

# 20th 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 nineteen 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.

## 2001 Keynote Speaker

The Keynote Speaker this year will be **Winona LaDuke**. She is an Anishinaabekwe (Ojibwe) enrolled member of the Mississippi Band Anishinaabeg who lives and works on the White Earth Reservation, and is the mother of 3 children. As Program Director of the Honor the Earth Fund, she works on a national level to advocate, raise public support and create funding for frontline Native Environmental groups. She also works as Founding Director for White Earth Land Recovery Project; a reservation based non-profit focused on land, cultural and environmental issues.



Winona LaDuke

She has been awarded the Thomas Merton Award in 1996, the BIHA Community Service Award in 1997, the Ann Bancroft Award for Women's Leadership Fellowship, and the Reebok Human Rights Award, with which in part she began the White Earth Land Recovery Project.

A graduate of Harvard and Antioch Universities, she has written extensively on Native American and Environmental issues. She is a former board member of Greenpeace USA and serves as co-chair of the Indigenous Women's Network, a North American and Pacific Indigenous women's organization. In 1998, *Ms. Magazine* named her Woman of the Year: for her work with Honor the Earth. Also, in 1997, her first novel, *Last Standing Woman*, was published by Voyager Press. In 1999, South End Press published *All Our Relations*, a non-fiction book on Native environmental struggles.

In 1994, she was nominated by *Time Magazine* as one of America's 50 most promising leaders under 40 years of age.

## Schedule

### Saturday, October 13, 2001

8:30 - 10:00	Registration/Exhibit Browsing
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
5:30 - 6:00	Exhibit Browsing
6:00	Dinner (advance reservations required)

### Sunday, October 14, 2001

8:30	Conference Site Opens/ Exhibit Browsing
9:00 - 10:30	Session III
11:00 - 12:30	Session IV
12:45	Closing Celebration/ Exhibit Browsing

## The 2001 Planning Committee:

Sharon Van Natta, Coordinator  
Cindy Veldhuisen, Business Manager  
Shirley Piepho, CSU Coordinator  
Sharon Van Natta, Course Instructor  
Kay Eichler, Signing Interpreter  
Pat Davis, Exhibitor Coordinator  
Annie Humphrey, Opening/Closing 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

# Golden Rules From Diverse Traditions

Native American: "The Universe is the Mirror of the People," the old Teachers tell us, "and each person is a Mirror to every other person." (Hyemeyohsts Storm)

Native American: Your mind, your relationship with yourself and others are reflected in everything around you: your intentions, your actions are causes which return to you as effects. Always there is the pure stream of light of mind within you, to be actualized in right relationship and actions for the good of all. (Dhyani Ywahoo, Tsalagi-Cherokee)

Christianity: All things whatsoever ye would have [others] do unto you, do ye even so to them: for this is the law of the Prophets. (Matthew 7:12)

Judaism: What is hateful to you, do not to [others]. That is the entire Law; all the rest is commentary. (Talmud, Shabbat, 31 a.)

Brahminism: This is the sum of duty: Do naught unto others which would cause you pain if done unto you. (Mahabharata 5, 1517)

Buddhism: Hurt not others in ways that you yourself would find hurtful. (Udana-Varga 5, 18)  
Confucianism: Surely it is the maxim of loving-kindness: Do not unto others that you would not have them do unto you. (Analects 15, 23)

Taoism: Regard your neighbor's gain as your own gain, and your neighbor's loss as your own loss. (T'ai Shang Kan Ying P'ien)

Zoroastrianism: That nature alone is good which refrains from doing unto another whatsoever is not good for itself. (Dadistan-i-dinik 64.5)

Islam: No one of you is a believer until [you] desire for [others] that which [you] desire for [yourself]. (Sunnah)

Gnosticism: If you bring forth what is within you, what you bring forth will save you. If you do not bring forth what is within you, what you do not bring forth will destroy you. (The Gospel of Thomas)

Wiccan Rede: And ye harm none, do what ye will, lest in thy self defense it be, ever mind the rule of three.

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

## Workshops

AH - Armstrong Hall    MH - Morris Hall    Room Code  
CSU - Centennial Student Union    HN - Highland North

### SATURDAY HAPPENINGS

#### PERCUSSION JAM

**CSU Indigo**      **Child friendly/Movement/Experiential**  
Get in touch with Mother Earth, with ancestor spirits and with each other through the medium of drumming. Drumming is the Magic Heartbeat that connects with all things. Participants will be allowed to choose their degree and kind of involvement. Even the tiniest sound or movement is part of the weave of sound/movement connecting us all. Percussion becomes a microcosm of the Universe, showing us how we connect to the larger All. Loosely structured, order and rhythm emerge. This is a metaphor for Life. Dancing is encouraged as is collecting the Energy. Drumming is a creating and healing activity.

**Vetch**, poet, pagan and a self-taught drummer who uses her drumming to establish ties with the Earth and the Mothers who have gone before us.

#### ROOMS AVAILABLE

We have several rooms available after 6:00 P.M. on Saturday evening. If you wish to reserve one for drum circles, twelve-step meetings, meditation, or whatever else you may like to organize, please contact us at 507-389-2077 to reserve space. We will announce these events Saturday morning.

### SESSION I (Saturday, 2:00 - 3:30 P.M.)

#### HONOR YOUR SHADOW TO RELEASE YOUR CREATIVITY AH 203      **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.

#### RECOGNIZING, SUPPORTING AND ENCOURAGING OURSELVES AND OTHERS THROUGH HANDWRITING ANALYSIS AH 202      **Presentation**

Rediscover and reaffirm your strengths and positive qualities as you continue to grow in spirit, understanding yourself and others. Connect with traits in handwriting that encourage activism. Check out fear-based oppressive traits that can discourage/impede progress. Knowing this analysis is a science dealing with written strokes. By disclosing character/personality traits we can come together in celebration of evolving in our oneness. Bring your favorite writing implement and samples of your writing. Questions welcome!

**Roberta Bartholdi**, Certified Handwriting Analyst of 19 years, received her training from Int'l. Graphoanalysis Society in Chicago, presents in a professional and fun manner, using a non-threatening approach that fosters self-esteem, enjoys supporting and encouraging students, now embraces her journey along her spiritual path promoting healing and peace on our planet.

#### DEMETER, PERSEPHONE AND CHRIST

**AH 214**      **Paper/Discussion**  
For nearly two thousand years the Eleusinian Mysteries honored the Mother/Daughter duality Demeter and Persephone and brought a profound religious experience to participants. The secret of their core

experience has not been breached, but we know enough about their myth and rites to find remarkable similarities with the Father/Son religion's myth and rites. This presentation will be punctuated by questions and discussion.

**Jeanette Blonigen Clancy**, (systematic theology) is an educator and writer who places Christianity in the context of other religions and spirituality.

#### TRANSCENDING INNER OPPRESSION AND SURRENDERING TO A NEW VISION OF SELF

**AH 219** Presentation/Discussion/  
Self-reflective/Meditational exercises

We will explore the inner, internalized forms of oppression: how oppression starts from without but persists and gets passed on from within. We will also explore how to break free of internalized oppression by surrendering to our whole, soul self, which is an active, conscious, choice-engaging process.

**Jane Hart**, Ed.D., therapist, teacher of spiritual psychology and researcher who blends the best of traditional and alternative models of psychotherapy, philosophy, spirituality, and holistic health in her work with individuals and groups, leading workshops and retreats. She is coauthoring a book on the active dynamics of spiritual surrender and is founder of The Healing Bridge Project, dedicated to promoting personal and global healing.

**Denise Breton**, has been teaching and writing in the fields of philosophy, comparative religions and spirituality for 25 years and is the coauthor of four books with Christopher Largent and Stephen Lehman.

#### A CALL FROM THE BLACK MADONNA

**AH 208** Slide Presentation

In this workshop, explanations on who the Black Madonna is and what her significance is/can be to modern women will be made. Slides will be shown of her pilgrimage to the Black Madonnas of France, and descriptions of the impact that pilgrimage had on the presenter will be described. We will end with question/answer and discussion.

**Joan Cichon**, has been a presenter at this conference for the last five years, lectures widely on archaeomythology and the Feminine Divine, and this past year has begun leading goddess pilgrimages to Crete.

#### RECLAIMING THE SACRED SOURCE

**CSU 201** Discussion/Story-telling/Movement activity

Since goddess worshipping times, women have been disempowered around ownership of their own sexual energy. The resulting loss of energy and access to inner realms deprives the feminine of its true and authentic voice. This voice must be retrieved for it contains the truths we require to sustain ourselves on this planet. Regaining that voice through intentional ownership of sexuality is the subject of this workshop.

**Lynn Creighton** is a ceramic sculptor who has studied shamanism and led Native American Purification Lodges and Vision Quests and other Transformational ceremonies for many years. These parallel journeys to knowledge have created the opening for understanding of the celebration of feminine energy through form and ceremony.

#### CREATING SEASONAL CELEBRATIONS IN YOUR COMMUNITY

**CSU 101** Child friendly/Family friendly/  
Discussion/Experiential

A celebration implies specialness. Members of Hearth Communities sees that specialness includes a sacred quality; we strive to align with our highest values and put our best selves forward with that intention. Our celebrations have a clear beginning and end, a space for sharing ourselves honestly and making contributions. Fun and satisfaction are abundantly available to all, and, of course, there's food, music

and play. We honor the changing of the seasons, the turning of the wheel and our connection with the earth and with each other. What seasons do you want to celebrate; who are the communities with whom you want to create and share?

**Lucky Dehn**, pediatric nurse and asthma educator, she is married, with three children, and her passions are camping, travel, teenagers and drumming, and is a woman of Hearth Communities.

**Kay Dawson**, a woman of Hearth Communities, financial director at the Composer's Forum; she loves to go to France, read, make pesto, and buy lavender for her friends.

#### GET BLOWN AWAY

**AH 209** Experiential/Creative

Cast your desires to the wind and see what the universe blows back to you! Have some fun creating colorful prayer flag banners, fashioned after Tibetan Prayer Flags. Cut 5 flags out of your choice of fabric, paint a meaningful symbol or design on each one, attach to a string and let your intentions blow in the wind.

**Gabriele Franklin**, is a RN and has taught and inspired creativity through beading, sewing, paper art, pottery, and photography. She is a student and observer of her own spiritual path seeking enlightenment through the enlightenment of others.

**Karin Leonard**, a lifetime appreciator of and participant in the artistic pursuits, aspires to reflect that passion in every aspect of daily routine living.

#### BRINGING THE SPIRIT TO WORK

**AH 220** Paper/Discussion

Americans work an average of 2,000 hours a year – longer than workers in any other industrialized country. At the same time a recent Gallup poll reported that more than 80 percent of Americans expressed a need for spiritual growth. We will explore the spiritual side of work and how to bring meaning and purpose with us to work. We will share views from different spiritual leaders as well as contemporary thought on the topic of work and spirituality; then invite discussion from participants on how work is for them and how they may "employ the spirit."

**Pat Hansen**, Ph.D. has been a career counselor for 25 years and lives in Bozeman, Montana.

#### CONFLICT RESOLUTION THROUGH MEDIATION, A SPIRIT OF WIN-WIN (PEACE-MAKING)

**AH 211** Discussion/Experiential

This workshop is for persons who would like to know how mediation can work in resolving conflict in their personal or professional lives and come to agreements that serve all parties involved in the conflicts. We will present mediation as a win/win method. Role playing of a conflict will be included.

**Sharon Holtan**, mediator, volunteer mediator with the Mediation Services of the St. Paul Area Synod for four years and employed with the U of MN Extension Service Farmer/Lender mediation program for three years.

#### HINDU WOMEN'S FASTS AND SPIRITUAL POWER

**AH 225** Paper/Discussion

The Hindus from at least 6 B.C. have recognized the power of 'Yoga' and of the rites of 'Fasts' (vratas). However, the majority of women have been carrying out the tradition of fasting rather than that of the yoga. They observe the rites of fasts in honor of various deities and consequently obtain *shakti* 'power,' which they use for the welfare of their husband, children and family members. The paper examines some of the Hindu women's "rites of fasts," their relationship to the concepts of purity and *shakti* 'power,' and explains the nature of Hindu women's domestic way of life.

**Indira Junghare**, Ph.D. and Professor of South Asian Linguistics, Literature and Religion at the U of MN.

**Ravi Prasad**, M.A., and Hindi Teaching Specialist at the U of MN.

## RECLAIM YOUR INTUITION

AH 222

Discussion/Experiential

This interactive workshop will explore past experiences where intuition may have been functioning. You will have an opportunity to practice specific skills for enhancing your own intuition. You will discover ways to remove blocks which may inhibit fuller exercise of intuition in your daily living. You will learn about the potential you have to "read" your own psychic energy, including a brief reference to auras and the chakra system. You will leave with suggestions for fostering your intuition at home.

**Jean Kasparbauer**, practitioner offering Intuitive Soulwork readings, has a Master's degree in chemistry, an M.A. in Pastoral Counseling, is a certified spiritual director through Franciscan Spirituality Center and has received psychic training from Lightbearers.

## MINERAL KINGDOM: MOTHER EARTH'S GIFTS FOR HEALTH, HEALING AND BALANCE

CSU 202

Ritual/ Discussion/Experiential

This workshop will include a special rose quartz meditation. Those in attendance will gain knowledge and insight of the kingdom of minerals, receive information on how these elements aid us in creating balance and health in Spirit and life, and how to choose specific minerals for a specific issue or problem. Spontaneous discussion and insights from those participating will be encouraged throughout. Each participant will have the opportunity to choose a rose quartz stone that will aid them in their spiritual journey, healing quest, and/or meditation time.

**Mary Lovold-Hearns**, B.A.Ed., teacher, poet, artist, gardener, rock hound, wife and mother. She integrates these into her own journey in discovering the Sacred in daily life to find health and balance.

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

## RECLAIMING MENSTRUATION AS SACRED MOONTIME

AH 234

Ritual/Experiential/Discussion

Beginning with a discussion of women's first menstruation stories, we will move into a guided meditation and ritual, which includes beadwork and creation of new empowering messages surrounding our moon time. We encourage all participants to wear or bring something that is red.

**Carol Mackel**, mother, wife, Wiccan, teacher, vegetarian, seamstress, feminist, activist...a very interesting wombyn. She has been bleeding with the Moon for 25 years.

**Shellie Mackel**, long time celebrator of women, she shares her life with her partner and child exploring the joys of equality in work and relationships. She has been bleeding with the Moon for 18 years.

**Dona Rushford** has been exploring women's spirituality for more than 15 years and has found her path as a Wiccan Priestess. She has been bleeding with the Moon for 30 years.

## THE GRANDMOTHER MOON CEREMONY

CSU 203

Ritual/Experiential

The Grandmother Moon Ceremony is a traditional Native American healing ceremony that is meant to be learned and practiced during the full moon. Its purpose is for everyone to perform it to achieve spiritual health. We will demonstrate the mechanics of the ceremony and participants will have limited opportunity for experiential learning. BRING tobacco, scissors, nail clippings/hairbrush hair and dress for outside demonstration.

**Ellen Magee**, mother, social worker and therapist whose passion is empowering people to find healing within themselves, and she incorporates the healing ceremony into her alcohol and drug recovery.

**Jenny Lujan** is a mother, works professionally as a public health nurse helping individuals and communities to be healthy, is a leader in her sweat lodge community where traditional healing ceremonies are held and works addiction recovery in her life.

## THROUGH THE GODDESS GATE: A SPIRITUAL PILGRIMAGE

AH 223A

Paper/Discussion/Ritual/Video

"Through the Goddess GATE: A Spiritual Pilgrimage" presents the search to connect with Native American spiritualities. It offers an appreciation of the multiple ways that the Female Divine was manifest in the ancient Mexican culture of the Central Highlands through sharing and ritual to personalize the information. This historical and contemporary feminist reflection moves from Coatlicue to Guadalupe and features a clip from the reflective video, "Through the Goddess GATE."

**Linda Mershon**, Franciscan Sister, Director of Outreach for GATE, holds a M.A. in Spirituality, and works between Mexico City and Chicago.

**Cecilia Corcoran**, Franciscan Sister who integrates feminist spirituality in her spiritual practice.

## A REVOLUTION IN BIRTH

AH 232

Child friendly/Discussion/Slide presentation

The technocratic medical establishment uses electronic fetal monitors, epidurals, and other procedures which compromise a woman's ability to birth safely and naturally. Come and see how birth can empower women and learn how to reclaim your birth rite. We will watch a hospital birth and a home birth. Help build an altar to the Aztec Goddess Tlazolteotl. "Women of Earth, take back your birth!" **Melanie Moore**, a radical homebirth midwife and a Pagan Priestess of 13 years, lives in rural Iowa with her husband and five home schooled children, and an array of household and barnyard animals.

## COMPASSIONATE EMBRACE: LIVING OUT OUR SPIRITUALITY

CSU 254

Child friendly/Discussion

How do we live out our spirituality in the world? Where do our passion and compassion unite to heal our planet? This workshop is designed for all participants who believe that their spirituality inspires their social activism. Who are the people who have influenced our spiritual quest for justice? Which world and environmental issues have influenced us? What moved us from the "pew" to activism? How do spiritual activists nourish one another? How do we bring our whole beings to our world? Come share your personal stories.

**Mary Jean Mulherin**, midlife lesbian interested in activism as a source of mutual healing and empowerment among people of diverse backgrounds, is a member of QURA (Queers United for Radical Action) and espouses a Seamless Garment ethic.

## THE MUD EXPERIENCE: IMAGING YOUR SPIRITUAL CENTER AMIDST THE MESS!

AH 216

Round table/Child friendly/Ritual/ Story-telling/Movement/Discussion

...for those who value simplicity and their inner spiritual center which connects them to "the beyond"...we will help you understand and accept the following questions and more - Is the world really this messy or is it just because we are older? Mud - what it means to you from your cultural perspective. First we'll identify what mud is in our lives. Then, with experiential activities, we'll try to find what centers us. Specific steps to build, nourish and empower our centers will be outlined; with these tools we can walk away with more peace, more joy and less MESS! We ask that you bring a symbol of what you want to "let go" of.

**Sister Elissa Kamaka**, Ph.D. in Curriculum and Instruction, teaches "Spirituality in the Workplace" in LaCrosse, WI.

**Kay Rutherford**, Ph.D. in Counselor Education, has a private holistic counseling practice and is an author.

## IS FEAR HOLDING YOU BACK?

CSU 253

Discussion/Experiential

We will present powerful ways to identify and release fear to live a life of joy, freedom and success. Learn the importance of staying present in the body and in the moment, methods of aligning to higher thought

processes and ways of working consciously for greater connection to breath for increased levels of life force. This workshop is based on Deb Schubert's newly released book *31 Simple Truths: Unwinding Fear and the Myths of Separation*.

**Deb Schubert**, Ed.D. has extensive background as a healer, teacher, author and visionary, is currently living and practicing in Colorado Spring and is the director of Vital Flow Publications.

### C.I.O.N.E.: CLONING TECHNOLOGY AND FEMININE SPIRITUALITY

#### AH 221 Discussion

Cloning is defined as making genetically identical copies of a single cell or organism. In recent news stories and congressional hearings the possibility of cloning of a human has been brought into the public consciousness. In this workshop you will discover an alternative meaning for CLONE, the scientific process and potential spiritual repercussions of this technology. There will be a brief, informative lecture followed by spirited discussion of the implications of human cloning for a woman's spiritual being.

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

### DANCING IN OUR VISION

#### CSU Ballroom Experiential

This workshop is a journey through the five Master Emotions with our bodies. By dancing our way through the five emotions, we create a healing experience that moves us to a higher evolutionary path. Bring a sarong or scarf to dance with and water.

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

### PAST-LIFE REGRESSION, A GUIDED MEDITATION

#### CSU 204 Experiential, actual regression

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.

**Shari Wagner**, Shaman, wife, mother and grandmother shares her healing gifts as a teacher, healer, ghost buster and publisher. Teaching people to communicate with the Other Side brings her the greatest joy.

### DANCING THE TAROT

#### HN 225 (Dance Studio) Dance/Movement/Activity

We invite you to 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, while dancing through the Wheel of the Year (original oil paintings) around you. Wear comfortable clothes and bring a pillow or blanket for sitting.

**Barb Wesson**, certified Brown Belt NIA facilitator, teaches NIA fulltime and travels all over SW Wisconsin providing classes, she celebrates the physical self, encouraging purposeful movement as a way of expressing our spiritual nature, and is owner/operator of Healthy Lifestyles, Inc.

**Julie Cuccia-Watts**, best known as the creator of the Ancestral Path Tarot, published in 1995, in 1998 she created a new Major Arcana called the Blue Moon Tarot, she is sole proprietor of New Moon Trading Co. and specializes in eclectic, hand-made art.

### HISTORY OF THE EUROPEAN WITCH BURNINGS

#### AH 231 Formal Presentation

The presenter will attempt to outline the historical and theoretical components of Western Europe's sixteenth and seventeenth century

witch-hunts. An array of historical illustrations will be shown and an opportunity for discussion will conclude the presentation. This will appeal to those interested in learning more about the history of witchcraft persecution and targeted populations. Due to the sensitive/graphic nature of this, it may not be appropriate for young children.

**Julie Wilbert**, has her M.S. in Women's Studies from Minnesota State University, Mankato and completed her thesis on the Burning times. She is a resident of St. Paul and a Health Educator for Anoka County and teaches Women's Studies at Century College in White Bear Lake.

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

### SOLVING PRESENT DAY PROBLEMS BY EXPLORING PAST LIFE EXPERIENCES

#### CSU 201 Experiential

Present day phobias, repeated relationship problems, addictions and fears are usually rooted in past life experiences. They are the bleed through on the soul level of things unsolved, or tragedies that marked the soul who has lived through them before. Dramatic changes in behavior can start from examining these experiences and seeing them in co-relation to the current lifetime.

**Kathleen Aadland**, has a master's degree in counseling and six years experience in private practice and five in an educational setting. She has taken and passed the National Exam for Guidance Counselors and General Counseling and completed work in her Ph.D. in psychology as well as history.

### PERCUSSION JAM

#### CSU Indigo Child friendly/Movement/Experiential

Get in touch with Mother Earth, with ancestor spirits and with each other through the medium of drumming. Drumming is the Magic Heartbeat that connects with all things. Participants will be allowed to choose their degree and kind of involvement. Even the tiniest sound or movement is part of the weave of sound/movement connecting us all. Percussion becomes a microcosm of the Universe, showing us how we connect to the larger All. Loosely structured, order and rhythm emerge. This is a metaphor for Life. Dancing is encouraged as is collecting the Energy. Drumming is a creating and healing activity.

**Vetch**, see Saturday Night Happenings for bio.

### HONOR YOUR SHADOW TO RELEASE YOUR CREATIVITY

#### AH 203 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**, see Session I for bio.

### CLAN AND TRIBE

#### AH 220 Paper/Discussion

Patriarchy, or tribal culture began in western Asia where the climate was harsh and the primary food source of the ancient peoples of that region was meat. Matrifocal, or clan culture thrived in fertile, agrarian locations where the staple diet was grain. There is a relationship between diet, climate and ultimately, social organization in determining how people came to form either patriarchy, or matrifocal cultures. How they came to worship various kinds of supreme beings in various ways and how food sources ultimately became tied to the kind of

religious values they adopted must be understood. We must understand the underpinnings of these two extremes as they continue to affect how we live our lives today, as well as the ways we continue to experience or bear witness to oppression.

**Sandra Barnhouse**, director and owner of the Barnhard Art Gallery and Studio, semi-retired from a former position as university publications editor, which she held for 20 years. She divides her time between art and writing and recently contributed to an anthology of spiritual testimonials.

#### THE HEALER THAT LIVES WITHIN YOU

**AH 202** **Child friendly/Paper/Discussion/Story-telling**  
Throughout history women have been the healers and midwives – they have been the ones to teach and pass on healing ritual and herbology. Come share what I have learned and remembered about how to heal yourselves and your families. Included will be herbology, homeopathy, acupressure, energy medicine, breathing, vibrational attunement, reflexology and exercise.  
**Cindy Bates**, D.C., lives in Bemidji, Minnesota.

#### SACRED MOVEMENT –

##### FREEDING OUR BODIES TO WORSHIP TOGETHER

**AH 234** **Child friendly/Movement/Experiential**  
As we come together to explore spirituality, some come from cultures where dance has always been seen as part of worship, while others come from traditions where any sort of movement at all in worship was unheard of. How can we free up our minds and bodies, both for stillness and for movement? Come and explore and share backgrounds, perceptions, and experiences of dance and movement as spirituality.

**Mari Bickford** has a background in ballet and modern dance, has danced with Ballet Pacifica and has been involved with liturgical dance in college. She has danced and did choreography for two years, danced with a sacred movement group for a year, and danced and done choreography for many years, including workshops and teaching.

#### THE MYSTIC HEART OF JUSTICE:

##### RESTORING WHOLENESS IN A BROKEN WORLD

**AH 211** **Presentation/Discussion**  
This workshop explores the philosophy shift involved in the change from a retributive to a restorative model of justice. Originating in both Platonic ideas and more ancient indigenous philosophies and practices, restorative justice challenges the idea that justice can be reduced to rewards and punishments – a wholly external model of justice – and suggests that justice has to do with each of us being who we are and doing what's ours to do, i.e., a more soul-oriented model of justice. As being who we are and doing what is ours is the work of a lifetime, justice involves going on the healing path together.  
**Denise Breton**, see Session I for bio.

#### MOTHER WOVE THE MORNING

**CSU Ostrander Auditorium** **Theatrical performance/Storytelling**

This play by Carol Lynn Pearson, compels us to consider the tradition of God as male, and the subjugation of woman that has come as a consequence. Sixteen women speak of their lives: A Paleolithic woman, an Egyptian Priestess, a Shaker deaconess and many others. Their dramatic stories illustrate how the human family has always longed for its Mother in heaven, has often exiled her, and is now inviting her to come home. Passionate, captivating, often disturbing and frequently humorous, this play stirs you with some laughter, some pain, some joy and if you dare, some healing.

**Premdaya (Karen Craig)** and **Maradene** were drawn together by their mutual love of this play and its potential to open people's hearts and minds to the reality of the divine feminine. They have a broad background in theater, business, education, spirituality and the

healing arts and have been performing together in various venues in Idaho for the past year.

#### WOMANSONG: LISTEN! CAN YOU HEAR THE EARTH SINGING?

**AH 221** **Original songs/Personal story**  
The mystery, delight and sacredness of the natural world is affirmed in the presenter's workshop of original songs and personal story. She uses deeply personal lived experiences, natural elements and vivid sensory images to express the universal human longing to be in right relationship with the earth, self and others. Come and share the musical journey/spiritual path where you may meet "Raspberry Cousin" or "Daughter Eagle," or feel "Sad To See the Big Trees Go." And, in seeking "A New world Order," we just might find a cure for "Spiritual Indigestion!"  
**Dody Davies**, Christian feminist composer, soloist, recording artist (nine cassette tapes); veteran workshop presenter and composer of several conference theme songs, social justice activist and gardener, she raises hell, consciousness and vegetables.

#### CREATING WISE WOMAN POWER

**CSU 202** **Abstract Discussion/Ritual**  
We will explore tapping into the Goddess and the Wise Woman Within. Are you tired of letting energy from the past block your creative potential? Let's blast through whatever holds us back! We will, together, by sharing stories, perspectives and techniques. Powerful and transformative. If you have them, bring sound instruments; rattles, drums or voice. We'll also do some soul retrieval.  
**Michelle Dunkirk**, certified and licensed music teacher, violinist, and dedicated student of Life, recorded exotic healing CD entitled "Desert Waterfall." She has been in Egypt and Peru working with Shaman's...Reiki, Pranic healing, herbs, energy of stone people, nature and animal spirits.

#### DANCING IN THE NEW TIME – MOVING TO DEEPEN OUR SPIRITUAL JOURNEYS

**CSU 101** **Ritual**  
Dance is a powerful and ancient form of expression. For someone watching, dance can be a thrilling art form. Deep feeling and whole universes are embodied and brought to life in an instant. As a participatory transformative art, dance can open us to the richness of our emotional, community and spiritual lives – opening new doors to our experience of ourselves, of the world and of the Divine. Join me and others for this transformational dance session that invites us to tap into the power of movement to live more creative lives.  
**Maria Genne**, dancer, choreographer, teacher, teaches a class "Dancing in the New Time" in her Spirit Weaving Studio, performs and teaches in special events for Wisdom Ways, has assisted Dr. Jean Houston as a dance associate in her year-long Mystery School and is the Artistic Director of Kairos Dance theatre, an intergenerational dance company.

#### BECOMING MULTISENSORY: A PROCESS OF EVOLUTION THROUGH SELF-EMPOWERMENT

**AH 214** **Paper/Discussion/Experiential**  
The process of "Becoming Multisensory" is a six-step process which allows people to make their own choices using every sense, including their intuition. The steps are as follows: 1) Face or name the challenge; 2) Weigh the pros and cons; 3) Meditate on it; 4) Process each decision (pre-decision); 5) Make the decision; and, 6) Detach from the outcome. The steps are discussed in detail, using stories from the presenter's own experiences. She will also guide the attendees through a guided meditation that will allow them to go through this process more easily. This is a very self-empowering workshop where people of ALL ages can learn to make decisions more easily, therefore feeling more secure in who they are as they evolve.

**Donna Kettler Guice**, master hypnoterapist, motivational speaker, visionary, spiritual leader, psychic, healer, ordained minister, instructor, founder of Wholeness Center and owner of Golden Visions, A Center for Transformation, maintains a private practice and facilitates classes and workshops around the country where she empowers people to become all they can be.

**YOUR OWN SACRED SOJOURN AND JOYFUL JOURNEY**  
**AH 215** **Paper/Discussion**

This is a workshop on suggesting tools, and intuitive ways in which people can find a path to discover their own destiny. We will talk about being intuitive, using color, seeing auras, the importance of past lives, meditating and/or praying as a tool, working with guides and/or angels, using psychometry, many intuitive ways of figuring out our own lives, and our own sojourn or journey in life.

**Carla Houle** has been an intuitive, spiritual reader for 30 years, always with the assistance of her Indian/Angel guide, Keeno. She has taken many writing courses, is married and has raised 4 children. She has taught teenagers intuition, worked with the handicapped, and at a nursing home, and continues to do psychic readings.

**SACRED SEX: A JOURNEY OF HEALING**  
**AH 225** **Discussion/Experiential**

The goal of this workshop is to build a solid vision of what sacred sex is or might be and to play with ways to create it in our lives. Dominant U.S. culture has degraded and wounded many people's understanding of the spiritual power of sex and sexuality. By living, creating, and sharing sacred sexual practices we can begin a tide change of beliefs about sexuality, and find healing for our own wounds. Through sharing and non-sexual touch and eye contact exercises, we will start to build the personal visions that can be a foundation for change.

**Sarah James** is a pagan queer who worked in women's health for 7 years. She continues promoting positive attitudes about sexuality by co-presenting workshop (including erotic dance, myth-masks-dance) and teaching humane pelvic and breast exams to medical students.

**HONORING THE GODDESS IN  
MULTI-CULTURAL TRADITIONS**

**AH 208** **Paper/Discussion**

An educational introduction of the Goddess (God as the Divine Mother) in multi-cultural traditions and their similarities. A focus is given to the ancient history of spiritual traditions influencing one another from continent to continent, leading to the present day. An extraordinary event which includes presentation/discussion of prayers, myths and rituals.

**Crystal Johnson**, multi-cultural priestess/lecturer with over ten years of ritual healing experience, is a priestess in both East African and Wiccan Traditions and practitioner of the Cherokee tradition (her 3 bloodlines), and a teacher of a Goddess Devotional Circle.

**SELF-HEALING: YOU ARE THE GUIDE TO YOUR WELLBEING**  
**CSU 203** **Paper/Discussion/Experiential**

Within you, your healer is guiding you to physical, emotional, mental, spiritual well-being and life fulfillment. Gain access to your healer within and spirit helpers to assist you in maintaining balance. Learn a self-empowerment energy healing you can use on yourself.

**Lisa Lillemoen**, healer, teacher of spirituality, and writer with over 15 years experience in holistic healing and psychotherapy.

**ALL IN BALANCE/NIA TECHNIQUE**  
**HN 225 (Dance Studio)** **Movement activity**

We invite you to explore Nia ('knee uh'), a barefoot mind+body+spirit practice that is an infusion of dance (jazz, modern, and Duncan), martial arts (aikido, tae kwon do, tai chi), yoga and body integration therapies (Feldenkrais, Alexander Technique). The foundation of Nia is the Pleasure Principle – all gain, no pain. Nia uses stimulating

and exciting music, meaningful choreography, and specific areas of focus to satisfy the body+mind+soul appetite. Nia's organic movements are instructor guided, but designed to be personally adapted by each person. Most importantly – IT IS FUN! Wear comfortable clothing that will allow for movement and bring a water bottle and towel.

**Jolene Bell Makowsky**, a white belt Nia teacher who has discovered clarity, physical healing, grace and joy through Nia. Her mission is to help others who are trying to manage physical pain on a daily basis discover the healing aspects of movement, and find beauty and grace within themselves.

**Barb Wesson**, a black belt Nia teacher who is passionate regarding appreciation of the human body and joy, is owner of Healthy Lifestyles, Inc and is a consultant/public speaker on Joy Management utilizing The Power of Perspective.

**MARY, MOTHER OF GOD:  
PARADIGM OF POWER OR PILLAR OF PATRIARCHY?**  
**AH 233** **Ritual/Storytelling/Discussion/  
Experiential/Creative Play/Child Friendly**

Many people feel that the religious symbol of Mary has nothing to offer today's liberated women, much less today's liberated men. Typically, Church tradition has used the symbol of Mary to limit the role of women in society, to perpetuate gender stereotypes, and to continue conflict between and within the genders. Our goal is to expose the oppression inherent in the Church's abuse and misuse of Mary as a model of femininity, and expand the creative potential of Mary as a symbol of individual empowerment for both men and women. This will be accomplished through ritual, storytelling, shared information and creative re-imagining in a safe and sacred space.

**Dana McCarthy**, musician and liturgist with a Master of Arts Degree in Theology from the College of St. Catherine, has presented retreats and workshops on spirituality throughout the state of Minnesota.

**Victoria Marr**, musician, teacher and spiritual director completing her Master of Arts in Pastoral Studies from St. Paul Seminary School of Divinity, U of St. Thomas, has presented retreats and workshops on spirituality throughout the state of Minnesota.

**SHIFT YOUR POSTURE, SHIFT YOUR CONSCIOUSNESS**  
**CSU 254** **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.

**CONNECTION WITH SPIRIT:  
AN INTRODUCTION TO SHAMANISM**

**CSU 204** **Ritual/Experiential**

Basic concepts of core shamanism (elements common to most shamanic cultures) will be presented. Group leaders will do a shamanic healing on a volunteer from the group. All participants will have an opportunity to experience a shamanic journey (the process of going into an expanded state of consciousness using a drum). Questions and answers will follow.

**Pam Radosen**, M.S., practicing psychotherapist and shamanic practitioner, is a dynamic presenter who has trained with shamans from the U.S. and other countries.

**Debra Schwarze**, practicing attorney and well trained shamanic practitioner, is co-founder of Pachamama, the shamanic healing center in Richland Center, WI.

**HOLY WELL SACRED FLAME: OUR BODIES ARE SACRED**  
**CSU 253**

**Experiential/Slide presentation/  
Movement/Guided Imagery/Discussion**

This workshop reviews the long history of sacredness of the female body, as found in many cultures. It will explore the primal experiences of woman's body: birth, menstruation, sexuality, menopause, illness, healing and change as sites of the sacred for ancient and contemporary women. You are invited to engage in lively, gentle movement; share stories from your life, and reclaim and remember the power and sacredness of the female body. Cross-cultural, transhistoric images of divine queens, sacred ancestors, ordinary women, holy sites, and female divinities will be presented. Respect for the female body is the only requirement.

**Arisika Razak**, RNMPH, is an African American healer, midwife, and spiritual dancer. A professor in the Women's Spirituality Program at CA Institute of Integral Studies, she brings to her work a deep reverence for the female body, equally grounded in 25 years of inner city midwifery, and 30 years of study of the cultural and spiritual traditions of women of the African Diaspora, Asia and the Middle East, and the indigenous women of North and South America.

**MAKING MOOD CHARM BAGS AND AMULETS**

**AH 216** **Child friendly/Experiential/Movement activity**

Join us to make a Mood Charm Bag that will draw your favorite mood to you whenever you ask. We'll share stories of when and how women and teens use Mood Charm Bags to help them in their daily lives. With images you get from a guided meditation, you'll design your bag and fill it with various objects we'll have there. Feel free to bring your own small charms for decorating the bag.

**Kaia Svien**, ceremonialist and author and **Sage Passi**, eco-educator and storyteller.

**Sofia Bilkadi** and **Kira Pontiff**, 8<sup>th</sup> graders who, just like Harry Potter, love charms and making magic.

**RAINBOW HEALING**

**CSU 255** **Experiential**

This workshop will take the participant on a guided visualization through a balancing of chakras, a grounding with all life on the planet, and a spiritual connection with the circle of grandmothers. It will expand to include concrete steps toward improved health and wellness, to reclaiming the joyfulness of the inner child, and to a space for acceptance of themselves and others.

**Lisa Turek-Shay**, doctor of chiropractic, leader in her community, mother of a teenage daughter, has been engaged in the quest for personal and planetary healing for over 30 years and has over 20 years expertise as a spiritual healer.

**Laurie Hittner**, is a master gardener and mother of a teenage son, has partnered with Lisa for planetary healing for the past 20 years.

**THE FUTURE YOU, "WALK THIS WAY,"  
A GUIDED MEDITATION**

**AH 217** **Experiential, Meditation**

All of life happens "now." This meditation, meeting the future you, which is as relevant and as alive as the inner child, 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. Bring a pen and notebook to record details of meditation.

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

**EVERYDAY DIVINE**

**AH 219** **Movement activity/Discussion/Experiential**

Spiritual practices often speak of oneness with God/Goddess. "There is that of God in every man," George Fox, founder of Quakerism. One can find peace in understanding your relationship with the universe. "The first peace...comes within the souls of people when they realize their relationship, their oneness, with the universe," Black Elk, holy

man. This active learning workshop (brainstorm, discussion, practice by doing) will help you expand beyond *thinking* "I am one with God" to identifying and honoring the everyday *experiences and sensations* that demonstrate your connection with the Divine.

**Jan Wikstrom**, bachelor's degree in Psychology and Women's Studies, Master's degree in Environmental Ed., certificates in adult ed and administration, has taught ballroom dancing, trained grassroots organizers and currently owns her own company called GrowthGear, which provides resources for personal development including workshops and publications.

**SESSION III (Sunday 9:00 - 10:30 A.M.)**

**SOLVING PRESENT DAY PROBLEMS BY  
EXPLORING PAST LIFE EXPERIENCES**

**CSU 201** **Experiential**

Present day phobias, repeated relationship problems, addictions and fears are usually rooted in past life experiences. They are the bleed through on the soul level of things unsolved, or tragedies that marked the soul who has lived through them before. Dramatic changes in behavior can start from examining these experiences and seeing them in co-relation to the current lifetime.

**Kathleen Aadland**, See session II for bio.

**INTUITIVE TAROT, THE FOOL'S JOURNEY**

**CSU 101** **Discussion/Experiential**

Learn to read cards as a loving, powerful catalyst in your awareness of yourself and others. You will receive ideas to help you interpret each card or spread through intuition rather than rote memorization. Become the Sacred Fool, the light hearted beginner to many mysterious and powerful landscapes in this world and between the worlds. **Please bring a Tarot deck.**

**Nancy Antenucci**, a Twin Cities tarot practitioner and teacher, whose classes are an ongoing favorite at the Open U, coordinator of the Tarot Circle – an open clubhouse for the tarot-inclined, and member of the Midwest Tarot Institute.

**THE HEALER THAT LIVES WITHIN YOU**

**AH 202** **Child friendly/Paper/Discussion/Story-telling**

Throughout history women have been the healers and midwives – they have been the ones to teach and pass on healing ritual and herbology. Come share what I have learned and remembered about how to heal yourselves and your families. Included will be herbology, homeopathy, acupressure, energy medicine, breathing, vibrational attunement, reflexology and exercise.

**Cindy Bates**, see Session II for bio.

**LOVE, SOUL & FREEDOM:  
DANCING WITH RUMI ON THE MYSTIC PATH**

**AH 214** **Presentation/Discussion**

The mystic path is revolutionary both personally and socially, because it calls us to place inner before outer concerns. Our cultural conditioning does the opposite, demanding that we sacrifice soul and freedom to get love or connectedness with people, groups, or organizations. Rumi's courageous poetry points to a path of inner transformation, whereby we bring love, soul, and freedom into the natural unity in which each thrives. Included will be readings of Rumi's poetry.

**Denise Breton**, see Session I for bio.

**WOMEN PIONEERS FOR THE ENVIRONMENT**

**AH 225** **Slide presentation/Discussion**

This workshop is based on the presenter's book entitled *Women Pioneers for the Environment*. It tells the compelling stories of 42 heroic women from 13 countries around the world – women who



stepped out of traditional roles to become passionate environmental activists, often at considerable personal risk, in order to help protect and restore the health of our planet.

**Mary Joy Breton** is a life-long lay conservationist who served for 16 years as VP and Director of the President's Office at the headquarters of the National Audubon Society in New York City, prior staff member of the Office of Tech Assessment of the U.S. Congress, and prior senior staff person for the Governor of the State of Delaware.

#### THE SPIRITUAL NATURE OF MASSAGE: CREATING TRUST WITH TOUCH

##### CSU 253 **Movement activity/Discussion/Experiential**

A short educational talk about massage and myofascial bodywork followed by some self-massage techniques and several gentle massage movements with a partner. This encourages self-healing energy and facilitates an environment for healing and trust in one another.

**Marti Cooksey**, licensed massage therapist currently practicing in Colorado Springs, and a former world-class distance runner and gold medalist in the Pan-Am Games.

#### MOTHER WOVE THE MORNING

##### CSU Ostrander Auditorium **Theatrical performance/ Storytelling**

This play by Carol Lynn Pearson, compels us to consider the tradition of God as male, and the subjugation of woman that has come as a consequence. Sixteen women speak of their lives: A Paleolithic woman, an Egyptian Priestess, a Shaker deaconess and many others. Their dramatic stories illustrate how the human family has always longed for its Mother in heaven, has often exiled her, and is now inviting her to come home. Passionate, captivating, often disturbing and frequently humorous, this play stirs you with some laughter, some pain, some joy and if you dare, some healing.

**Premdaya (Karen Craig)** and **Maradene**, see session II for bio.

#### GET BLOWN AWAY

##### AH 209 **Experiential/Creative**

Cast your desires to the wind and see what the universe blows back to you! Have some fun creating colorful prayer flag banners, fashioned after Tibetan Prayer Flags. Cut 5 flags out of your choice of fabric, paint a meaningful symbol or design on each one, attach to a string and let your intentions blow in the wind.

**Gabriele Franklin** and **Karin Leonard**, see Session I for bio.

#### THE CENTER FOR HEALING:

##### AN INTEGRATED APPROACH TO SPIRITUAL DEVELOPMENT

##### AH 219 **Discussion/Experiential/Lecture**

Invitation into a system for spiritual grounding, healing, and development. Participants will be taken on a brief tour of 2 classes: a basic class of personal development based on the chakras and an advanced class of spiritual development based on how six major spiritual paths correlate with the chakras. Information and experience at each level will be provided.

**Beth Hutchinson**, certified in Secondary Education in Science, Health and Wellness Counseling and Holistic Therapies, has taught in both traditional and non-traditional settings.

**Germaine Smith**, has taught for 21 years in the fields of history and theology, and holds a teaching license from the state of MN and a Master's in Theology.

#### HONORING THE GODDESS IN MULTI-CULTURAL TRADITIONS

##### AH 208 **Paper/Discussion**

An educational introduction of the Goddess (God as the Divine Mother) in multi-cultural traditions and their similarities. A focus is given to the ancient history of spiritual traditions influencing one another from continent to continent, leading to the present day. An

extraordinary event which includes presentation/discussion of prayers, myths and rituals.

**Crystal Johnson**, see Session II for bio.

#### THE PRAYER OF THE HEART

##### CSU 203 **Discussion/Experiential**

The purpose of this workshop is to teach people centering prayer. The Prayer of the Heart will deepen a person's prayer life. This process will help a person to practice the presence of god, whoever that is for each individual. This prayer is a valuable tool for us to use in our frenetic world. It is a way to stop in the middle of the day to step off our treadmill and take a few calming breaths.

**Fran Klette**, a trained spiritual director, a healing touch provider, specializes in women's spirituality, 12 step spirituality and teaching prayer processes.

#### RECLAIMING MENSTRUATION AS SACRED MOONTIME

##### AH 234 **Ritual/Experiential/Discussion**

Beginning with a discussion of women's first menstruation stories, moving into a guided meditation and ritual, which includes beadwork and creation of new empowering messages surrounding our moon time. We encourage all participants to wear or bring something that is red.

**Carol Mackel, Shellie Mackel, Dona Rushford**, see Session I for bio.

#### ACTIVISM AND YOU: YOU CAN MAKE A DIFFERENCE

##### AH 222 **Paper/Discussion**

The purpose of this workshop is to inform and encourage all participants to become more activists on issues they care about in their own communities and in the world. There will be lecture/discussion, including what participants have done already to become activists.

**Judi Poulson**, has a Master's Degree from Minnesota State University, Mankato in Peace Studies/Global Interdependence. She has given hundreds of talks, workshops and has taught at all levels on these issues and has been an activist for at least 30 years.

#### ART AND SOUL

##### CSU 202 **Child friendly/Ritual/Story-telling/ Visual-performance/Experiential**

Reap the rewards of learning to see with fresh eyes, of practicing the art of honoring, rather than judging, using the visual, performance and healing arts. We will "draw out the mystery" using breath, yoga, meditation, legend and artistic expression to create Art and soul.

**Corn Woman/Heidi Scott**, mother, farmer, dancer, working toward healing human-land-animal relationships.

**Deblyn Russell**, a creative visionary, healer and teacher who allows the natural unfolding of body, mind and spirit to carry you to your own creative spiritual crest!

#### C.L.O.N.E.: CLONING TECHNOLOGY AND FEMININE SPIRITUALITY

##### AH 221 **Discussion**

Cloning is defined as making genetically identical copies of a single cell or organism. In recent news stories and congressional hearings the possibility of cloning of a human has been brought into the public consciousness. In this workshop you will discover an alternative meaning for CLONE, the scientific process and potential spiritual repercussions of this technology. There will be a brief, informative lecture followed by spirited discussion of the implications of human cloning for a woman's spiritual being.

**Celeste Stokes**, see Session I for bio.

#### ACTIVISM FOR THE NEW MILLENNIUM

##### CSU Ballroom **Experiential**

Activism in the past has often meant major time commitments outside of already overburdened schedules. Working within the existing

paradigm of power/powerless, it can take tremendous amounts of time and energy to make changes in the system. Emotional energy is feminine in nature. It moves quickly, transcends time and space and is as natural as breathing. This class will show you how using your feelings of injustice and outrage, you can easily and effectively effect change in the world. By yourself or with a group, this new model of activism is fast, powerful and requires nothing more than a willingness to feel your own feelings.

**Cat Thompson**, see Session I for bio.

### RAINBOW HEALING

**CSU 255**

**Experiential**

This workshop will take the participant on a guided visualization through a balancing of charkras, a grounding with all life on the planet, a spiritual connection with circle of grandmothers and each person's understanding of source. It will expand to include concrete steps toward improved health and wellness, to reclaiming the joyfulness of the inner child, and to a space for acceptance of themselves and others.

**Lisa Turek-Shay** and **Laurie Hittner**, see Session II for bio.

### DANCING THE TAROT

**HN 225 (Dance Studio)**

**Dance/Movement/Activity**

We invite you to 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, while dancing through the Wheel of the Year (original oil paintings) around you. Wear comfortable clothes and bring a pillow or blanket for sitting.

**Barb Wesson** and **Julie Cuccia-Watts**, see Session I for bio.

### YARD TEA

**AH 216 Child-friendly/Story-telling/Discussion/Experiential**

The basics of gathering and making tea are demonstrated. The ability to distinguish the six flavors and what they tell one about a tea's/food's effect are discussed. A handout listing 20 herb teas and specific information about each plant is given to attendees to take home as a beginners guide. Stories and experiences of these particular plants are shared.

**Mary Zeise**, B.S. in secondary education, owner and operator of a health food store since 1982, shares information and teaches about the relationship between plants and people.

### THROUGH THE GODDESS GATE: A SPIRITUAL PILGRIMAGE

**AH 223A**

**Paper/Discussion/Ritual/Video**

"Through the Goddess GATE: A Spiritual Pilgrimage" presents the search to connect with Native American spiritualities. It offers an appreciation of the multiple ways that the Female Divine was manifest in the ancient Mexican culture of the Central Highlands through sharing and ritual to personalize the information. This historical and contemporary feminist reflection moves from Coatlicue to Guadalupe and features a clip from the reflective video, "Through the Goddess GATE."

**Linda Mershon** and **Cecilia Corcoran**, see Session I for bio.

### WHO IS MY TRIBE?

**CSU 204**

**Experiential/Sharing/Discussion/Activity**

We will address questions many have about being drawn to participate in Native Spirituality. A guide and tools for those in search for the ancestral self. Why are so many being drawn to participate at this time? All of life is related. Our circle will guide others to find their place in the interconnectedness of all.

**Dorothy Bacon** lives on a co-op farm she helped establish with 2 of her daughters and grandchildren, most of her life has been devoted to creating a sense of community. She has founded and launched many co-op ventures.

**Gwendolyn Bray** practices bodywork, therapeutic massage, and energy work. She travels, shares experiences with many groups through storytelling, toning, chanting, and much of what she has experienced with Native connections. She has organized workshops, camp programs and ceremonials.

### GOING DOWN: ANCIENT MYTHS OF DEPRESSION

**AH 211**

**Paper/Discussion/Participation**

Several ancient mythological systems, from Western Europe to the Greeks, to the Babylonians, have myths that deal with women going down into the Underworld. Innana and her evil sister, Erishkigal, in the East. Persephone and her mother Demeter, playing out the Greek ravages of the new patriarchy against their older, more stable clan cultures. Psyche goes down there, compelled by Aphrodite, to find the secret of eternal beauty. We all know the Underworld in our collective way. Many of us know that modern depression is not modern at all, but part of a natural spiritual cycle, generally common to women, more than to men, and the ancients recognized this in ways we forget today.

**Sandra Barnhouse**, see Session II for bio.

### MAIDEN AND CRONE

**CSU 202**

**Slides/Discussion**

The Maiden is pregnant with miraculous possibilities and in her psyche she holds the map of her becoming – first Mother and then Crone. The Crone has been Maiden and Mother. She has seen it all. She is compassionate and wise. Through slides and discussion we will explore the Maiden and Crone aspects of the Goddess in mythology and fairy tales. The workshop will include instruction in self-defense by a 4<sup>th</sup> degree Black Belt in Tae Kwon Do.

**Chritina Biaggi** is an artist and writer, a popular speaker, having lectured extensively on the Goddess and Women's Studies throughout the US, Europe and Australia. In addition, her artwork has been widely exhibited in those continents for the past 30 years. She is a mountain climber and 4<sup>th</sup> Degree Black Belt in the Korean martial art of Tae Kwon Do.

### SACRED MOVEMENT –

#### FREEING OUR BODIES TO WORSHIP TOGETHER

**AH 234**

**Child friendly/Movement/Experiential**

As we come together to explore spirituality, some come from cultures where dance has always been seen as part of worship, while others come from traditions where any sort of movement at all in worship was unheard of. How can we free up our minds and bodies, both for stillness and for movement? Come and explore and share backgrounds, perceptions, and experiences of dance and movement as spirituality.

**Mari Bickford**, see Session II for bio.

### DEMETER, PERSEPHONE AND CHRIST

**AH 214**

**Paper/Discussion**

For nearly two thousand years the Eleusinian Mysteries honored the Mother/Daughter duality Demeter and Persephone and brought a profound religious experience to participants. The secret of their core experience has not been breached, but we know enough about their myth and rites to find remarkable similarities with the Father/Son

## SESSION IV (Sunday 11:00 A.M. – 12:30 P.M.)

### INTUITIVE TAROT, THE FOOL'S JOURNEY

**CSU 101**

**Discussion/Experiential**

Learn to read cards as a loving, powerful catalyst in your awareness of yourself and others. You will receive ideas to help you interpret each card or spread thru intuition rather than rote memorization. Become the Sacred Fool, the light-hearted beginner to many mysterious and powerful landscapes in this world and between the worlds. **Please bring a Tarot deck.**

**Nancy Antenucci**, see Session III for bio.

religion's myth and rites. This presentation will be punctuated by questions and discussion.

**Jeanette Blonigen Clancy**, see Session I for bio.

### THE PARADIGM CONSPIRACY: WHY OUR SOCIAL SYSTEMS VIOLATE HUMAN POTENTIAL AND HOW WE CAN CHANGE THEM

**AH 221** **Presentation/Discussion**

How can we get healthy when our systems are sick? Healing, growth, and transformation are not only personal processes, but must include the many systems around us. What messages do our social systems send us by their structure? Are they good messages, and if not, how can we change them? These issues will be explored from both philosophical and spiritual perspectives.

**Denise Breton**, see Session I for bio.

### RECLAIMING THE SACRED SOURCE

**CSU 201** **Discussion/Story-telling/Movement activity**

Since goddess worshipping times, women have been disempowered around ownership of their own sexual energy. The resulting loss of energy and access to inner realms deprives the feminine of its true and authentic voice. This voice must be retrieved for it contains the truths we require to sustain ourselves on this planet. Regaining that voice through intentional ownership of sexuality is the subject of this workshop.

**Lynn Creighton**, see Session I for bio.

### AROMATHERAPY ESSENTIALS "IN THE GARDEN OF THE SENSES LIES THE PATHWAY TO THE SPIRIT"

**AH 203** **Discussion/Slide Presentation/Experiential**

Essential Oils have been used for centuries to heal, beautify and lift us spiritually. This lecture will be both educational and experiential. Topics will include, the history and industry of Aromatherapy, healing properties and benefits of several essential oils and their applications. A personal massage blend will be created. Join us as we interact with the expressions of several aromatic plants.

**Frances Murphy**, practicing aromatherapist from Shropshire, England, has shared her vast knowledge at hospitals and colleges worldwide for the past 12 years.

**Dina Ferrero**, botanist, has been practicing Western Herbalism since 1992, is a master's candidate studying oriental medicine and is also studying aromatherapy.

**Shellene Johnson** has been studying aromatherapy since last year.

### FEELING THE BODY: RELEASING UNCONSCIOUS LIMITATIONS, AN INTRODUCTION TO ROSEN METHOD BODYWORK

**AH 215** **Experiential**

Rosen Method Bodywork, was developed by Marion Rosen, a holocaust survivor, trained by the European pioneers in breath work and the mind/body connection, and also as a physical therapist. It is about the connection of the body, mind, spirit and the emotions, and about the relationship to the self, and the relationship of the self to the rest of the world. It addresses the tension and stress that we hold in our bodies, tension that holds us back in our lives. Through release of muscular tension, and connecting to the deep essence of the person, comes the possibility of fuller life and more aliveness, wisdom, and creativity, life without limits. Rosen Method Bodywork addresses the liberation of the human being from societal and personal oppressions that are stored in the body.

**Dorothea Hrossowyc**, MA, member ABMP and RMPA, is a certified practitioner of Rosen Method, trained by Marion Rosen, with many years experience as an educator, trainer and personal empowerment consultant, practices in Northfield, Minneapolis and Rochester, MN.

**Susan Scriven**, is a reflexologist and massage therapist, and member ABMP. She is a certified intern in Rosen Method trained by Marion Rosen, with a private practice in Northfield, MN.

### WISEWOMEN SING AND DANCE

**CSU 255** **Experiential/Movement/Dance**

We will use sound and movement to explore our relationship in the universe and use music to explore our place and move us toward peace and justice. Using simple sounds and songs one may be re-energized. Facilitators will bring some instruments but participants are invited to bring their own instruments and drums.

**Dorcas Hueners**, MA, T'ai Chi Chih instructor, facilitator of "Wise Women Gatherings" and Women Comfort Days, co-facilitator of "Womansong," dancer of Universal Peace.

**Geralyn Sorensen**, MST, musician, educational speech and language pathologist, member of vocal healing sounds project, co-facilitator of "Womansong" and dancer of universal peace.

### THE CENTER FOR HEALING: AN INTEGRATED APPROACH TO SPIRITUAL DEVELOPMENT

**AH 219** **Discussion/Experiential/Lecture**

Invitation into a system for spiritual grounding, healing, and development. Participants will be taken on a brief tour of 2 classes: a basic class of personal development based on the chakras and an advanced class of spiritual development based on how six major spiritual paths correlate with the chakras. Information and experience at each level will be provided.

**Beth Hutchinson**, See Session III for bio.

### THE GRANDMOTHER MOON CEREMONY

**CSU 203** **Ritual/Experiential**

The Grandmother Moon Ceremony is a traditional Native American healing ceremony that is meant to be learned and practiced during the full moon. Its purpose is for everyone to perform it to achieve spiritual health. We will demonstrate the mechanics of the ceremony and participants will have limited opportunity for experiential learning. BRING tobacco, scissors, nail clippings/hairbrush hair and dress for outside demonstration.

**Ellen Magee and Jenny Lujan**, see Session I for bio.

### MARY, MOTHER OF GOD: PARADIGM OF POWER OR PILLAR OF PATRIARCHY?

**AH 233** **Ritual/Storytelling/Discussion/  
Experiential/Creative Play/Child Friendly**

Many people feel that the religious symbol of Mary has nothing to offer today's liberated women, much less today's liberated men. Typically, Church tradition has used the symbol of Mary to limit the role of women in society, to perpetuate gender stereotypes, and to continue conflict between and within the genders. Our goal is to expose the oppression inherent in the Church's abuse and misuse of Mary as a model of femininity, and expand the creative potential of Mary as a symbol of individual empowerment for both men and women. This will be accomplished through ritual, storytelling, shared information and creative re-imagining in a safe and sacred space.

**Dana McCarthy**, see Session II for bio.

### FIND YOUR PATH ON PAPER

**AH 217** **Experiential**

Participants will be guided gently into a meditative state to explore the path they have walked since birth; examine the forks they have taken; and continue on the path as far as it will allow them to see. They will purposefully state an intention to be released to the universe at an auspicious point in the meditation. Upon release from the meditation, they will then take pen in hand to write, non-stop for 15 minutes or more - writing down all they remember from their journey and anything that is inspired by that journey. Wear loose/comfortable clothing.

**JoAnne Makela** has taught writing and theater classes and workshops for children and adults for over 20 years and is a member of the Northfield Women Poets. She combines yoga and meditation with journaling and practice writing techniques.

#### A REVOLUTION IN BIRTH

**AH 232** **Child friendly/Discussion/Slide presentation**  
The technocratic medical establishment uses electronic fetal monitors, epidurals, and other procedures which compromise a woman's ability to birth safely and naturally. Come and see how birth can empower women and learn how to reclaim your birth rite. We will watch a hospital birth and a home birth. Help build an altar to the Aztec Goddess Tlazolteotl. "Women of Earth, take back your birth!"  
**Melanie Moore**, see Session I for bio.

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

**CSU 254** **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 (yes, those two words really can be used to describe the same thing) 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 are designed to improve the way you *meet* all others.  
**Char O'Brien**, see Session II for bio.

#### ACTIVISM AND YOU: YOU CAN MAKE A DIFFERENCE

**AH 222** **Paper/Discussion**  
The purpose of this workshop is to inform and encourage all participants to become more activists on issues they care about in their own communities and in the world. There will be lecture/discussion, including what participants have done already to become activists.  
**Judi Poulson**, see Session III for bio.

#### PRAYERS AT A DIFFERENT ALTAR: FINDING GOD IN MYSELF

**AH 231** **Panel/Discussion/Slide presentation**  
Spirituality among African Americans and other oppressed people of color in the US serves as a potential site of resistance to the forces of oppression. Among contemporary women of color in the US, womanist, earth based, female centered, non-Christian spiritualities are helping to create culturally appropriate, and empowering identities. Research on the Queen of Sheba and the Israelite-Canaanite Goddess, will review the liberatory foundation this offers to dark skinned women of the African and Jewish Diasporas. We will discuss the emancipatory vision found in the sacred traditions of First Nations peoples, and review traditional and contemporary examples of divine female embodiment by ancient and modern artists, healers and teachers of the African Diaspora.

**Arisika Razak**, see Session II for bio.

**Michelle Herrera**, MA, is a Two-Spirit, Santa Clara Pueblo Indian/Hispanic woman. A Ph.D. student in Women's Spirituality at CA Institute of Integral Studies, she has twelve years experience as a therapist, body worker, activist and dancer. Living within very rooted, Sacred traditions, she is committed to working on issues of racism, oppression, homophobia and the healing of Mother Earth.

**Miri Hunter Haruach**, Ph.D., a multi-racial daughter of the African Diaspora, is an accomplished singer, dancer, musician, composer, playwright, and scholar. Her post-graduate research focused on the pre-monotheistic religions of East Africa and the Middle East, exploring the lost traditions of the Hebrew Goddess and the Queen of Sheba.

#### IS FEAR HOLDING YOU BACK?

**AH 253** **Discussion/Experiential**  
We will present powerful ways to identify and release fear to live a life of joy, freedom and success. Learn the importance of staying present in the body and in the moment, methods of aligning to higher thought processes and ways of working consciously for greater connection to breath for increased levels of life force. This workshop is based on Deb Schubert's newly released book *31 Simple Truths: Unwinding Fear and the Myths of Separation*.  
**Deb Schubert**, see Session I for bio.

#### MOVING MEDICINE

**HN 225 (Dance Studio)** **Movement activity**  
Moving Medicine is a creative movement class that will focus on moving energy in the physical body according to the chakra system. Participants will learn a core movement for each of the seven energy centers or charkas. These core movements can be expanded on and developed to fit each individual's specific movement needs. As we dance with the energy of the charkas, we are able to balance ourselves physically, emotionally, mentally, and find our spiritual connection.

**Wendy Siracusa**, creator of Moving Medicine (creative movement class), is a dancer and drummer who teaches dance and movement classes to adults and children of all ages in the Fox Valley. Her classes focus on the healing effects of rhythm and movement and creative expression through movement.

#### AM I CALLED TO BE OF SERVICE?

**AH 223A** **Guided meditation and discernment/Discussion**  
We will talk about my calling to go to Mexico City, a trip which led to working with Casa Daya, a home for street girls with babies, and La Flor de Mazuhua, a women's cooperative in a village near Mexico City. We will then participate in the Quaker discernment process to determine whether anyone in the group is led to this and/or other kinds of social service.

**Mary Snyder** has been working with the Mazahua and Casa Daya in Mexico and has organized numerous clearness committees, which is what Quakers call this process when a group gets together around a person with a possible leading.

#### YARD TEA

**AH 216** **Child-friendly/Story-telling/Discussion/Experiential**  
The basics of gathering and making tea are demonstrated. The ability to distinguish the six flavors and what they tell one about a tea's/food's effect are discussed. A handout listing 20 herb teas and specific information about each plant is given to attendees to take home as a beginners guide. Stories and experiences of these particular plants are shared.

**Mary Zeise**, see Session III for bio.

#### SACRED SEX: A JOURNEY OF HEALING

**AH 225** **Discussion/Experiential**  
The goal of this workshop is to build a solid vision of what sacred sex is or might be and to play with ways to create it in our lives. Dominant U.S. culture has degraded and wounded many people's understanding of the spiritual power of sex and sexuality. By living, creating, and sharing sacred sexual practices we can begin a tide change of beliefs about sexuality, and find healing for our own wounds. Through sharing and non-sexual touch and eye contact exercises, we will start to build the personal visions that can be a foundation for change.

**Sarah James**, see Session II for bio.

## Conference Information & Services

Past keynote speakers from 1982 to 2000 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"), Mary Hayes-Grieco ("Chaos and Opportunity at the Dawn of the Twenty-first Century").

**KEYNOTE SPEAKER 2002 - Carol P. Christ**  
**Opening/Closing Ceremonies: Linda Allen**  
**October 12 and 13, 2002**

If you are interested in working on the 2002 Planning Committee, please stop by the Registration Table and let us know.

**Car Pool Coordination** from the Twin Cities, call Cathie 763-529-3179.

**MEALS:** The main cafeteria (Stompers) in CSU, will be open on Saturday from 8:00 A.M. - 2:00 P.M. and Sunday (Double Treat at entrance to CSU 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 **\$13.00**. 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/humus;  
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. **Make your reservations early, as MSU's Homecoming is on the same weekend.**

Country Inns & Suites - 507-388-8555 or 1-800-456-4000

\* Comfort Inn - 507-388-5107 or 1-800-221-2222 (1412)

\* Super 8 Motel - 507-387-4041 or 1-800-848-8888 (W & S Conf)

Riverfront Inn - 507-388-1638

\* Holiday Inn Downtown - 507-345-1234 or 1-800-HOLIDAY (W & S Conf)

\* Best Western Hotel - 507-625-9333 (SPIR)

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 (Women & Spirit Conf)

Fairfield Inn - 507-386-1220

Americinn Motel & Suites - 507-345-8011 or 1-800-634-3444 (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 signing interpreter will be provided for the keynote address only.

**CHILD CARE DEADLINE is October 1, 2001** 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 October 1. 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 October 1. 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 October 1, 2001. 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.

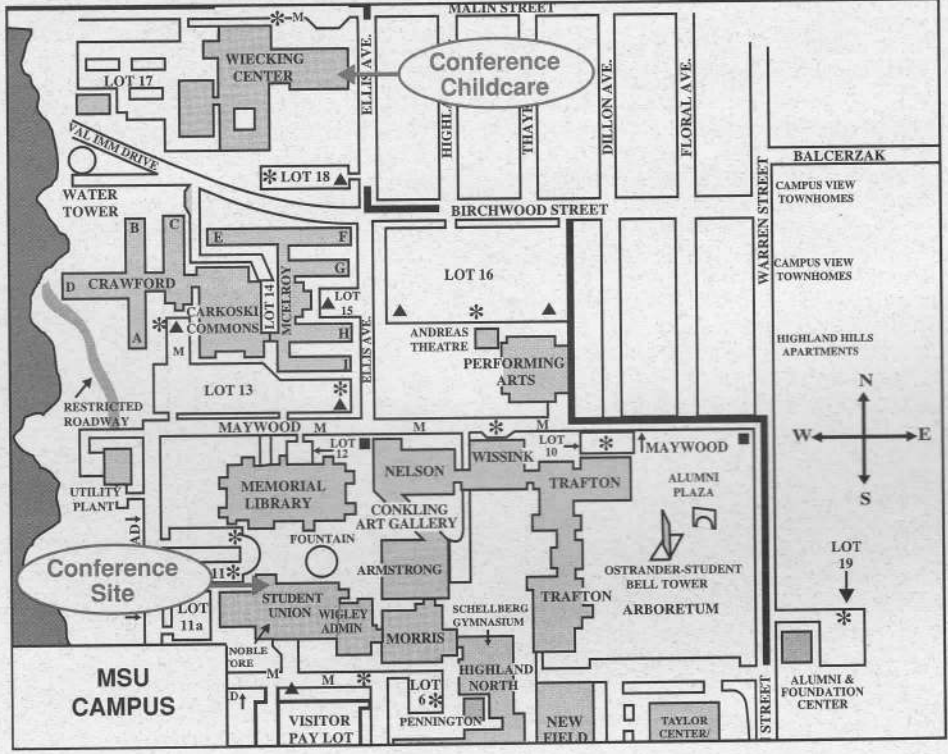
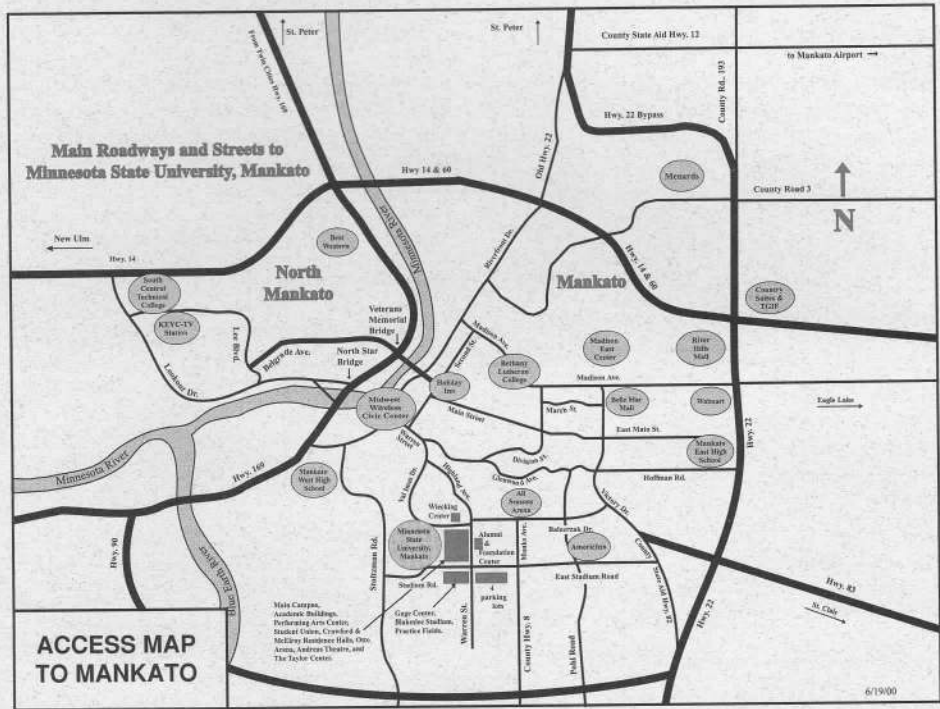
Highway 169 (coming from the North)  
Take the Mankato/North Mankato exit. Turn left at the stoplight and cross the bridge into Mankato. Turn right at stoplight on Broad Street. Continue on Broad Street to third stoplight (Warren Street) and turn left onto Warren Street. Continue on Warren and take the 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 (Kwik Trip on corner) turn right on Stoltzman Road. At the three-way stop sign, continue straight ahead and go approximately one mile.

Turn left at the State University sign on Stadium Road. Proceed up the hill. At the top of the hill, you have arrived on campus. Use your campus map to find designated visitor parking.

Highway 14 (coming from the East) Continue on Madison Avenue. Turn left at the intersection of Madison Avenue and Victory Drive. Continue on Victory Drive to Balcerzak Drive. Turn right and continue on Balcerzak to Monks Avenue. Turn left and continue on Monks Avenue and turn right on Stadium Road. In two blocks, you have arrived on campus. Use your campus map to find designated visitor parking.

Highway 22 (coming from South)  
Turn left on Hwy. 83. Turn right at stop sign. Turn left onto Balcerzak at stoplight. Continue on Balcerzak to Monks Avenue. Turn left on Monks Avenue and then turn right on Stadium Road. Follow Stadium Road and in two blocks you will have arrived on campus. Use your campus map to find designated visitor parking.



**REGISTRATION FORM**

(DO NOT mail this form later than October 1, 2001!)

Registration is limited to first 800 people.

Registration must be postmarked by October 1, 2001 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 Postmarked after October 1:
- \$40 General (includes keynote)  \$45 (includes \$5.00 Late Fee)
  - \$20 Minimum Income OR Student  \$25 (includes \$5.00 Late Fee)
  - \$5 Keynote only (ticket required)  \$8 (includes \$3.00 Late Fee)
  - 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 between \$5-6 at the door).  
 I am NOT interested in Saturday Lunch.

**DINNER REGISTRATION**  
 (Postmark Deadline October 1, 2001)

Dinner Ticket (Saturday night) - \$13.00  
 YES  VEGETARIAN  MEAT  NO

**PLEASE, WALK-IN REGISTRATIONS WILL BE ACCEPTED,  
 BUT 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: October 1, 2001

Day(s) Needed:  Saturday, October 13  Sunday, October 14

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**  
 (Need only complete if NOT an MSU student)

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 #  
 7898 WOST-290-01  
 7904 WOST-490-01  
 7910 WOST-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.



**WOMEN &  
SPIRITUALITY  
CONFERENCE**

507-389-2077

Minnesota State University, Mankato  
Saturday and Sunday, October 13 and 14, 2001  
Registration Check-In begins Saturday 8:30 A.M.

**“INDIGENOUS THINKING IN THE MILLENNIUM”**

**Keynote Speaker: Winona LaDuke**

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

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



**WOMEN AND SPIRITUALITY CONFERENCE**  
Minnesota State University, Mankato  
109 Morris Hall  
Mankato, MN 56001

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