

# 17th 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, fluidity, 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 sixteen 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.

## 1998 Keynote Speaker

The Seventeenth Annual Women and Spirituality Conference will be held at Mankato State University on Saturday & Sunday, October 10 and 11, 1998. Our keynote speaker is Sister Paula González, S.C



Sister Paula  
González, S.C

Sister Paula, of Cincinnati, is founder of EarthConnection, a center of "living lightly" on the Earth. Having offered over 1,000 consciousness-raising programs on ecological spirituality, she continues to utilize faith and spirituality as vehicles for activism and change. Through reflections on the "profound interrelations of ecology, economics, consumerism,

injustice, violence, patriarchy, militarism and industrialism, Sr. Paula has become passionately committed to nudging the world toward the rediscovery that the entire universe is holy ground and that we humans are part of nature, not over it." Reflections on the health of the Earth, our connection to it and our responsibility to care for it will be major themes of the keynote address. Together, we will explore new modes of agriculture that honor the Earth and other living creatures. Through dialogue about the necessity to radically change how we live, think, and respond to the web of life, we will challenge ourselves in new ways. Activists, educators, students, farmers, leaders of faith communities, members of religious communities, and all who are dedicated to ensuring that future people will have soil, water and food should attend.

## Schedule

### Saturday, October 10, 1998

8:30 - 10:00	Registration
10:00 - 10:30	Opening Celebration (CSU Ballroom)
10:30 - 11:00	Announcements & Welcome
11:00 - 12:30	Keynote Address (CSU Ballroom)
12:30 - 2:00	Lunch (on your own)
2:00 - 3:30	Session I
4:00 - 5:30	Session II
6:00	Dinner (CSU 1st floor) (advance reservations required)

### Sunday, October 11, 1998

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 (CSU Ballroom)

### The 1998 Planning Committee:

Lisa Coons, Coordinator  
Cindy Veldhuisen, Business Manager  
Shirley Piepho, CSU Coordinator  
Kay Eichler, Signing Interpreter  
Rhys Gaffer, Exhibitor Coordinator  
Keryl Behnke, 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.

## Workshops

### Room Code

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

### SATURDAY HAPPENINGS

#### Menstrual Sponges: A Natural Alternative Demonstration and Discussion

12:45 - 1:30 p.m. Saturday in the CSU Indigo.

Bring your lunch and your daughters to a workshop on ecological alternatives to bleached tampons which can be expensive and harmful to your body and the environment. Natural sponges are easy to use and will provide you a feeling of pride as you take responsibility for your health, your cycle and your Earth. Unlike commercially-made tampons, sponges are not stiff, uncomfortable objects you force to fit your body. Rather, they work with your body as you discover the economic, health and environmental benefits of natural resources.

Given the compact time-frame, this will not be a hands-on workshop. However, you will gain practical knowledge, information, and hand-outs that you will be able to take back to your homes and communities.

**Denise Brennan Watson** is a former coordinator of this conference. Wise-woman Joanne McQueen, founder of Fantastic Feminist Enterprises, a 1970's mail order company, introduced me to menstrual sponges six years ago. I have been using them ever since, as well as introducing them to others.

#### Mississippi Mother: A Ritual To Clean & Bless The Mississippi Watershed

7:00 - 9:00 p.m. on Saturday evening, CSU 253/54

It is said that there is a song to cure every sickness. Mississippi Mother is a ritual song, chant & silence to heal the great river aorta of North America. For those who live within the Mississippi watershed, please bring a vial of water from your local wetland, creek, lake, river—wherever your yard drains.

**Susu Jeffrey**, ritual coordinator for MN-W.E.B. (Women's Earth Brigade.) My body is 65% Mississippi River.

**Bellezza Squillace**, ritual priestess for RCG/MN, lives and works on an organic farm south of the Twin Cities.

#### Healing Circle

7:30 p.m. on Saturday Evening, CSU 201

A guided meditation and the sharing of energy for healing. We will end with a blessing of Mother Earth.

**Rev. Elizabeth McCabe** is a Reiki Master and an ordained priest. She has facilitated healing circles for over 7 years, has Reiki practice and a monthly group focused on growing spiritually.

**Refresh & Renew: T'ai Chi Stretch Break** with Sandra Walberg Saturday, October 10, 1998, 9:00 - 9:30 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 10, 1998, 7:30 p.m., INDIGO, CSU Lower Level

**Drumming and Dancing** - Saturday, October 10, 1998, 7:30 p.m. (CSU 101)

We have four more rooms available (201, 202, 203, and 204) 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.

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

#### Armstrong Hall

#### THE SURVIVOR'S MANUAL: A GUIDE TO SIMPLIFYING FOR THE VERY POOR AND THE VERY RICH

AH 213 Paper, discussion, and child friendly  
This workshop will include the presentation and discussion of theory as well as practical applications of simplicity. We will cover ways and means of simplifying one's life to accommodate a physical, financial or emotional crisis or to accommodate a philosophical need.

**Helen Gaebe**, M.A. Future Studies, Social Psychology, author of *The Survivor's Manual—A Guide to Simplifying for the Very Poor and the Very Rich*, and *The Self-Sufficient Apartment—A Guide to Economic and Qualitative Living for the Independent Woman of Modest Means*, freelance writer, poet, teacher, lecturer and artist.

#### CORN MEMORY RELISH

AH 225 Experiential  
Come share with us corn relish made at Llamas, and learn how to make a corn-husk doll. We also will look at individual and group memories concerning the land and corn.

**Merri-Lee Berglund** learned how to make corn-husk dolls from a neighbor while growing up on a farm in the upper peninsula of Michigan. Lee is an aquatic instructor and artist.

**Anne Mohler** was raised in the Cornhusker state of Nebraska. She is an artist, a special needs teacher and a ritualist.

#### WOMANSONG: SINGING A LOVE SONG FOR THE EARTH

AH 223B Original song and personal story  
Come with me on a musical journey into the web of life. I will sing several of my original songs, each one inspired by some intimate experience of "Being One With" the earth and her creatures. Through song and personal story, I will express ways in which our relationship with the natural world evokes our deepest emotions and touches the core of our spiritual selves. Experience colorful sensory images as you hear melody, harmony and words interwoven, reflecting the interconnectedness of all living things.

**Dody Davies** is a Christian feminist composer/performer/recording artist (84 songs), veteran workshop presenter, composer of several conference theme songs. A graduate of St. Catherine's College, Dody has sung in national parks, on the picket line with the "Willmar Eight" bank women, and in her gardens.

#### SPIRITUALITY AND ABORTION

AH 210 Discussion  
Discussion with some presentation of historical and theological material.

After a historical review of how abortion has been constructed in Christianity and Judaism, we will explore the positive spiritual and ethical aspects of the abortion decision. Abortion is the female ethical decision "par excellence." We will discuss our own meanings and feelings about abortion, affirming the manner in which women make moral and ethical decisions. Come share your own views and experiences as we discuss how women actually experience God in our lives as contrasted with oppressive patriarchal theology.

**Heidi Vardemen, M.A., M.Div.,** Chair, Minnesota Religious Coalition for Reproductive Choice, minister and counselor, has worked in the field of religion, sexuality, ethics, and feminism for 27 years.

**George (Kathleen) Kearney, B.A.,** is an abortion counselor for several clinics. A senior at United Theological Seminary, she is on the boards of Pro Choice Resources and Minnesota Religious Coalition for Reproductive Choice.

#### WET-ON-WET WATERCOLOR PAINTING

AH 203 Active participating and experiential  
Painting is the breathing of the soul. This wet-on-wet watercolor experience is a soul opening for both beginner and experienced painters. Working with pure colors and liquids is healing and illuminating. All materials provided. Space is limited to 8 per session.

**Donna Webb, BFA,** artist and art teacher, currently creating a Master's program integrating art instruction and art therapy.

**Linda Bergh,** teacher and teacher trainer, licensed psychologist. She has faced challenges of personal loss and is working with painting and poetry for personal healing.

#### PAST LIVES, DREAMS, SOUL TRAVEL: YOUR SPIRITUAL JOURNEY

AH 222 Discussion/experiential  
The purpose of this workshop is to aid you in your spiritual journey. The workshop will give you tools to 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 unfolding, and how Soul Travel is used to explore your inner worlds to find more wisdom, love, and understanding.

**Heidi Skarie** is ECKANKAR clergy member, mother and fiction writer who has given talks and workshops on writing and spiritual topics.

**Laura Skarie** is a lifetime member of ECKANKAR and is a student at the University of Minnesota.

**Susan Miller** has been a member of ECKANKAR for 20 years. She has spoken on these topics across the United States.

#### LOOK, CAN WE NOT SEE THE CONNECTIONS? HOW OUR SPIRITUALITY MOTIVATES US

AH 202 Paper/discussion  
Spirituality defined through connectedness is at the heart of this workshop. We will examine "coming to be" through growth-fostering relationships. We hope to discover how the quality of these relationships and how we name the Sacred energize us to care for our world. Like Shug, we want to recognize "if I cut a tree, my arm would bleed."

**Sister Michelle Meyers, M.S., M.T.S.** Adjunct faculty, St. Mary's University and **Sister Kay O'Neil, M.A., M.T.S.** Adjunct faculty, St. Mary's University are instructors/ Consultants/ Disturbers/ Peacemaker who lead classes, seminars, and retreats and share inspiration, creativity, and support with others. Their major interests are social justice, spirituality, assertiveness, communication, self-esteem and team building!

#### Centennial Student Union

#### HOMEMADE PERCUSSION

CSU Courtyard. Discussion/activity/child friendly  
(In the event of uncooperative weather the event will be held in the Indigo).

This workshop will examine various kinds of percussion instruments and explore ways to create them using common household items.

**Vetch** is a poet, storyteller, artist and ritual percussionist for Spiderwimmin and RCOG-MN.

#### AN ORAL WHEEL OF WISDOM

CSU 103 Experiential, discussion, ritual, and story-telling  
If one moves the letters in "Tarot" around into a circular configuration, one finds ROTA (wheel); ORAT (oral) and TORA (wisdom). It is in this cyclical pattern that we can expand into a discussion and experience of a reconnection with Nature, the wheel of the year, oral traditions and Universal Wisdom. We will utilize symbols of the tarot, poetry, music and shamanic drumming/journeing techniques to help people find their place in the wheel and what it means both personally and collectively on a spiritual, physical, intellectual and environmental level. Participants are invited to bring blankets/pillows, drums and rattles.

**Julie Cuccia-Watts** is the creator of the Ancestral Path Tarot and owner of New Moon Trading Company. Her artwork reclaims many ancient symbols.

**Nancy Shea,** psychotherapist practicing for 10 years, has extensively studied shamanic healing techniques and has the gift of word.

**Meg Turzinski** is a teacher, a singer and has studied shamanic healing techniques.

#### MAIDEN, MOTHER, CRONE

CSU 253/254 Ritual, experiential, movement activity, and storytelling

Come celebrate your cycles of initiating, sustaining and ending—the Maiden, Mother and Crone. In a ritual format, we will explore women's power and women's passages by working with these three goddess energies, using guided visualization, small-group discussion, ceremony and songs. Throughout this workshop we will get in touch with our own personal power to begin, sustain and finally say, "Enough already."

**Nancy Vedder-Shults, Ph.D.**—former Women Studies lecturer, UW-Madison; national workshop leader, lecturer and performer; recorded "Chants for the Queen Heaven"; co-author, *The Womanspirit Sourcebook* and *Wellsprings*.

#### OPENING THE HEART

CSU 201 Experiential  
Many spiritual teachers across varied traditions, from the ancient past to the present, have taught that Love, the Universal Energy of Love, is the pathway to our way Home. To remember Love is to remember who we truly are, our true self-essence, who we came into this world as. *Opening the Heart* provides a supportive environment to deepen one's sense of loving connectedness to Self and to others and is the first step to understand our connectedness to the world around us. The instructors invite you to •Acquire tools for spiritual growth •Remember the energy of pure love •Learn to extend and receive love •Learn to integrate this love into your heart center •Retain love energy within your conscious awareness.

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

**Scott M. Taylor, M.M., M.S.C.,** founder of Expanded Awareness Institute, is an accredited Gateway Outreach trainer, speaker, self development workshop presenter and minister in spiritual counseling.

#### GARDEN AS METAPHOR: WRITING YOUR WAY HOME

CSU 244 Experiential  
This is a writing workshop. Our jumping-off places into writing will be poems or short lyrical excerpts I will read about working the soil. We

will alternate sessions of writing with periods where volunteers read what they have written out loud. We will begin with the concrete, and move to the mystery within.

**Mary Jean Port** is a writer, teacher, seeker, and gardener. She uses Quaker principles to help writers deepen their practice.

#### SHAMANISM: ANCIENT METHODS OF HEALING

CSU 101 Paper, discussion, experiential, and ritual  
Shamanism is an ancient practice of honoring the sacredness and inter-connection of all things. Through methods of journeying into 'Non-Ordinary Reality' a Shaman can communicate with spiritual guides and teachers to obtain information and perform healing. This workshop is designed to introduce some basic principles of core Shamanism and explore the various healing techniques of "Soul Retrieval". Jaes will teach a method of journeying and give participants an opportunity to try it. Jaes will give a demonstration of Shamanic healing.

**Jaes Seis** has studied Shamanism for more than 20 years, including with Sandra Ingerman at the Michael Harner's Foundation for Shamanic Studies. She is a Practitioner of Shamanic Healing and a teacher.

**Debra Schwarze**, a partner in the Richland Center Healing Center / Spiritual Gathering Place, will assist Jaes.

#### WE ARE ONE; WE ARE LOVE

CSU 202 Discussion and experiential  
In the spirit of Mother Teresa's statement, "We cannot do great things, only small things with great love," this workshop will explore how we truly are **one** great body of love, but that as individuals, we can sometimes forget it. When one of us suffers, we all suffer; when one of us gives love, we all receive love. Take this chance to explore in a discussion & meditation: 1) *how much love each of us has as individuals & how that love explodes exponentially in a group of love-based individuals* 2) *how love is the only thing that the more it's used, the more it grows* 3) *how your physical, not just spiritual, body changes when you bring more love into it* 4) *how the experiences in your life are a mirror for how much you love yourself* 5) *how all that God/Universe wants is for us to love!*

**Lori Haider** is an educator, healer and psychic who has committed the rest of her life to serving God through transforming the planet through love! Formerly working in the corporate world, Lori discovered her spirituality through the persistence of her angels, who encouraged her to teach others of their own divinity.

#### CEREMONY FOR MOTHERS AND DAUGHTERS

CSU 204 Ritual, experiential, and child friendly  
This workshop is intended to provide a sacred, ritual space for Mothers and Daughters to share ceremony. We will enjoy simple but meaningful dialogue, movement, visualizations and ceremony.

**Tory Stewart** enjoys mothering four children including Chandra, her co-presenter. She is a healer & a teacher of Qi Gong and Spirit Doll-Making classes for pre-adolescent girls.

**Chandra DesMarais** is a sixth grader who enjoys playing sports, doing Qi Gong and participating in ceremony and ritual whenever she gets the opportunity!

#### RE-IMAGINING ECO-FEMINISM

CSU 203 Ritual, experiential, movement activity, and story-telling  
This workshop will create an atmosphere through ritual, movement, and story-telling in which we all can share our religious feelings about the environment. Bring your drums and percussion instruments and be prepared to move into a new vision of our relationship to the earth through Re-Imagining relatedness with all Creation. Feminist interpretations of the Creation story will launch a more comprehensive view of our connectedness with the earth. The Re-Imagining Community invites women and men to shape their own theology of the Earth.

**Nadean Bishop**, M.Div., Ph.D., is a lesbian grandmother and poet who taught Women's Literature for 25 years and now pastors University Baptist Church, Minneapolis.

**Jane Samuels**, M.A., gifted poet and writer about Relational Theol-

ogy, is on staff with Re-Imagining and is the red-haired lesbian mother of Connor.

#### Morris Hall

#### ONE RESPONSE: GOOD COUNSEL LIVING LIGHTLY

MH 212 Presentation and discussion  
In this workshop we will share our experience creating the "Center for Earth Spirituality and Rural Ministry" at Good Counsel Hill, Mankato. (Paula Gonzalez was one of the consultants who inspired us in the early development of our Center.) We will look at how we have addressed the environmental issues of our 160 acres as well as develop both spiritual and educational aspects of our care for this land. We will discuss how we have accessed grants from agencies and private donors to help us address land management, erosion control, community gardening, environmental education and collaboration with farmers and environmental activists. The purpose of this workshop is to share our experiences and to learn about other ways of caring for land.

**Kathleen Storms**, SSND, MA, Co-Director, *Center for Earth Spirituality and Rural Ministry*, Teacher of Spirituality, Spiritual Director and practitioner of Earth Spirituality.

**Mary Tacheny**, SSND, MA, Co-Director, *Center for Earth Spirituality and Rural Ministry*, Advocate for, educator and presenter of rural and earth issues.

#### DISCOVERY AND/OR CLARIFICATION OF INTUITIVE ABILITIES

MH 210 Experiential  
This continuing workshop will help individuals discover, identify, and understand their intuitive abilities by giving them terminology and developmental techniques as well as actual hands-on experience. We will experience aura sensing and initiate a sense of clairvoyance as well as explore past life regression and the benefits of crystals and how they effect a person's energy field.

**Patricia A. Chapman**, is a teacher of metaphysical ways; Amadeus, KOFUTU, healer, clairvoyant, spiritual counselor, workshop leader, lecturer for international metaphysical organizations.

#### THE GOLDEN CITY: PART I

#### THE CODES OF LIGHT & THE HOLY GRAIL

MH 209 Lecture

The unrealized dream of Camelot was the creation of heaven on earth, the marriage of the divine and human, to be realized through living the grail code of kingly service to the land and her people. Arthur, the god-king, brought key aspects of the Christ grid to the planet while Morgaine carried the codes of light for higher consciousness held in the lineages of the sacred women. Though, in this reality, they appeared to have failed, Arthur and Morgaine seeded the next step towards Christ consciousness begun by Jesus and Mary Magdeline. In this workshop we will explore the lineages of the grail and the codes of light, the mission of the gods on earth, the pathway and progress of planetary ascension and the return of the Golden City of Camelot.

**Master Shaman Jessie Ayani**, author of *Kintui, Vision of the Incas*, and *The Lineage of the Codes of Light* facilitates initiatory experiences in workshop, retreat and individualized settings.

#### BEYOND CHRISTIANITY TO CONSCIOUSNESS - PART I

MH 211 Paper/discussion

Is one religion really superior to another? Does the truth expressed in one worldview render all others truths invalid? Do paganism and Christianity have anything in common? This workshop is intended for anyone who is trying to reconcile their Christian roots with their current feminist, earth-based spirituality. Jungian depth psychology allows us to see that these two paths are not mutually exclusive—and opens the door for respectful dialogue. By healing the split within us, we can bring wholeness, healing and consciousness to the world around us.

**Pamela Peterson**, M.A. Theology, pagan priestess, dollmaker, truth-seeker, mother, on a continuing search for consciousness, integration and healing.

## IN THE BEGINNING GOD CREATED THE EARTH. (GENESIS)

Ostrander Auditorium                      Experiential and movement  
We are invited as partners to honor and care for the earth and all creation. Activities and experiences with meditation, body movement (Tai Ji and The Five Elements), and teaching an ancient form of Lectio Divina (reading and reflecting) will encourage participants to hear one's call to service and action.

**Virginia Matter** is a Benedictine sister in St. Paul, MN. She is a certified spiritual guide and retreat director. Virginia teaches hand-building of clay vessels and reflecting on the Word.

## SACRED DANCE: MOVING TO THE SPIRIT WITHIN

Dance Studio                      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 included.

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

**Donna Ronning** has been participating in spiritual dance for four years. She 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.

**Randy Lanari**, musician and dance leader, has been involved with Sufi dancing for ten years. He has led a regularly held dance gathering at Unity Christ Church in Golden Valley, MN, and plays the guitar.

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

### Armstrong Hall

## BOOKS TO READ WITH A GOOD EARTH THEOLOGY

AH 225                      Paper/discussion  
This workshop will be an overview of recent books about ecology and theology with a particular focus on Christian publications (i.e., Sally McFague, *Super, Natural Christians*, Bill Cleary *In God's Presence*.)

**Ammie Gronert**, MA/PS is a spiritual director and interested reader who grew up on the shores of Lake Michigan

## THE CELTIC COSMOLOGY: MOTHER EARTH'S CHALLENGE FOR PERSONAL GROWTH

AH 220  
Together we build a stone circle. Within the safety of its sacred space, through storytelling, poetry, guided meditation and thought provoking questions, we go "betwixt and between." ("Betwixt and between" is a very old Irish concept that represents the space between time and space where we can slip away from ordinary reality and see a cosmic picture.) As we study the symbology of the Celtic cross and understand how the Celts personified the land and related to it, we learn techniques to help us connect with the voice of the earth, hear its truths and incorporate them into our lives.

**Celcilia Farran Murphy**, is a healer, performer, poet, a voice for the earth. Workshops, Ireland tours, provider of Celtic gifts of nature.

## EVERYDAY TRANSFORMATIONS

AH 222                      Lecture/discussion and experiential  
This workshop is for those who desire to create concrete changes in their lives based on their Spiritual priorities and principles. In this workshop we will examine how we choose, consciously and unconsciously, to align ourselves with the energetic systems of love and fear that we live with here on earth. We will gain clarity on how we choose growth, stagnation, freedom and compromise within them. We will work with a model of wholeness that includes all areas of life - physical, mental, emotional and spiritual. This workshop is a powerful tool for self-examination and change which combines energy work, informa-

tion from Spiritual Guidance, practical exercises, prayer, discussion and fun!

**Kit Albrecht** is an Inspirational teacher, writer, speaker. Degrees in Religious Studies and Education. She has done extensive Energywork Training and works with Angelic Realm.

## TARA, INANNA, AND YONI: GODDESS OF ASIA

AH 221                      Paper, discussion, and slide presentation  
We will look at the sacred art of goddesses and discuss the feminist tradition as it manifests within the patriarchal religions of Asia. Tara, from the Tibetan Buddhist tradition, is the loved and revered goddess of compassion and deity who, in traditional Tibet, was honored with the most rituals. Inanna, the ancient Mesopotamian goddess, and Yoni, from the Hindu tantric system, the primeval goddess whose sacred orifice is the gate of bliss and death, will also be discussed.

**Kathleen Joy Tigerman**, Ph.D., teaches Asian Spiritual Literature, Wisconsin Indian Literature, and writing courses at the University of Wisconsin-Platteville, Humanities Department. She also teaches hatha yoga and is a founding member of an eco-feminist collective.

## FROM AGE-ING TO SAGE-ING: EMBRACING THE PASSAGE OF TIME

AH 216                      Presentation, discussion, and 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*. Sage-ing is a process that enables older people to become physically vital, spiritually radiant, socially responsible elders of the tribe who convert rich life experience into wisdom. 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.

**Marian Eisner**, M.A., LISW., Social Worker, Certified Spiritual Eldering Seminar Leader, and "Sage in-Training."

## SPIRITUALITY OF VEGETARIANISM

AH 231                      Paper and discussion  
Whether you're a life long vegetarian, thinking about trying it, or concerned about a family member's choices, this workshop is intended to discuss issues, controversies and specifics. It will cover some history of vegetarianism in world religions, a variety of reasons for not eating meat—health, ecology, violence, animal rights, and spirituality. We will also examine the *Sexual Politics of Meat* by Carol Adams and vegetarian societies. Meal planning and new cookbooks will also be covered.

**Donna J. Malum**, M.S., R.D., L.D. is a political activist, teacher, nutritionist, mother and vegetarian. She has had education and experiences in foods, nutrition, Women's Studies, multicultural sensitivity and theology.

## WET-ON-WET WATERCOLOR PAINTING

AH 203  
**Donna Webb and Linda Bergh** (See Session I for complete description and bio).

## Centennial Student Union

## HEALING TOUCH FOR OUR EARTH

CSU 255  
The principles of many of the forms of alternative medicine which are growing rapidly in popularity relate also to the "Earth-healing" which is essential if human life is to continue on this planet. All of us are called to learn and practice 'healing touch'!

**Sister Paula Gonzalez** (see keynote biography).

## ANIMAL LOVERS UNITE!

CSU 101                      Child friendly, experiential and movement activity  
Tigers, bears, wolves, frogs and other endangered animal species are the center of attention in this workshop. We'll talk about why we care about animal rights and share what we know about the lives of our animal friends. We'll take an imaginary trip to visit an animal to learn

something very special. Then, we'll each write a letter of protection for these animals to a government agency. Bring a photo of an endangered animal to show, if you have one.

**Dunia Bilkadi** is in 7th grade, loves animals, math, soccer, ballet, and the sax. She enjoyed researching this topic on the internet.

**Crystal Passi** is in 10th grade, loves art, music, birds, cats and being outside. She designed the centerpiece for this session.

**Sage Passi** is a storyteller who links young people and elders in a multicultural program called Across Generations, St. Paul.

**Kaia Svien, M.S.**, Spiritual Guide and Instructor in Ancient European Earthbased Cosmology, Ceremonialist, and Mindfulness Instructor, Minneapolis.

#### PERCUSSION JAM

CSU Courtyard. Movement activity and child friendly (In the event of uncooperative weather this workshop will be held in the Indigo).

This workshop will be an impromptu percussion jam. No instruments or experience are necessary, although personal instruments are welcome, as is experience!

**Vetch** is a poet, a storyteller, and an avid percussionist. She drums for Spiderwimmin and RCOG-MN rituals and for pleasure.

#### SACRED BLOOD VEILED

CSU 204 Paper and discussion

We will discuss how many women's strength has been stripped from their menstrual cycle and experience. Many of the messages we have received from menstrual education, religion, and the media have encouraged women to be silent about their menstrual blood. During the workshop, we will explore the natural connection of menstruation to the cycles of the earth, what is considered holy in our culture today, and how menstruation has changed from sacred blood to "the curse". Finally, we will share ideas on how to reclaim the sacredness in women's menstrual blood.

**Ann Maxwell, M.S.** in Experiential Education with a focus in Women's Studies from MSU. She leads outdoor adventures for women and wrote her Master's paper on remembering the sacredness of menstruation.

#### BE RESPONSIBLE & ACCOUNTABLE FOR YOUR GRIEF, FORGIVENESS & HEALING

CSU 202 Semi-formal presentation, open discussion, and experiential

The facilitator will focus on the following questions followed by open discussion and questions from participants. How many times have you heard your human self say, "After what (s)he, they did to me! Humph, I'll never forgive him, her, them! I'm the victim." As a human, do you fail to recognize your need for self forgiveness? Do you see the importance of forgiveness of self and others for your ongoing spiritual involvement in the practice of acceptance of unconditional love from All That Is, Jeovah, Allah, Great Spirit, Goddess, God, or whatever is your name for this source of all life? Do you sometimes become trapped in believing you're a victim, and as such you are free of any responsibility or accountability for manifesting the various forms of your pains?

**Juliet "Julie" E. Kallio, M.Ed.**, SOULSjourney, offers Individual, Couples & Small Group short-term Soul Guidance Transformations, Grief Healing, (the latter are especially related to very tragic events). She's a Public Speaker, Storyteller, Writer, Workshop Facilitator, who has "walked the talk" of the spiritual journey for 25 years and she continues to expand.

#### EARTH-CONNECTED PARENTING

CSU Ballroom North Paper, discussion, and child friendly

We will explore various themes of earth connected parenting from everyday actions to formal rituals. We will also discuss "training" and "educating" children into a specific religion versus raising children with an appreciation for religion in general, and the earth in particular.

**Joan Kelly**, birth mother of three daughters, loving mother of many! She is a naturalist at Rasmussen Woods, Mankato, and caretaker of the earth.

#### ECOSPIRITUALITY VS. CONSUMERISM

CSU 201 Paper, discussion, ritual, experiential (e.g. meditation), and a bit of video

This workshop raises the question, "how can we supplant the consumer cosmology of western culture with a new vision?" We will explore both the cost to all the Earth of the current worldview, and the urgent need of a new cosmology. We will discover in the scientific evolutionary story who we are, where we are, why we are here. It may become clear to us that our real identity and deep spirituality are based on our place within the Earth community and the unfolding Universe.

**Dorothy Olinger**, School Sister of Notre Dame, director of Global Education Associates Upper Midwest, background of teaching, now crone and story-teller of the Universe Story.

#### HOW TO DEVELOP YOUR PSYCHIC ABILITIES

CSU 253/254 Discussion and experiential

This workshop will explore how we are all psychic and how this ability simply needs to be nurtured to be utilized. We will discuss and experience the following process of psychic development: 1) Inviting God 2) Defining Intention 3) Clearing/Healing 4) Grounding 5) Opening 6) Thanking God. We will address: *What is psychic information? Fate or Free Will? Is Psychic Protection needed? What are Spirit Guides?* When you leave this workshop, take with you the knowledge and encouragement that we all really are psychic!

**Lori Haider** is an educator, healer and psychic who has committed the rest of her life to serving God through transforming the planet through love! Formerly working in the corporate world, Lori discovered her spirituality through the persistence of her angels who encouraged her to teach others of their own divinity.

#### BODY PRAYERS: THE EARTH DANCE

CSU Ballroom South Movement activity and child friendly

In this workshop, we'll embody a prayer to the Earth, the feminine version of the Lord's Prayer. Step by step, we'll learn the movements of this meditation that is similar to T'ai chi. Whether this is your first time or if you've learned this before, come to enjoy the experience of doing this "body prayer" in a group of women. The purpose of this workshop is to use movement and prayer as a means to re-connect to the Earth/spirit/body.

**Hiyalah Indiga**, is the choreographer of the Earth dance, a yoga teacher and member of Body Prayers, a movement troupe.

#### DESPACHO CEREMONY - INKA SHAMANIC EARTH HEALING

CSU 203 Ritual, Experiential, and child friendly

Following the tradition of the Peruvian Q'ero elders, we will create an offering, a give-away (DESPACHO) to heal our Mother Earth. Bring a small natural item to place in the DESPACHO, which will be charged with our healing intent and offered to the river at the end of the conference. Our purpose is to enable individuals to create their own ceremonies appropriate to any constructive purpose, to experience community and intentional Earth-healing. (We suggest participants also attend the Saturday evening ritual to cleanse and bless the Mississippi River.)

**Tory Stewart** is a healer specializing in massage therapy and an innovative counseling process called Body Talk. She uses Shamanic healing methods in her therapy, ceremony, and rituals, is a "mesa" carrier.

**Diadra Decker** is a Dianic Wiccan priestess, healer and long-time activist for environment, women's and social justice issues. She is "mesa" carrier in the Q'ero shaman tradition.

#### LOOK, CAN WE NOT SEE THE CONNECTIONS? HOW OUR SPIRITUALITY MOTIVATES US.

AH 202

**Sister Michelle Meyers**, (See Session I for description and bio.)

## Morris Hall

### BEYOND CHRISTIANITY TO CONSCIOUSNESS-PART II

MH 211

Discussion and experiential

This provides a forum for anyone who wishes to continue processing and integrating the ideas and concepts presented in Part I. We will create a sacred and safe place where we can share our stories, name our experiences and honor our spiritual journeys. Together we will determine the direction of this workshop, based on the needs and desires of the participants. Openness and mutual respect are a must.

**Pamela Peterson, M.A.** Theology, is a pagan priestess, dollmaker, truth-seeker, mother, on a continuing search for consciousness, integration and healing.

### THE GOLDEN CITY: PART II ACTIVATION OF THE CODES OF LIGHT

MH 209

Experiential/Shamanic journey

In the format of the Shamanic trance, we will journey back into the Heart of God, accessing the fullness of God remembrance. As we retrace the steps of our soul back into this consciousness, we will bring with us the knowing of who we are and the purpose of our earthly mission. Through this experience, we will open the codes of light, the starseed transmissions for the next evolution of consciousness, which we carry as part of our planetary ascension mission. Formerly guarded through the lineages of the priestesses and shamanesses, these codes are now carried by all light-bearing women who have come to serve the planet. Activation of these codes, according to each woman's timing, awakens the cosmic self within us.

**Master Shaman Jessie Ayani**, author of *Kintui, Vision of the Incas*, facilitates initiatory experiences in workshop, retreat and individualized settings.

## Centennial Student Union

### RECOVERING LOST SOUL THROUGH SONG

Ostrander Auditorium

Experiential (leader performed songs/  
stories/discussion)

Because of what has happened to women through the ages, our souls are fragmented - parts have split off from ourselves. Our healing means recovering these lost soul fragments. This may first be experienced as numbness or feeling a void within. Going into these experiences and giving them expression is vital to recovery.

In this workshop, healer and songwriter, Barb Ryman, will tell the story of recovered soul fragments through her songs. For some, these songs may evoke strong emotional responses; others may experience a quieting and going within. Tears, laughter, anger, applause, silence, questions, discussion are all acceptable and welcomed responses from participants in this workshop.

**Barb Ryman** is a performing songwriter with three recordings, *Winds of Good Fortune*, *Lay Me Open*, and *Like A Tree* - a spiritual journey dedicated to the Mother Of Everything. A three time nominee for Minnesota Music Awards and a 1997 McKnight Finalist for Performing Musicians, Barb is also mother of two teenagers and a practicing speech therapist with an M.S. in counseling psychology.

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

## Armstrong Hall

### AN ECOSPIRITUAL CONSCIOUSNESS: A PATTERN THAT CONNECTS

AH 220

Paper, discussion, and slide presentation

In this workshop, I will share the finding of my doctoral research of the lived experience of an ecospiritual consciousness. The topics to be included are what brings an individual to an ecospiritual consciousness and what are the essences of an ecospiritual consciousness. We will explore why accessing an ecospiritual consciousness attunes one to the pattern of inextricable connection of person to place. We will share how an ecospiritual consciousness is an adjunctive way of being in the world to one's chosen religious expression.

**Valerie Lincoln** is a doctoral candidate in holistic health and is a Certified Holistic Nurse who is a national speaker on subjects related to holism, holistic health, preparing for menopause, ecospirituality and sacred space.

### THE SELF SUFFICIENT APARTMENT - A GUIDE TO ECONOMIC AND QUALITATIVE LIVING FOR THE INDEPENDENT WOMAN OF MODEST MEANS

AH 225

Paper, discussion, and child friendly

This book discussion will include a look at how to utilize an apartment space, windows, bathroom, kitchen and living room as well as sleeping space for maximum efficiency, quality of life and financial survival on a very modest income. Or, save your money, save your life!

**Helen Gaebe, M.A.** Future Studies, Social Psychology, author of *The Survivor's Manual—A Guide to Simplifying for the Very Poor and the Very Rich*, and *The Self-Sufficient Apartment—A Guide to Economic and Qualitative Living for the Independent Woman of Modest Means*, freelance writer, poet, teacher, lecturer and artist.

### SEX AND SPIRITUALITY

AH 222

Paper, discussion, and ritual

This workshop examines the information we have been given by our culture about sex and about spirituality. We will look at the connections between these two seemingly conflicting ideas and explore where they have taken us. We will explore some recognition of sex as a spiritual tool. The purpose of this workshop is to reinstate ourselves as completely holy beings acting in a holy universe and asking the question, "How does my sexuality increase my spirituality?"

**Theresa King** is a long-time teacher of spirituality and the author of two books *The Spiral Path* and *The Divine Mosaic*.

### SPIRITUALITY, ART AND GLOBAL GENDER JUSTICE

AH 216

Paper, discussion, and video

This workshop will focus on Women's Rights as Human Rights as defined in the United Nations Platform for Action. We will explore how art and spiritual practices can be used to inform, change and celebrate women's lives. We will introduce the Unitarian Universalist Association Service Committee's curriculum Gender Justice and other tools for academic, spiritual and social learning. We will use compositions by MN composer Janica Vanderveide, poetry, art and ritual in our discussion.

**Terri Berthiaume Hawthorne** M.S. Women Studies, Mankato. Adjunct and Community Faculty at Mankato State, Metro state and the U of MN. Interim Women's Center staff at Metro State. Chair of MN women's International League for Peace and Freedom. Co-author: *Stars In Your Bones, The Many Faces of the Great Mother*.

**Diane Berthiaume Brown**. Educator, director of CLEAR, Adult Education for St. Paul school district. Co-author and illustrator *Many Faces of the Great Mother*.

## Centennial Student Union

### THE PLANET'S HEART: A GUIDED MEDITATION

CSU 255

Experiential

We will talk about simple meditation techniques, the value of meditation and the concept of the Earth Mother. I will ask all our guides and protecting spirits to join us. We will do a guided meditation to the heart of the planet, the Earth Mother and invoke Her healing energies for ourselves and all of life.

**Jyoti Wind** is as Astrological Consultant, an herbal and SHAMANIC practitioner, and a priestess in the calling of the Divine Feminine.

### A WOMAN'S JOURNEY THROUGH SONG

CSU Ballroom South

Ritual, singing, and movement activity

The purpose of this workshop is to enhance worship and ritual in our daily lives through music and movement. Some of the music may be used for setting a sacred space for meditation. Other songs will help us to open up deeper aspects of our self. We will be listening to music, singing, and drumming. We will also be dancing and moving to some of the songs as we sing.

**Karen Gustafson**, Artist and Composer, works part-time at the public library. Karen has composed all of the material that will be used in the workshop. She is a co-facilitator for spiritual and psychological retreats for women. She has sun danced on the Rosebud Reservation, South Dakota, and has participated in Lakota ceremonies for 12+ years.

**Kim Fellows** is a registered nurse with a holistic health practice as a parish nurse, and a musician. She did background vocals on some of the songs of Karen's cassette tape. She has led women's retreats. Both Kim and Karen participate in a Lakota Spiritual Community.

#### **HILDEGARDE OF BINGEN: A FEATHER ON THE BREATH OF GOD**

CSU 204

Paper, discussion, ritual, and experiential

Hildegard, a medieval mystic, a prophet, a preacher. In an age and a church built on patriarchy, she discovered the feminine God deep within herself and offered us a legacy of prayer, images, music, and holistic living. She learned by painful experiences to be true to the Voice Within. She teaches us a spirituality in touch with the earth, many images of Sophia/Wisdom, a struggle for justice in our world. She invites us to "Greening."

**Lucy Edelbeck**, a Wisdom Woman, has shared an ancient and ever new spirituality over a decade of years, founded and coordinates INTERWEAVE: WOMAN GATHERING, designs LUCY'S CARDS.

#### **WISE WOMEN SING AND DANCE**

CSU 101

Experiential and movement (dance)

This workshop will use sound and movement to explore our relationship with being part of the earth rather than expressing power over the earth. We will use music to move our whole beings toward wholeness with all. We will move from darkness to growth and celebrate our place in the scheme of creation. Using simple sounds and songs one may be re-energized. Facilitators will bring some instruments, but participants are invited to bring their own instruments and drums.

**Dorcas Hueners**, M.A., T'ai Chi Chih Instructor, is a facilitator of "Wise Women Gatherings" and Women Comfort Days and Co-facilitator of "Womansong" at Unity North in Coon Rapids.

**Geralyn Sorenson**, MST, Singer, Speech pathologist working with pre-school children, healer, and co-facilitator of "Womansong" at Unity North in Coon Rapids.

#### **EXPLORING THE COMMON CREATION STORY**

CSU 203

Storytelling with visual aids and discussion

This workshop will attempt to weave together in story form general knowledge from the separate disciplines of astronomy, chemistry, biology, anthropology, history, etc. into the Common Creation Story that we have received from scientific technology.

**Mary Goergen**, OSS, has taught first and second graders for 24 years. After spending 6 weeks at Genesis Farm, an Earth Literacy Center, in Blairstown, NJ, she has spent the past 3 summers working as a Flower Gardener at Assisi Heights in Rochester, MN exploring her connectedness with the earth.

#### **HATHA YOGA**

CSU 253/54

Experiential

This workshop will introduce participants to the fundamentals of Hatha Yoga. We will practice some basic asanas (poses), breathing and relaxation. This purpose of the workshop is to demonstrate how yoga can be used to integrate the body and mind and achieve a more balanced state of being.

**Joanne Twite**, B.A. Art History, is pursuing her M.S. in Creativity and Human Development at the U of MN. She is a teacher of Hatha yoga, Minneapolis Community Education for 2 years.

#### **WITCHCRAFT AND ACTIVISM**

CSU 202

Discussion

How do Witches express themselves politically, socially, ecologically? What activities do the Goddess religions of Witchcraft and other forms of Neo-Paganism move us toward? We will explore these questions, and ask any participants who wish to share with the group their experiences in Goddess-oriented activism.

**Magenta Griffith** has been a Witch for over 25 years, a Priestess for over 20 years, and is co-founder of Coven Prodea.

**Tamara** found the Witchcraft community 12 years ago. She specializes in kitchen ritual and web-page design to facilitate communication in the greater Pagan community.

#### **READING THE ENERGY OF THE SACRED PIECES OF THE EARTH**

CSU Courtyard.

Discussion, ritual, and experiential

(In the event of uncooperative weather this workshop will be held in the

Indigo).

"Why am I 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 and humor make this a joyful learning experience. Stones are a vital tool as we choose to stay on the earth or ascend from it!

**Raven Ezri-iel** is a mystic from the other side of reality. She teaches from her experiences there and here!

#### **JOURNEYING WITH THE MEDICINE WHEEL: BRIDGING SPIRIT WITH THE ENERGIES**

CSU Ballroom North

Ritual and experiential

During this workshop, you will be invited to find an animal spirit teacher to lead you through the four elements of the Medicine Wheel. Your animal teacher will help you to discover what information the energies of air, water, fire and earth hold for you in the Wheel to guide you on your spiritual path on life's journey. You will be using a stone to carry the energy of the animal with you on the journey. Meditation and experiential, drawing, capturing essence on wheel.

**Kay Holm**, M.Ed., is a Minister of Spiritual Counseling. Mykala Rose is a soul combination consciousness brought to this dimension to facilitate healing.

#### **Morris Hall**

#### **EARTH CHAKRAS: HEALING FEMININE ENERGY**

MH 212

Discussion and experiential

This workshop will explore the concept of a healing feminine energy derived from the physical earth and entering the body through the CHAKRAS. An introduction to CHAKRAS, for those who are unfamiliar with the concept, will explore the relation of the 7 energy vortices to the physical organs and how this energy influences our lives. The workshop will concentrate on the three Earth/Feminine CHAKRAS: Root, Sacral and Solar Plexus and how opening these channels can attune our actions for the benefit of the Earth and healing our connection with one another. A guided meditation will be used to help people connect and strengthen the feminine CHAKRAS.

**Celeste** is a lecturer, workshop leader and a healer. Having completed training in MariEI healing in 1985, she achieved practitioner status in 1986 from Sancta Sophia Seminary. Celeste has lectured on music as a healing agent, alternative medicine, the CHAKRAS and the topic of Sacred Sexuality—The Integration of Feminine/Masculine Energies.

#### **THE SPIRITUALITY OF THE OJIBWAY INDIAN WOMAN FOUND IN ARTISTIC IMAGES OF YESTERDAY AND TODAY**

MH 206

Formal paper with a slide presentation

This presentation will address how American Indian spirituality has influenced women's art historically and today. It will reflect upon the culture which affected OJIBWAY Indian women and will examine the representational images that were used in their art. This paper and slide presentation will show examples of several OJIBWAY Indian women's art work from the past and the present.

**Dr. Marilyn Russell-Bogle**, University of Minnesota-Duluth, is an Assistant Professor in American Indian Studies, instructor/lecturer in the Art Department, teaching watercolor painting, art instructor in the University College of Minnesota, artist exhibiting in more than 25 one-person shows and participating in more than 20 juried art shows.



## ACTING OUT OF YOUR HEART FROM THE LAND AND THE PEOPLE

MH 210

Discussion

Come and find out how we can act from where we are in rural settings with diverse people to change the world around us to make it more humane. You can be an activist!

**Judi Poulson, M.S.** in Peace Studies/Global Interdependence has been a speaker/workshop presenter/sermon-giver on all aspects of peace and consciousness-raising. She recently helped to start a Human Rights Commission in her hometown of Fairmont, MN. She is a Jewish wife, mother, and grandmother of twins.

## ARCHETYPAL LIFESCRIPTS: MYTHS THAT EXPLAIN OUR CHOICES IN RELATIONSHIPS AND TAKE US THROUGH OUR PAIN

MH 211

Paper and discussion

We will examine two lifescrpts, specifically, Eros and Psyche, and Ariadne and Theseus. From personal experience, the presenter will relate how these two stories became guides in her own life choices and explanations for both disappointment and exuberance. Other myths will be examined and/or discussed and during the second half of the workshop, attendees may share their own experiences with mythological lifescrpts.

**Sandra Barnhouse, M.A.**, a university publications editor, is a landscape painter, writer, independent scholar and proprietor of the Goddess' Reading Room and Salon, St. Cloud, Minnesota.

## WOMEN SHAMANS: PART I

### MASTERING THE CHRIST CONSCIOUSNESS GRID

MH 209

Lecture/Discussion

Women have an essential role to play in planetary ascension, the evolution of higher consciousness on Earth. Because we are sensitive to Mother Earth we have the ability, when awakened to it, to stabilize and heal the grids, the filaments of light, which lie within and above the earth. The great lineages of women shamans have been holding the earth energies, in the state of dreaming, in higher states of consciousness, and in this reality, for thousands of years. We will examine the nature of the grids (sacred geometry), our potential to interact with them and how we can serve the Earth at the same time that we build a God-filled future for ourselves.

**Master Shaman Jessie Ayani**, author of *Kintui, Vision of the Incas*, and *The Lineage of the Codes of Light*, facilitates initiatory experiences in workshop, retreat and individualized settings.

## Centennial Student Union

## MEDITATION: NEVER TOO YOUNG (PARENT/CHILD MEDITATION)

Ostrander Auditorium

Child friendly, experiential, and movement activity

The purpose of this workshop is to introduce children (adults, too) to the very basics of meditation and show them how this practice can be incorporated into their everyday lives. They will learn the basics of meditation: physical relaxation, breath and focus. The audience will also participate in guided meditations and movement meditations. This workshop will be experiential.

**Penelope Tower** is a mother, wife, teacher of meditation and stress reduction, and an ear coner.

## ENHANCING OUR SENSUALITY; EMBRACING THE SNAKE

Dance Studio

Discussion and movement activity

We'll practice movements that will help to free and balance the energy in the second Chakra (abdomen) area. We'll discuss the symbology of the serpent. We'll discuss and experience the nature of the second chakra. Discover your "inner snake" by practicing undulating wave movements in the spine. The purpose of this workshop is to understand the consequences of a "locked pelvis" on our health and well-being, and to have FUN with movements that awaken our sensuality.

**Hiyalah Indiga** is a dancer, massage therapist and yoga teacher. She developed this class and teaches it monthly at Pathways, a health crisis resource center in Uptown, Minneapolis.

## Session IV (Sunday, 11:00 - 12:30p.m.)

### Armstrong Hall

## WET-ON-WET WATERCOLOR PAINTING

AH 203

**Donna Webb and Linda Bergh** (See Session I for complete description and bios).

## HEALING TOUCH FOR OUR EARTH

AH 220

**Sister Paula Gonzalez** (See Session II for complete description and keynote biography).

## ELEMENTAL LIVING: IN HONOR OF EARTH, AIR, FIRE AND WATER

AH 121

Paper and discussion

From antiquity, most cultures have cited the four elements as the vital forces that comprise all of creation. In our time, the yang energy of spirit-air and fire-has become dominant and inflated while the yin energy of soul-water and earth-has been denigrated and exploited. This workshop will explore, through multi-cultural myths and the symbolic language of astrology, how we can honor each element and restore the balance among them.

**Judy Thompson** is a professional astrologer in the Twin Cities. She is a board member of STARS, a local astrology organization and is co-host of the cable T.V. show, "As Above, So Below: All About Astrology."

## MALTA: A SPIRITUAL AND ARCHAEOLOGICAL PILGRIMAGE

AH 216

Paper and discussion

In this workshop, Joan, with the help of slides, will highlight her recent Goddess pilgrimage to the Mediterranean island of Malta. She will discuss how archaeomythologists, lead by Marija Gimbutas, as well as traditional archaeologists view the Neolithic Goddess civilization of Malta. Joan will close with a description of how her pilgrimage and her archaeological study of Malta contributed to a new understanding of death and life after death for her.

**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, Malta, and Turkey, and gives workshops throughout the Chicago area on her pilgrimages, the work of Marija Gimbutas, and finding the face of the Feminine Divine.

## THE GODDESS IN THE BIBLE

AH 221

Paper and discussion

Linguistic, archaeological, and scriptural studies reveal that the people of the Hebrew Bible (Old Testament) worshipped the Goddess. Their literature is saturated with female images of the Holy One. Evidence of this will be presented, leaving time for questions and discussion.

**Jeanette Blonigen Clancy, M.A.** Systematic Theology, teacher, writer placing Christianity in the context of mythology and feminism.

## CREATING PASSIONATE WORK

AH 222

Presentation and seminar

Is your job too small for your spirit? Now is the time to begin the journey towards passionate, profitable work - the work you were put on earth to do. Together we will redefine work in connection with our higher purpose and unique skills. You'll learn how to use intuition, dreams and visions to find your true calling in life (logic has limits). Everyone will develop a personalized plan for staying on the road to passionate work and will leave with a simple, yet powerful daily strategy to manifest it all!

**Mary Rose Remington**, B.A., M.S. Ed., is a counselor, freelance writer and work/life consultant with her company Life's Working Solutions.

#### THE MBTI—A TOOL FOR VALUING DIFFERENCES AND WORKING TOGETHER

AH 213 Paper and discussion  
This workshop will introduce participants to the Myers-Briggs Type Indicator. We will look at four pairs of personality preferences sorted by the MBTI, take the self-scoring MBTI short form and discuss the sorted preferences and their sixteen type combinations. The purpose of this workshop is to provide participants with a frame for their strengths and for seeing differences among people as strengths rather than as flaws or problems.

**Cynthia Chauhan**, M.S.W., enjoys doing workshops on the MBTI and archetypal stories. She is a wife, mother, friend, gardener, traveler.

#### Centennial Student Union

#### OPENING THE HEART

CSU 201  
**Sharon J. Taylor and Scott M. Taylor** (See Session I for complete description and bios).

#### HOMEMADE PERCUSSION

CSU Courtyard. (In the event of uncooperative weather this workshop will be held in the Indigo).

**Vetch** (See Session I for complete description and bio).

#### THE FUN OF BOOK CLUBS

CSU 244 Child friendly, experiential, and discussion  
Are you looking for good books to read about girls & young women who change themselves and affect people around them? Want to tell someone about a book you really love? Curious about ways to get your friends together to read and talk about great books? This session is a chance to do all that and more. Bring a book to show, if you like, and leave with a wonderful bibliography of reading adventures about young women from around the world.

**Sage Passi** is a storyteller who links young people and elders in a multicultural program called Across Generations, St. Paul.

**Kaia Svien**, M.S., Spiritual Guide and Instructor in Ancient European Earthbased Cosmology, Ceremonialist, and Mindfulness Instructor, Minneapolis.

**Dunia and Sofia Bilkadi and Kira Pontiff** will simulate a book club meeting.

#### INSPIRATION FROM THE SPIRIT GUIDES

CSU 202 Ritual and experiential  
Through discussion and with ritual this workshop will introduce you to angels and spirit guides. Participants will help gather the energy and raise it up to connect with spirit. The presenter will explain the healing energy and guidance that one can receive from their spirit guides and angels. The audience will experience a channeled message from Spirit and indeed feel first hand the healing energy. This workshop will be for those who want to continue their journey toward finding their own divine light with inspiration from the angels and spirit guides.

**Janice Miller Gorman**, B.S., C.D.C., channel and medium. Founder of the Friendship House where she is a personal spiritual counselor, group facilitator and private reader. Wife and proud mother of four beautiful children.

#### CELEBRATING LESBIAN BELONGING IN THE UNIVERSE

CSU 204 Discussion and experiential  
This workshop provides an opportunity for affirming our inner beauty and the naturalness of our same-sex loving. Come and share your reality of participating in the energy of the earth through your same-sex orientation. Through singing, affirmation, and group sharing, we will celebrate our belonging in the universe as lesbians, bisexual women, and those exploring same-sex attractions.

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

#### RACISM AND WHITE PEOPLE: FIRST STEPS IN MAKING A DIFFERENCE

CSU 203 Paper and discussion  
The purpose of this workshop is to encourage white people to think about, talk about, listen to each other, and ultimately do something practical about racism in their lives and the world. I will focus on how our culture diminishes our ability to think about racism in a variety of ways including white guilt, hopelessness, and powerlessness. Despite our feelings, whites can be instrumental in this work. I will describe a 4-point program that empowers white people to work actively to eliminate racism. The audience will practice in pairs listening and talking about their lives as white people and how racism has affected them personally and their thinking about identifying and ending institutional racism in their communities.

**Marian Fredal** is a M.S., teacher and facilitator of groups of white people around healing from racism, encouraging people to decide, act, and share with each other as part of that healing.

#### HEAL THE PEOPLE, HEAL THE LAND

CSU Ballroom South Ritual, experiential, movement activity, child friendly, and story-telling  
This workshop will address the need for spirituality in agriculture. We will look at what we, on the individual level, can do to raise the consciousness of agri-business through creative exploration of land usage. We don't have to pollute it to make money. This workshop is designed to energize the spirit and tap creative potential through ecological spirituality with a focus on the spirit of mother corn and the power of mother earth. Through living our spirituality, we can experience joy and gratefulness with people and the land.

**Corn Woman/Heidi Scott** believes in looking for ways for the healing arts to help people and the land. She is an activist farmer currently involved in limiting large hog corporations from consuming the environment. She is a dancer, massage therapist, corn artist and performing artist.

**Dancing Fox/Deblyn Russell** helps to facilitate a healing within each individual utilizing the visual, performing and healing arts. She involves herself environmentally in many ways with a special emphasis on the cleaning up of rivers.

#### PEERSPIRIT TENFOLD CIRCLES (A NON-HIERARCHICAL WAY OF BEING TOGETHER)

CSU Ballroom North 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.

**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.

#### CREATING WISE WOMEN POWER

CSU 253/54 Ritual, experiential, and movement activity  
Come experience the energy of creation that occurs with the synergy of combining music, art, movement, ritual, earth stones, drumming, and making of a dance/prayer stick of power. Instruments, singers, dancers and drums welcomed.

**Michelle Dunkirk** is a wise-woman, teacher, musician, owner of Howling Moon Productions and a recording artist on the violin. She has produced "Desert Waterfall", an exotic CD of violin, dulcimer and drums.

**Mary Rivard** is a naturalist artist, a poet, mask-maker, creator of ceremonial art and a facilitator for personal growth. She is CEO of Tree Bird and Crescent Moon Studio.

## SSSSNAKE GODDESSES

CSU 101

Ritual, experiential, movement activity, and storytelling

Within a ritual format, we will explore the power of several snake goddesses—symbols of transformation and rebirth, rejuvenating spirits associated with the power of the earth. In particular, we will experience the clarity which Kundalini, the energy coiled at the base of the spine, can facilitate through chakra cleansing as well as the power of Medusa, long suppressed by patriarchy. Through guided visualization, story and song, we will get in touch with our own personal power to transform and make whole.

**Nancy Vedder-Shults**, Ph.D. is a former Women's Studies lecturer, UW-Madison, a national workshop leader, lecturer and performer, she has recorded "Chants for the Queen of Heaven" and is co-author of *The Womanspirit Sourcebook* and *Wellsprings*.

## FOOT MASSAGE: A DOOR TO SPIRITUAL AND PHYSICAL WELLBEING

CSU 103

Experiential, and child friendly (12 and up)

Massaging the feet is a safe and beautiful way to introduce massage into our lives. Not only will your feet feel fantastic but you will come away with a peaceful feeling from head to toe. This is a hands on workshop where you will partner up and learn to give and receive a wonderful simple foot massage. Please bring clean feet.

**Cynthia Rintala**, mother, certified massage and aromatherapist, enjoys a simple life with friends and nature.

**Shelleen Johnson** is a mother, guardian ad litem, lover of golf, gardening and philosophy. She is working toward a law degree to help abused women and children.

Morris Hall

## WOMEN SHAMANS: PART II

### BUILDING AND MOVING THROUGH GRIDS

MH 209

Experiential and demonstration

In this workshop we will take what we have learned in Part I and experiment with a variety of crystal grids in sacred geometric forms. We will learn to set our intentions and connect our grids with the planetary grid, putting the future into motion for the highest good of the planet. In the trance state, we will learn to become women dreamers, those who can shape the future by traveling the grid lines of the earth and her electromagnetic field. Be an active part of this extraordinary spiritual time in which we have chosen to incarnate.

**Master Shaman Jessie Ayani**, author of *Kintui, Vision of the Incas*, facilitates initiatory experiences in workshop retreat and individualized settings.

## BRIDGING MONEY AND SPIRITUALITY

MH 210

Discussion and experiential

We will look at money beliefs and how they affect your money behavior. Exercises will be offered to assist you in identifying your money beliefs. Money will be viewed as a source of neutral energy that you can use to support your life goals. Examples will be given on how to shift your perceptions about money to facilitate the flow of this energy source. Three components of spiritual money management, Receiving, Being, and Releasing, will be explored experientially to help you evaluate your perceptions about receiving, being and releasing money. These awarenesses will be used to expand your ability to allow money to flow in and out of your life in a way that matches your intent and values.

**Gayle Rose Martinez**, A.F.C., author of *Money and Me* series, *Journey Into Light* and *GoodNews Worldwide*, Speaker and Presenter of Money and Me workshops, Accredited Financial Counselor.

## DANCING IN YOUR VISION

Dance Studio

Movement activity and child friendly

The physical body has its own understanding of magic and miracles. In this workshop, we will explore the idea of using dance to help us weave a clear, concise vision of the world we would like to live in.

Through the use of music we will move through the five rhythms and emotions, building on each one to end with a powerful PHYSICAL connection to our ideal worlds.

**Cat Thompson and Frankie Richardson** are Priestesses of Energy who continue to explore ways in which our physical bodies can create magic.

## THE ARAMAIC LORD'S PRAYER

Ostrander Auditorium

Movement activity and dance

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

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

**Donna Ronning** has been participating in spiritual dance for four years. She 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.

**Randy Lanari**, musician and dance leader, has been involved with Sufi dancing for ten years. He has led a regularly held dance gathering at Unity Christ Church in Golden Valley, MN, and plays the guitar.

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

Armstrong Hall

## ECOSPIRITUALITY VS. CONSUMERISM

AH 222

**Dorothy Olinger** (See Session II for complete description and bio).

## SPIRITUALITY IN ART

AH 203

Experiential

This workshop will give people an opportunity to explore the relationship between art and spirituality. Participants will view the presenter's spirituality based bronze sculpture, "Emerging Woman," and see how it inspires them through writing, drawing, clay expression and dance: (materials will be provided). Sharing and dialogue will follow, looking at how art is related to spirituality and touches people's lives.

**Suzanne E. Runte**, MS, LGSW and sculptor. She is a Senior Social Worker and has been a human services professional for 28 years and artist.

**Koreen Phelps** is a Chemical Dependency Counselor and artist.

## WORKING WITH PLANT DEVAS

AH 121

Presentation and discussion

We will discuss what plant devas are and how we can work with them. We'll learn more about fairies, elves, landscape angels and various nature spirits. Our goal is to understand how human intent and cooperation affect plant development and, furthermore, how plant devas affect us.

**Val Mondor** is a land use activist, passionate gardener, PBS editor, and Cycle III of Cella Priestess Training.

## THE CELTIC QUEEN ARCHETYPE AND THE SUPPRESSION OF THE GREAT GODDESS

AH 225

Paper, discussion, and children will be bored

If we look at the sexual lives of four Celtic queens in England-Boadicea, Guinevere, Eleanor of Aquitaine, and Elizabeth I, we see the history of the suppression of the Great Goddess in Western Europe. We will

touch upon the lives of these four great queens, as well as the wished for queen, Diana, Princess of Wales, who was heir to exactly the same traditions as those other women of mythical status. We'll examine the Celtic queen archetype and learn how her strength can infuse our own lives with refreshed cunning.

**Sandra Barnhouse, M.A.**, a university publications editor, is a landscape painter, writer, independent scholar and proprietor of the Goddess' Reading Room and Salon, St. Cloud, Minnesota. She has presented talks at St. Cloud University and St. John's University, as well as four workshops at this conference in previous years.

#### AN ECOSPIRITUAL CONSCIOUSNESS: A PATTERN THAT CONNECTS

AH 222

**Valerie Lincoln** (See Session III for complete description and bio).

#### Centennial Student Union

#### SEXUALITY AND SPIRITUALITY: A FEMINIST FORUM AND DIALOGUE

CSU 255

Open Forum

The purpose of this workshop is to openly discuss varying feminist perspectives on the connections between sexuality and spirituality. Sharing ideas collectively, we hope to engage dialogue and discussion about this sometimes controversial issue. We invite diverse religious beliefs about the intertwining of women's sexuality and spiritual beliefs and practices. We invite you to share what you've learned at this conference in this leaderless open forum.

#### A GATHERING OF SPIRIT

CSU 101

Experiential

Through the use of guided meditation and exercises we will get in touch with our true nature — that of spiritual beings in physical form. As spiritual beings, we will experience and share unconditional love, acceptance and healing individually and in a group circle.

**Rev. Elizabeth McCabe** is a Reiki Master and an ordained priest. She has facilitated healing circles for over 7 years, has Reiki practice and a monthly group focused on growing spiritually.

**Dixie Tollefson** is a Touch for Health practitioner and is currently writing a book on a way to raise livestock that gives honor and respect.

#### ALL OF HEAVEN AND NATURE SING

CSU 253

Paper and discussion

This workshop is about our connections with nature, and how it helps us. We will look at how people have learned from their experiences with nature. Have you ever had an experience with a pet, or other animals, or seen a UFO, or fairies or elves, or have you seen a special rainbow, or experienced an unexplainable happening which has made you realize how we are all connected and can learn from each other?

**Carla Houle** has been an intuitive reader for 30 years. She has created her own animal cards to use for readings and is producing a book, *Star Garden*.

**Marge Lauber** is very interested in nature and animals. She has a strong interest in the betterment of the universe through nature.

#### WAYS TO WALK IN BALANCE - ANISHINAABE IKWE'S WAY (AMERICAN INDIAN WOMAN'S WAY)

CSU 201

Paper, discussion, ritual, and experiential

Participants will have the opportunity to examine and discuss many of the practical methods of walking in balance used by the Anishinaabe Ikwe (American Indian Woman) which all contemporary women can use and practice to arrive at happiness and health within the mind, body and spirit.

**Gladyce A. Nahbenayash**, Anishinaabe educator and counselor at the University of Wisconsin-Superior. She is an assistant professor of American Indian studies and during the past seventeen years of teaching at the University level has developed fourteen college level American Indian studies courses. She is a member of the original band of Lake Superior Chippewa with enrollment at Sault Sainte Marie, Michigan and is a member of the Bear Clan.

#### WE ARE PART OF EARTH'S BODY: HONORING SPIRIT OF EARTH BY HONORING AND LOVING OUR BODIES MORE DEEPLY

CSU 202

Discussion and experiential

This workshop will support and encourage participants to honor the sacredness of their bodies, and more deeply acknowledge our connections to each other, to spirit inside us, and to the earth planet we live on. In ancient temple times, the body was revered as a vehicle of transport for the soul. We will look at how we have since disconnected from this deeper sense of our body. We will feel, think, draw, talk, and listen with our deeper wisdom. Come and explore with us ways you disconnect from your natural connection to your body, to our spirit, to the earth. You carry the ocean that is spirit in you!

**Kira Kai**, BA (Educ/Wellness), CMT, CBP, is a 2nd year graduate of Theophilus Divinity School, passionate spiritual teacher, counselor, healer, mother, artist and musician with yogic breathwork/spiritual counseling and massage/reiki practice. Her life purpose is to support and empower people to remember their deepest wholeness, which includes their fullest sense of their body, their emotions, and their innate connection to spirit.

#### AN ORAL WHEEL OF WISDOM

CSU 103

**Jule Cuccia-Watts, Nancy Shea, and Meg Turzinski** (See Session I for complete description and bios).

#### PERCUSSION JAM

CSU Courtyard. (In the event of uncooperative weather this workshop will be held in the Indigo).

**Vetch** (See Session II for complete description and bio).

#### EARTH-CONNECTED PARENTING

CSU 244

**Joan Kelly** (See Session II for complete description and bio).

#### EARTH CHAKRAS: HEALING FEMININE ENERGY

CSU 204

**Celeste** (See Session III for complete description and bio).

#### Morris Hall

#### PAST LIVES, DREAMS, SOUL TRAVEL: YOUR SPIRITUAL JOURNEY

MH 209

**Heidi Skarie, Laura Skarie and Susan Miller**, (See Session I for complete description and bios).

#### ACTING OUT OF YOUR HEART FROM THE LAND AND THE PEOPLE

MH 210

**Judi Poulson** (See Session III for complete description and bio).

#### SPIRITUALITY AND ABORTION:

MH 211

**Heidi Vardemen and George (Kathleen) Kearney** (See Session I for Complete description and bio).

#### CONNECTING TO MOTHER EARTH

Meet at Fountain

Hands on, experiential and outdoors  
(dress for all types of weather)

This workshop will encourage participants to their connection to "Mother Earth," feeling the energies she is giving off and exploring these energies by touch, smell, sight, and incorporating them into one's being by becoming one with her. We will learn how she nurtures us, as we walk our spiritual paths. We will explore ways of exchanging energies with "Mother Earth", learning to nurture her in return.

**Rev. Kathleen Buffalo**, C.C.D.C., Minister, Transpersonal Counselor. She has worked in the professional counseling field for over thirty years, with adults and adolescents. She is mother of two, grandmother of eleven, great-grandmother of one.

# Conference Information & Services

Past keynote speakers from 1982 to 1997 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), Barbara G. Walker ("Feminist Spirituality: The Unguided Journey").

If you are interested in working on the 1999 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 \$12.00. 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; iced 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 a 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.

Country Inn & Suites (507) 388-8555  
Comfort Inn - (507) 388-5107 or 1-800-221-2222  
Super 8 Motel - (507)387-4041 or 1-800-848-8888  
Riverfront Inn - (507)388-1638  
Holiday Inn Downtown - (507)345-1234 or 1-800-HOLIDAY  
Best Western Garden Inn - (507)625-9333  
\*Budgetel Inn - (507)345-8800 or 1-800-428-3438 (Spirit)  
Mankato Economy Inn - (507)388-1644  
\*Days Inn - (507)387-3332 or 1-800-325-2525 (Spirit)  
\*Fairfield Inn - (507) 386-1220 (Spirit Conf) (Women & Spirit)  
\*Americinn Motel & Suites - (507)345-8011 (16163)  
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  
Minneopa State Park (507) 389-5464

CONFERENCE MEDITATION ROOM - CSU 219A

**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.

**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 8:30 - 12:30 AM and 1:00 - 3:30 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 cancelled by Wednesday, October 7, 1998 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 the day of the conference 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 18. 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 registration form no later than September 18. Check "Women of Color Scholarship" on your form.

**Note: These scholarships DO NOT include meals, child care, or MSU tuition. Please note that even if you meet the scholarship application deadline there is no guarantee that we will still have scholarships available. Apply early.**

### OTHER INFORMATION:

MSU is a chemical-free space. Smoking is NOT permitted in any MSU building. Burning of incense violates the non-smoking policy.

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.

A refund for the dinner ticket is available upon request, until Wednesday, September 30, 1998. 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 Reservations **canceled after September 30** will not be eligible for a refund.

If you are interested in carpooling from the Twin Cities, call Cathie 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,

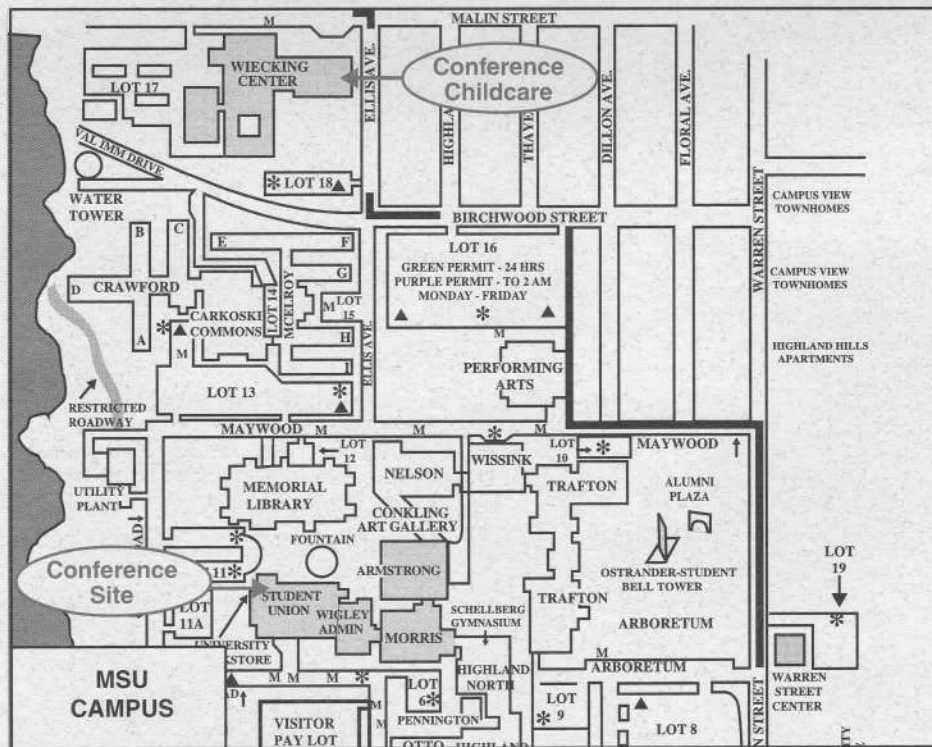
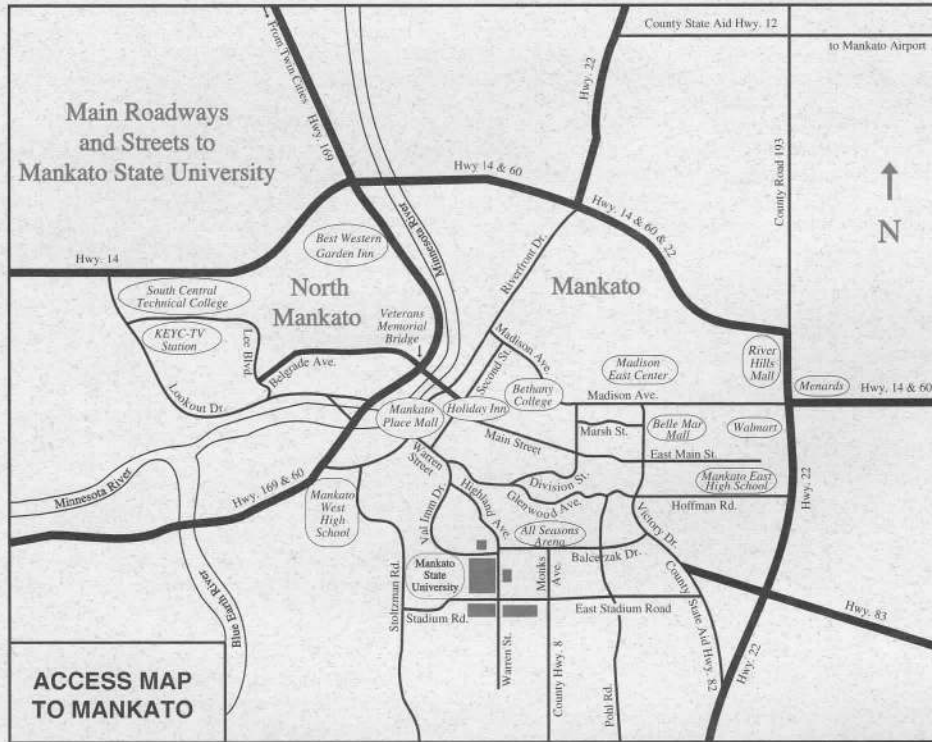
you have arrived on campus. Use your campus map to find designated visitor parking.

## 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.



# REGISTRATION FORM

(DO NOT mail this form later than October 3, 1998)

Registrants limited to first 800 people

Registration must be postmarked by September 25, 1998 for reduced rates. No registrations postmarked after October 3, 1998 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 not on our mailing list and would like to be.

Please check one:

- Pre-Registration  
 \$40 General (includes keynote)  
 \$20 Minimum Income OR Student  
 \$5 Keynote only (ticket required)  
 General Scholarship\*\*  
 Women of Color Scholarship\*\*\*
- Postmarked after September 25:  
 \$45 (\$5.00 Late Fee)  
 \$25 (\$5.00 Late Fee)  
 \$8 (\$3.00 Late Fee)

\*\* PLEASE CALL FOR PRIOR APPROVAL 507-389-2077 (Limited number available)

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 25, 1998)

Dinner Ticket (Saturday night) - \$12.00  
 \_\_\_\_\_ yes \_\_\_\_\_ no

\_\_\_\_\_ VEGETARIAN \_\_\_\_\_ MEAT

PLEASE, WALK-IN REGISTRATIONS ARE DISCOURAGED!

\*\* The general 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.

# CHILD CARE REGISTRATION

Send check with registration. Fee is \$20 for one day and \$30 for both days, per child.  
 Postmark Deadline: September 25, 1998

Days Needed:  Saturday, October 10  Sunday, October 11

Children's Names and Ages: \_\_\_\_\_

Emergency Contact/Pager # \_\_\_\_\_

Parent's Name (s) \_\_\_\_\_

Special Needs: \_\_\_\_\_

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

## For Those Registering For University Credit

You must pay the conference registration fee above in addition to tuition fees or you must be approved for a conference scholarship. Please send a separate check for tuition. As a reminder, Scholarships do not cover tuition, meals, or childcare. 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 \_\_\_\_\_  PN  
 Check one:  Grade  Credit in Women's Studies:  Credit in Religious Studies:  
 Check one:  Call # Course # Call # Course #  
 \_\_\_\_\_ 5228 1790-290-01 \_\_\_\_\_ 2547 1169-450-01  
 \_\_\_\_\_ 5233 1790-490-01 \_\_\_\_\_ 2549 1169-550-01  
 \_\_\_\_\_ 5238 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 scented personal products (including hairsprays, lotions, shampoos and fabric softeners) 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 scant-free space. Scent-free workshops are specified in the brochure.

Printed at Mankato State University Printing Services



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Printed on recycled paper containing at least 10 percent postconsumer material.



**Mankato State University**

**Saturday and Sunday, October 10 and 11, 1998**  
Registration Check-In Begins Saturday 8:30 a.m.,  
Centennial Student Union, 2nd floor

**“Activism and Spirituality: Bridging Faith, the Land, the People”**

**Keynote Speaker: Sister Paula González, S.C.**

Two days of workshops, discussions, exhibits, dialogue, discovery and celebration. Scholarships and college credit available. Registration forms and all relevant information are included in this program.

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

**WOMEN AND SPIRITUALITY**

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

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