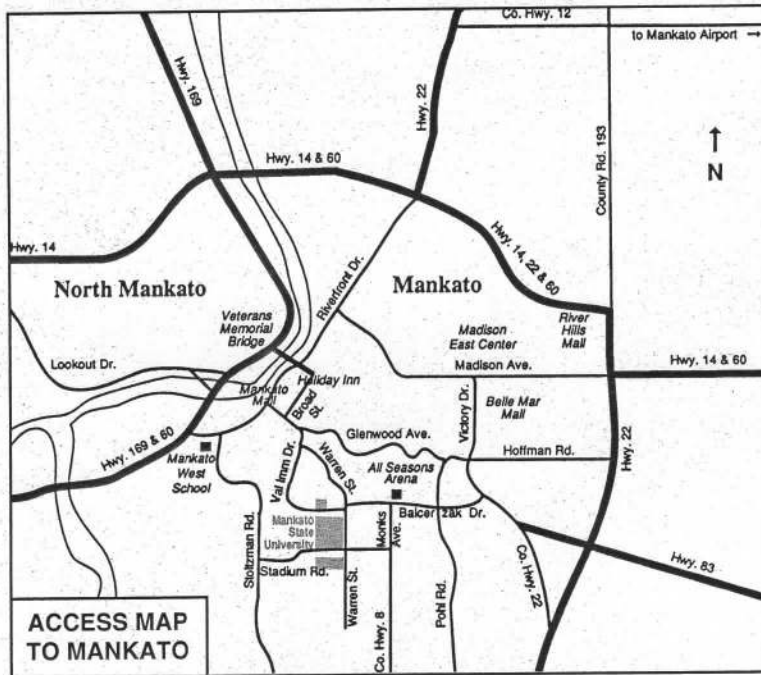
you have arrived on campus. Use your campus map to find designated visitor parking.

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 20)

Please check appropriate box regarding Saturday dinner registration. Refund for the meal is available upon written request prior to September 20. 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
 yes no

Vegetarian
 yes no

Child Care Registration

(Deadline Sept 20)

(Send check with registration \$20 for Saturday/\$25 for both days per child)

Days Needed: Saturday, October 5 Sunday, October 6

Children's Names and Ages: _____

Emergency Contact/Pager # _____

Parent's Name (s) _____

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.

Please do not mail Registration material after 9:00 AM 9/20/97

Pre-Registration Form

Registration must be postmarked by September 20, 1996 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 should 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 an MSU student.
 Please check one:
 Pre-Registration Postmarked after September 20:
 \$35 General (incl Keynote) \$40 (\$5.00 Late Fee)
 \$15 Minimum Income/Student \$20 (\$5.00 Late Fee)
 \$5 Keynote only (ticket required) \$8 (\$3.00 Late Fee)
 Low Income Scholarship Women of Color Scholarship
 Note: Please send separate checks for registration and tuition.
 Registration limited to just 800 people.
 you must pre-register for walk-ins!
 No walk-ins!

PLEASE NOTE: WALK-IN REGISTRATION WILL BE \$45. WALK-IN REGISTRATION FOR KEYNOTE ONLY WILL BE \$101. THIS IS ON A STRICT SPACE AVAILABLE BASIS. THIS IS EXPECTED TO BE A FULL KEYNOTE. AVOID DISAPPOINTMENT - PRE-REGISTER.
 *The low income scholarships allow for women of various 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 various 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 20. 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. **Please send separate checks for tuition fee and conference fee.** The following information is required. (If you are a current MSU student, please register through MARS.) *You must be accepted to MSU to register for credit.*
 Social Security Number _____
 Check one: Grade PN Credit in Women's Studies: Credit in Religious Studies:

Call #	Course #	Call #	Course #
<input type="checkbox"/> 5072	1790-260-01	<input type="checkbox"/> 2513	1169-450-01
<input type="checkbox"/> 5074	1790-490-01	<input type="checkbox"/> 2515	1169-550-01
<input type="checkbox"/> 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 / *63.97*
 Undergraduate non-resident - \$120.07 / *131.72*
 Graduate resident - \$85.72
 Graduate non-resident - \$129.23 / *131.72*
 These rates DO include the MSU activity fee. STUDENTS FROM WISCONSIN, NORTH DAKOTA, SOUTH DAKOTA, MANITOBA, ETC. WHO HAVE BEEN APPROVED FOR TUITION RECIPROcity WILL EACH PAY A DIFFERENT TUITION AMOUNT. CONTACT THE BUSINESS OFFICE, (507) 389-2261 FOR SPECIFIC CHARGES.
Call bus office for current rates

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



Mankato State University
Saturday and Sunday, October 5 and 6, 1996
Registration begins Saturday 8:30 a.m.

**"Re-Calling the Outrageous Contagious
Courage of Women"**

Keynote Speaker
Mary Daly

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