

16th Annual WOMEN & SPIRITUALITY CONFERENCE

Our Logo - In 1990, Bonnie Fornier, 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 fifteen 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 80-120 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.

1997 Keynote Speaker

The Sixteenth Annual Women and Spirituality Conference will be held at Mankato State University on Saturday & Sunday, October 4 and 5, 1997. Our Keynote Speaker is **Barbara G. Walker**.



Barbara G. Walker

Barbara Walker has been writing books for 33 years. Her works include: *The Woman's Encyclopedia of Myths and Secrets*, *The Woman's Dictionary of Symbols and Sacred Objects*, *The Crone*, *Amazon*, *The Secrets of the Tarot*, *Women's Rituals*, *The Skeptical Feminist*, *The I Ching of the Goddess*, *The Book of Sacred Stones*, *Feminist Fairy Tales*, *Theology: Women Redis-*

covering the Goddess, plus assorted magazine articles and 10 books on the subjects of knitting patterns and knitwear design. She is the artist-designer of The Barbara Walker Tarot Deck. In 1993 she was declared Humanist Heroine of the Year by the American Humanist Association. In 1995 she received the National Organization for Women's "Women Making Herstory" award.

A Phi Beta Kappa graduate of the University of Pennsylvania, Ms. Walker has been journalist, dance teacher, researcher, professional knitwear designer, wife, mother and a leader in the field of women's spirituality. As an enthusiastic mineral collector, she has presented lectures on the subject of minerals and crystals. Her books on knitting are widely used by professional designers.

Schedule

Saturday, October 4, 1997

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| 8:30 - 10:00 | Registration |
| 10:00 - 10:30 | Gospel Music: Mari Harris |
| 10:30 - 11:00 | Announcements & Welcome |
| 11:00 - 12:30 | Keynote / Booksigning |
| 12:30 - 2:00 | Lunch (on your own) |
| 2:00 - 3:00 | Music Hour: Mari Harris |
| 2:00 - 3:30 | Session I |
| 4:00 - 5:30 | Session II |
| 6:00 | Dinner (advance reservations required) |

Sunday, October 5, 1997

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| 8:30 | Conference Site Opens |
| 9:00 - 10:15 | Session III |
| 10:15 - 11:00 | Vendor Browsing |
| 11:00 - 12:30 | Session IV |
| 12:30 - 1:30 | Lunch (On Your Own) |
| 1:30 - 2:45 | Session V |
| 3:00 - 3:30 | Closing Celebration: Mari Harris |

The 1997 Planning Committee:

Denise Brennan Watson, Coordinator
Cindy Veldhuisen, Business Manager
Mari Harris, Gospel Musician
Jill Berkey, Coordinator of Lodging and Meals
Shirley Piepho, CSU Coordinator
Lisa Coons, Women & Spirituality Course Instructor
Kay Eichler, Signing Interpreter
Rhys Gaffer, Exhibitor Coordinator
Barbara Dick, Conference Intern
Dr. Carol Perkins, Chair of Women's Studies

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 chooses for thyself.

SPIRITED MUSIC FOR THE SOUL: A JOURNEY WITH MARI HARRIS CSU Ostrander Auditorium — Saturday October 4, 1997, 2:00 - 3:00 p.m.

Come spend a spirit-filled hour with Mari as she lifts your spirit and energizes your soul. The songwriting, vocal and piano skills of this exceptional, upbeat woman will move you and make your soul and body sing. A tape-signing will follow this inspirational journey. The auditorium is on the main level of the Union and is directly across the hall from the University Book Store.

Mari Harris is dynamic, energetic, talented and fun. A communication specialist and inspirational singer/speaker who performs locally and nationally, Mari is based in the Twin Cities area. And she's coming to share her spirit and energy with you!

Workshops

Room Code

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

SESSION I (Saturday, 2:00 - 3:30 p.m.)

Armstrong Hall

PAST LIVES, DREAMS AND SOUL TRAVEL: THE SPIRITUAL JOURNEY

AH 121 experiential/discussion

Sessions I, II and V (Repeat)

The purpose of this workshop is to aid you in your spiritual journey. This workshop will help you overcome fear and expand your awareness. We will look at how past lives affect you today in your current life, how dreams help your spiritual unfoldment, and how soul travel is used to explore your inner worlds to find more wisdom, love and understanding. Everyone is welcome. No previous experience is needed.

Heidi Skarie is an ECKANKAR clergy member and fiction writer who has given talks and workshops on writing and topics in spirituality.

Nora Patrin is a long-time member of ECKANKAR who has given workshops on these topics around the United States and South America.

Virginia Hudson has been a member of ECKANKAR for 12 years and facilitates talks on these topics around the Twin Cities.

SPIRITUALITY & SELF ESTEEM: women's struggles to identify and pursue their passion amidst destructive cultural messages

AH 321 slides/music/lecture/activity/discussion

This multi-media workshop includes a slide show with narration and music, depicting cultural influences (family, school, church and media) that adversely affect the self-esteem of females in our culture. The hidden messages females receive often destroy our faith and keep us from accessing the spirit. The focus of this workshop is about identifying our strengths and following our dreams and passions. Participants will be involved in a "dreaming" activity and will be able to share their own view of miracles and spiritual intervention.

Rebecca Schoper, who is pursuing a master's degree in community counseling at MSU, is a music teacher, lecturer, artist, potter and mother.

WOMANSONG: MUSIC FOR THE UNGUIDED JOURNEY

AH 221 original song/personal story

"Take my hand, come with me" invites the presenter as she sings her original songs, each flowing from one woman's uncharted journey. We will hear songs reflecting the lived experience of women as expressed in our laughter, tears, anger, compassion, courage and resolve. Feel the energy flow as hope, healing and encouragement to share our creative gifts are offered in this musical celebration of our journey. No special background is necessary. The presence of infants and small children may disrupt the flow of the workshop. Thank you for your consideration.

Dody Davies is a Christian feminist, composer/performer/recording artist, veteran workshop presenter, composer of several conference theme songs. A graduate of St. Catherine's College and a passionate seeker of justice, Dody marched with the "Willmar Eight" bank women and is working on Song #84.

FOOD AND INDIAN SPIRITUALITY

AH 314 formal paper/discussion

This workshop will explore the relationships between Indian foods and spirituality. Foods serve as means of communication between humans and gods. It is then no wonder that in Hinduism we come across the saying "Food is the Ultimate Reality." The major religions of India: Hinduism, Buddhism and Judaism, prohibit the killing of any living thing and do not include meat as part of their diets. This workshop will examine the significance of vegetarian food, the power of grain and vegetable, the careful preparation of foods with cleanliness and purity and their use in religious rituals and in obtaining and promoting spirituality in general. This workshop is intended for people with some or no background in Asian cultures and religions.

Indira Y. Junghare, Ph.D., professor and chair of the department of South Asian Languages and Cultures at the University of Minnesota.

Craig Hollander, graduate student at the University of Minnesota.

ISIS, QUEEN OF HEAVEN, GODDESS OF TEN THOUSAND NAMES

AH 325 ritual/experiential

This workshop will be an introduction to the Goddess Isis, Her myths and history. We will also share a ritual honoring Her as the Goddess of Ten Thousand Names. Isis, an African/Egyptian Goddess, has been worshipped for over 2,000 years before Christ and is still worshipped today throughout the world.

Deborah Wade, a Celtic/German-American, RCG/MN member, author of "Goddess Tales," a column for BERKANA, and faculty member with Women's Theological Institute.

Schon Wade, an African-American graduate of Mankato State, is an advisory council member of Re-formed Congregation of the Goddess/MN (RCG/MN).

SOUL GUIDANCE TRANSFORMATIONS: PRACTICE SELF-VALIDATION AND VALUE IT

AH 223-B informal presentation/discussion/experiential

This workshop explores Soul's purpose for choosing human life. An East African story about birth will open the workshop, followed by a short Centering meditation. We'll explore Soul as a Group entity with numerous aspects, personalities and Oversoul. We will discuss information from various channeled entities and the presenter's journey. Participants are invited to share their experiences with Angels, Spirit Guides and deceased relatives and friends. When appropriate, another story or two may also be included. This workshop is not geared toward persons under 18 years of age.

Juliet "Julie" E. Kallio, M.Ed., is a public speaker, writer, storyteller, facilitator of individual and small group short-term consultations and SOULS journey founder, has "walked the talk" of her spiritual journey for 24 years and continues to expand.

CREATING RITUAL: DISCOVERING THE SACRED IN THE ORDINARY

AH 214 ritual/discussion/meditation

Three members of a long-term WomenSpirit Circle will guide participants through an experiential process of creating personal rituals to honor and sacralize ordinary life events. The workshop will include a general introduction

to ritual, specific assistance with designing your own ritual, and participation with others in the creative process.

Miriam Kashia, M.A., M.S.W. psychotherapist, M.A. in transpersonal psychology, wilderness adventurer, former maiden and mother who is now enjoying and celebrating Cronehood.

Virginia Melroy is a dancer, workshop junkie, dedicated ritualizer, mother and crone who has been involved in feminist spirituality for over 15 years.

Janet Shepherd, Ph.D. licensed psychologist in private practice, stepmother, grandmother, tarot reader, and seamstress of ritual garments.

RE-IMAGINING: A FEMINIST REVIVAL OF THE CHURCH

AH 306 ritual/round table/discussion
We will demonstrate a typical Re-Imagining ritual and then discuss what it means to completely rethink theology from a Feminist perspective. Our 1998 gathering at the St. Paul Radisson on April 16-19 will have the theme "Re-Imagining Revival." This workshop will provide space to do brainstorming on how to honor our radical foremothers and how to reshape mainline Catholic and Protestant churches for the future.

Jerie Smith, Interim Director of Lutheran Campus Ministries, co-founder of Center for Spiritual Growth, co-chair 1998 Re-Imagining Gathering, wise woman.

Nadean Bishop, lesbian pastor of University Baptist Church (Minneapolis), poet (professor of former women's literature), crone, grandmother, RCRC Legislative Chair.

WEMYN'S BLOOD: MENSTRUATION AS A SACRED, POWERFUL JOURNEY

AH 309 paper/self-survey/discussion
Using paper, self-survey, and discussion we can discover our strength, enlighten our minds, own our bodies, and celebrate our menstrual journeys.

Lynn Bower nurse, mother, student and owner of a 21 day menstrual cycle.
Maxine Wolf nurse, mother, gardener, and celebrator of the sacredness of wemyn.

CLERGY SEXUAL ASSAULT: THE KILLING OF THE FEMININE SPIRIT AND DISRUPTION OF THE FEMINIST SPIRITUAL JOURNEY

AH 233 discussion/experiential
The purpose of this workshop is to define and recognize clergy sexual abuse. We will discuss how clergy perpetrators use their power to victimize those under their "care" and how victims are vulnerable to these spiritual leaders. We will also explore the mind/body/spirit connection and the steps to healing the whole person who has been violated by someone they have trusted with their very soul. Come and share as we work together toward healing the soul and freeing the spirit.

Dianne J. Eller, M. Div., M.S., is an ordained Lutheran minister, professional counselor, survivor of clergy sexual abuse, wife and mother of five children.

THE SKY AT YOUR BIRTH TELLS A STORY OF YOUR UNIQUENESS: A CHILD-FRIENDLY LOOK AT THE SYMBOLS OF THE HOROSCOPE

AH 232 child-friendly/discussion/ Scent-free
Discussion and activities exploring horoscope symbols associated with the planets and signs of the Zodiac. Children age 10 and up will research the meaning of their own Sun's sign as well as other planets and signs special to their personality. Participants should know the day and year of their birth. *Please refrain from the use of fragrances or other scents during this workshop. Thank you.*

Linda Fei and Jan Severson are NCGR-I certified astrologers and Board Members of Twin Cities STARS. Linda is a counselor, teacher and Elizabeth's mom. Jan is associate editor of Partile, STARS' nationally recognized astrology journal, and combines astrology with tarot.

EMBRACING YOUR PSYCHIC JOURNEY

AH 323 discussion/ritual/experiential
Through discussion, meditation and interaction, this workshop will encourage participants to explore their psychic abilities. Participants will be guided to envision and claim the psychic journey which is available to all. We will discuss the importance of safe boundaries and provide handouts that define the different psychic senses and tools.

Diana Blagdon is a spiritual director and psychic in private practice in Minneapolis, MN. **Shelly Darnutzer** is a psychic who does readings in Minneapolis.

SACRED SITES, ANCIENT DIETY, AND THE FEMININE IN GREEK MYTH

AH 302 paper/photographic slides/discussion
The presenter will share images and impressions from her 1996 journey to Greece. Stories of the ancient deity will accompany photographic slides of the sacred sites. Special attention will be given to the goddesses and feminine roles that are portrayed in myth. In this way, we will reconnect with ancient archetypal images that live in our psyches as modern women.

Phyllis Vosbeck, Ph.D., is a teacher, group facilitator and therapist. She works with dreams, active imagination, voice dialogue, journal, myth, and the body.

IMAGING THE SELF

AH 220 experiential
This workshop is intended for those interested in the mind/body/spirit connection as it relates to physical, emotional and spiritual growth. I 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" and has a counseling practice in Eagan, Minnesota where she works with adults, adolescents and children.

DISCOVERY AND/OR CLARIFICATION OF INTUITIVE ABILITIES

AH 213 discussion/experiential
Sessions I and II (Two-part)
We will explore aura reading and crystals. The highlight of this continuing workshop will be to create a sensitivity to inner resources and experience a safe means to past life regression, which may help you understand your present reality. This workshop continues throughout Session II.

Patricia A. Chapman is a teacher of metaphysical ways, Amadeus, Kofutu healer, clairvoyant counselor, retreat planning committee member, workshop leader, lecturer for international metaphysical organizations.

Kathleen Casey (no bio available).

Morris Hall

USING ANCIENT KNOWLEDGE IN A MODERN CONTEXT

MH 211 paper/discussion
At first the idea of scheduling by Moon cycles seems to conflict with solar Astrology. In this workshop we'll look at Cross-Quarter days which follow solar patterns, the moon phases which make up the lunar cycles, and show ways of blending both the Sun and Moon calendars. Theories on the origin of Astrology will also be discussed. The workshop will culminate with learning how to use the sun to complete big projects and how to use the moon to see smaller projects through. Open to anyone interested in creating harmony between astrology and goddess theory.

Julie Cuccia-Watts is creator of the Ancestral Path Tarot and New Moon Trading Company. She is mother of three children and works by the Lunar Cycles.

SPIRITUAL PARENTING

MH 212 lecture/demonstration/discussion
Children's spirituality is of crucial importance, especially if we want to recreate our world in life-giving, life-sustaining ways. We would like to share some information and specific tools on children's spirituality and how to foster it in non-patriarchal ways. We'll offer tools ranging from meditations designed especially for parents to help their children connect with their own higher selves and guardian angels, processing past life memories, working with dreams, and concrete exercises to use to teach kids abstract spiritual ideas or lessons for those tough questions children ask like, "What happens when we die?" or "Where did I come from?"

Kim Stanley-Dias is a transpersonal psychologist, college instructor, and a being who is on the way to remembering who she is.

Lynnea King, a frantic mother of three children, is an educator with a multicultural and spiritual emphasis.

KALEIDOSCOPE: TRANSFORMING THE FRAGMENTS OF OUR LIVES

MH 210 experiential/ritual sharing
The purpose of this workshop is to explore the fragmented pieces of our lives through reflective writing, personal sharing and chant we will transform our fragments into a collective kaleidoscope of color. We encourage participants who desire a more personal experience in a workshop setting to attend.

Sharon Bigler Holtan, writer and spirit igniter who believes that women need to share their truths with one another.

Mary Jean Mulherin, wordweaver who believes in the transformative healing of personal and communal creativity.

YOU ARE MORE THAN YOUR PHYSICAL BODY

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 assist people to simplify and ease and enhance the all-important task of living better and more fully every day.

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

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

SACRED WOMEN: REALIGNMENT OF OUR SPIRITUAL AXIS

MH 209 discussion/lecture/informal
We will explore the feminine spiritual axis which works through the chakra system and energy field to anchor women between Mother Earth and the Moon, Venus and the stars. Learn about the 3 vital connections in this axis and how each was severed in the gradual eclipsing of the goddess by patriarchy. The darkest moment for the feminine was the obliteration of the sacred sisterhood during the Inquisition and the over-shadowing of our natural powers with biased patriarchal archetypes from which we still seek liberation. Together we will discover ways to heal our separation, realign our spiritual axis and come together again to live as sacred women. We will touch on the ways in which the male axis has also been severed and ways in which our mutual healing promises to open the doors of co-creation.

Jessie Ayani, Ph.D., shaman, teacher and artisan is author of *Kintui, Vision of the Incas, The Shaman's Journey to Enlightenment*.

Neddy Thompson, M.S.W., is a psychotherapist who has been in clinical practice in the Twin Cities area for the past 22 years. Her interest in spirituality led to the study of shamanism through the Andean Medicine Wheel.

Centennial Student Union

IT'S ALL A MATTER OF STORY

CSU 204 paper/discussion/ritual/experiential
We will explore the new story given to us by science to carry us into the 21st century - the Universe Story - which enables us to discover anew who we are, where we are, where we are going. In the feminine tradition, we find in the story the foundation that leads to wholeness, inclusion, relationship, discovery of the holy in all that exists by exploring the basic principles of diversity, interiority, communion constantly present in the unfolding universe.

Dorothy Olinger, SSND, is director of the Upper Midwest office of Global Education Associates. An educator of many, she has worked with GEA for 12 years, and throughout that time has been a student of the Universe Story.

SHAMANISM-ANCIENT METHODS OF HEALING

CSU 101 paper/discussion/experiential/ritual/ **Scent-free**
Shamanism is an ancient practice of honoring the sacredness and inner-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 various healing techniques. We will discuss the concept of "Soul Loss" and the healing technique of "Soul Retrieval". After teaching a method of journeying, Jaes will give participants an opportunity to try it. She will then share stories of other Shamans and encourage participants to share their own spiritual experiences.

Please refrain from the use of fragrances or other scents during this workshop. Thank you.

Jaes Seis has studied Shamanism for many years, including with Sandra Ingerman at the Michael Harner's Foundation for Shamanic Studies. She is a teacher and practitioner of shamanic healing.

Debra Schwarze is a partner in the Richland Center Healing Center/Spiritual Gathering Place.

CRONE POWER IN YOUR LIFE

CSU 201 ritual/experiential/movement activity/storytelling
Within a ritual format, we will explore the power of the dark goddess, knower of mysteries, wise woman and transformer. The crone symbolizes the power of death and rebirth. Through guided visualization, story and song, we will get in touch with our own personal crone, ancient and wise beyond all years.

Nancy Vedder-Shults—former women's studies lecturer, UW-Madison; national workshop leader, lecturer and performer; recorded "Chants for the Queen of Heaven"; contributor to *The Womanspirit Sourcebook*.

SACRED DANCE: MOVING TO THE SPIRIT WITHIN

CSU 253/254 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 'doing' experiential workshop. Goddess dances will be included.

Sister Johanna Seubert, who has a doctorate in music, was chairperson of the music department at Viterbo College, LaCrosse, WI, where she taught music for eight years. A resident at the Christine Center for Unitive Spirituality in Wisconsin, Sister Johanna has extensive training and experience in the Dances of Universal Peace, scripture, religious formation and spiritual direction.

Donna Ronning, who has been participating in spiritual dance for four years, has helped facilitate the dances at a regularly held dance gathering at Unity Church in Golden Valley, MN and currently co-facilitates a sacred dance group at Lake Harriet Community Church. She has been involved in the sacred dance retreats at the Christine Center for the last two years and in 1996 attended a week-long dance leader training at the Dances for Universal Peace camp in Utah.

Randy Lanari, a guitar player and dance leader, has been involved with Sufi

dancing for nine years. He has lead a regularly held dance gathering at Unity Christ Church in Golden Valley, MN, and has been involved with the sacred dance retreats at the Christine Center for six years.

ANOTHER INVISIBLE KNAPSACK — CLASS PRIVILEGE

CSU 202 discussion
An introductory look at class and class privilege for women who were raised middle class and privileged. What privileges do we have as a result of our class background? What are the costs and benefits of having this privilege? How can we share our privilege in useful ways?

Antiga is a feminist crone, witch, writer, singer, artist and outrageous womoon who was raised privileged.

Betsy Raasch-Gilman is a trainer and activist for social change who was raised in a professional family.

UNDOING CLASSISM — TELLING THE TRUTH FOR OURSELVES

CSU 203 discussion/round table
A safe place to come out of hiding, talk about our experiences what we've been "told" and share OUR Truth about class oppression. Some of the things we'll talk about are: Invisibility, Stupidity/ Intelligence, not being given the benefit of the doubt, having no room/being squeezed, the kindness factor, elitist language/plain talk, Art/Craft. We will conclude by claiming our awesomeness and figuring our next steps.

Lea Karlsson is a working-class radical feminist warrior.

Lovetann is a working-class revolting Old Hag living-on-the-edge.

The two of them are sparking a working-class revolution from the Hardees in St. Paul.

SESSION II (Saturday, 4:00 - 5:30 p.m.)

Armstrong Hall

TENDING THE SOUL, SERVING THE NEEDS

AH 316 experiential
Sessions II and V (Repeat)
This workshop will use the story of Psyche as a mirror with which to view our own lives, relationships and creative energy. Psyche's story will be told and its symbolism explored. Experiential exercises will provide opportunity to encounter the dynamic influence of Psyche in each participant's life.

Cynthia Chauhan, M.S.W., and **Rebecca Unternahrer**, M.S.W., like to create and present workshops on archetypal story. Coming together from divergent backgrounds, they find commonality and joy in offering a place for participants to explore their own stories.

RECLAIMING FEMININE POWER - A HEALING JOURNEY

AH 315 experiential/ritual
Come and experience the transformative processes of rebirth. Through ritual and storytelling, this workshop will focus on privately releasing those traumas that have damaged the female power within. Through guided journeying, we will focus on healing ourselves and the collective feminine spirit. Participants are welcome to bring poetry, songs, or stories to share at this gathering time. Come — reclaim, strengthen the feminine divine within us all.

Vescia is Seer and High priestess of Annwyn, a family coven that works with the creator/ destroyer/ transformer powers of the Ancient Ones. She is a third-degree initiate of Wicca On the Mundane, she is mother to three, holds a B.S. in Business and will complete her law degree in May of 1998.

Laura is a healer and priestess of Annwyn. An initiate of Rainbow Tribe, she is also a second-degree initiate of Wicca. She holds a B.A. in communications and psychology. On the mundane, she is a teacher and mother of two daughters.

THE EARTH DANCE

AH 205 movement meditation
Step-by-step, we will learn the words and moves to the 'Earth Dance', done to the female version of "The Lord's Prayer." This dance can be used a form of exercise, to enliven the energy flow in your body. As a tool to re-connect to the Earth, it is especially powerful outdoors. No previous movement experience is necessary. **In the event of pleasant weather, the workshop will be held in the courtyard between Morris and Armstrong Halls. Directions will be provided.**

Hiyalah Indiga, founding member of Body Prayer movement troop, is also a yoga teacher and certified massage therapist.

Rachel Biese (no bio available)

Lorrie Ogren (no bio available)

METAMORPHOSIS: PERSONAL STORYTELLING AND GUIDED IMAGERY

AH 321 experiential/movement activity
We will explore emotional and spiritual healing using storytelling and guided imagery exercises to delve into our imaginations and our unconscious. We will tell a short personal story to one or two people we each select, and listen to them, to gain appreciation of self and other. We will envision anew our purposes and possibilities, opening to new hope and understanding.

Carol McCormick-Buchmeier, B.S. has been a professional storyteller since 1976. She shares programs at conferences, conventions, schools, festivals, corporations, theaters, churches and libraries to build empathy and understanding while having fun. She is a community faculty member at Metropolitan State University and elementary classroom teacher.

Jerome Buchmeier, B.A., is a hypnotherapist in private practice and has raised four daughters in an ethnically diverse, multi-racial family. He is currently completing a doctoral dissertation on personal transformation using altered state work, specifically using a psychomanteum, as researched by Raymond Moody.

ABUNDANCE AND ASCENSION ARE YOUR BIRTHRIGHT AH 214

discussion
In this workshop we will discuss our personal and collective mission of planetary consciousness. We will honor our choices, mates, family and wisdom with gratitude. We will understand our role in ascension and how quality and illusion affect it. We will create a list of our goals, dreams and desires, and Sage will give you the tools by which to activate and manifest these with conscious thought and word patterns.

Sage is the founder of Ishpiming New Earth Center and the author of *Our Journey Home Vol. I-III, Circles of Perfection and Master Essences*.

SENSING YOUR LIFE FIELD AH 222

paper/discussion/experiential
All living things are surrounded by a life field, sometimes called an aura or Chi. In this class you will learn how to tap your intuition to "read" your life energy on your palms. We will discuss how to see auras and you will have a chance to use dowsing rods and pendulums to sense your life force. If you have a favorite pendulum, bring it to class. We will have others available for your use.

Kathryn Harwig, author of *The Millennium Effect* and *Your Life In The Palm Of Your Hand*, teaches palmistry and intuition training nationwide. **Jean Harwig** is a social worker and a life long-psychic and student of the metaphysical.

TRANSFORMING THE FROG WITHIN: USING MYTH AND ANALOGY AS TOOLS FOR PERSONAL GROWTH experiential

AH 220
The frog is a basic symbol of transformation. In nature, the frog begins life as an egg, hatches to a tadpole, living life entirely in water. As in human life, the frog has both losses and gains through its growth and serves as a mirror to mourn the loss of its "tail" which must be left behind. Our need, as humans, is to leave the personal burdens behind which limit our ability to grow as spiritual beings and have our spirit out in the world shaping our lives. You will discover what is in you waiting to be seen and what are core beliefs and values that should guide your daily life but are often obstructed by distractions and perception. We will engage in exercises that help us live "outside the water" as transformed individuals. This is a process of transformation and spiritual growth through engaging the power of the myth.

Kathleen Holm, M.Ed., owner of LifePath Consulting, is a life coach, consultant, speaker and trainer dedicated to increasing individual and organizational learning and effectiveness. She holds a master's degree in human resource development and teaches for the University of Minnesota's faculty inservice trainings and in the Practical Scholar program and the Open U.

DISCOVERY AND/OR CLARIFICATION OF INTUITIVE ABILITIES

AH 213 discussion/experiential
Patricia A. Chapman and Kathleen Casey
See Session I for description and bios.

PAST LIVES, DREAMS AND SOUL TRAVEL: THE SPIRITUAL JOURNEY AH 121

experiential/discussion
Heidi Skarie, Nora Patrin and Virginia Hudson (Please see Session I for description and bios.)

Morris Hall

SACRED WOMEN: EMBRACING THE LIGHT FROM VENUS

MH 209 experiential/shamanic trance/ritual/dance
Sessions II and V (Repeat)

We will work with the energy of Venus, the Moon and the stars in ways that will help heal the wounds of our disconnection from these powerful feminine forces. After a brief overview of the feminine spiritual axis, we will enter a series of rituals designed to invite in the extra-planetary energy. We will work with the bonds of sacred sisterhood, enter trance state as the priestesses of old and access the core of feminine power. We will transit through the stages of a woman's life, the child, maiden, mother and crone in sacred dance, completing the circle back to the child, she who has access to the divine.

Jessie Ayani and Neddy Thompson, (See Session I "Sacred Women" Realigning Our Spiritual Axis" for bios.)

"GODDESS POWER ENCIRCLES WOMAN'S WHOLE BEING"

MH 206 presentation/discussion/experiential
We will explore women's spirituality and sexuality as being integral to all parts of our lives. We will look at how we can express the varied aspects of our womanhood without shame, guilt or judgment. We will trace the path of eight female archetypes around a mooncircle of woman's unfolding potential. Mother,

Maiden, Wildwoman, Muse, Lover, Companion, Warrior, and Wise Woman guide us in exploring the ever-expanding world of woman's sacredly sexual and erotically spiritual creative power. Images of goddesses and heroines accompany our journey to inspire and empower our inner visions of ourselves.

Karin E. Weiss, MHS has been a sex therapist for 27 years. She is a lifetime student of astrology and feminine spiritual mysteries, a writer, breeder of pedigreed cats, gardener, player and dreamer.

AMERICAN INDIAN WOMEN: GUIDED AND UNGUIDED SPIRITUAL JOURNEYS

MH 212 presentation/discussion/experiential/child friendly
This workshop will explore the various paths Indian women has taken to connect with traditional and contemporary spirituality. For many Indian women — because of adoption, assimilation, boarding schools and intermarriage — this has been an unguided journey. For others, the Clan Mothers have blessed them through initiation and ceremony. **Lea Foushee's** path has been one of speaking to the voiceless things of the earth, leading to a personal journey of spirituality as activism. **Pat Darling** will share what she has learned from Indian women and Indian women's stories and poems around the theme of Indian women's survival and spiritual awareness as the earth's survival. We will share opening prayers and will leave time for discussion.

Lea Foushee, B.A., a long-time environmental activist and consultant, works with Prairie Island Coalition, North American Water Office, National Coalition for Health and Environmental Justice (women's coalition). Tribal heritage from Eastern Cherokee of North Carolina.

Pat Darling, Ph.D., who teaches writing and religious studies at the University of Minnesota and Metropolitan State University, is an instructor at Native American Education Services College, a krone-in-training and 9th-year presenter recently having taught a course on "American Indian Women" at the University of Minnesota.

HOW JUNG REGARDED CHRISTIANITY

MH 210 paper/discussion
Sessions II and IV (Repeat)
Carl Jung's insights into myth and symbol can liberate cradle Christians from distortions such as the idea that God is Male. Jung, who was buried a Christian, pointed out imbalances in Christian forms: excluding the feminine, excluding the shadow, excluding the body and excluding the natural world. How these played out in Christian teaching will be examined, with opportunities for response and reflection.

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 of today.

FROM AGE-ING TO SAGE-ING: A SPIRITUAL ELDERING WORKSHOP

MH 211 presentation/discussion/experiential
This workshop is based on the work of Rabbi Zalman Schachter-Shalomi and his book: *From Age-ing to Sage-ing: A Profound New Vision of Growing Older*. As our life span increases, we can learn to cultivate our lives so that our elder years are filled with meaning, joy, wisdom and connection to the source of what is best in us. We must all pass through the threshold of spiritual transformation to move from "age-ing to sage-ing." Spiritual Eldering uses contemplative techniques from the world's spiritual traditions and growth techniques from modern psychology to discover the treasure of our life experience, enrich our elder years, face our mortality, harvest the wisdom of our years, and transmit a legacy to future generations.

Marian Eisner, M.A., LISW., is a Certified Spiritual Eldering Seminar Leader.

Centennial Student Union

TEEN SPIRITUALITY

CSU 202 discussion/experiential/round table
The purpose of this workshop is to provide a place for pagan teens to meet, talk and to introduce participants to various books and groups aimed at pagan teens. We will discuss life as lone pagans among non-pagans and appropriate ways to respond to questions concerning our beliefs and practices. We will also discuss activities and opportunities for involvement in pagan teen communities.

Elissa Stanton, a 17-year-old pagan teen from Minneapolis, plays hockey, belly dances and writes fantasy. She is a co-founder of a teen group in Minneapolis.

THE CRONE'S QUEST

CSU 204 paper/discussion/experiential
This workshop explores the Crone Ancestress, Wise Old Womyn, archetype of the Goddess Trinity as a component of the female psyche. To be in relationship with one's inner Crone is to move away from the stagnation of oppression and opposition to flowing with the power of the cycles of life. Historical and psychological perspectives on the Crone, meditation and rituals will be explored.

Wendy Schmidt-Janosik, M.A. and **Jill Ellinwood**, M.A. are clinicians, mothers, teachers, and designers of ritual for Croning. They share over 38 years of providing therapeutic support for women. They have facilitated several

groups together guiding women in their journey to connect with their inner wisdom.

"THE WAVE" ECSTATIC DANCE FOR BODY AND SOUL

CSU 101 movement activity/free-style dance
Explore intuitive, improvisational body movement through five universal rhythms: flowing, staccato, chaos, lyrical and stillness developed by Gabrielle Roth. Using her music video called "The Wave", you can express your wild and mysterious spirit. Free-form dance promotes healing of emotional, physical, mental, and spiritual blocks. Dance your prayers. Release stress, inhibitions and have fun.

Hana Shi Patrie has studied, taught and presented many forms of dance, body movement, music and art for 25 years. She volunteers time facilitating Gabrielle Roth's "The Wave - Ecstatic Dance for Body and Soul," provides her own FreeSpirit Dance Playshops for groups and organizes Drum & Dance Jams groups at Hiawatha Community Center in Minneapolis.

Donna Ronning — (See Session I "Sacred Dance: Moving to the Spirit Within" for bio.)

THE CONNECTION AMONG OUR BODIES, OUR EMOTIONS AND OUR SPIRITUALITY

CSU 253/254 discussion/experiential/child-friendly
The freedom to feel and to express our emotions in healthful ways is an integral and necessary part of our spiritual unfoldment. But many of us shy away from certain emotions and get stuck in others. Learn how to recognize each emotion within our body, where we typically feel or hide that emotion and how to be with our emotions in healthful and constructive ways which, in turn, inform us spiritually.

Tory Stewart - has been with Turtle Island Health Center in St. Paul for nineteen years. Her focus has been on the Chinese Five Element Theory as it relates to the emotions and spiritual development. She is a counselor of Body Talk Therapy, a massage therapist, and a natural birth consultant.

LEARNING TO BE PRESENT TO YOURSELF: AN EXERCISE IN MINDFULNESS

CSU 255 movement activity
This workshop is both a movement activity and an exercise in non-doing. We will begin by focusing on our breath, helping us to shift from outside to the inside of our bodies. We will learn that our breathing affects how we think and feel, as well as how to breathe for peacefulness and calm. Next, we will do some gentle stretches - yoga postures that can be done by anyone, regardless of age or physical abilities. Lastly, I'd like us to explore the flavor and joy of non-doing, trying several exercises in mindful meditation. Please dress for movement and the comfort of the abdomen. We will be concentrating on doing diaphragmatic breathing throughout.

Mary Nuebel has been practicing yoga for the past eight years and is a graduate of the Institute of Music, Health, and Education's Therapeutic Sound School. She is a cat-owned spiritual seeker, life-long learner, daughter, wife, quilter, artist, gardener, drummer and friend.

BEFRIENDING CREATION

CSU Courtyard / Basement Level paper/discussion/ritual
What is ecofeminist spirituality? What challenge does ecofeminist spirituality offer regarding the perceptions of women and nature? How do we begin to celebrate our deep connection to nature and appreciate the sacredness of all creation? Explore these questions and more in a workshop that will introduce you to ecofeminist spirituality, thinking and theory. **In the event of disagreeable weather, this workshop will be held in AH 219.**

Gabriel Ashley Ross, M.A., just completed a Goddess pilgrimage to Greece. She shares life with four four-leggeds. She teaches courses in religious studies and directs Performing Arts Ministry.

CREATING A HEALING CIRCLE AND MORE

CSU 201 experiential
Sessions II and V (Repeat)
Come and be part of creating a healing circle. Experience the positive energy when we join together in the name of love and healing. We will explore visualization and ways to feel your own energy. Guided meditation may be included. This workshop is geared toward those with no background and those experienced in healing circles and meditation.

Rev. Elizabeth McCabe is a Reiki Master and ordained priest who has been facilitating healing circles for over six years. She resides in Pipestone, Minnesota, where she has a Reiki practice.

Dixie Tollefson a Touch for Health practitioner, is completing a bachelor's degree in psychology and creating a retreat community called "Prairie Sage Village".

DANCING THE NIGHT DREAM

CSU Ballroom ritual/experiential/movement activity
Playfully and reverently engaging with the energy and imagery of our nighttime dreams, in the workshop we will create a dance from gestures, movements, words, sounds and chants that we have dreamed.

Mary Flaten, M.A., a dream educator, leads meditations on the Tree of Life.

DISCOVERING THE GODDESS WITHIN: INNER GUIDANCE FOR OUR LIFE JOURNEY

CSU 203 discussion/experiential
In this workshop, through discussion, story telling, and guided meditation, we will discover the goddess within as our own inner oracle for guidance, self awareness and self nurturance. With this discovery and the manifestation of the goddess in our daily life, we are able to be a beneficial presence opening with wisdom and compassion to every person and situation we meet. A simple practice will be shared to continue this inner guidance work in our lives.

Laurie Savran is an attorney in private practice, a story teller, and has the 6th degree in The Radiance Technique®.

Cal Appleby facilitates workshops in spiritual development and meditation.

THEATER OF DREAMS

CSU Ostrander Auditorium discussion/experiential/movement activity
This workshop will provide a creative format to explore two or three selected dreams through dramatic enactment. Each dreamer will be guided in selecting individuals from the group to represent various characters and objects in her dream. After listening to the dream, we shall enact it and then discuss feedback from the players and the observers. It is a wonderful way to discover how symbols interact to convey the dream story. **The auditorium is on the main level of the Union and is directly across the hall from the University Book Store.**

For the last decade, **Ann E. Aswegan, RN, M.S.** has been teaching workshops and adult education courses that focus on inner vision and holistic health.

Other Buildings

BRINGING DOWN THE GODDESS

MSU Dance Studio experiential, ritual child friendly
Often the only time the Goddess hears from us is when we need help. Using the beautiful Singing Crystal Bowls, we will invoke goddesses (and some gods) from every tradition, with the help of Barbara Walker's BOOK OF GODDESSES AND HEROINES. When our deities are all present, we will sing our love and gratitude to them through toning and chanting. **NO SINGING EXPERIENCE IS NECESSARY!** Please bring the name of your favorite goddess(es) or god, a pillow or mat to sit on, water to drink and something for the central altar. **Note: The Conference staff will provide an escort for the group going to the Dance Studio. Meeting time and place will be announced.**

Cat Thompson uses the crystal bowls to facilitate healing with sound.

Christee Donovan transforms her life as a mother and wife into an extraordinary experience by living her Priestess knowledge at all times.

Frankie Cudd has been learning how to move her three-dimensional life into the fourth dimension through sound, movement and energy.

MERI-RA QUEEN OF THE SEAS AQUATICS

Highland Swimming Pool swimming activity, child-friendly
(BRING YOUR BATHING SUITS AND TOWELS)
According to Barbara Walker, on page 584 of *The Woman's Encyclopedia of Myths and Secrets*, the Egyptian goddess Meri-Ra, "combined the feminine principle of water with the masculine principle of the sun." People of all ages and abilities are invited to come celebrate the spirit of the goddessess! Wear your suit and bring your towel! We will learn practical water aerobics with water jugs and decorate our own personal jugs for future use. **Note: The Conference Staff will provide an escort for the group going to the swimming pool. The meeting place and time will be announced.**

Annie Mohler is an artist, spiderwimmin, ritualist and Cross-Generations art workshop facilitator. She has a studio and lives with a single mom, her 11-year-old daughter, a woman scientist and two cats.

Merri-Lee Kline Bergland, an Intergenerational water aerobics certified Red Cross instructor, has taught aquatics to seniors for several years in Waseca, Minnesota and lives with her husband Chris and three dogs in Waldorf, Minnesota.

SESSION III (Sunday, 9:00 - 10:15 a.m.)

Armstrong Hall

DISCOVERING THE GODDESSES

AH 231 discussion/experiential/ritual
Who are the pre-Hellenic Goddesses and how do their myths relate to women today? What do these goddess archetypes offer to our self-understanding? How can applying the myths of Artemis, Demeter, Persephone, Athena, Aphrodite and others bring balance to a woman's psyche today? We will explore the central pre-Hellenic Goddesses through myth, discussion, ritual and slides relating to their sacred sites in Greece.
Gabriel Ashley Ross, M.A. (See Session II — "Befriending Creation" for bio.)

SYMBOLS OF THE GODDESS; DO THEY EXIST IN OUR CHURCHES TODAY?

AH 232 slide presentation/discussion
The purpose of this workshop is to share with others our journey to answer questions about how to read the spiritual signs of the Goddess in our own

churches of origin. These symbols are too powerful to be suppressed even if they are not "known" at a conscious level. Journey with us as we search for symbols of the Goddess in our rural Minnesota churches. Using Barbara Walker's books as reference guides, we will travel back to the time of the Goddess. All who are curious about symbols and sacred objects are welcome to share in this experience.

Jan Uhlenkamp is a mother, grandmother, gardener, Reiki healer and spiritual seeker.

Bonnie Draeger is a feminist, mother, grandmother, lifelong student, fascinated by Mystery.

JEWISH SPIRITUALITY AND ACTIVISM IN A RURAL MINNESOTA SETTING

AH 304 paper/discussion

The object of this workshop is to facilitate activist work within your own community and to get to know, respect and appreciate all cultures and spiritual traditions. The goal is to facilitate interaction and networking that lead to friendship and sense of self-worth so that all participants feel good about their own identities. We'll examine what it means to be Jewish in a small town and to maintain your identity as a minority.

Judi Poulson, M.S. peace studies '83, Jewish, speaker, workshop presenter, peace activist, volunteer, individual lifetime resident of rural Minnesota.

THE GODDESS IN LITERATURE

AH 302 discussion

A number of the many books about the Goddess have been in the area of fantasy and other fiction. We will discuss several novels in which the Goddess is a major theme or plot element, such as *The Fifth Sacred Thing* by Starhawk, and *The Mists of Avalon*, by Marion Zimmer Bradley. I also want to share a few titles that are less well known, such as the works of Diane Duane, Gail Baudino and Dion Fortune. This workshop is open to all who are interested.

Magenta has been a Witch for over 25 years, a Priestess for over 20 years, and is a co-founder of Coven Prodea. She is an unabashed bookaholic.

THE WELCOMING CONGREGATION: METHODS TO HELP GAYS AND LESBIANS FEEL WELCOME IN YOUR CONGREGATION

AH 321 paper/discussion

This workshop is based on the presenter's research leading to her graduate thesis "The Welcoming Aspects of Unitarian Universalist Congregations." From this workshop, participants can learn a variety of ways to help gay/lesbian people feel more welcome, gain methods to assess their own congregation's "welcoming" and develop a better understanding of lesbian/gay spiritual needs.

Rebecca Hartzog, M.A., is a presenter, teacher, sociologist, natural humanist, Unitarian Universalist, organizer, challenger, mother of sons, life partner and problem-solver who is committed to education.

ATIRA FOR TRANSFORMATION BY LOVE: HEARING OUR SPIRITUAL GUIDE

AH 205 experiential/discussion

An art experiment with simple media invites Spirit's voice for our hearing and gives form for seeing. The Atira Process model will be taught and practiced in the workshop in preparation for practicing on one's own to continue the discipline of listening and looking. A handout which outlines the practice will provide a guide for discussion.

Evadne McNeil, Ph.D., is an AIWP Minister, author, founder/director of Atira Center and Certificate Program for personal healing by Spirit and for becoming an Atira Process Practitioner.

GODDESS PILGRIMAGE TO CRETE: ONE WOMAN'S GUIDED JOURNEY

AH 233 paper/discussion

In June of 1995 the presenter, along with 14 other women, went on a Goddess pilgrimage to Crete. In this workshop, Joan, with the help of about 100 slides, will take participants on that pilgrimage with her. We will go to the holy mountains and caves of ancient Crete where She was worshipped. Visit the ancient palaces and sanctuaries of Knossos, Phaistos, Malia, Kato Zakros, and Kato Simi. Nourish our souls with the images of Her in Crete's rich archaeological museums. Joan will give workshop participants a vivid picture of what one experiences on a Goddess pilgrimage, and share her knowledge of, and love for, ancient and modern-day Crete.

Joan Cichon, M.A. in history, is a college instructor and student of archaeology, theology, and feminist spirituality. She recently completed Goddess pilgrimages to Crete and Malta, and lectures on her pilgrimages, the history of the Goddess and finding the feminine face of the divine.

LESSONS FROM THE DRAGON: USING MYTH AND ANALOGY AS TOOLS FOR PERSONAL GROWTH

AH 220 experiential

The lure of the dragon is so widespread throughout cultures that it is thought to be a part of the human "racial memory." The dragon is an important archetype from Japan to China, from Australia to Africa, and from Europe to the Americas. This workshop uses the myth of the brave knight on a quest to kill dragon as a metaphor for courage in the face of embracing our "inner dragon". Learn that the knight's shield which we all carry is a false shield which prevents growth. We

will learn to adopt the armor of the dragon — a live armor to promote growth. Through guided visualizations we will use our intuition to identify our purpose in life and then learn how to use the fire of the dragon to power the force to overcome obstacles.

Kathleen Holm (See Session II — "Transforming the Frog Within: Using Myth and Analogy for Personal Growth" for bio.)

FAIRY GODMOTHERS

AH 213 discussion/art/music

We will explore the magic of this special type of mothering relationship. What is a fairy godmother, and how can we be one to another person? It's simple! Let us share our secrets with you. This workshop will affirm one's own sense of non-traditional motherhood and help you search out ways to create and nurture "fairy godmother" relationships through ritual, song and discussion. Each participant will create ritual art.

Cathy Meyer: Ageless sage. Wild and wise woman of wonder and spirit. High hostess of hospitality and humor. Keeper of traditions, collector of peace. Ritualist and fairy godmother of all ages and stages.

Rachel C. Olson: Magical mother. Creative and musical woman of mystery and mirth. Fine feminist, amazing anthropologist and proud pagan. Lovely fairy godchild and loving fairy godmother of and to many.

Emily Joye Fogarty: Magnificent maiden. Comely and clever singer of truth. Congenial, compassionate and courageous camper. Student of counsel and honor, budding thespian, aspiring writer and lifelong fairy godchild extraordinaire!

ACHE: PERSONAL POWER AS A RENEWABLE SOURCE

AH 304 discussion/ritual/experiential/Use of Scent

Based on African spirituality, Ache (pronounced Ash-ay) is the idea that personal power can be created and used up. Through the use of charms, rituals and community, African communities rebuilt their personal power. This workshop will explore the idea of the fluidity of our sense of feeling powerful. We will look at ancient and contemporary uses of ritual amulets, aromas, trancework, language and movement for building and rebuilding our Ache. **Workshop involves use of herbs.**

Penny Andrews, M.A., is a teacher, social worker, gardener and artist.

SPIRITUALITY WITHOUT GOD: A HUMANIST APPROACH

AH 216 paper/inter-active discussion/reflection

As a humanist who does not believe in God, I struggled to understand my active spiritual life. My Catholic training told me that spirituality was relationship to God. Now I hold a much broader, but still growing in understanding of how an atheist can be spiritual. Disciplines considered will include dreamwork, meditation, journaling, social justice, hospitality, ritual and other intentional spiritual practices that do not require belief in God. The presentation and discussion will focus on an understanding of the meaning of life (without God) and spiritual practices to enhance life here and now. We will have a full audience discussion, not just questions to the presenter.

Rev. Mary Beth O'Halloran, M.S., M.Div, is a spiritual director and counselor in private practice in the Twin Cities, minister, ex-Catholic, ex-nun, humanist, Toaist and spiritual seeker.

Morris Hall

POEMS NOT WRITTEN: SONGS NOT SUNG

MH 211 discussion

This workshop will explore the grief reaction to the loss of our Herstory. We will use slides, artifacts and music to initiate discussion of our loss and how to reclaim it. All who feel drawn to this workshop are welcome.

Kathleen Holt, Wendy Schmidt-Janosik, and Sue McCoy are three women seeking to bring wholeness to our lives and the lives of other women. We are daughters of the Goddess, mothers, and friends and sisters to each other. Our study of the goddess has led us to form a ritual group, a Goddess study group, and to return to the Conference as co-presenters.

READING THE ENERGY OF THE SACRED PIECES OF THE EARTH

MH 210 discussion/ritual/experiential

This workshop is for lovers of stones and those who wish to understand why they love them. Why are you drawn to certain stones? What are the healing effects & how would I use the stone for healing? If you have asked these questions, this is the workshop for you!! Raven will lead a 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. Raven's intensity & humor make this a joyful learning experience. Stones are vital tools for choosing to stay on the earth or ascend from it!!

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

ALIEN IN A BELOVED LAND: LEARNING HOW TO BE A DISSIDENT DAUGHTER IN A CHURCH WHICH I LOVE

MH 209 paper/discussion/ritual/experiential

We will reflect upon the steps in our lives in which we have encountered doubt, disbelief, and rejection of the traditions of our Church. I will discuss why I made a commitment to stay and the path I'm following to engage that local community

in renewal. It is a journey from the day I delivered a paper on THE CHURCH AND WOMEN, laying out the challenge before us to this day when, in our parish church, our God language always includes mother, our readings and responses are inclusive and sensitive parishioners value our growth. Today I value the bridge between the pagan and the Christian and celebrate the best of both.

Lucy Edelbeck, a Wisdom Woman, sharing an ancient and ever-new spirituality over a decade of years, founder and coordinator of INTERWEAVE: WOMAN GATHERING, artist who designs LUCY'S CARDS.

ATTENDING WITHIN: USING THE ATIRA TRANSFORMATION PROCESS AS A PERSONAL DISCIPLINE

MH 212 paper
Attending Within: is a story, a piece of poetry, a work of art. It is an expression of Ms. Lidbury's experience as an artist, art therapist, and foster mother. It is a story of her life-long search for that "something missing" in her life. A Presence within nagged her to pay attention, to look within. The Atira Transformation Process provided the sacred space for her to see her darkness, to open to Spirit's Presence.

Lynn Lidbury is an artist and a certified Atira Practitioner. She is working on her doctoral degree at Summit University.

Centennial Student Union

DIVINE SPEECH: POETRY AS RITUAL

CSU Ostrander Auditorium roundtable/discussion/ritual
The purpose of this workshop is to examine the use of poetry as ritual Magick (particularly for solitary worshippers.) We will examine multiple readings, creation of work and other aspects of the Magickal process of poetry. Please bring poetry or other creative writing to share. **The auditorium is on the main level of the Union and is directly across the hall from the University Book Store.**

Jehan Faisal: I am an Arab-American, radical feminist, large, womyn-identified, Pagan, womyn poet. And proud!

MEDITATIONS ON THE TREE OF LIFE — PART ONE

CSU Ballroom ritual/experiential/movement activity
Sessions III, IV and V (Ongoing)

Beginning with a drumming circle, we will have brief introductions and share our goals for meditating and participating in the Tree of Life. This workshop will introduce you to walking and dancing your prayers and meditations on and around the ancient pattern of the Tree of Life (Qabalah), which will be laid out with colorful circles, scarfs and lights. You will learn the two dances that encircle the form, the Yang (clockwise) and the Yin (counter-clockwise) dances and the Three Pillars walking meditation. **This workshop will last through sessions III, IV and V and will give you the opportunity to attend one or more sessions, as you wish. Participants in Part Three will help bring closure to the meditation by participating in taking down the tree.**

Mary Flaten, M.A., a dream educator, leads meditations on the Tree of Life.

JOURNEY THROUGH MEDITATION

CSU 253 experiential
The purpose of this workshop is to provide people with basic knowledge and tools to be able to relax and meditate on their own or to further enhance their meditation technique.

I am **Anne Andrews**, a professional astrologer, Tarot and palm reader who lives in the Brainerd Lakes area. I am a metaphysical mother and nurturer of all healing impulses.

SPIRITUALITY, BODY SIZE AND FEASTING

CSU 201 lecture/discussion/ritual/experiential/movement
In this workshop we will look at some of the religious origins of oppression of women's bodies. We will explore how women hold themselves prisoner to the image of their bodies. We will discover and experience the spiritual or "sacralizing" aspects of food and eating and share our thoughts and feelings throughout the workshop. And there will be much space for laughter.

Alice DesLauriers, age 55, single, unmarried woman of generous proportions. I am in my last year of graduate school at The United Theological Seminary, In New Brighton, Minnesota. My master's degree will be in theology and religious studies, with a focus on women's body issues.

LOSING & FINDING, DEATH & REBIRTH, FAILURE & RENEWAL: ANCIENT MYSTERIES FOR HOPE & HEALING

CSU 254 discussion/experiential
The cyclical nature of women's lives and all beings' relatedness to the Earth was embodied experientially in religious, traditional and political systems and stories that have persisted culturally from at least 5000 years ago through the rituals of Inanna, the closing of the temple at Eleusis in 396 A.D. and present day Native American and other practices of worldwide shamanism and healing. The core of Barbara Walker's brilliant and wide-ranging scholarship has been to bring as many of these images and teaching practices to light as passable from global points of view. The contemplation, practice and absorption of these images is healing to ourselves and our world, particularly through their exercise in group and circles as afforded us under The United States of America Bill of

Rights. We will exercise this right. Workshop consists of brief sharing and long guided meditation, some singing and movement. This workshop is not geared toward children.

Wendy Knox Carr, M.F.A., is a creative writer holding bachelor's degrees in both religious studies and English. A former "Benevolent Despot" of Mother Lode Bookstore in Minneapolis, she has served as writer-in-residence at S.M.A.H.C. and Minnesota State Arts Board. She is a mother and mystical scholar.

CHANNELING TO THE INNER SPIRIT: FINDING A WORLD OF CREATIVITY WITHIN

CSU 202 paper/discussion/experiential/round table
Beginning with learning simple techniques of meditation for relaxation, Nora literally found herself at the door of channeling, through which she entered a world that led her to her higher spiritual self. Unprecedented creativity began to flow, starting with children's coloring books and crayons to oil painting - from soap and wax sculpture in clay. This workshop will demonstrate how anyone willing to trust their own senses can touch their higher spiritual self and tap their creativity through channeling. Familiarity with meditation techniques is helpful, though not needed.

Nora Blalock, who hold a master of science in women's studies from Mankato State University, is a self-published writer of poetry and non-fiction, sociology instructor, spiritualist.

FOUR STEPS TO DEVELOPING YOUR PSYCHIC ABILITIES

CSU 255 discussion/experiential
This workshop will discuss the principle that all individuals are psychic, and that this ability simply needs to be nurtured to be utilized. We will discuss and experience: grounding; protecting; opening; and receiving. We will address: what is psychic information? Is it possible to predict the future? How do we safely receive psychic information? What is the difference between meditation and prayer? After this workshop, what steps can we follow to continue developing our psychic abilities?

Lori Haider is a psychic and energy healer who utilizes clairvoyance, clairaudience, astrology, tarot cards, crystals and energy fields in her practice. Formerly a video producer, Lori awakened into her spirituality after the death of her sister, which merged her experience in this world with intuition about other realities.

RECLAIMING OUR BODIES AS SACRED, USING SONG, DANCE AND MOVEMENT

CSU 101 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 so we may tap into healing energy. We will use simple sounds and songs so that we may be rejuvenated. We will combine simple dance steps and movements from T'ai Chi. I will bring some drums and noise makers. You are invited to bring your own instruments.

Dorcas Hueners, M.A., T'ai Chi Chih instructor, crone, spiritual director and co-facilitator of "Womansong".

Geralyn Sorenson, MST, singer, teacher, healer and co-facilitator of "Womansong".

GROWING TOGETHER IN THE SPIRIT

CSU 203 experiential/child-friendly
We will encourage adults to use the "lexio divina" technique. This includes contemplative reading of a sacred text, a method of letting the text work on the reader, rather than the other way around. Children will be engaged in the same text and will be encouraged to work out what speaks to them through the manipulation of play figures and art.

Mary Snyder, MST, is author of *Religious Education in the Home and Small Meeting and Jesus, Who Was He?* and primary editor of *Opening Doors to Quaker Worship*. She is a teacher trainer for the Religious Society of Friends through Friends General Conference, Philadelphia.

Patty Lewis has a strong interest in education. She has led both children and adults in religious education activities including workshops on communication, constructive confrontation, lifestyle assessment and peacemaking. Most recently, Patty has been working with Quaker Cottage Industries on making wooden figures and demonstrating how they can be used for religious education through play.

REFRAMING OUR POWER: CREATING HEALTHY WORK ENVIRONMENTS

CSU 204 presentation/discussion
For many women, the workplace has become a place to be treated disrespectfully. As we search for and seek to maintain our spirituality, peace of mind and integrity, workplace issues often pull us from our core. We will name behavior that is abusive, explore myths that limit our choices and stress the importance of organizational and interpersonal boundaries. Participants will have opportunities to voice their concerns, hear how others deal with problems and learn additional options.

Linda Mack Ross, M.Ed., organizational development and training consultant,

has heard, seen and felt the anguish of many women trying to deal with unhealthy behavior in unhealthy organizational systems. An author of a book about being a smart consumer, Ms. Ross conducts workshops on boundaries, inappropriate behavior, conflict, diversity and reframing personal power. She loves working with women on their journey.

Other Buildings

EXPERIENCING THE GODDESS THRU THE CORN MAIDEN

MSU Dance Studio discussion/ritual/experience/movement/child-friendly
Come and share through creative exploration with legend, physical meditation, visual, performing and healing arts. Bring to life the spirit of Mother Corn through activity and meditation. Our goal is to ignite the ancient metaphor that corn means prosperity of life. **Note: The Conference staff will provide an escort for the group going to the Dance Studio. Meeting time and place will be announced.**

Corn Woman/ Heidi Scott: Mother of two daughters, farmer, founder of Corn Woman — a business of visual performing and healing arts, dedicated to ignite spirituality with agriculture.

Dancing Fox/ Debyn Russell: Mother of two, founder of Creative Connectionz — Designs for freeing the spirit through the visual, performing and healing arts.

SESSION IV (Sunday, 11:00 a.m. - 12:30 p.m.)

Armstrong Hall

HESTIA, GODDESS OF THE HEARTH: BUILDING SACRED LIVES

AH 205 experiential/discussion

Sessions IV and V (Two-part)

Do you feel like the goddess of your hearth? Is your home a heartfelt space amidst the clutter of repetitive tasks? Come and explore the sacredness of the everyday: your home as a place of pleasure; your life as an unfolding journey of becoming who you are. This workshop is designed to celebrate the ordinary and the extraordinary. It is about valuing ourselves from within our contexts. This is a two-part workshop taking place during sessions IV and V. Participants are encouraged to attend both sessions. Please bring paper and pens or pencils.

Jane Leslie, M.A. in theology. I am an artist, theologian, creative contemplative; lover of stories and metaphors.

USING YOUR ASTROLOGICAL CHART AS A SPIRITUAL GUIDE

AH 321 paper/discussion

Sessions IV and V (Repeat)

This workshop will explore how an individual birth chart can reveal the unique path that leads a person to recognize, understand, and claim their own spiritual truth. Presentation is designed for those who have little or beginning familiarity with the symbols and language of astrology.

Judy Thompson has been following astrological pursuits since 1972. She is currently the President of STARS, a Twin-Cities astrology organization, and is co-host of the cable television show "As Above, So Below: All About Astrology."

DEFINING SPIRITUALITY

AH 304 paper/discussion/experiential

All adults are invited to come and explore. This workshop is centered on helping each participant define their own personal spirituality. In defining we will explore our differences within our belief systems. Participants are encouraged to share and discuss how those beliefs have worked for them, by highlighting what has been most helpful to them on their spiritual journeys. By defining who we are we can then let go of excess baggage and empower ourselves, while enhancing what is bringing us to our "highest & best". The purpose of this workshop is to experience our "core being" beliefs, to understand how these beliefs interact in our daily lives, to see where we have come from and give insight as to who we really are.

Rev. Kathleen Buffalo, C.C.D.C., minister, doctorate of divinity candidate, healer/ counselor, Reiki master/ teacher, private practice, counseling/helping field for 30 years young great-grandma, universal traveler.

THE CHALICE AND THE BLADE — INTEGRATING DUALITY IN OUR JOURNEY TOWARD WHOLENESS

AH 316 discussion/experiential/movement

This workshop will explore how life is integrally shaped by duality in its myriad forms: yin/yang, female/male, sacred/mundane. Through brainstorming, divination, active imagination, discussion and dance, we can learn to identify and balance these forces within ourselves, our families and communities. With practice we can co-create ways to integrate duality in our cultures and on the planet as a whole. All who are called to participate are welcome, from those just beginning to see duality, to those who have blended sacred and mundane aspects of Self and self. Please bring tarot cards, runes and other divination tools if you have them.

Carolyn Holly Denning O'Keefe is a Ph.D candidate in sociology and networker and weaver of infinite possibilities. She is writing an autobiographical/ spiritual exploration of the imminent paradigm shift, leading to the divine Marriage on all levels of Being. Holly is co-founder of Full Circle Institute in

Aberdeen, South Dakota and workshop facilitator with the Sustainable Living Institute in Boston.

MAKING GOOD LUCK CHARMS & AMULETS

AH 203 child-friendly/ experiential/ movement activity
Come, join us and make a good luck charm, known also as an amulet. We'll share stories of when and how women and teens use amulets to help them and each other on their spiritual path. We'll share recipes for amulets of various kinds. You will make an amulet which will help you with a challenge you are facing.

Kaia Svien, M.S., is a spiritual mentor, ceremonialist and educator. Kaia & Sage specialize in workshops that expand our love for Earth.

Sage Passi coordinates Across Generations, St. Paul educational arts programs, and tells stories for Spiderwimmin, a girls' and womens' ritual community.

HEALING WITH LOVE - A GUIDED VISUALIZATION

AH 225 experiential/guided imagery

The foundation of this workshop is an experiential, spiritually-based guided visualization using heart (love) energy for healing at the cellular level (physically, mentally, spiritually). This is a nurturing, deeply relaxing, and empowering experience. Participants will learn concentration, awareness, and visualizing exercises, as well as tools for self-healing. No prior visualization experience is required.

Carolyn Sommers has over 20 years of visualization experience in physical, mental, spiritual healing and in manifesting material effects.

FACILITATING YOUR CHILD'S RITE OF PASSAGE

AH 320 discussion/ritual/experiential/ child-friendly

Using a short myth as a guide, we will examine the importance and key elements of rites of passage, especially for adolescents. Via guided imagery, we will then explore our own experiences with these transitions. Finally, we will discuss ways of facilitating the passage of our own children through these challenging and confusing times.

Laurel Reinhardt, Ph.D., LP: dreamworker and author of *The Girl Who Kept Her Magic* (a modern twelve-year-old girl's spiritual journey).

Ellen Hufschmidt is a ritualist and consultant for individuals, groups and businesses to symbolically and spiritually mark significant life transitions.

REDEEMING AND EMBRACING OUR APHRODITE NATURE

AH 202 experiential

This experiential workshop invites all women to awaken to the full beauty and sacredness of their feminine sexual bodies and to rediscover the ancient connection between spirituality and passionate love. We will look at our personal and collective conditioning, beliefs and wounds that have controlled, suppressed and limited the full expression of our Aphrodite nature. By examining our beliefs, we will become aware of how we have absorbed attitudes about our sexual nature. Through healing images and words from ancient cultures who revered the Divine Feminine and from the ancient system of Tantra, we will begin to re-envision and embrace our sexuality as sacred and a powerful source for healing, transformation and Divine union. Ideal group size is 25.

Janice DeLuca, RN is a certified Kripalu yoga teacher and workshop facilitator. Janice has had training in Tantra concepts and techniques for sexual healing and extensive training in depth psychology and transformational psycho-spiritual work.

THROUGH THE EYE OF THE NEEDLE: A SPIRITUAL VIEW OF WOMEN'S ART

AH 220 paper/discussion/experiential

In recent years the value of traditional women's fiber arts such as quilting and embroidery has finally been recognized as art, as well as emotional and creative expression. For many of the crafters, the work also expressed spirituality. The first needlework such as hardanger and embroidery went into altar cloths and ritual vestments. Samplers and quilts beautified the home as the spiritual center of the family. After a presentation, we will participate in a needlework meditation. Experience for yourself the process of sewing with mindfulness, reflection and affirmation. Bring needle/fiber project if you have one. Simple quilt/ embroidery materials will be available.

Rev. Mary Beth O'Halloran, M.S., M.Div, is a spiritual director, counselor, minister, knitter, embroiderer and especially quilter.

THE JOURNEY OF THE GODDESS IN THE AGE OF QUANTUM PHYSICS

AH 323 slide presentation/ritual

This workshop will provide a brief introduction to the 20 billion years of creation stories as presented by contemporary science. We will discuss the amazing similarities between earth-based traditions and the new discoveries in Quantum Physics, Chaos Physics, the Gaia Principle, macro and micro biology and astronomy. Scientists are proving what spiritual leaders and mystics have taught: We are an inter-connected web of life. "Mi Tak Kuasen, All my relatives," say the Lakota people, and "There are stars in our bones and oceans in our blood," according to Alla Bozarth, poet and Episcopal priest. After demonstrating scientific concepts through artwork and music, we will close with a "creation" song and discussion.

Terri Berthiaume Hawthorne is an adjunct instructor in women's studies at Mankato State University, Metropolitan State University and the University of Minnesota. She is author, artist, gardener, ritualist, mother, wife and grandmother.

Diane Berthiaume Brown is director of CLEAR, a community-based program for developmentally-disabled adults in St. Paul. She is an artist, mother and aunt extraordinaire.

HOW JUNG REGARDED CHRISTIANITY

AH 314 paper/discussion
Jeanette Blonigen Clancy, M.A. (See Session II for description and bio.)

Morris Hall

ART AND SPIRITUALITY: UNIVERSAL IMAGES OF WHOLENESS AND SEPARATION

MH 209 discussion/experiential
This workshop includes a slide show, a short experiential exercise in creating spiritual art, and a dialogue about universal visual images expressing spirituality. We start with images of wholeness: the mandala and tree of life; and end contemplating our demons and the wrathful deities. Includes images from Christianity, Buddhism, Islam, and Native American traditions. Beneficial to anyone interested in how visual images relate to the spiritual journey. This workshop is of special interest to artists.

Martha Greenwald is a visual artist, illustrator, massage therapist, community builder and non-dogmatic Presbyterian Methodist Sufi Catholic.

IN PURSUIT OF WHOLENESS: CHALLENGING NEGATIVE IMAGES OF WOMEN IN THE MEDIA

MH 210 slide presentation & discussion
Today's media insist on reducing women to body parts, as if women were without thought, emotion, intelligence and spirit. In our pursuit of wholeness, outside influences working to destroy women's dignity and equality need to be addressed. It's time to challenge negative portrayals of women in the media, not only for ourselves, but for the community at large. Social change can empower us like nothing else. Through a slide presentation, we'll examine current portrayals of women and then discuss strategies for change.

Laura Kuhn, is the founder of Media Action Alliance, an all-volunteer activist group dedicated to educating the public about the harmful effects of sexist and violent media. She also works as a community advocate for a battered women's shelter and collaborates with other organizations focusing on violence prevention.

THE SURVIVOR'S MANUAL

MH 211 paper/discussion/child-friendly
This workshop will explore the need for — and impact of — simplicity as a lifestyle on a personal and global level. We will look at practical applications of simplifying all areas of one's life and how this can enhance physical, mental, and spiritual health for oneself and others. The purpose of the workshop is to share information with those who wish to simplify their lives for whatever reason. This workshop is geared toward those age six and over.

Helen Gaebe, M.A. social psychology / future studies, writer, lecturer, poet, artist. Emphasis on social justice and ecology. Author of "The Survivor's Manual — A Guide to Simplifying for the Very Poor and the Very Rich."

Maria Lanave (no bio available).

SPIRITUALITY OF VEGETARIANISM

MH 212 paper/discussion
There are many reasons for choosing a vegetarian eating pattern and a lifestyle of simplicity. Whether you are considering this option, or whether you have lived vegan for years, this is an opportunity to examine the mechanics, philosophies and rationales for vegetarianism. We will discuss health, ecological, ethical reasons, as well as views presented by Carol J. Adams in *The Sexual Politics of Meat*.

Donna J. Malum has a B.S. in foods and nutrition, M.S. in education and an M.A. in theology. She is a teacher, a multicultural diversity trainer and a nutritionist who describes herself as an ecovegofeminist.

Centennial Student Union

FEMINIST SPIRITUALITY

CSU 253 discussion/round table
Sessions IV and V (Repeat)

The purpose of this workshop is to allow participants to share their own experiences, opinions, and feelings about their own spirituality — what it means to them, how it has shaped their lives, what changes the feminist movement has brought about. We will pass a talking stick so that each participant may speak without interruption and listeners may ponder what is being said. Participants are welcome to place personal items on a small altar at the center of the circle. **Group size will be limited to 30, please.**

Barbara G. Walker - see Keynote Speaker Bio.

PEERSPIRIT TENFOLD CIRCLES

CSU 204 experiential
In this workshop we will sit in circle together using the PeerSpirit principles of

rotating leadership, shared responsibility and reliance on center (spirit). We will experience what it feels like to be heard deeply, to listen with intention and to rely on spirit to keep us centered. Rather than talking about how to come together in a non-hierarchical way, we will experience it. This workshop is based on Christina Baldwin's book *Calling the Circle*, and will be limited to 20 participants, please. Some knowledge of Christina Baldwin and Ann Linnea's PeerSpirit Circle principles is helpful, though not necessary.

Harriet Peterson and **Sarah MacDougall** are trained PeerSpirit circle practitioners, having worked with Ann Linnea and Christina Baldwin since 1992. Both are currently transitioning out of their professional jobs in second culture into full time work bringing the PeerSpirit Circle into the world.

MINING OUR EMOTIONS

CSU 201 discussion/experiential/child friendly
The Goddess energy is emotional in nature. How does a culture that teaches repression handle the Goddess when she starts to move? This workshop provides left brain understandings of our emotional power with experiential and right brain learning. A passionate and powerful experience!

Cat Thompson is a practicing Urban Shaman offering a variety of workshops around the country.

AFFIRMATION IMAGES

CSU 202 discussion/ activity
Come and share a discussion of ways to develop affirmations that add power and action to your life goals. This discussion will be followed by guided, participatory activities which convert these verbal affirmations into images. We will use a variety of unusual art media and techniques and enjoy being creative. No drawing or art background is necessary. These art activities will take you back to the fun, play and freedom of childhood art.

Connie Conway is an artist, arts educator and member of ARTSHARE STUDIOS(AS). AS of Northfield, Minnesota, is a community of women artists working in different media.

TAP INTO THE POWER OF THE UNIVERSE TO CREATE AND SUSTAIN YOUR BUSINESS

CSU 203 discussion
Want more time, better balance? How about more money in your life, while doing business in a spiritual way? The purpose of this workshop is to show you how to use your creative powers to manifest anything you desire into your business and personal life. We will discuss and cement our own core values, how to align our business and personal goals with those values, and begin to create whatever we desire. You will become aware of how this process applies to every aspect of your daily life, and it requires no additional tools.

Jen Mathisen, RN, BSN, Co-founder of Abraham Algae Network, president of Buffalo Transformations Corporation, founder of Kansas City Critical Incident Stress Debriefing team, teacher, healer.

Christine Budzowski, Co-founder of Abraham Algae Network, business owner, creator & facilitator of Brotman Hospital rheumatoid arthritis support group, teacher, healer, wife, mother.

SPELLS THAT FLOP OVER AND SPIT OR WHAT NOT TO DO AS A YOUNG WITCH

CSU 255 discussion/roundtable/storytelling
Sometimes we learn the most about our sacred paths through laughing at the attempts that fall apart. In this session we will do just that, telling each other stories about spells or rituals that went awry. This storytelling session is aimed at discovering possible submissions for an anthology edited by Karen and Nancy entitled *Spells that Flop over and Spit or What Not to Do as a Young Witch*. Writers and would-be writers are encouraged to attend.

Nancy Vedder-Shults, Ph.D. See Session I "Crone Power In Your Life" for bio. **Karen Snider**, RMT, is a storyteller, poet and author of *Aunty Em is a Prisoner in Kansas*, *Dorothy during wounded knee*, *SONG OF THE CHILD* (audio tape).

LOVING THE LESBIAN GODDESS WITHIN

CSU 254 paper/discussion/experiential
The purpose of this workshop is to encourage lesbians to recognize the sacred within themselves and to affirm that aspect, as well as the totality of who they are, especially in respect to their same-sex loving. We can be creative in affirming our lesbian selves by considering many possibilities about our inner beauty. Come and explore the concept of a woman-loving goddess within you. Through singing, affirmation, and group sharing, we will celebrate the loving sacredness in ourselves as lesbians, bisexual women, and those exploring same-sex attractions.

Eleanor Ruth Wagner, lesbian crone, past workshop presenter, author of the book *Lavender Reflections: Affirmations for Lesbian and Gay Men*.

THE ARAMAIC LORD'S PRAYER

CSU 101 movement activity/child-friendly
Experience the mystery and power of hearing and singing the very words Jesus spoke in his own language. The Lord's Prayer in the original Aramaic is set to music, has movement and is a very reverent a prayerful event. The melodies recall the ancient time, the words lift the soul and allow one to experience the peace that passes understanding.

Sister Johanna Seubert, Donna Ronning, Randy Lanari. (See Session I "Sacred Dance: Moving to the Spirit Within" for bios.)

POST-FACTO COMING OF AGE RITUAL

CSU Ostrander Auditorium discussion/ritual/experiential
We have called it the curse; we have been shamed by it; and we have ignored and hated it. It doesn't matter if we are menstrual or post-menstrual, the pain and shame of menstruation has affected us. It's time to transform the negativity toward menstruation that was programmed into us into a positive, spiritual, and affirming force. This workshop is for those who missed out on a coming-of-age celebration of their own and desire to ritualize and honor menarche. Come and take the first step of reclaiming the power of the menstrual cycle and increase self-awareness and self-love. Workshop is limited to 30 participants, please. **The auditorium is on the main level of the Union and is directly across the hall from the University Book Store.**

Goddess Christine Sartor, a women's studies graduate student at Mankato State and tree-hugger, is devoted to reconnecting body/mind/spirit/nature.

MEDITATIONS ON THE TREE OF LIFE — PART TWO

CSU Ballroom ritual/experiential/movement activity
Mary Flaten (See Session III for description and bio.)

Other Buildings

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 patriarchal cultures teach women to hate their bodies. Through meditation and movement, 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. We will finish the workshop with a belly dance blessing. **Note: The Conference staff will provide an escort for the group going to the Dance Studio. Meeting time and place will be announced.**

Timphanet Loge, feminist anthropologist and mother of Elissa, has studied belly dance for over three years.

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

SESSION V (Sunday, 1:30 - 2:45 p.m.)

Armstrong Hall

CONSCIOUSNESS SHIFTS, CO-CREATION AND OUR LIFE MISSION

AH 233 discussion/lecture/experiential
Have you often felt out of place here on earth, and have been feeling a sense of calling to explore your true place in the world? Do you find it difficult that many people are simply attending to business as usual, while you know that a great deal more is happening, and is required? If you answered yes to any of these questions, come to this workshop! Rather than focusing on what's breaking down, we will focus on what's breaking through. Those who need to make sense of the accelerated spiritual changes currently facing this planet and who desire to see how we are all co-creators within our life mission should attend.

Alana Celeste Ray: I have taught classes and facilitated groups over the past 12 years. I have a background in chemical dependency counseling and have been involved in my own extensive and intensive transformation process. Having worked as a psychic and healing facilitator, I call myself mystic.

LESSONS FOR US FROM RUTH AND NAOMI: GUIDANCE FROM WITHIN OR WITHOUT?

AH 315 discussion/Scent-free
We will look at the Bible story of Ruth and Naomi and use it as the basis of a discussion of the ways in which we can use stories of Bible women to learn practical lessons which will help us deal with the problems of today. Come and share your reactions to using the Bible in this way and to this story and your ideas about specific ways this story can help us understand ourselves and meet our own needs. **Please refrain from the use of scents during this workshop. Thank you.**

Connie Fulmer, Ph.D., professor of literature at Pepperdine University, Malibu, California, loves to learn, to teach, and to walk on the beach.

Margaret Barfield, B.A., administrative assistant at Pepperdine School of Law, Malibu California, enjoys new experiences and learning new spiritual perspectives.

TEARING DOWN THE WALLS BETWEEN GAY AND NON-GAY PEOPLE

AH 211 discussion
This workshop will attempt to debunk myths, build understanding and find common ground between gay and non-gay people. We will explore various aspects of lesbian and gay living through film, drama and discussion, drawing parallels and finding similarities. We will highlight a new definition of family, violence in gay life, and the death of a partner. Exploration of these real-life experiences will lead to an understanding of their impact on our spiritual and emotional lives.

Sally Cissna, M.Div., is a Unitarian Universalist candidate for ministry, teacher, natural theist, peacemaker, life partner, creative spirit, searcher after truth.

Rebecca Hartzog, M.A. (See Session III "The Welcoming Congregation: Methods to Help Gays and Lesbians Feel Welcome in Your Congregation" for bio.)

SPIRITUAL SUPPORT AMONG WOMEN 'IN THE TRENCHES' - DAILY LIFE IN AN URBAN NEIGHBORHOOD

AH 232 discussion
We will use a discussion and consensus workshop technology (The Institute of Cultural Affairs' *Technology of Participation*) to work with our gathered common experiences, issues and insights of living and nurturing in a neighborhood full of differing situations: economic, social and spiritual. We will each bring our unique experiences, and the result will be highlighted arenas of learning. We will discover how and where to put energy to create and sustain ourselves as we live and share in these local communities. Come and explore what has worked for all of us in an intriguing methodology that can enhance any group process.

Linda Alton, community development practitioner, has worked for the last 20 years in villages in The Philippines, Kenya, and Belgium. A 52-year-old mother of two daughters, she has worked with The Institute of Cultural Affairs' *Technology of Participation* combined with working in income-generating projects for women in the Philippines and Kenya to determine her life passion, working with women in communities.

Lynne Larsen is a consultant and practitioner in rites of passage and personal rituals. She recently completed 10 years in Holland and Belgium, working with women in transition, facilitating processes allowing individuals and teams to breathe and to continue along paths rightfully chosen.

THE GODDESS IN ART

AH 323 formal paper/slides/discussion
The Goddess in Art is a presentation for anyone interested in art and women's history, with or without prior knowledge. It is a visual tour of images that express the power of the Divine Feminine. The works of art speak to the inner selves of women and engage our consciousness of connection to Mother Earth. Included are Goddess images from the Art Institute of Chicago portrayed in various cultures and eras.

Phyllis Antrim-Anderson, M.A., C.M.I. is a medical illustrator, teacher and artist who has studied art history all her life.

TENDING THE SOUL, SERVING THE NEEDS

AH 316 experiential
Cynthia Chauhan and Rebecca Unternahrer (See Session II for description and bios.)

HESTIA, GODDESS OF THE HEARTH: BUILDING SACRED LIVES

AH 205 experiential/discussion
Jane Leslie, M.A. (See Session IV for description and bio.)

USING YOUR ASTROLOGICAL CHART AS A SPIRITUAL GUIDE

AH 321 paper/discussion
Judy Thompson (See Session IV for description and bio.)

PAST LIVES, DREAMS, SOUL TRAVEL: THE SPIRITUAL JOURNEY

AH 121 discussion/experiential
Heidi Skarie, Nora Patrin and Virginia Hudson (See Session I for description and bios.)

Morris Hall

HELEN OF ILLIUM, NEE TROY: RESURRECTING PRE-HOMERIC HELEN

MH 212 paper/slide presentation
The slide/paper presentation - of journeys through Siberia, Turkey, Crete, mainland Greece, and Egypt - encapsules what Rosalyn and Gloria have learned and suppose about gender relationships prior to 1200 BCE, date of the last great battle to establish patriarchal dominance over women, fought at Illium, renamed Troy by the Greek victors. Rosalyn is writing a novel along the lines of Barbara Walker's *Amazon* and invites your input in creating the Helen hidden from us by Homer's pedestal approach.

Rosalyn M. Reeder, M.A. social psychology lecturer; most recently at Western Michigan University. Lived in Brazil five years and in Germany for two. Author of "Requiem for a Marriage", for which she is seeking publication. 1996 pilgrim to Crete with theologian Carol Christ.

Gloria Weberg, B.A. social worker, puppeteer, community theater actress, 1996 pilgrim to Crete with Carol Christ.

A HISTORY OF THE GODDESS

MH 211 discussion
In this workshop we will survey the history of the worship of the feminine divine in Western Civilization for 40,000 BCE to the present. Our focus will be the goddess-centered civilizations of Neolithic and Bronze Age Europe (10,000 to 1,200 BCE). Using slides we shall view images of the goddess in her triple aspect and discuss the works of Marija Gimbutas, the archaeologist who discovered a goddess-based matrilineal society that preceded the patriarchal

Indo-European culture. Finally we shall talk about what happened to Her worship and where we can find Her today.

Joan Cichon, M.A. (See Session III "Goddess Pilgrimage to Crete: One Woman's Guided Journey" for bio.)

HONOR YOUR HISTORY

MH 210 paper/discussion
This workshop is designed to help you see that you are more than the product of your parents. From a genealogical perspective, you will look at the broader view and understand how many other people have contributed to who you are. We will look at ways to unravel the exciting and sometimes strange stories of your ancestors. By following your life and wisdom you can grow beyond your immediate family. Your individual search will help you appreciate your complexity. We'll explore a personal journey to get you started.

Janet Warner, B.S., an experienced genealogist, has a degree in applied psychology and is mother of three, grandmother of eight, works with victims of sexual abuse.

SACRED WOMEN: EMBRACING THE LIGHT FROM VENUS

MH 209 experiential/shamanic trance/ritual/dance
Jessie Ayani and Neddy Thompson (See Session II for description and bios.)

Centennial Student Union

LIFE RE-INVENTING US: TRANSITION AND TRANSFORMATION

CSU 204 paper/discussion
It has been said that there are no accidents, that the universe unfolds purposefully offering us opportunities for growth and expansion. How might we participate with our fellow beings in this shared enterprise of living? What are the strengths and weaknesses of our varied perspectives? How might our shared perspectives allow us to perceive the old in new ways and enhance our communal life? These questions will be addressed in the presentation of a paper and small group discussion. This workshop is not intended for children.

Maren Ernst, a student at Metropolitan State University in Minneapolis, has helped to organize a Language and Culture Exchange in her neighborhood, reads avidly, writes occasionally, and in her spare time prefers dawdling, gardening, and conversation.

ARCHETYPE OF THE SACRED WHORE IN MODERN SOCIETY

CSU Ostrander Auditorium discussion
In this workshop we will present an historical overview of the Sacred Whore, focusing on how that role has changed in relation to changes in sexual power. We will explore the role of Sacred Whore as a useful archetype, much the way Maid, Mother and Crone function, as well as present some of the "markers" that enable women to identify themselves within this archetype. This workshop will function as a doorway through which participants explore the relationship between spirituality and sexual power. **The auditorium is on the main level of the Union and is directly across the hall from the University Book Store.**

Ember Blackwell, Wiccan Priestess, travels the country looking for spiritual enlightenment, often led astray by a good cup of coffee.

Lisa Besnett (Spiral): Wiccan Priestess, Motivational Speaker, Mother of two.

PERSONAL MYTHOLOGY AND YOUR JOURNEY

CSU 254 experiential
The often heard question, "What do I want to be when I grow up?" is better understood when we look at our spiritual growth here on earth as a journey and seek answers from the stories we hold within. We share common archetypes, which are those innate writings from our ancestors on our DNA. This workshop will enhance your understanding of your own mythology as a way of helping you on your sacred journey.

Kathleen Holm, (See Session II "Transforming the Frog Within: Using Myth and Analogy for Personal Growth" for bio.)

STORYTELLING

CSU 203 child-friendly / experiential
We will tell stories, act and make art to express what is inside of us. Our stories and art expression will be heard and welcomed. We will share our creativity with others, and we will have fun. Each participant will draw a picture and tell a story, after which we will act out the stories using props, puppets and costumes. We will end by watching a video of the play we create. This workshop is geared toward children, though adults are welcome.

Lynn Lidbury is a mother, artist, writer and art therapist. She uses the Atira Transformation Process for learning how to open to Love Presence and how to live out of that Love.

THE DANCE OF KALI

CSU 255 discussion/experiential
During this workshop we will discuss the difference between spirituality and religion. We will further pursue the threads that connect both. We will next consider which elements of both might be useful in the coming millennia. Finally, we will explore our individual and collective futures through The Dance of Kali. Previous experience is not necessary, though a basic understanding of reincarnation and parallel lives would be helpful.

Christina Maria Potyondy, M.A. in religious studies, is an educator, writer, psychic interpreter, spiritual counselor, inner/interdimensional guide, healer, minister and seeker.

QUIETING THE MIND AND BODY THROUGH FOOT MASSAGE

CSU 201 experiential/child-friendly
We all need to quiet our bodies and minds for our health, well-being and spiritual growth, and a fantastic way to achieve this is to receive a foot massage. In this workshop you will partner up with another person and learn a series of wonderful massage strokes to help bring complete mind and body relaxation. This workshop is for adults and children age 12 and up.

Cynthia Rintala, a mother, certified massage therapist and aroma therapist, offers workshops in massage and aroma therapy. She loves to Cajun dance and walk her dogs.

THE JOY OF ANGELS

CSU 202 paper/discussion
This workshop is about angels in our lives. Throughout my life, my angel/Indian guide, Keeno, has helped me to write stories and poems. Through him, I have created my own cards to do psychic readings. We will look at how angels have helped other people at the workshop by exploring personal experiences in small discussion groups. Come and share your experiences! We will highlight the good which these higher energies do for people. They are not beings to be worshipped, but they are helpers of God. The purpose of this workshop is to explore people's experiences and share with each other, in acceptance.

My name is **Carla Houle**, and I have been a psychic reader for the past 25 years. I received a two-year degree from the University of Minnesota and a one-year degree from Minneapolis Business College. I worked with the handicapped and now work with elderly people. I also do spiritual / psychic readings. My friend, **Marge Lauber**, is very interested in angels and has been all of her life. She is a good friend and a perfect assistant. Marge also has a strong belief in angels as helpers in our lives.

FEMINIST SPIRITUALITY

CSU 253 discussion/round table
Barbara G. Walker (Please see Session IV for description and Keynote description for bio.)

CREATING A HEALING CIRCLE AND MORE

CSU 101 experiential
Rev. Elizabeth McCabe and Dixie Tollefson (See Session II for description and bios.)

MEDITATIONS ON THE TREE OF LIFE — PART THREE

CSU Ballroom ritual/experiential/movement activity
Participants in Part Three will help bring closure to the meditation by participating in taking down the tree.

Mary Flaten, M.A. (See Session III for complete description and bio.)

Other Buildings

ACCESSING OUR INTUITIVE GIFTS

MSU Dance Studio discussion/experiential/child friendly
This workshop will explore the many diverse ways that women receive intuitive information. We will discover how we access our information, focusing on the following: 1) seeing 2) feeling 3) hearing 4) knowing 5) sensing 6) or another way? Learn how to understand your natural methods of receiving intuition and how to expand your potential. Note: The Conference staff will provide an escort for the group going to the Dance Studio. Meeting time and place will be announced.

Tory Stewart - (See Session II "The Connection Among Our Bodies, Emotions and Our Spirituality" for bio.)

Lori Haider - (See Session III "Four Steps to Developing Your Psychic Abilities for bio.)

REFRESH AND RENEW: T'AI CHI / STRETCH BREAK With Sandra Walberg

Saturday October 4, 1997

9:15 - 9:45 a.m. and 1:15 to 1:45 p.m. — CSU 101

(Main Level, Centennial Student Union)

Some easy stretches and gentle guided movement to help you relax, unwind and get clear, get focused. T'ai Chi comes from ancient Chinese health practices that work with the flow of energy in the body. The movements are enjoyable and easy to do. No special skills, dress or abilities needed. Drop in when you can, and leave when you need to. If weather permits, we will be outside. In this event, relevant announcements will be made.

Sandra Walberg works in the administrative services of the Centennial Student Union at Mankato State University. She is a certified teacher of T'ai Chi Chih and conducts classes through Mankato's Community Education program each fall and spring.

Saturday Happenings

Refresh & Renew: T'ai Chi Stretch Break with Sandra Walberg

9:15 - 9:45 and 1:15 - 1:45, CSU 101, Main Level of Centennial Student Union
Open Stage! Please bring poetry, music, stories, etc. to share. Saturday, October 4,
1997, 7:30 p.m., INDIGO

Drumming and Dancing - Saturday, October 4, 1997, 7:30 p.m. (CSU Ballroom)
Bring Your Drums

CLASS PRIVILEGE AND CLASS OPPRESSION: A GROUP DISCUSSION

facilitated by Antiga, Betsy Raasch-Gilman, Lea Karlsson and Lovetann
Centennial Student Union, Room 202, 7:30 p.m.

WORKPLACE ISSUES FOR WOMEN: AN OPEN DISCUSSION

facilitated by Linda Mack Ross
Centennial Student Union, Room 203, 7:30 p.m.

CHRISTIAN ISSUES IN FEMINIST SPIRITUALITY: WOMEN IN DILEMMA

(Discussion offered twice on Saturday)

Discussion facilitated by Lucy Edelbeck

Centennial Student Union, Room 244, 3:45 - 5:45 p.m.

First Group Limited to 12

Second Group Discussion

Centennial Student Union, Room 204, 7:30 - 9:00 p.m.

Ideal Group Size: 20

We have two more rooms available (201 and 244) in the Centennial Student Union for 7:30 Saturday night. If you would like to reserve space 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 1996 have included: Jeanne Audrey Powers and Alla Bozarth-Campbell ("Women and Worship"), Rita Gross ("Women's Lives in World Religions"), Maureen Fielder ("Spirituality and Social Change"), Rosemary Radford Ruether ("Language and Imagery"), Starhawk ("Building Communities of Resistance and Renewal"), Charlotte Black Elk ("Lifepaths of Women: Celebrating Self and Community"), Valerie Russell ("Spirituality and Social Justice"), Judith Plaskow ("Body and Spirituality"), Carter Heyward ("There Are Many Paths Up The Mountain: Celebrating Our Commonalities and Differences"), Luisah Teish (no theme), and Neala Schleuning, Carol Ann Russell, Rachel Tilsen ("The Power of Words: An Honoring of Meridel Le Sueur"), Jean Shinoda Bolen ("The Grail is the Goddess"), Karen Warren (Feminism, Spirituality and the Environment), Kate Rushin ("Something Within: Spirituality in African American Women's Literature"), Mary Daly (Re-Calling The Outrageous Contagious Courage of Women).

If you are interested in working on the 1998 Planning Committee, please stop by the Registration Table 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 an asterisk (*). When calling, give them the Group number (in parenthesis) or advise them it's for the MSU Women and Spirituality Conference.

- * Comfort Inn - (507) 388-5107 or 1-800-221-2222 (Spirituality Conf)
- * Super 8 Motel - (507)387-4041 or 1-800-848-8888 (Women & Spirituality Conference)
- Riverfront Inn - (507)388-1638
- * Holiday Inn Downtown - (507)345-1234 or 1-800-HOLIDAY (WSL)
- * Best Western Garden Inn - (507)625-9333 (3000)
- Budgetel Inn - (507)345-8800 or 1-800-428-3438
- Mankato Economy Inn - (507)388-1644
- Days Inn - (507)387-3332 or 1-800-325-2525
- * Fairfield Inn - (507) (507) 386-1220 (Spirit Conf)
- Americinn Motel & Suites - (507)345-8011
- 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
- Holiday Inn - New Ulm (507) 359-2941
- Le Sueur Downtown Motel - Le Sueur (612) 665-6246

Campgrounds

Point Pleasant - Madison Lake (507) 243-3611
Minneapolis State Park (507) 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 at least 48 hours prior to the conference. 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 9:00 am - 1:00 PM, 1:30 - 6:00 PM and Sunday from 9:00 - 11:30 AM and 12:00 - 2:30 PM. (**Note - children must be picked up for designated breaks.**) Costs will be \$20.00 for one day and \$30.00 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. Child-care must be canceled at least three days before conference to be eligible for a refund. **Conference Registration Is NOT Required For Children Age 11 - 16.**

COURSE CREDIT: Those interested in taking the conference for one (1) credit in Women's Studies or Religious Studies need to be aware that an **9:00 a.m. meeting in Centennial Student Union, Room 201** on Saturday is required and that the conference registration fee and meal are in addition to the tuition fee for credit. To register, fill in appropriate section on registration form, and mail tuition check to our address. **Failure to pay the conference registration fee will result in the cancellation of course registration.**

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 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 and postmark 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.

IF YOUR NAME APPEARS TO HAVE A DOUBLE LAST NAME, WE WILL ALPHABETIZE YOU ACCORDING TO THE FIRST LAST NAME.

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".

A refund for the dinner ticket is available upon request, prior to September 27, 1997. You must provide a copy of your canceled check (front and back), along with your social security number once it has cleared your bank. Dinner Reservation **must be canceled at least one week before** the conference to be eligible for a refund.

If you are interested in car pooling from the Twin Cities, call Cathe at 612-529-3179.

For answers to any questions, call or write:

Women and Spirituality
Mankato State University
MSU 300, 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,

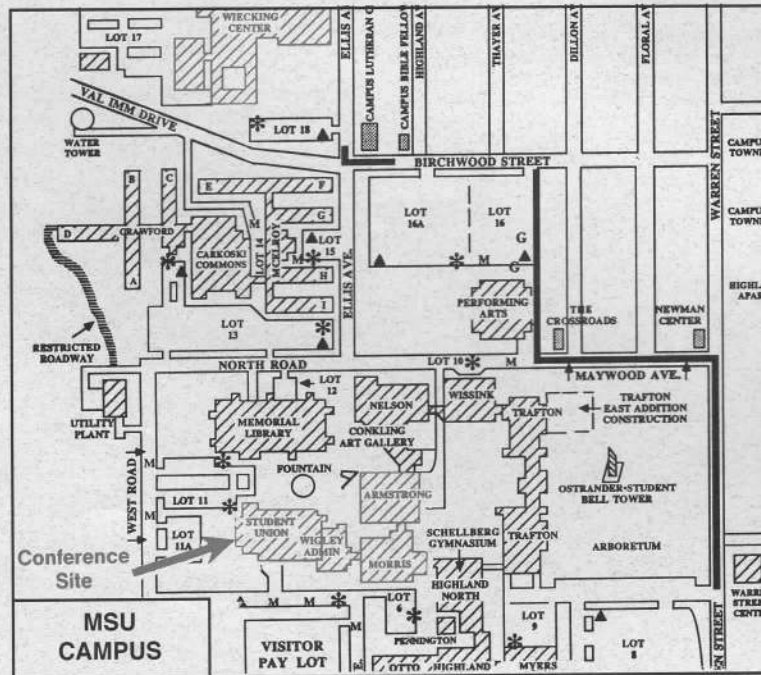
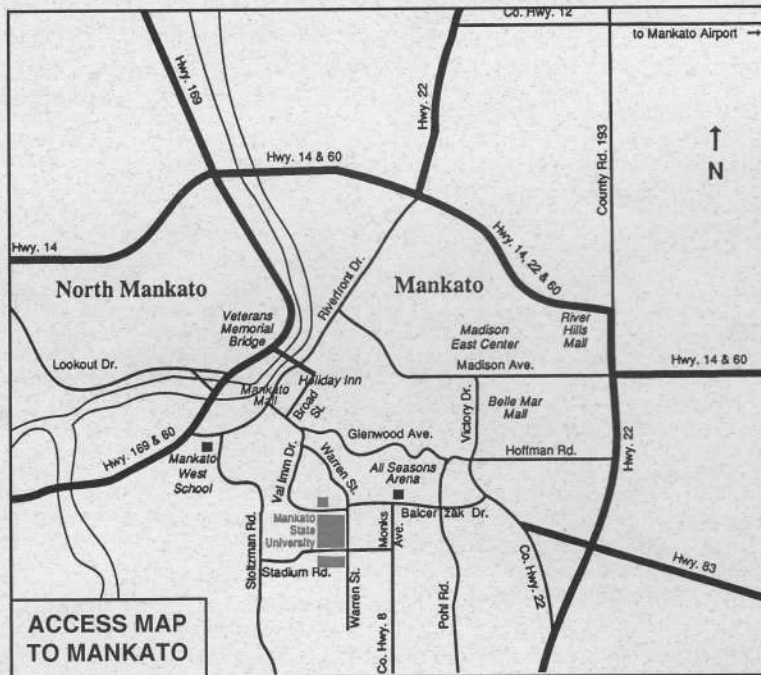
you have arrived on campus. Use your campus map to find designated visitor parking.

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.



CHILD CARE REGISTRATION

Send check with registration. Fee is \$20 for one day and \$30 for both days, per child.
Deadline: September 5, 1997

Days Needed: Saturday, October 4 Sunday, October 5

Children's Names and Ages: _____

Emergency Contact/Pager # _____

Parent's Name (s) _____

Special Needs: _____

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

REGISTRATION FORM

(DO NOT mail this form later than September 27, 1997!)

Registrants limited to first 800 people

Registration must be postmarked by September 20, 1997 for reduced rates. No registrations postmarked after September 27, 1997 will be accepted! Make checks or money orders payable to: Mankato State University. Mail to: Women and Spirituality Conference, MSU 300, P.O. Box 8400, Mankato State University, Mankato, MN 56002-8400. For more information call (507) 389-2077. This form may be duplicated for multiple registrations. Please make checks payable to MSU.
 (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 you are currently an MSU student.

Please check one:

- Pre-Registration
- \$35 General
 - \$15 Minimum Income/Student
 - \$5 Keynote only (ticket required)
 - Low Income Scholarship**
 - Women of Color Scholarship***
- Postmarked after September 20:
- \$40 (\$5.00 Late Fee)
 - \$20 (\$5.00 Late Fee)
 - \$8 (\$3.00 Late Fee)

** PRIOR APPROVAL REQUIRED

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)

Dinner Registration (Postmark Deadline September 20)

Dinner Ticket (Saturday night) - \$11.00
 _____ yes _____ no

_____ VEGETARIAN _____ MEAT

PLEASE, WALK-IN REGISTRATIONS ARE DISCOURAGED!

** 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 scholarships allow for women of color of various economic abilities to attend. Scholarships are available on a first come/first served basis.

If needed, receipts may be picked up at the Registration Table any time during the conference. Also during that time, conference information packets will be distributed.

For Those Registering For Credit

You must pay the conference registration fee above in addition to tuition fees. Please send a **separate check for tuition**. The following information is required. (If you are a current MSU student, you must register through MARS.) If you have not been accepted to MSU, you must contact the Admissions Office (507) 389-1822 for an application. This must be processed along with a \$20 university admission fee before you can receive credit.

Social Security Number _____
 Check one: Grade PN
 Credit in Women's Studies: Credit in Religious Studies:
 Check one: Call # Course # Call # Course #
 _____ 4994 1790-260-01 _____ 2530 1169-450-01
 _____ 4998 1790-490-01 _____ 2532 1169-550-01
 _____ 5004 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 Graduate resident
 Undergraduate non-resident Graduate non-resident

**CONTACT THE BUSINESS OFFICE. (507) 389-2261
 FOR SPECIFIC TUITION CHARGES.**

USE OF SCENTS: Please note that we discourage the use of perfumes, colognes and other scents at the conference so that all who wish to participate may enjoy the weekend. For many people, this is a matter of being able to breathe. During the keynote presentation and opening celebration, half of the Ballroom will be designated as scent-free space. Scent-free workshops are specified in the brochure.

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Mankato State University
Saturday and Sunday, October 4 and 5, 1997
Registration Check-In Begins Saturday 8:30 a.m.
"Feminist Spirituality: The Unguided Journey"
Keynote Speaker: Barbara G. Walker

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.

Seventeenth Annual Keynote Speaker: **Sister Paula González, S.C.**
"Activism and Spirituality: Bridging Faith, the Land, the People"
October 10-11, 1998

Co-sponsored by Women's Studies, Religious Studies, Social & Behavioral Sciences, and Women's Center

WOMEN AND SPIRITUALITY

MSU 300, Mankato State University
P.O. BOX 8400
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