

# 19th Annual WOMEN & SPIRITUALITY CONFERENCE

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

The Women and Spirituality Conference was born eighteen 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.

## 2000 Keynote Speaker

"We live in times of unprecedented chaos and shining opportunity. As old systems and paradigms dissolve and break down, new dreams are being born, personally and collectively. Hear the call of your own soul to live your unique purpose as well as to play your part in the great spiritual awakening that is taking place in humanity during our life time. If we all do our own part and navigate well during these perilous times, we will bless the fact that we are alive at this remarkable time. We will create a new world culture in which we have put an end to unnecessary human suffering and in which the average human being lives in a state of relaxed, loving Presence to herself, to others, to the Earth, and to Spirit. Let's open our hearts in compassion and exuberance for our collective challenge. Let's embrace the call to world service and take one



Mary Hayes-Grieco

more step in the knitting together of the world wide women's community!"

The Keynote Speaker this year will be Mary Hayes-Grieco, respected voice for spiritual enrichment in the Twin Cities, talented teacher and storyteller, and a pragmatic emotional healer. Mary is the author of *The Kitchen Mystic: Spiritual Lessons Hidden in Everyday Life*, published by Hazelden, and a four-part audio series published by High Bridge Audio (*The Kitchen Mystic, The Peaceful Heart, Living My Purpose, and A Woman's Ways*). Mary was the creator and host of her own radio program in the Twin Cities for 7 years, featuring local and national thinkers in the fields of spirituality and holistic health, as well as her own unique philosophical discourse. She is on the faculty of The Management Center at the U of St. Thomas, teaching courses on spirituality in the work place. She lives in Minneapolis with her husband and two daughters.

## Schedule

### Saturday, October 7, 2000

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

### Sunday, October 8, 2000

8:00	Conference Site Opens
8:30 - 10:00	Session III
10:30 - 12:00	Session IV
12:15 - 12:45	Closing Celebration
12:45	Lunch (on your own) Browsing

## The 2000 Planning Committee:

Chandra Silva, Co-Coordinator  
Sharon Van Natta, Co-Coordinator  
Cindy Veldhuisen, Business Manager  
Shirley Piepho, SU Coordinator  
Donna Langston, Course Instructor  
Julie Olivia, Signing Interpreter  
Jessica Miller, Exhibitor Coordinator

Most important, many 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





**Sage Passi**, Spiderwimmin storyteller and environmental educator for Eco Education (a program for 5th-8th grades); connects the community through service learning and urban stewardship in the arts, drama and ritual.

**Kaia Svien, MS**, author, spiritual guide, and instructor in Ancient European Earth-based Cosmology, and a mindfulness instructor in Minneapolis.

#### "GUT FEELINGS" REVISITED: THIRD CHAKRA HEALTH ISSUES FOR DIGESTION, NUTRITION AND HEALTH

**SU 203** **Lecture/Discussion/Experiential**

The digestive organs of the third energy center (solar plexus) are more closely aligned with our emotions than almost any other area of our body. Research and clinical practice have both shown the association with our emotional state, our perception of stress, and the physical symptoms that our bodies produce. Participants will be asked to explore their "gut feelings" through meditative and stress management exercises, nutrition and digestive system presented material and experiential journaling related to these areas. Encouragement will be given to share insights.

**Pat Casello**, Doctor of Chiropractic and acupuncturist; has a clinic in South Minneapolis (Health Spirit Holistic Services) and teaches nutrition, health and wellness at various venues throughout the Twin Cities including Adult Community Education, Pathways Health Crisis Center, and the Chrysalis Women's Center.

#### THE HEALING POWER OF BELLY DANCE

**SU 204** **Movement Activity (dance)**

Whether you love to move your body or wish you did, come and explore the oldest and most elementary form of spiritual expression—belly dance. Dancing is the joy of life, of creation, an expression of the awakening soul that is reflected in the dancing experience and in the rhythmic movements. As we move, honor, and connect with each part of our body, new worlds and possibilities open to our own understanding. Through the movement of the body, the heart opens and a great reconciliation with oneself and others can take its course. Hold your head like a queen and feel your pelvis descend into the earth.

**Bonnie Berquam** has had a lifetime study of dance, including belly dance, yoga, ballet, square dance, contact improvisation, and interpretive dance; is a practitioner of the Wallace Method® of bodywork, a doll maker, and a performer; has participated in the Women & Spirituality Conference with the Body Prayers dance troupe; is a student of the Cassandra School and member of the Oriental Dance Guild in the Twin Cities.

#### NIA TECHNIQUE-THROUGH MOVEMENT WE FIND HEALTH

**PA Dance Studio** **Movement Activity**

We invite you to explore Nia, a mind/body/spirit program that celebrates all the aspects of being human. Participants will play with the energies of nine movement forms such as Tai Chi, Tae Kwon Do, Yoga, Modern Dance, Jazz, etc. through meaningful choreography, a variety of music and a wealth of visualizations. Wear comfortable clothing and bring a water bottle and towel.

**Barb Wesson**, a brown belt Nia teacher from Milwaukee, WI is passionate regarding appreciation of the human body; joy is her second passion. She is owner of Healthy Lifestyles, Inc. and consultant for Joy Management utilizing The Power of Perspective.

**Beth Mueller**, a white belt Nia teacher from Watertown, WI has been dancing professionally and recreationally since the age of three. Now a mother of five, she literally dances through her days (daze) just to keep up!

**Jolene Makowesky**, a white belt Nia teacher from the Twin Cities, has discovered clarity, grace and joy through Nia. Prior to becoming a Nia professional, she lived and worked an ordinary existence; she now desires to share Nia, helping others discover or deepen their own spiritual connection.

#### MESA, THE SHAMAN'S MEDICINE BAG

**AH 121** **Ritual/Movement/Discussion/Experiential**

The mesa is the living embodiment of the Shaman's relationship with the earth, the cosmos, and the journey through life. A mesa, meaning sacred altar, is the name given to the medicine bag carried by the

Shaman's of Peru. Lee has studied extensively with the medicine people of Peru, the Q'ero, last of the direct descendants of the Inca, and with the sacred plant keepers of Aymara Nation in Peru. The mesa organizes itself the way it is meant to. But the Shaman who knows the way of power and healing can work with the mesa to change the world. In this program we will learn how the mesa is used in healing work and in ceremony and how to engage in perfect ayni, right relationship, right thinking and right action. In this back to back workshop section (see Session II), Lee will present the deep energetic relationship between the mesa and the Shaman, and its effect on desired changes in her life and the life of her clients.

**Lee Hilfiker, M.Ed.**, Expressive Arts Therapy; retired from a clinical psychotherapy practice to devote herself in providing ancient, spiritual healing methods that honor our Earth Mother, spiritual healing methods, energy healing, and in teaching Shamanism. In addition to providing individual healing sessions, she leads people in the sacred journey of the Medicine Wheel and offers an apprenticeship in becoming a shamanic practitioner.

#### R U HUMOR CHALLENGED?

**AH 202** **Interactive Workshop**

This workshop is for everyone. It seems in our "modern society" sometimes we've taken ourselves too seriously and forgotten how to laugh. This workshop is aimed at reminding ourselves to see humor and laugh again in many different situations. Taking life and ourselves too seriously can be harmful to our health.

**Margaret Oibrekken** has presented the Humor Workshop from 1992-1999 at senior citizen centers, businesses, organizations, churches and anywhere a sense of humor was needed; also presents workshops on aging, stress management, health, and money management — all of which requires a sense of humor.

#### LET THE REVOLUTION BEGIN: AN INTENSIVE JOURNALING EXPERIENCE

**AH 203** **Experiential**

Journaling, like all forms of meditation, provides a space in our lives for us to listen to ourselves, to our deep voices of wisdom that are too often drowned out by the routine and noise of everyday life. Often people who want to journal find reasons not to go to the page day after day. Learning techniques to get started each day can provide a path through the resistance of taking time to journal. In this experiential workshop participants will learn different journaling techniques in hopes that they will carry out a couple of tools that resonate with them so that they may begin a consistent journaling practice of their own.

**Carol Kapaun Ratchenski**, counselor in private practice in Fargo, North Dakota.

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

**AH 209** **Discussion/Experiential**

This 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.

**Toni Lucas**, is a member of the ECKANKAR clergy, and has given talks and presented workshops on spiritual topics for over twenty years.

**Susan Miller** is a member of ECKANKAR, and has given talks and presentations on spirituality all across the country.

**Pam Cole** is a member of ECKANKAR, and is an accomplished writer and speaker on spiritual experiences.

#### LISTENING TO YOUR HEART TO DISCOVER YOUR SPIRITUAL QUEST

**AH 211** **Discussion**

Our purpose is to aid you in discovering your spiritual quest. We will discuss listening to your inner voice and how dreams and past lives can help you find your path. We will do a guided visualization exercise to go on an inner quest. We will learn tools for overcoming fear and bringing more joy into your life.

**Heidi Skarie**, ordained clergy member in the mind, body, spirit field

and a past workshop facilitator; the author of *Red Willow's Quest* a book about her past life as a Medicine Woman.

**Laura Skarie** has studied esoteric subjects all her life and is a student at the University of Minnesota studying electrical engineering.

#### IN THE FOOTSTEPS OF THE GODDESS

**AH 213** **Paper/Discussion**  
Through lecture, slides and audience participation, Cristina Biaggi will speak about her newly published book *In the Footsteps of the Goddess*. She will share her own experience and the experiences of over sixty other women's and men's journeys to the Goddess and how it transformed their life work.

**Cristina Biaggi** is the quintessential "Renaissance woman" with passions and accomplishments that know no boundaries. In addition to her artistic pursuits, she is a pilot, scuba diver, photographer, costume and set designer, mountain climber with Mount Kilimanjaro and Mount Acongagua [Argentina's Goddess of the Clouds] to her credit, and a Fourth Degree Black Belt in the Korean martial art of Tae Kwan Do and resides in Palisades, New York with her partner and their twin sons.

#### PRAYER OF THE HEART

**AH 214** **Discussion/Experiential**  
The Prayer of the Heart is a simple and user-friendly version of the centering prayer. It is a meditation process for deepening a person's prayer life. The Prayer of the Heart is adaptable to all spiritualities and religious practices. This is a meditation process that can be recalled at any time throughout the day and is exceptionally good for stress reduction.

**Fran Klette**, healer for all beings, writer, painter of silk, feminist mother, grandmother, sister, aunt and crone.

#### GROW WITH YOUR HANDWRITING: ENJOY THE JOY OF BEING YOU

**AH 216** **Presentation with interacting participants**  
Rediscover and reaffirm your strengths and positive qualities as you continue to grow in spirit, understanding yourself and others. Just as no two people are exactly the same, no two handwritings are exactly alike. Appreciate yourself, your sameness and diversity, as revealed in your handwriting. You can learn to recognize certain strokes that indicate your emotional make up, the depth of your feelings, to what extent you are using your imagination, how you think, the level of your goals, your will power and much, much more. Bring a favorite writing implement and plain paper without lines. Questions welcome!

**Roberta Bartholdi**, Certified Handwriting Analyst of 18 years; received her training from International Graphoanalysis Society in Chicago; presents work in a professional and fun manner, using a non-threatening approach that fosters self-esteem; encourages and supports students as an elementary teacher, she is now embracing her journey along her spiritual path as healer and energy mover.

#### HEALING EVE'S WOUND

**AH 222** **Movement/Discussion/Experiential/Slides**  
Buried deep within the psyche of many women lies the imprint of Eve's wound, that which separates spirit from flesh leaving a shroud of shame and guilt, veiling the full beauty, joy, and sacredness of our feminine sexual bodies and our wholeness. In this workshop we will rediscover the ancient connection between spirituality and sexuality and begin to lift the veils of cultural and personal beliefs that have limited the expression of our sexual feminine essence. Drawing inspiration from ancient cultures who revered the Feminine, sacred images that reflect our wholeness, meditation and discussion, we will reconnect to and embrace our sexuality as the sacred creative energy that heals, transforms and unifies.

**Janice DeLuca**, RN, holds sacred space for deep soul nourishing connection to Self, others, and to the infinite Source of life. Her private practice offers transformational psychospiritual work, tantric ritual for sexual healing and awakening voice dialogue, and dream exploration.

#### THE GREAT GODDESS OF INDIA

**AH 225** **Paper/Discussion/Slide Presentation**  
The Vedic saying, "God is One, but He is called by different names," seems to be truer in the cult of Devi, The Goddess, particularly in popular regional Hinduism. This workshop will attempt to explore the nature and function of The Great Goddess of India with the focus on the Goddess of Maharashtra (Bombay State). The popular religious scripture, the Devi Mahatmya "the Greatness of the Goddess" which is written in Marathi — the language of the State of Maharashtra, will form the basis for this study. The analysis of this text will shed light on the similarities and differences between the regional "folk" tradition and the classical "great" tradition.

**Indira Y. Junghare**, Chair of the Department of South Asian and Middle Eastern Languages and Cultures, Professor of Indian Literature, Philosophy, and Asian Religions at the University of Minnesota.

#### RE-IMAGINING COMMUNITIES OF POWER, AUTHORITY AND PASSION

**AH 231** **Ritual**  
We desire to help all comers understand how power can be shared in shaping communities of diverse populations. Gathering 2000 (in Minneapolis Oct. 26-28 featuring Mary Daly and Rebecca Walker) will include ritual, music, speeches, workshops, caucuses, and practice in reading across barriers to form community. We will give an overview of the teachings to be practiced at the Gathering using insights from Sharon Welch's book, *SWEET DREAMS IN AMERICA*, which guides us toward "politics without utopia, ethics without virtue, spirituality without God."

**Jeri Smith** is on the Coordinating Council of the Re-Imagining Community and is one of the planners of Gathering 2000: Re-Imagining Community; on the staff of the Lutheran Campus Ministry-Twin Cities; and co-director of the Center for Spiritual Growth Retreat House; is a daughter, mother, grandmother, mentor and friend.

**Nancy Berneking**, radical Christian feminist who serves as the editor of the Re-Imagining quarterly periodical and is on the Coordinating Council of the Re-Imagining Community.

#### WOMEN'S SPIRITUALITY ON THE WORLD WIDE WEB

**AH 232** **Discussion**  
We'd like to guide you through the chaos of the Internet. The World Wide Web is changing many aspects of our lives. One of the wonderful advantages is that it can enable us to connect with other women of spirit, and gather information from the privacy of our homes. We hope to share with you some of our favorite sites, and ways to use the web to expand your spiritual horizons. We will also talk about a few safety measures women may want to take, and how to get access even if you don't own a computer.

**Magenta Griffith** has been a Witch for over 25 years, is a co-founder of Coven Prodea, and has been online since 1986.

#### MAKING THE CONNECTION

**AH 233** **Discussion/Experiential**  
The purpose of this workshop is to aid participants in learning to connect their mind and hearts to their outer guidance. The main theme is to introduce the concept that there are guides and loved ones that aid us on our journey through life. Utilizing these connections could enrich our life. It opens up possibilities for more solutions and more ways to look at every situation when managing conflicts and facing crisis. It could also give the confidence and courage to reach for our goals and dreams.

**Mary Kay Janssen** is a medium and intuitive. Through private consultations and workshops, she is able to communicate information to an individual regarding issues in their present life and aid them to an awareness that we have guidance around us, including our loved ones.



## WOMANSONG:

### ORIGINAL MUSIC WELCOMES THE NEW MILLENNIUM

#### AH 234 **Original Songs, Personal Story**

That creativity can blossom and flourish in the second half-century of one's life is demonstrated in this workshop of original songs and personal story. Growing from traditional background and expectations to new ways of being fully alive, the presenter weaves lyrics, melodies and harmonies expressing freedom from oppression, reverence for the earth, and the endless opportunities flowing from women's wisdom. Listen with your heart as together we embrace a new global vision.

**Dody Davies**, Christian feminist composer, performer, recording artist, soprano soloist. Veteran workshop presenter and composer of several conference theme songs; picketed with Willmar Eight bank women.

## SPIRITUALITY AND SELF ESTEEM:

### WOMEN'S STRUGGLES TO IDENTIFY AND PURSUE THEIR PASSION AMIDST DESTRUCTIVE CULTURAL MESSAGES

#### MH 206 **Music/Discussion/Slide Presentation**

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

**Rebecca Schoper**, M.S. is a mental health therapist and consultant at Schoper Counseling Services in New Ulm, MN and is a licensed music teacher, lecturer, artist, potter, wife and mother.

## SHAMANISM: ATTAINING SPIRITUAL SOVEREIGNTY

#### MH 209 **Experiential**

A preliminary discussion of the Shaman's work in other dimensions will be followed by a one-hour deep trance journey through the stars. Similar to guided imagery, though interdimensional in its scope, this journey connects us with our universal origins, the vast spectrum of healing available to us in the galaxy, and that very special place of tranquillity in the heart of God. You will experience the Magdalen energy and that of Sananda, the Ascended Master Jesus as we travel to Venus, Sirius, Orion, Vega and Lyra.

**Jessie Ayani**, author of three books: *Kintui*, *Vision of the Incas*, *The Lineage of the Codes of Light*, and *The Brotherhood of the Magi* as well as her first audio recording *Deep Trance Shamanic Journey: Volume I: Pachamama's Child*, Jessie trains men and women internationally to be enlightened spiritual beings.

## ALL OF HEAVEN AND EARTH ARE SINGING

#### MH 211 **Round Table**

This is a workshop about listening to our own souls and realizing we are all connected to the universe, and that we receive messages from the universe and nature every day, if we will just stop and listen. The world can be difficult and ever changing, and yet we are all important, unique and have our own gifts to share with the world. There are many meaningful messages we can learn from nature. Sometimes a dream can be a message or an animal or pet may be telling us something. Life can be full of joy if we remember we are all connected and can learn from each other, and from nature. Sometimes our own pets can be our angel guides. Share your own stories and have fun!

**Carla Houle**, intuitive reader for over 30 years. Ten years ago, while on top of a mountain in Sedona, Arizona, my Spirit Guide, Keeno, told me to create my own cards with which to do readings. I returned to Minnesota and had 107 dreams in a row of animals, and from these I created my own cards with which to do these readings. I work at a Metaphysical store in White Bear, doing readings, and classes on animals, and am also writing a book on spirituality.

**Irene VandeMoore**, has a great love and respect for nature, and for the angels in our lives, and has faith in the universe and trusts that we are receiving signs and messages every day to help us in our lives.

## MOTHER SOPHIA,

### GREAT GODDESS OF THE ETERNAL WISDOM

#### MH 212 **Discussion/Experiential**

This workshop is designed to bring participants to a greater understanding of the significance of Mother Sophia, the Great Goddess of the Eternal Wisdom. We will explore the influence of Christian teachings upon the current role of women as healers. The original Christian teachers regarded the Holy Spirit in the feminine form as Mother Sophia. Subsequent teachings within Christianity have discarded the Divine Feminine form of the Holy Spirit. The goal of this workshop is to guide participants to the recognition that healing and the Holy Spirit are aspects of the Great Goddess, Mother Sophia.

**Harley D. Schriver**, founder of Miracles Unlimited, has a Master's Degree in Transpersonal Studies. He specializes in alternative healing techniques and intuitive spiritual counseling.

## WHERE DOES THE MUSIC COME FROM? SONGWRITING AS A SPIRITUAL EXPERIENCE

#### AH 220 **Discussion/Music/Experiential**

Share presenter's experiences in writing songs of inspiration, motivation, and compassion, many of which emerged during deep personal challenges. She believes that the best songs are those that are highly personal and intimate and yet resonate with universal themes. Songwriting, like poetry, is a mysterious, spiritual process with infinite opportunities for tuning in to unseen helpmates. Participants will engage in a guided meditation, leading those who wish to the seeds for songs of their own.

**Pamela Chappell**, singer/songwriter from Michigan, has performed internationally and has two CD's to her credit - *Coming Down Easy* and *Joy in My Heart*; is also a Talent Development Consultant, actress, cancer survivor, Spiritualist and mother.

## SESSION II (Saturday, 4:00 - 5:30 P.M.)

## SHAMANISM: ATTAINING SPIRITUAL SOVEREIGNTY

#### MH 209 **Experiential**

A preliminary discussion of the Shaman's work in other dimensions will be followed by a one-hour deep trance journey through the stars. Similar to guided imagery, though interdimensional in its scope, this journey connects us with our universal origins, the vast spectrum of healing available to us in the galaxy, and that very special place of tranquillity in the heart of God. You will experience the Magdalen energy and that of Sananda, the Ascended Master Jesus, as we travel to Venus, Sirius, Orion, Vega and Lyra.

**Jessie Ayani**, see Session I for bio.

## CREATING A SHAMANIC HEALING CIRCLE

#### SU 101 **Ritual/Discussion**

Shamanism is an ancient practice of honoring the sacredness and interconnection 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 within the context of the healing circle.

**Jaes Seis/Mary Fowler**, see Session I for bio.

## MESA, THE SHAMAN'S MEDICINE BAG

#### AH 121 **Ritual/Movement/Discussion/Experiential**

The mesa is the living embodiment of the Shaman's relationship with the earth, the cosmos, and the journey through life. A mesa, meaning sacred altar, is the name given to the medicine bag carried by the Shaman's of Peru. Lee has studied extensively with the medicine people of Peru, the Q'ero, last of the direct descendants of the Inca, and with the sacred plant keepers of Aymara Nation in Peru. The mesa organizes itself the way it is meant to. But the Shaman who knows the way of power and healing can work with the mesa to change the world. In this program we will learn how the mesa is used in healing work and in ceremony and how to engage in perfect ayni, right relationship, right thinking and right action. In this back to back workshop section (see

Session I), Lee will present the deep energetic relationship between the mesa and the Shaman, and its effect on desired changes in her life and the life of her clients.

**Lee Hilfiker**, see Session I for bio.

#### JOURNEY TOWARDS WELLNESS: A HOLISTIC APPROACH AH 214 Presentation/Experiential

We will assess our life purpose and goals using a holistic approach which acknowledges us as multi-level beings. We will expand our definition of spirituality including such things as simplicity, creativity and listening to nature. After assessing what we value, and where we place our energy, we will start to identify areas that create stress in our busy lives. On this journey we also learn how to start making life-style changes towards better health and wellness.

**Angela Faeth Andrist**, Life-style Coach with a holistic approach; founded Whole Journey as a Health Educator, and is certified as a Health and Wellness Counselor.

#### APPARITIONS OF THE BLESSED VIRGIN MARY AH 209 Lecture/Discussion/Slides/WWW Sites

For centuries, individuals have come forward with stories of apparitions of the Blessed Virgin Mary. This presentation will survey several lesser-known reports of apparitions (e.g., Clairefontaine, Luxembourg; Banneux and Beauraing, Bleguin; Marpingen, Germany), tracing their roots to earlier reports of apparitions (e.g., Rue de Bac, Paris; Lourdes, France; Fatima, Portugal). The presenter does not attempt to answer the question, "Are these apparitions real?" Rather, the presenter examines the question, "What makes Marian apparitions so powerful in the lives of ordinary human beings?" Using her own research along with that of others, the presenter explores theological underpinnings, historical background, thematic patterns, and psychological needs served by the idea of the Marian apparition. Slides and visits to selected web sites will take the audience on a virtual tour of a number of locations where the Blessed Virgin Mary is said to have appeared.

**Suzanne Bunkers**, teacher and writer, has been fascinated by legends of the Blessed Virgin Mary since her childhood in a small Iowa town populated by descendants of Catholic Luxembourg and German immigrants; is currently studying the apparitions phenomenon with special interest in links between the BVM and earlier goddess traditions.

#### SEX IS EVERYTHING: DISCOVERING A SACRED SEXUALITY MH 211 Lecture/Discussion

This workshop is designed for healing the feminine sexuality. The main premise is that sexuality is motivated by a Heart felt call to create a harmonious union of Body and Soul and is actually an energetic and spiritual experience. Lecture will be followed by a discussion of the concepts presented and will end with a meditation to bring the energies of the Sacral and the Brow Chakras together in the Heart Chakra.

**Celeste Stokes**, lecturer, workshop leader and healer; completed training in MariEL healing, has achieved practitioner status from Sancta Sophia Seminary; has lectured on music as a healing agent, alternative medicine, the Chakras and the topic of Sacred Sexuality - The Integration of Feminine/Masculine Energies.

#### VEGETARIAN SPIRITUALITY

##### AH 222 Paper/Workshop/Discussion

People choose not to eat meat for many reasons - health, nonviolence, ecological, or purity of foods. Many religions support a choice to not eat meat, suggesting that this lifestyle enhances spirituality. This poses the question that following a vegetarian lifestyle is a spiritual gift. In addition to discussing these issues, the actual experiences of an individual who has successfully lived a macrobiotic diet for years will be shared. There will also be tips and advice on planning, purchasing and cooking the vegetarian regimen desired.

**Donna J. Malum**, has degrees in nutrition, education and two years postgraduate work in theology; is a survivor of domestic abuse, single parent, vegetarian, community activist, and has taught health and nutrition, total wellness, and ecofeminism.

**Helen Gaebe** has long time experience with living a macrobiotic diet.

#### MILLENNIUM MAGIC... BUILDING OUR TEMPLES TO THE FUTURE

##### SU 201 Discussion/Experiential/Ritual/Child-friendly

Working with the Sacred Traditions of Earth Ways through the visual, performing and healing arts, we will explore the opportunities we have to build our temples of the future. How can we grow our inner garden with seeds of balance, enlightenment and peace?

**Corn Woman/Heidi Scott**, a Goddess farmer, continues her path in eco-prosperity for the land and its peoples by expanding her knowledge of motherhood, farming, massage and Yoga/Qi Gong and ceremony!

**Deblyn Russell**, is an Iowa native, mother, whimsical cook, gardener, artist, dancer, healer and teacher. She offers a unique blend of expertise and tools for facilitating personal growth and self-discovery through the creative visual, performance, and healing arts, to aid others in their journey to a more healthy, balanced lifestyle.

#### WHAT DOES GOD LOOK LIKE?

##### AH 232 Paper/Discussion/Slide Presentation

Religion, culture and history offer humanity thousands of images of that which we call God. Each of us has been raised with at least one image entering our mind and heart; that image plays a very important role in our development. How is God represented? Can we get past those representations and see God for ourselves? This seminar will offer some examples of Divine representations, some explanations of its depiction, and some practices that promise to take us through the steps to see God personally.

**Theresa King**, writer and spiritual director; the author of *The Spiral Path, Explorations in Women's Spirituality* and *The Divine Mosaic: Women's Images of the Sacred Other*.

#### SHADOW TEA

##### AH 216

##### Ritual/Experiential/Story-telling/Child-friendly

Shadow Tea is a way to work with your own internal chaos in a calmly active way. It is an alternative way to meet your fears, to pay attention with intention to your innermost self in a welcoming, warm, yet structured environment. Bring a bag of your favorite tea and your favorite teacup if you wish.

**Jennifer Kendall** presented the Freeing Your Feminine Warrior at last year's conference. She wears many hats including that of poet, mother, corporate trainer, wife, and sustainability activist. She regularly takes her Shadow selves to tea.

#### ECCLESIASTES IN CONTEMPORARY TIMES

##### AH 211 Paper/Discussion/Story-telling/Experiential

Time is illusive but we live immersed in it. Its presence intrudes in everything we do. It provides opportunities to make choices that shape us. How aware are we of its impact?

**Loretta Girzaitis**, former Director of Adult Education for the Archdiocese of St. Paul and Minneapolis; has authored seven books, the last of which was published in October, 1999, titled *Raised to the Light: Stories of Hope and Transformation*. Some of its stories will be highlighted in this workshop.

#### WINTER SOLSTICE STORIES THROUGH TIME

##### SU 204 Child-friendly/Story-telling/Experiential

We will focus on winter solstice stories through time. People have celebrated at this time of darkness since the beginning of ritual records. We will remember sun celebrations and stories from many cultures and times. We will invoke the sun and take time to act out some of these stories together, Akawa, Amateratsu, Demeter, and Persephone. We will sing and dance and tell stories.

**Terri Berthiaume Hawthorne**, M.S. in WoSt-Minnesota State University, Mankato; has been adjunct & community faculty at Minnesota State University, Mankato, Metro State, and U of MN; Interim Women's Center staff at Metro-State; Co-author: *Stars in Your Bones, The Many Faces of the Great Mother*; Co-producer of *Through Women's Eyes: Beijing 95* and *The Feminine Face of God: Paintings* by Julia Barkley.



## PRE-BIRTH AND/OR CONCEPTION WITH YOUR CHILDREN OR DID YOU & YOUR CHILDREN CHOOSE EACH OTHER?

**AH 233** **Presentation/Discussion**

In this session you will be asked to think about the following as you listen to the words of Kahlil Gibran in *The Prophet*. He said, "Your children are not your children. They are the sons and daughters of Life's longing for itself. They come through you but not from you, And though they are with you, yet they belong not to you." Participants will be asked to think about the questions: 1) Did you as Soul, as your children also as Soul pick you to be their parent? 2) What about the children who are adopted? 3) Who is really in control of their DNA? 4) Did your children pick you? 5) Did you agree? We will open with the presenter's personal story of her choice to be born in human, physical reality. Participants will be invited to answer questions for themselves and/or share their answers.

**Juliet "Julie" Kallio**, M.Ed., SOULS journey, offers individual, couples and small group short-term Soul Guidance Transformation, Grief, Healing, (the latter are especially related to very tragic events); public speaker, storyteller, writer, workshop facilitator, who has "walked the talk" of her spiritual journey for 27+ years and continues to expand.

## MOVING THROUGH CHAOS

**PA Dance Studio**

**Story-telling/Movement Activity/Discussion/Experiential**

Moving Through Chaos will involve a discussion about moving into and embracing our personal chaos; a skit about chaos; experiential movement and activity; concluding with a ritual circle sharing.

**Margaret Mitchell**, chiropractor practicing in Minneapolis and Stillwater for fourteen years; is interested in dissolving and breaking down old paradigms while creating and opening new possibilities; has a multi-level practice integrating body work, dietary recommendations, as well as classical homeopathy.

## ENCHANTED PLACES OF GREAT BRITAIN

**MH 212** **Slide Presentation/Discussion**

Donna Niles and Linda Baker of Sacred Sites Tours happily invite you to their Slide Presentation of the enchanted places of Great Britain. Their program will include Stonehenge, Glastonbury, and Bath as well as many lesser-known sites throughout England and Scotland. These temples of the ancients are surviving reminders of a once prolific communal culture, and resonate still with the reverence given to the life-affirming Mother Goddess of prehistory. An intriguing journey awaits you. All are welcome.

**Linda Baker** loves archaeology, maps, and adventure; is an ardent proponent of Pilgrimage and takes great pleasure in connecting kindred spirits with the spirits place.

**Donna Marie Niles** has been reading Tarot for the last 18 years; delights in unveiling the deeper meaning of the journey and assisting others in finding their authentic path.

## STORIES PLUS

**AH 234**

**Child-friendly/Story-telling/Movement Activity/Experiential**

In this workshop we will think about how to pass on our beliefs (whatever they may be) through story and a response to the story.

**Mary Snyder** has written three curriculum books, *Religious Education in the Home and Small Meetings*, *Jesus, Who Was He?*, and *Opening Doors to Quaker Religious Education for Friends General Conference in Philadelphia*. *Stories Plus* is the latest workshop of many, primarily along the East Coast.

## TRANSFORMATIONAL DANCE: THE HEROINES/HEROES JOURNEY

**SU 202** **Ritual/Experiential/Movement**

An opportunity to explore the initiatory experience through the powerful medium of dance. As we listen to the wisdom of our bodies we will be invited to step beyond our familiar roles and beliefs into a wider, deeper Universe. Through music and our own "body prayers" we can begin to integrate our body/mind/spirit knowing of our sacred paths. Beginning with the "Calling" of the journey and returning with the "Gifts for our Community," our dance and music journey will invite new meaning and understanding of our lives as we tap into our own deeper body wisdom.

**Maria Genne**, M.A., dancer, choreographer and educational consultant; works with people of all ages, inspiring them to express their feelings, passions and dreams through dance, drama and music; has presented/performed at Wisdom Ways at the College of St. Catherine, Walker Art Center, Ordway Center for the Performing Arts, community centers, churches, schools, Midwest Odyssey, Whole Life Expo and was the Dance Associate for Dr. Jean Houston's Mystery School; Founder of Young Dance, she has expanded her vision into Kairos Dance Theater, her intergenerational dance company.

## CELEBRATE YOUR CREATIVE SPIRIT

**SU 203** **Ritual/Discussion/Movement Activity/Child-friendly**

Self-expression and discovery is part of a creative process that inspires individuals to a greater attunement to nature, and sensitivity to their own process of growth and transformation. 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/object of power. Instruments, voices and drums welcomed.

**Michelle Dunkirk**, wise-woman, musician, teacher, and performer and recording artist on the violin; has produced "Desert Waterfall", an exotic CD of violin, dulcimer and drums.

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

## FOUR CELTIC QUEENS AND A PRINCESS

**MH 206** **Paper/Discussion**

The stories of the great Celtic Queens and their sex lives show an immediately recognizable pattern in the oppression of women in Western Europe as patriarchy spread from the Aryan mid-east into the far western corners of Europe. We'll examine the lives of Boadicea, Guinevere, Eleanor of Aquitaine and Elizabeth I as though they are archetypal, as queens become goddesses in our consciousness. We'll specifically examine their sexual relationships, as that is the core issue in the suppression of the Great Goddess. What princess falls in line with them? Not a very surprising answer.

**Sandra Barnhouse**, past conference workshop presenter which includes "Clan and Tribe", "Holy Sex", "Review of the Literature"; classroom presenter at St. John's and St. Cloud Universities; is semi-retired as publications editor at SCSU and currently forming an art center in Ottertail County where she intends to paint, sell/teach art, and write.

## CONNECTING WITH THE SACRED IN WOMEN'S ART

**AH 202** **Slides/Discussion/Journal Writing**

Our focus will be on women artists and how the connection to the sacred is possible through looking at and interacting with female created imagery. After viewing art from a variety of cultures and styles, we will connect the image to our sense of the sacred through discussion and a directed writing exercise.

**Sandy Beach**, poet and visual artist from the Twin Cities; recently received her M.F.A. in creative writing from Hamline University. Her first poetry collection, *That Intense Moment of Looking*, is primarily about women artists.

## INCARNATION:

### SPIRITUAL NOTEBOOK FOR SPIRIT AND SOUL

**AH 203** **Ritual/Discussion/Experiential**

This workshop will include a meditation, to prepare for the creative process. Those in attendance will embellish a notebook to make it "their own". This Spiritual Notebook is filled with spiritual thoughts, feelings, lessons, and spontaneous insights that we use to aid us on our spiritual journey. The Spiritual Notebook gives us a beautiful place to record what Spirit is telling us. In conjunction, each participant will be gifted with a special stone that will aid them in their spiritual journey, quest, and/or mediation time.

**Mary Lovold-Hearns**, B.A.Ed., is a teacher, writer, poet, artist, gardener, wife and mother. She integrates these into her own journey in discovering the Sacred in daily life.

**Carrie Tavernier**, writer, poet and student, combining and adapting these to attain balance in her spiritual journey.

## HONOR YOUR SHADOW TO RELEASE YOUR CREATIVITY

AH 220

Presentation/Experiential

Being creative is a blissful way to connect to our spirituality. Yet, most of us find ways to avoid our creativity because it scares us as much as it attracts us. Creativity calls us to leave the comfortable limits of our little ego-self and take the spirit journey of becoming our True Self. When we follow the creative lure, we encounter our shadow, the denied and repressed parts of ourselves. Discover what your shadow is, how it is connected to your creativity, and what you can do to honor your shadow and thus release your creativity.

**Rosanne Bane, M.A.**, is a Creativity Coach and author of *Dancing in the Dragon's Den: Rekindling the Creative Fire in Your Shadow*. For over ten years she has helped her students and clients discover the connections between their creativity and shadows, break through creative blocks, and walk through fear to embrace the gifts hidden inside themselves.

## THE OLD RELIGION: SILENCED IN THE NEW WORLD (PART 1)

AH 225

Story-telling

Hear how people survived political & religious persecution, lived on the land, came to use nature as a powerful source of life energy, and were influenced by indigenous animals, plants, minerals and rocks.

**Bellezza Squillace**, ordained Dianic priestess; has served two terms as President of Stella del Nord, the Italian-American Historical Assoc. in the Upper Midwest, whose purpose is to gather oral histories from Italian immigrants.

**Loretta Dakin**, is a member of the Re-formed Congregation of the Goddess/MN and is active with the women's ritual planning committee. Her spiritual heritage has its roots in the boundary shifting Austro-Hungarian Empire.

## EMOTIONAL EXPRESSION AS A VALID SPIRITUAL PATH

AH 231

Lecture/Participation

Emotional energy is feminine in nature. Why is it that emotions are considered childish, uncontrolled, immature, etc.? This class is designed to give an understanding of why we have emotion, what each emotion is designed to tell us, and how to work with our emotions so that we are able to trust what they tell us and be able to act on them. I am committed to restoring the spiritual validity of emotion in a world that shuns and ridicules them.

**Cat Thompson**, a shaman of many traditions, combining a lifetime of study and a lifetime of experience to create dramatic, powerful, and fun trainings.

## LANDSCAPES OF THE SOUL - A View of Relationships and Spirituality

MH 210

Discussion/Lecture/Experiential

This workshop is designed to open the heart and mind to the higher purpose of relationships. We encourage group discussion and interaction through storytelling and lecture. Laced throughout the program are tips, tools, and practical applications for discovering the barricades to personal happiness and assisting in transforming relationships. Also included is an experiential technique of breathing designed to open the heart and mind.

**Catherine Dwyer**, storyteller combining background in communications with study of metaphysics; presenter of seminars dealing with all aspects of spirituality; Natural Health Practitioner and Consultant, Reiki Master/Teacher, intuitive, inspirational speaker and student of life.

## SESSION III (Sunday, 8:30 - 10:00 A.M.)

### LET THE REVOLUTION BEGIN: AN INTENSIVE JOURNALING EXPERIENCE

AH 203

Experiential

Journaling, like all forms of meditation, provides a space in our lives for us to listen to ourselves, to our deep voices of wisdom that are too often drowned out by the routine and noise of everyday life. Often people who want to journal find reasons not to go to the page day after day. Learning techniques to get started each day can provide a path

through the resistance of taking time to journal. In this experiential workshop participants will learn many journaling techniques in hopes that they will take with them a couple of tools that resonate with them so that they may begin a consistent journaling practice of their own  
**Carol Kapaun Ratchenski**, see Session I for bio.

## WOMANSONG:

### ORIGINAL MUSIC WELCOMES THE NEW MILLENNIUM

AH 225

Original Songs/Personal Story

That creativity can blossom and flourish in the second half-century of one's life is demonstrated in this workshop of original songs and personal story. Growing from traditional background and expectations to new ways of being fully alive, the presenter weaves lyrics, melodies and harmonies expressing freedom from oppression, reverence from the earth, and the endless opportunities flowing from women's wisdom. Listen with your heart as together we embrace a new global vision.

**Dody Davies**, see Session I for bio.

## REMEMBER THE CIRCLE, REMEMBER THE TRUTH

AH 234

Story-telling/Discussion/Experiential

This workshop provides an opportunity to remember the truth about whom we really are as spirits journeying as humans on the earth. A story about these truths will be told, acted and danced for the group. The Circle Process will be used to explore our own stories, our connections to the truth about ourselves, and our dreams for our lives. The Circle Process is founded in the wisdom of the ancient circle, which is universal and has been used in all Indigenous cultures. It is an age-old practice for discussion, decision making, and problem solving.

**Louann Lanning**, builds bridges between Indigenous wisdom and mainstream American culture, participates in the healing of the earth by helping people connect to themselves, each other, and all living things.

**Tracy Hamilton**, we are on a vision path; a path that leads to enlightenment. We open our hearts for the teachings of this early journey for they illuminate the way. It is good to Dream.

## DARK AND FIERCE IMAGES: GODDESSES OF CENTRAL MEXICO

AH 231

Paper/Discussion/Ritual/Video

This workshop is to acquaint participants with some of the pre-Hispanic pantheon of Goddesses in the Mexican Central Highlands. This historical and contemporary feminist reflection features ritual, goddess mythology from the historical Tonacacihuatl to the contemporary Guadeloupe, and features a clip from the reflective video, "Through the Goddess GATE." Colorful banners taken directly from the Aztec codices depicting Xochiquetzal, Chalchiuhtlicue, Itzpapalotl and Tonacacihuatl will be displayed.

**Linda Mershon**, director of Outreach for the Goddess GATE, which facilitates spiritual pilgrimages in the Central highlands of Mexico in an effort to rediscover the contemporary Female Divine through exploration of pre-Hispanic archaeology, interaction with Mexican women, and personal integrative experience. Linda holds a MA in Spirituality and engages pilgrims in sharing and ritual combining the external experience and the internal process.

## HISTORY OF THE EUROPEAN WITCH BURNINGS

AH 232

Presentation/Discussion

Using a feminist analysis, this presentation will attempt to educate the audience about the historical and theoretical components of Europe's sixteenth and seventeenth century witch-hunts. An array of historical illustrations will be shown, and discussion and questions will conclude the presentation. Due to the graphic nature of this presentation, it may not be appropriate for young children.

**Julie Wilbert** received a M.S. in Women's Studies from Minnesota State University. She completed her thesis on the Burning Times and currently works in Minneapolis.

## LOVE IS ALL THERE IS-CHANNELED AND SUNG (THE UNIVERSAL CHANT AROUND THE WORLD)

SU 204

Ritual/Movement Activity/Experiential

We will offer participants a chance to experience a message from Spirit as well as learn a Universal Chant that is sung around the world. The



information that will be given is not meant to sway anyone's belief, it is information that will enhance what you already believe in. Universal Chants have been used throughout history and human culture to bring positive, healing and deep peace to the listeners.

**Rev. Janice Hope Gorman**, founder of the Friendship House; spiritual guidance counselor, channeler, teacher and friend to many.

#### COMMUNITY QUEST: CREATING THE COMMUNITIES YOU WANT!

**MH 210**

##### Panel/Discussion

Participants will become aware of the communities they have in their lives and the qualities of those communities. They will explore what they desire in their communities. Participants will hear from members of a group that calls themselves an "intentional community" and lives within a circle of 20 miles. We will share our experiences of creating celebrations, a community written newsletter for others' aspiring to create intentional communities, dinners, an e-list, camp outs, and accomplishing "work" together. Participants will identify a community in their life and a plan for action to deepen and broaden that community experience.

**Gina Coburn & Elizabeth Hansen**, part of a group of women who are committed to transforming the world; and created a community together with their families about five years ago. The ten plus families live within a radius of 20 miles in the western half of Minneapolis and suburbs.

#### EARTH CHAKRAS: HEALING FEMININE ENERGY

**MH 211**

##### Meditation/Visualization

We will explore the concept of a healing feminine energy derived from the physical earth and entering the body through the Chakras. An intro to Chakras for those who are unfamiliar with the concept, and then we will explore the relation of the 7 energy vortices to the physical organs and how this energy influences our lives. We 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 Stokes**, lecturer, workshop leader and healer; completed training in MariEL healing, has achieved practitioner status from Sancta Sophia Seminary; has lectured on music as a healing agent, alternative medicine, the Chakras and the topic of Sacred Sexuality - The Integration of Feminine/Masculine Energies.

#### GIFTS FROM THE GARDEN

**AH 214**

##### Discussion/Experiential/Child-friendly

We will explore the connection between movement, writing, visioning and creating sacred space in a garden, and the healing connection between soil and spirit in our fragmented world. Mary Jean will share her garden creations and personal spiritual insights gifted from her garden. Participants will be invited to create a modified labyrinth garden bringing to it their own unique visions of soil and spirit; and will share their reflections and writing and how these connect them to a wider world of activism and healing.

**Mary Jean Mulherin**, Irish-Italian, earth-connected lesbian activist, gardener, walker and writer.

#### DANCING THE TAROT

**PA Dance Studio**

##### Movement Activity

We will explore the Tarot through the movements of Nia. We will play with the aspects of Tai Chi, Martial Arts, Yoga, Jazz, Modern and Duncan Dance. Dance through the Wheel of the Year with Julie's 22 Major Arcana original oil paintings around you. Wear comfortable clothes and bring a pillow or blanket for sitting.

**Barb Wesson and Beth Mueller**, see Session I.

**Julia Cuccia-Watts**, creator of The Ancestral Path Tarot and T A R O Oral Wheel of Wisdom; is sole proprietor of New Moon Trading Co., Watertown, WI.

#### SPIRITED LIVING -

#### CELEBRATING SACRED RELATIONSHIP IN DAILY LIFE

**AH 211 Experiential/Discussion/Ritual/Story-telling/Child-friendly**

Founded in the paradigm that all we are, all we create, manifests from our spirit, this workshop will serve to inspire participants to explore possibilities for joyful and sacred living. Through interactive teaching and experiential exercises we will look at ways spirit relates to our intellect, emotions and physical body. We will focus on awareness of the presence and impact of spirituality in every aspect of our being and life choices. We will then take this awareness into our relationships with self, one another, community, and life experiences.

**Barbara Iversen**, artist of life and student of all, finding passion in Spirit, co-creating opportunities for others to remember themselves as uniquely and wonderfully made; is a mystic for today's world, visionary leader, mother of three teenage boys and gifted holy listener.

#### DANCING IN YOUR VISION

**SU 101**

##### Movement/Musical

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**, see Session II.

**Frankie Cudd**, co-presenter.

#### MATRIARCHY, WARFARE AND HUMAN SACRIFICE IN MINOAN CRETE? SOME REFLECTIONS AND ANSWERS

**MH 206**

##### Paper/Discussion

Bronze Age Crete is an ancient civilization of major interest to both archaeologists and the Goddess movement. For the latter, Minoan Crete is one of the prime examples of an Old-European civilization: peaceful, matrilineal, egalitarian, and Goddess worshipping. When archaeologists look at Minoan Crete they see a highly stratified, war-like society ruled by a priest-king that worshipped gods and goddesses and perhaps even practiced human sacrifice. Which of these two views of ancient Crete is the most accurate? I will attempt to provide an answer to that question based upon my years of study of Bronze Age Crete.

**Joan Cichon**, currently pursuing a Ph.D. in Women's Spirituality at the California Institute of Integral Studies; a frequent presenter at this conference and throughout the Midwest on Marija Gimbutas, archaeomythology, the history of the Goddess, and her Goddess pilgrimages.

#### HAVE I TOLD YOU LATELY THAT I LOVE YOU?

**AH 220**

##### Experiential

A guided visualization helps us identify what we love and value about Mother Earth, friends and family, ourselves, and our Great Creator. Using card stock, a variety of rubber art stamps, markers, and other materials, we'll create postcards to send to express our feelings to loved ones, affirmations to ourselves and pledges of our support for Mother Earth. Our sentiments of love and thanks to the Great Creator will weave into a prayer for the end of the session.

**Erin Sim** (Tree Dancer) blesses the chaos and shining opportunity of her new life "mothering" teenagers; expresses love through art, massage & Reiki, listening, and chocolate.

**Carol Douglass** enriches the lives of others as an artist, healer, mother, and creator of jobs and travel opportunities for people with developmental challenges.

#### TAKING CARE OF THE CAREGIVERS: REGENERATE AND CONNECT TO YOUR SOURCE

**AH 121**

##### Experiential/Discussion/Movement Activity

Women today work outside the home, are household managers, and provide for the emotional well-being of spouse, children, parents and extended family. We need permission, time, and methods to reconnect to our Source, no matter what our spirituality, and to renew on all levels. A variety of easy, 5-15 minute self care and reconnection techniques will be taught and practiced, providing for different personal styles. We will brainstorm ways to support these practices in our daily

lives. Handouts to be taken home create reminders and motivation. **Janaki Jane**, teacher, has 18 years of professional experience in the healing field, and is the founder and director of THE SCHOOL OF ETHICS-BASED SPIRITUAL HEALING in St. Paul. She has been teaching stress management, self care, and spiritual healing since 1984.

#### A GODDESS TOUR OF CRETE, A STUDY OF THE MINOAN CULTURE

**AH 213** Slide Presentation

The presenters will share the images, music and experiences from the 1999 Goddess Pilgrimage to Crete sponsored by the Ariadne Institute and directed by feminist theologian Carol Christ. The tour focused on the Goddess religion of ancient Crete, 6000 - 1500 BCE. Archeologists have described Minoan Crete as the "cradle of European civilization" and "the most inspired of the ancient world." Minoan Crete worshipped an immanent Goddess sometimes imaged as the Snake Goddess.

**Barbara Keating** is a Professor of Sociology at Minnesota State University, Mankato. She is a member of the Unitarian Universalist Fellowship of Mankato and practices a nature-based spirituality in the Celtic tradition.

**Doris Ikier** is a member of St. Paul-Reformation Lutheran Church in St. Paul. She is a hiker, kayaker, camper and traveler who loves the outdoors.

#### BE RENEWED BY THE TRANSFORMING OF YOUR MIND - NLP AND NEW BEHAVIOR GENERATION

**SU 201** Experiential

Many of us do not need new knowledge to transform our lives, what we need are new behaviors that move the knowledge we already have into daily reality. In this experiential workshop learn the Neuro Linguistic Programming technique for new behavior generation. You'll learn and practice it on the spot.

**Dr. Patricia Linehan** is an Educational Psychologist, Master Practitioner of Neuro Linguistic Programming, and co-owner of Full Circle Institute, a communications and research consulting firm.

#### SHADOW TEA

**AH 216** Ritual Experience/Experiential/Story-telling/Child-friendly

Shadow Tea is a way to work with your own internal chaos in a calm active way. It is an alternative way to meet your fears, to pay attention with intention to your innermost self in a welcoming, warm, yet structured environment. Bring a bag of your favorite tea and your favorite teacup if you wish.

**Jennifer Kendall**, see Session II for bio.

#### COMPLETING THE CIRCLE: OUR MEMORIES AND VISIONS CONNECT US

**SU 202** Experiential/Ritual

The council is an age-old sacred way for giving witness to each other's perspectives. An intergenerational circle of elders, women and children of all ages, will be created to blend our wisdom and gifts in an exploration of the beauty and challenges we experience. Participants will experiment with clay shaping, storytelling and music to evoke the magic of the oak, the vervain, the butterfly, the hawk, and the muskrat. Girls, grandmothers and all those in between, unite!

**Sage Passi, Kaia Svien**, see Session I for bio.

#### MOTHER SOPHIA, GREAT GODDESS OF THE ETERNAL WISDOM

**MH 212** Discussion/Experiential

This workshop is designed to bring participants to a greater understanding of the significance of Mother Sophia, the Great Goddess of the Eternal Wisdom. We will explore the influence of Christian teachings upon the current role of women as healers. The original Christian teachers regarded the Holy Spirit in the feminine form as Mother Sophia. Subsequent teachings within Christianity have discarded the Divine Feminine form of the Holy Spirit. The goal of this workshop is to guide participants to the recognition that healing and the Holy Spirit are aspects of the Great Goddess, Mother Sophia.

**Harley D. Schriver**, see Session I for bio.

#### MAKING THE CONNECTION

**AH 233** Discussion/Experiential

The purpose of this workshop is to aid participants in learning to connect their mind and hearts to their outer guidance. The main theme is to introduce participants to the concept that there are guides and loved ones that aid us all on our journey through life. By utilizing these connections they could enrich their lives. It opens up possibilities for more solutions and more ways to look at every situation when managing conflicts and facing crisis. It could also give them the confidence and courage to reach for their goals and dreams.

**Mary Kay Janssen**, see Session I for bio.

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

**AH 209** Discussion/Experiential

This 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.

**Toni Lucas, Susan Miller, Pam Cole**, see Session I for bio.

#### "GUT FEELINGS" REVISITED: THIRD CHAKRA HEALTH ISSUES FOR DIGESTION, NUTRITION AND HEALTH

**SU 203** Lecture/Discussion/Experiential

The digestive organs of the third energy center (solar plexus) are more closely aligned with our emotions than almost any other area of our body. Research and clinical practice have both shown the association with our emotional state, our perception of stress, and the physical symptoms that our bodies produce. Participants will be asked to explore their "gut feelings" through meditative and stress management exercises, nutrition and digestive system presented material and experiential journaling related to these areas. Encouragement will be given to share insights.

**Pat Casello**, see Session I for bio.

#### HEALING EVE'S WOUND

**AH 222** Movement/Discussion/Experiential/Slides

Buried deep within the psyche of many women lies the imprint of Eve's wound, that which separates spirit from flesh leaving a shroud of shame and guilt, veiling the full beauty, joy, and sacredness of our feminine sexual bodies and our wholeness. In this workshop we will rediscover the ancient connection between spirituality and sexuality and begin to lift the veils of cultural and personal beliefs that have limited the expression of our sexual feminine essence. Drawing inspiration from ancient cultures who revered the Feminine, sacred images that reflect our wholeness, meditation and discussion, we will reconnect to and embrace our sexuality as the sacred creative energy that heals, transforms and unifies.

**Janice DeLuca**, see Session I for bio.

#### LESBIAN CRYSTAL BALL GAZING

**MH 209** Discussion

Share in a partly light-hearted, partly serious look at how the new millennium might unfold in the lives of lesbians. Bring your dreams and predictions for an exciting lesbian future world that includes, yet moves beyond, Ellen, legal domestic partnerships, and marches on Washington. Through singing, readings, brainstorming, and discussion, we will explore the potential for positive change in ourselves, our communities, and the universe.

**Eleanor Ruth Wagner** is a lesbian crone of many passions, past workshop presenter, and author of the book *Lavender Reflections: Affirmations for Lesbians and Gay Men* and a cookbook of fresh herb recipes. She is also an herb grower, photographer, crafter, and mother of two adult sons. She lives in Edina with Kathy, her partner of 13 years.

#### SHIFT YOUR POSTURE, SHIFT YOUR CONSCIOUSNESS

**AH 202** Movement (posture work)

Our spiritual/emotional nature not only dictates our posture, but as we change our posture we change how Our Being is able to inhabit our physical and finer bodies. Learn some simple techniques for correcting your posture and bringing yourself more into the present moment



through body awareness.

**Char O'Brien** is a graduate of Spatial Dynamics Institute, a five year course in Anthroposophical movement using the finer bodies to move the physical body based on the work of metaphysical scientist, Rudolph Steiner.

## SESSION IV (Sunday, 10:30 - 12:00 NOON)

### PAST-LIFE REGRESSION, A GUIDED MEDITATION

**SU 201** **Experiential**  
"All of life happens now." Past-life regression is a form of healing and a rich, enlightening source of knowledge that can assist individuals in their state of affairs. It offers us a glimpse of how the beings on the Other Side see time — in its entirety. The workshop will gently guide each individual into a memory of a significant past-life. Participants will be asked to lie on the floor, so please bring something for your head and/or a blanket for cover if you wish. A notebook and pen would also be useful to record the details of your regression.

**Shari Wagner**, see Session I for bio.

### THE OLD RELIGION: SILENCED IN THE NEW WORLD (PART 2)

**AH 225** **Story-telling**  
In this second session, our focus is the transmission of the old world Italian tradition to descendants in the new world in spite of prejudice, oppression, fear and assimilation. Learn how our family traditions, the examination of mythology, and scientific data share the secrets to our magical practices.

**Bellezza Squillace & Loretta Dakin**, see Session II for bio.

### TEACHINGS FROM THE AMERICAN INDIAN MEDICINE WHEEL

**MH 210** **Paper/Discussion/Ritual/Experiential**  
Teachings from the sacred American Indian Medicine Wheel will show how it is possible to bring about significant changes to improve conditions of the mind, spirit, emotions, and physical being. The Medicine Wheel can promote healing and bring about transformation for each person and also for others and our earth. Through the Medicine Wheel it is possible to evolve and to use the gifts that have been given by the Creator.

**Gladycy Nahbenayash**, Ojibwa educator who has taught the philosophy and spirituality of American Indians, presently Assoc. Professor of American Indian Studies at the U of Wisconsin-Superior.

### HEALING ENERGIES, HEALING TOUCH

**AH 202** **Discussion/Demonstration/Experiential**  
We will introduce participants to the body's energy system and demonstrate basic healing touch techniques. A brief history of hands-on healing will be shared. The audience will work with each other to experience both giving and receiving therapeutic touch sessions. Join us to discover the power of your touch!

**Penny Tower**, healing touch practitioner and teaches a variety of classes in the Mankato area; is the blessed mother of two wonderful daughters!

**Rose Hettinga**, nurse practitioner in Mankato, a healing touch practitioner in St. Peter, teaches classes in the Mankato area; is involved in parish nursing and health & wellness counseling.

### ENCOURAGE THE POTENTIAL AWAKENING THE DIVINE WITHIN

**AH 216** **Story-telling/Discussion/Experiential**  
Love In Full Expression (LIFE) is the journey of the heart from darkness into light. This workshop introduces the voyager to every aspect of the healing journey. Traversing the dark side of the soul, awakening the desire for healing, and moving into the compassionate, loving expression of oneself. It is a lecture format with group discussion encouraged during the use of the Healing Wheel, a technique for recognizing emotional triggers and tracing them back to "core" issues. The format is non-threatening and "Mock" examples are used during the explanation of the Healing Wheel. Participants leave with a clear understanding of the use of the healing technique as well as a copy of the wheel for future use.

**Catherine Dwyer**, storyteller at heart, combines background in communications with life long study of metaphysics imparting the wisdom of ancient truths while bringing them into context with our contemporary lifestyles; is a Natural Health Practitioner and Consultant; Reiki Master/Teacher, Intuitive, Inspirational Speaker and Student of Life.

### JESUS, THE BUDDHA OR ENLIGHTENED ONE

**MH 206** **Paper/Discussion**  
The flesh and blood Jesus who actually lived in history before the myth of Christ evolved showed the qualities of spiritual leaders in all times and in all cultures. His distinctive message has nothing in common with the Christian proclamation that we are saved by his death, but it has much in common with the basic message of the world's mystics, specifically the mystics of the East. Throughout the presentation of this theme, there will be opportunities for questions and discussion.

**Jeanette Blonigen Clancy**, M.A. (systematic theology) is a teacher and writer who places Christianity in the context of other religions and spiritualities.

### MUSIC, MAGIC AND MYSTICISM

**MH 212** **Ritual/Story-telling/Movement Activity/Discussion/Experiential**

Mysticism is the theory, music is the application, and magic is the walkway in between. In this context, magic is the art of creating your own reality. How we intend to demonstrate this is by integrating live music performance with spoken word, poetry and group discussion. Conference participants will be encouraged to share in the above, either experientially or by simply lending their energy.

**Jacque Maddix Johnson**, African-American woman who practices sky/star magic; involved in broadcasting and producing the blues on television, radio and public access TV since 1988.

**Melinda Brobeck**, musician who practices earth magic in her everyday life; growing up in Norway, she learned at an early age to bond with mother nature and trolls!

### PEACE AND VIOLENCE:

#### A DISCUSSION ON WHAT WE CAN DO AS ACTIVISTS

**AH 213** **Discussion**  
This workshop is to inform and encourage all participants to take action in their own communities to confront the violence found there, in the U.S. and world. Lecture and discussion of what we have done already and suggestions of what we CAN do to move towards less violence in our society.

**Judi Poulson**, given many workshops, talks, sermons on Peace and Violence prevention; M.S. in Peace Studies; has lived in Southern MN all of her life and has found many opportunities to be an activist.

### SHIFT YOUR AWARENESS/SHIFT YOUR RELATIONSHIP- MEETING THE DIVINE IN THE OTHER

**PA Dance Studio** **Experiential/Movement**  
By shifting your awareness of the other, you not only shift your relationship to the other, be it stranger, friend, child, co-worker, intimate other, but to yourself. Through a series of esoteric, yet fun group and partner exercises using movement and body awareness, we will become more conscious of the Divine in the other and our interconnectedness. These exercises (developed by my teacher, Jaimen McMillan) are designed to improve the way you meet all others.  
**Char O'Brien**, see session III for bio.

### TELLING DREAMS, LISTENING TO DREAMS

**SU 101** **Experiential/Child-friendly**  
Mysterious and sometimes frightening, dreams, when understood, can be empowering. Telling them in a group and hearing reactions and impressions from others brings reassurance and insight. We will tell dreams and respond to them, and we will discuss guidelines for forming your own dream group. Handouts and a reading list will be provided.

**Mary Flaten**, Master's in Dreams and Spirituality from St. Mary's of MN; has taught dream classes and workshops since 1990.

## PERCUSSION JAM

### SU Fountain

### Movement

Our purpose is to awaken the primitive, wild woman in each of us, to instill a feeling of oneness and purpose, to align participants with the heart beat of the earth, to show the connection between chaos and order. Striking percussion instruments (brought by presenter) or bring your own, and dance in a supportive group environment.

**Vetch**, pagan ritualist, an artist and poet, and avid drummer.

## THE ART OF SPIRITUAL DREAMING

### MH 211

### Discussion/Experiential

Our purpose is to aid you in your spiritual journey through the study of your dreams. We will give you tools to help you understand the nature and reality of dreams, and show you how to experience the love and happiness dreams can bring into your life.

**Shella Sudit**, member of ECKANKAR, given talks on spirituality across the country; loves to talk with people from around the world on their experiences with spirituality and dreams and how these topics help them in their daily life.

**Josse Ford**, member of ECKANKAR, given talks and presented on spirituality topics internationally; is a writer and runs a video production company specializing in digital video, motion graphics and narrative storytelling.

**Pam Cole**, member of ECKANKAR and accomplished writer and speaker on spiritual experiences.

## RECOVERING THE WOMAN'S VOICE

### AH 233

### Ritual/Experiential

For thousands of years, patriarchy has suppressed women's voices. The results to women include low self-esteem, throat ailments, and a sense of unfulfilled purpose. The result for the world has been the loss of the woman's vision. This workshop offers ritual, chanting, and guided imagery to recover one's voice, to form one's personal vision, and to gift these to the world.

**Dianne Henderson**, Master's degree in transpersonal psychology and communication; has taught in the U of Wisconsin system for 16 years; and in her ongoing effort to claim her own voice she records her guided imagery and offers workshops and personal consultations in psycho-spiritual development.

## HAGAR'S GIFT: RESPONSIBILITY AND SERVICE AFTER THE PRAYERS ARE ANSWERED.

### G-D LISTENS AND RESPONDS TO WOMEN'S PRAYERS: HOW RESPONSIBLY DO WE USE THE ANSWER?

### AH 232

### Paper/Discussion/Movement/Experiential

How to see what everybody knows about oneself and use it for who we want to be. How to describe/chart one's spiritual journeys and bring them back to be useful for the people of one's life.

**SE Still**, 25 years reading tarot; certified hypnotherapist; has hosted area spirit and health Expo for 3 years in Quad City (IA/IL); present trans-media Shammanic drumming.

## FEMINIST SPIRITUALITY:

### WOMANSTORY RITUAL AND CONSCIOUSNESS-RAISING

### AH 222

### Ritual/Experiential

The first portion will explain the creation of the WomanStory Ritual, I will also talk about how and where I have used this ritual as a consciousness-raising tool. The next portion we will setup the room to do the WomanStory Ritual by gathering in a circle, creating a center space with sacred objects. I will explain what we are doing as we do it. The major part will be the attendees' participation in the WomanStory Ritual.

**Peggy Leedberg**, currently completing a Master's through Goddard College, VT in Feminist Spirituality; has taught a course on Feminist Spirituality for 15 years and has led Women's Circles for over 14 years.

## LIVING LIFE AS A SOUL -

### Enjoy a Taste of Transformational Kinesiology

### AH 231

### Experiential

A synergistic blend of Ageless Wisdom Teachings and contemporary science, this intro is about awakening Inner Joy & Life Purpose. In a Goal-centered Group Balance format, "subtle response" muscle checking is respectfully utilized as a simple tool for selecting the most relevant spiritual quality for the group to focus upon, discovering the emotionally-charged self-limiting beliefs ripe and ready for transformation - and what positive version they will be transformed into, and what "home Play" will best reinforce our consciously Living the Goal. You will become acquainted with a model of energy flow from the Soul into our bodies, Soul-centered goal setting, and how you can "change your mind" to change your life. This "serious" work happens to be a whole lot of fun.

**Maria Turnblom**, M.A., certified with the Danish GRO Institute to teach and train teachers in Transformational Kinesiology; her practice "Change Making for Real" serves individuals and groups; and introduces causal-level healing.

## WISEWOMEN SING AND DANCE

### AH 121

### Movement/Experiential

We join spiritually with others on the planet and lay the foundations for a peaceful harmonious world. We celebrate our unity and diversity and honor all our spiritual paths. We will explore the theme "chaos and opportunity" and use those images to set the stage for the workshop. We will explore chaos through sound and movement and work through the chaos and move into harmony and balance. We will use live as well as recorded music and simple dances, movements and sounds.

**Dorcas Hueners**, M.A., T'ai Chi instructor, facilitator of "Wise Women Gatherings" and Women Comfort Days; co-facilitator of "Womansong" in Coon Rapids; dancer of Universal Peace.

**Geralyn Sorensen**, MST, musician, educational speech and language pathologist, member of Vocal Healing Sounds Project; co-facilitator of "Womansong" in Coon Rapids and dancer of Universal Peace.

## THE FUN OF BOOK CLUBS

### SU 204

### Child-friendly/Experiential/Discussion

Are you looking for good books to read about girls and 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 your favorite books? This 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.

**Kaia Svien**, M.S., author, spiritual guide, instructor in Ancient European Earthbased Cosmology, Minneapolis.

**Dagny Bilkadi**, M.A., artist, mother, book club leader, ESL instructor.  
**Mahtomed, Sofia Bilkadi & Kira Pontiff**, active readers.

## BE RENEWED BY THE TRANSFORMING OF YOUR MIND - NLP AND NEW BEHAVIOR GENERATION

### SU 202

### Experiential

Many of us do not need new knowledge to transform our lives, what we need are new behaviors that move the knowledge we already have into daily reality. In this experiential workshop learn the Neuro Linguistic Programming technique for new behavior generation. You'll learn and practice it on the spot.

**Dr. Patricia Linehan**, see session III for bio.

## STORIES PLUS

### AH 234

### Child-friendly/Story-telling/Movement Activity/Experiential

In this workshop we will think about how to pass on our beliefs (whatever they may be) through story and a response to the story.

**Mary Snyder**, see session II for bio.



# Conference Information & Services

Past keynote speakers from 1982 to 1999 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"), Sister Paula Gonzalez (Activism & Spirituality), Leslie Feinberg ("Trans Liberation: The Basis For Unity").

## KEYNOTE SPEAKER 2001 - Winona LaDuke October 13 and 14, 2001

If you are interested in working on the 2001 Planning Committee, please stop by the Registration Table and let us know.

**MEALS:** The main cafeteria (Stompers) in SU, will be open on Saturday from 8:00 A.M. - 2:00 P.M. and Sunday (Double Treat at entrance to SU first floor across from information booth) will be open from 7:30 A.M. until 11:00 A.M. with coffee, muffins, sweet bread, bagels and donuts. There will be a Saturday night buffet which will cost **\$12.00**. Please see Dinner Registration form.

### DINNER MENU

Buffet which includes:

Red Beans and Rice; Meat or Vegetable Lasagna;  
Spring salad with choice of dressings; Marinated vegetable salad;  
Fresh Green Beans; Corn bread w/honey butter; pita bread w/humous;  
Asst. rolls; ice tea; lemonade; coffee; herbal tea  
Assorted desserts

**PARKING:** You may park in any lot or other legal locations on Saturday and Sunday. Lots 4, 6, or 4A will be the most convenient. Be aware you may **NOT** park in 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 Inns & Suites - (507) 388-8555 or 1-800-456-4000
- \* Comfort Inn - (507) 388-5107 or 1-800-221-2222 (1256)
- \* Super 8 Motel - (507) 387-4041 or 1-800-848-8888 (CG Spir)
- Riverfront Inn - (507) 388-1638
- \* Holiday Inn Downtown - (507) 345-1234 or 1-800-HOLIDAY
- \* Best Western Hotel - (507) 625-9333 (5134)
- \* Econo Lodge - (507) 345-8800 or 1-800-428-3438
- Kato Economy Inn - (507) 388-1644
- \* Days Inn - (507) 387-3332 or 1-800-325-2525 (CGACV & CGACW)
- \* Fairfield Inn - (507) 386-1220
- \* Americinn Motel & Suites - (507) 345-8011 (40242)
- Butler House Bed & Breakfast (507) 387-5055
- Americinn - St. Peter - (507) 931-6554 or 1-800-634-3444
- St. Peter Motel - St. Peter - (507) 931-3100
- South Side Motel - St. Peter - (507) 931-4100
- Viking Jr. Motel - St. Peter (507) 931-3081 or 1-800-221-6406
- 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

**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 DEADLINE is September 22, 2000** for children up to ten years of age and 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 P.M., 1:30 - 6:00 P.M. and Sunday from 8:00 - 1:00 P.M. (**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 (no less than 6 weeks old to 16 months old) can be accepted for care. Child-care must be cancelled two weeks in advance to be eligible for a refund. **Conference Registration is NOT Required For Children Age 11 - 16.**

**Child-Friendly Workshops** are noted in the program.

**COURSE CREDIT:** Those interested in taking the conference for one (1) credit in Women's 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:

- Apply for a scholarship for conference registration by contacting us at (507) 389-2077 no later than September 22. 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. You must call for prior approval.
- 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 22. Check "Women of Color Scholarship" on your form. You must call for prior approval.
- **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 UNLESS OTHERWISE INDICATED.**
- 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 September 22, 2000. You must provide your social security number.

For answers to any questions, call or write:

Women and Spirituality Conference  
Minnesota State University, Mankato  
109 Morris Hall  
Mankato, MN 56001  
(507) 389-2077 / Fax - (507) 389-6377  
cynthia.veldhuisen@mnsu.edu

# Access to Minnesota State University, Mankato

Highway 14 (coming from the West)  
Exit to Highway 169 and use the following directions.

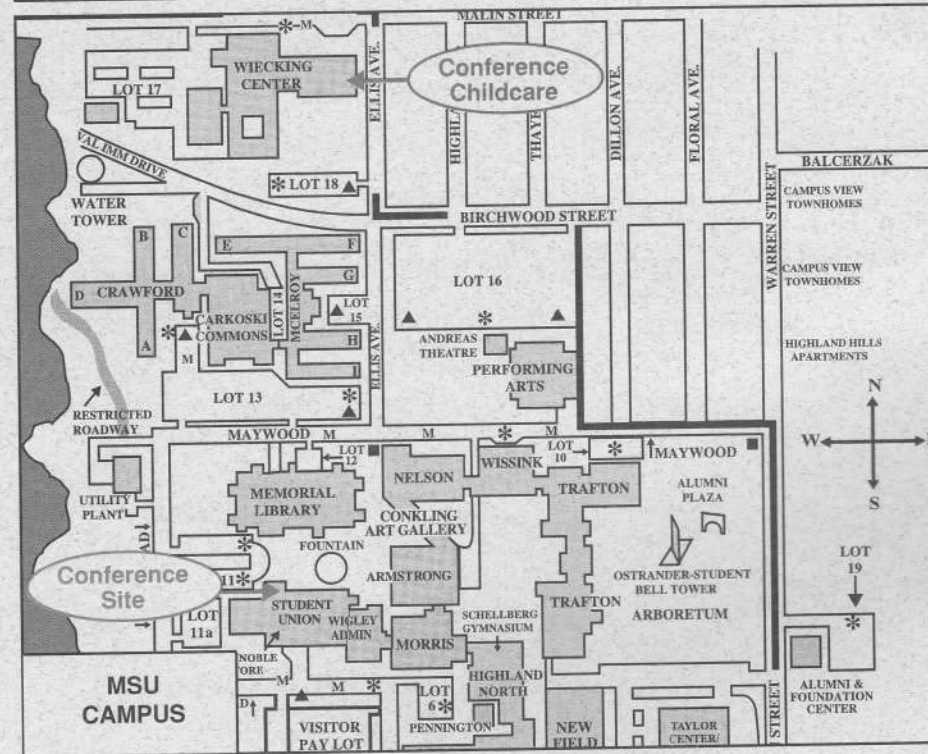
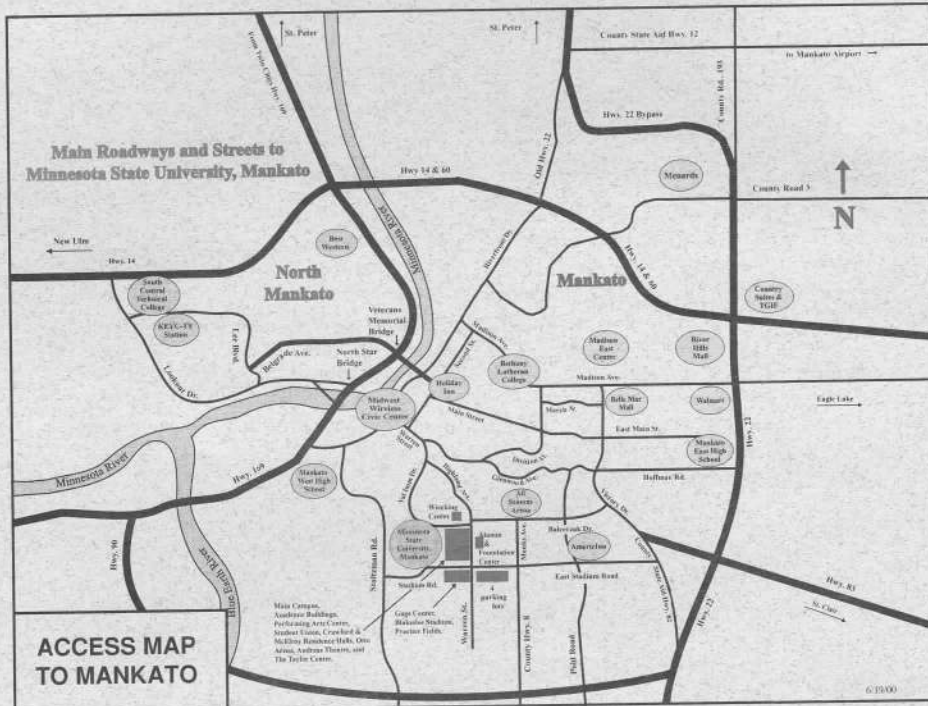
Highway 169 (coming from the North)  
Take the Mankato/North Mankato exit. Turn left at the stoplight and cross the bridge into Mankato. Turn right at stoplight on Broad Street. Continue on Broad Street to third stoplight (Warren Street) and turn left onto Warren Street. Continue on Warren and take the 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 September 22, 2000!)

Registration is limited to first 800 people.

Registration must be postmarked by September 22, 2000 for reduced rates. Make checks or money orders payable to: Minnesota State University. Mail to: Women and Spirituality Conference, Minnesota State University, Mankato, 109 Morris Hall, Mankato, MN 56001. 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: \_\_\_\_\_  
if you have a double last name, please circle or highlight name you want registration filed under.

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Day Phone: (\_\_\_\_) \_\_\_\_\_ Evening Phone: (\_\_\_\_) \_\_\_\_\_  
 Please check if this is a change of address.  
 Please check if you are 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\*\*

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

Total enclosed: \$ \_\_\_\_\_ Registration fee (Includes Keynote)  
\$ \_\_\_\_\_ **Keynote Only fee**  
\$ \_\_\_\_\_ Dinner Saturday  
\$ \_\_\_\_\_ Tuition credit cost (Separate Check Please)  
\$ \_\_\_\_\_ Child Care  
\$ \_\_\_\_\_ Total amount enclosed (Checks Payable to MSU)

LUNCH OPTION: Vegetarian, Vegan, and Meat options will be available.  
 I am interested in the Saturday Lunch option for \_\_\_\_\_ number of people  
(Cost will be approx. \$5.25 at the door).  
 I am NOT interested in Saturday Lunch.

**DINNER REGISTRATION**  
(Postmark Deadline September 22, 2000)

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 22, 2000

Days Needed:  Saturday, October 7  Sunday, October 8

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 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 Office of Admissions (507) 389-1822 for an application. This must be processed along with a \$20 university admission fee before you can receive credit.

Social Security Number \_\_\_\_\_ Check one: Grade  PN   
Check one: \_\_\_\_\_

Credit in Women's Studies:

Call # Course #  
 7732 1790-260-01  
 7739 1790-490-01  
 7745 1790-590-01

Have you previously enrolled for 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  
 Undergraduate non-resident  
 Graduate resident  
 Graduate non-resident

CONTACT THE OFFICE OF BUSINESS AFFAIRS, (507) 389-2261  
FOR SPECIFIC TUITION CHARGES.

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

Individuals with a disability who need a reasonable accommodation to participate in this event, please contact the Department of Women's Studies at

(507) 389-2077 (V) or (800) 627-3529 (MRS/TTY) at least five days prior to the day of the event.

This document is available in alternative format to individuals with disabilities by calling the above numbers.

Minnesota State University, Mankato is an Affirmative Action Opportunity University.

