

21st Annual WOMEN & SPIRITUALITY CONFERENCE

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

The Women and Spirituality Conference was born eighteen years ago with an evening lecture attended by 75 people. The

purpose was to provide a supportive and nurturing setting for a dialogue of caring and mutual respect between and among women and interested men from many spiritual and religious traditions. Since then, the conference has grown to average approximately 800 participants with 80-120 workshops. The conference does not advocate or exclude any view and continues to foster an understanding and celebration of similarities and differences. May we continue to aid one another on our individual and communal spiritual journeys.

2002 Keynote Speaker

Carol P. Christ is a pioneer in the Women's Spirituality movement and a leader in the academic study of Women and Religion. She is co-editor of the widely read *Womanspirit Rising* and *Weaving the Visions*, and author of *Rebirth of the Goddess*, *Odyssey with the Goddess*, *Laughter of Aphrodite*, and *Diving Deep and Surfacing*. These books have changed women's lives and helped to transform the study of religion in North America. Her next book *She*

Who Changes: Re-imagining the Divine in the World will be published by Palgrave/St. Martin's Press in 2003.

Carol is Director of Ariadne Institute (www.goddessariadne.org) and leads the educational travel programs *Goddess Pilgrimage to Crete* and *Sacred Journey in Greece*. She has taught at Harvard Divinity School, Pomona College, San Jose State, and Columbia. In 1987, she resigned a tenured full professorship, and following her deepest intuition, moved to Greece. The title of her lecture is *She Who Changes* and in it she will share her most recent thinking about re-imagining the Goddess and God-She as changing, touching, and supremely related to all.



Carol P. Christ

Schedule

Saturday, October 12, 2002

8:30 - 10:00 Registration/Browsing
10:00 - 10:20 Opening Celebration
10:20 - 10:30 Announcements & Welcome
10:30 - 12:00 Keynote / Booksigning
12:00 - 1:30 Lunch (on your own) Browsing
1:30 - 3:00 Session I
3:30 - 5:00 Session II
5:00 - 6:00 Exhibit Browsing
6:00 Dinner (advance reservations required)

Sunday, October 13, 2002

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

The 2002 Planning Committee:

Sharon Rohde, Coordinator
Cindy Veldhuisen, Business Manager
Carol Perkins, Chair of Women's Studies
Shirley Piepho, CSU Coordinator
Renee Vaughan, Course Instructor
Kay Eichler, Signing Interpreter
Pat Davis, Exhibitor Coordinator
Cat Thompson, Ritual Ceremony

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 \$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.

States that were represented from last year's conference were: TN, MO, WA, SD, ND, WI, IA, IL, AZ, GA, OR, OH, CA.

Workshops

AH - Armstrong Hall

MH - Morris Hall

CSU - Centennial Student Union

HN - Highland North

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.

SATURDAY HAPPENINGS

MOTHER WOVE THE MORNING - 7:30 P.M.

Tickets are available for \$5.00 at the door

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.



Premdaya and Maradene

WILD WOMEN PERCUSSION JAM - 7:00 P.M.

CSU Indigo

Activity/Child-friendly/Experiential

(Bring your own instruments as limited will be available)

For thousands of years women have been isolated and silenced. Through drumming we can discover our power and practice using that power to create a new harmonious community.

Vetch (Bev Anderson), poet, pagan priestess, personal activist, and ardent percussionist, believes a wild spirit lives in each of us, waiting to connect us to each other and the spirit world.

Lee Berglund, free-spirited woman, artist, gardener, environmen-

tally involved (and a great wife, her husband says), lives in greater Minnesota and conducts her own rituals.

LIFE-STAGE RITUALS:

WOMEN SHARE WRITINGS ON LIFE'S TRANSITIONS

7:30 - 9:00 P.M.

CSU 101

Child-friendly/Ritual/Storyteller

In her book, *Women's Rituals: A Sourcebook*, Barbara Walker observes that ritual is an integral part of human behavior and inspires women and girls to look to the domestic foundations of life as we recognize life-stage transitions. We will begin with some commentary on the domestic tools of rites of passage and women's roles as creators of rituals. Please bring simple, small household artifacts which represent some chapter of your life as a girl or woman. Each member will have the opportunity to share letters, diary entries, poems, proverbs, affirmations, prose and other writings which have special significance in life's transitions. You may read your own writings or share work by other women. Maren Ernst will lead a closing discussion of the role of women's writings in life-stage changes. Suggested reading: *Cries of the Spirit: A Celebration of Women's Spirituality*, ed. Marilyn Sewell (ISBN 0-8070-6813-6) and *Women's Rituals: A Sourcebook*, by Barbara G. Walker. (ISBN 0-06-250939-x).

Denise Brennan Watson, visual artist, poet and writer, is Procurer of Poetry Critics for the Greater Cincinnati Writers League, former Coordinator of the Women & Spirituality Conference, author of "A Crossing of Arms: The Pagan Handfasting," an essay included in the anthology, *Young Wives' Tales: New Adventures in Love and Partnership* and of "False Charms & Chitlins," a short story published in the collection *Food and Other Enemies*. Her poetry collection, *The Undertow of Hunger*, was featured in the "Food and the Goddess" issue of SageWoman Magazine and in the 2001 edition of *Poet's Market*.

Maren Ernst, fiber artist, writer and language enthusiast, has initiated Language and Culture Exchange forums in the Twin Cities and has utilized dialogue, discussion and dinner as points of contact connecting people from various life histories. A graduate of Metropolitan State University and Hamline University, she is currently working in the paralegal field.

FOLLOWING THE LURE OF CREATIVITY INTO SPIRITUALITY
AH 323 Discussion/Experiential

Creativity is a lure. It's fun, it's playful, it's pleasurable. So we pursue it, never realizing that we are being led. Following our creativity invites (and requires) us to surrender our ego to something greater than ourselves and to take a leap of faith. Creativity lures us to take the spiritual journey of becoming who we are truly meant to be. You'll discover what aspects of creativity are most appealing to you and how you can use those pleasures to further your spiritual development.

Roseanne 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 13 years she has helped her students and clients explore their creativity, 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 231 Interacting

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 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.

Roberta (Rashmi) Bartholdi, certified handwriting analyst of 20 years; received her training from International Graphoanalysis Society in Chicago. She has enjoyed supporting and encouraging elementary students for 36 years, now celebrating the spark of God in each of us and embracing her journey along her spiritual path.

THE WALLACE METHOD™ -

FOLLOWING INNER PATHWAYS TO BODY FREEDOM

CSU 284A Experiential

The Wallace Method, an innovative form of bodywork, enhances our ability to move freely in our bodies. The movements used to create this freedom are gentle stretches which originate in, and are supported from within the body. In this workshop we will introduce several movements designed to deepen our understanding of and relationship to our own unique structures. We live in bodies suppressed or oppressed by pain and restrictions, and we accept this as normal. This work challenges what is considered normal body ability and frees us to creatively explore how our bodies can and will move when offered the opportunity.

Bonnie Berquam is an artist and certified Wallace Method Practitioner, dancer, dollmaker, writer, and loving spirit and is committed to the possibility of well-being for everyone.

Catherine Mora Cleary is a certified Wallace Method Practitioner and her work is informed by her training as a yoga instructor and Reiki healer.

JESUS, SHAMAN OR LORD GOD?

AH 202 Paper/Discussion

Historians are puzzled by Paul's propagation of the myth of Christ without giving any attention to the flesh and blood Jesus who actually lived in history. This human Jesus can be discerned in the synoptic gospels and differs radically from the hierarchical lord worshipped by Christianity. A careful reading of the gospels indicates that Jesus intended to teach people about the inner Reign, not to induce their worship of him. We can trace the evolution of the human Jesus into the lofty Christ of faith.

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

THE USE OF FRAGRANCE IN SPIRITUALITY

AH 205 Experiential

Since the beginning of time, humans have been using fragrance to enhance their spirituality. Smoke was considered the conduit of prayers to the gods and goddesses. We will examine the role fragrance has played in history, and how we can now incorporate fragrance into our spiritual practice today. Participants will take home a smidge stick that they will bundle during the class.

Brenda Brousseau is the owner of Pink Moon Hallow, an herb and oil store in Minneapolis, and is a certified aromatherapist who has been working with aromas for 8 years.

HOLISTIC HYGIENE

AH 211 Discussion/Experiential

In the spirit of the goddess Hygea, the daughter of Asclepius, the world's first doctor, we will explore the principles of whole body hygiene. Hygiene is the art and science that deals with the promotion, preservation and principles of health especially by cleanliness; sanitary science. Purity of body, mind and spirit is the key to maintaining health and long term wellness. One of the most important processes essential to good health is the proper elimination of the body's toxic waste products because a polluted body cannot heal. Learn practical aspects of natural internal cleansing through fasting and toxic energy clearing through positive thinking and easy to remember qigong exercises.

Ann Cathcart has Bachelor Degrees in Human Development and Nursing and is a spiritual counselor and certified Healing Touch Practitioner in her independent holistic nursing practice. She has studied holistic health, wellness and longevity for over 25 years with many great masters of healing. She specializes in body, mind and spirit centered therapies which include bio-energy therapies therapeutic and Healing Touch, qigong, reiki; nutrition and elimination; and holistic health/wellness/spiritual counseling.

CREATING DOLLS AS TOTEMS FOR HEALING AND THE CELEBRATION OF THE SELF

AH 216 Experiential/Creative/Meditational

We will make a simple doll, a "totem" of your inner self; your strengths, beauty, hopes, needs for healing or aspirations - whatever you would like to express and make tangible in the form of a simple, wrapped figure. We will begin with a musical meditation and centering visualization, put our thoughts onto small pieces of handmade paper. We will then include these pieces in the inner structure of the doll as we wrap wire with yarn. The outside of the doll will be wrapped with decorative fibers or colorful fabric, and if time allows, you may embellish with special beads, buttons, ribbons, etc...only you will know the treasures your doll holds within. **Basic materials will be provided, but bring special treasures, beads, fabric, fibers, etc to make your doll more special.**

Amy Chester, an RN, has been creating spiritual dolls for about four years. She finds them to be a perfect medium for expressing the inner self and aiding in healing inner and outer wounds.

RECLAIMING THE SACRED SOURCE

CSU 202 Story-telling/Movement activity/Discussion/Slide presentation

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.

WOMANSONG: RELEASING THE FREE SPIRIT IN EACH OF US
AH 225

Original songs/Personal story

The Divine Feminine, and transforming life experiences, motivates and inspires the presenter's original songs. With honesty and intimacy, she uses music and personal story to share the experience of a struggle beyond traditional expectations to a birthing of self through music. Shared hope, humor, anger and resolve challenge oppressive structures and offer vision for social change in "A New World Order," "Spiritual Indigestion," "Another Voice," "This is My Mother's World," and "Coloring Outside the Lines." Come to listen with your heart and let it sing!

Dody Davies is a Christian feminist composer/performer/recording artist (9 cassette tapes), veteran workshop presenter and composer of several conference theme songs. She uses her music as a social justice activist ministry.

ENCOURAGE THE POTENTIAL - THE JOURNEY OF THE HEART
AH 221

Story-telling/Discussion

Love in Full Expression (LIFE) is the journey of the heart from darkness into light. This workshop introduces the voyager to every aspect of the healing journey. Traversing the dark side of the soul, awakening the desire for healing, and moving into the compassionate, loving expression of oneself. It is a lecture format with group discussion encouraged during the use of the Healing Wheel. The format is non-threatening and "mock" examples are used during the explanation of the Healing Wheel. Participants leave with a clear understanding of the use of this technique as well as a copy of the wheel for future use.

Catherine Dwyer, a storyteller at heart, combines her background in communications with her life long study of metaphysics. She presents weekend seminars dealing with all aspects of spirituality including relationships, intuition, compassion, gratitude and the nature of the true self. She is the author of Encourage the Potential. Allow the Soul to Set you Free, is a Natural Health Practitioner and Consultant with a BS Degree in Natural Health, Reiki Master/Teacher, Yoga Instructor, Intuitive, Inspirational Speaker and above all a Student of Life.

RITUAL AROMATHERAPY:

THE USE OF ESSENTIAL OILS IN SPIRITUAL PRACTICE

AH 306 **Paper/Discussion/Experiential/Slide presentation**
For millennia, plant fragrances have been used in religious and spiritual practice. Spirituality is about connection and Essential Oils can serve as emissaries or intermediaries in the process. By learning and experiencing the quintessential properties of aromatic plant oils, we can create our own anointing rituals.

Dina Ferrero, B.S. MOM, Lac, is an acupuncturist, botanist and herbalist practicing in Taylors Falls, MN.

Kristen Anderson, CMT, CAT, is a massage therapist living in Taylors Falls, MN.

LEADING FROM SOUL: AUTHENTIC LEADERSHIP

CSU 203 **Discussion**

The purpose of this workshop is to awaken the participant's awareness of spirit and values within themselves as leaders. The impact of fear and courage on authentic leadership will be explored. The participants will be more aware of the choices in leading from their place of Soul.

Diana Gabriel is a Personal and Professional Coach and is an adjunct faculty in Women's Studies at Minnesota State University, Mankato.

Michelle Burns is a Certified Personal Co-Active Coach and workshop leader.

TRANSMISSION MEDITATION

AH 213 **Paper/Discussion/Experiential**

Come Learn Group Transmission Meditation! The time has passed for meditating alone, now is the time to mediate as a group for personal and world service. During Transmission Meditation humanity's "Masters of Wisdom", direct energies from the highest spiritual

planes through the energy centers (Chakras) of the group. Transmission Meditation is a group service activity which steps down the spiritual energies that continually stream into our planet. Throughout the last 100 years, this meditation has been communicated through many masters on the planet, most recently, through Benjamin Crème.

Janice (Hope) Gorman is a Spiritual Intuitive, medium and spiritual teacher and is the founder of the Friendship House which is a spiritual community center in North Mankato, MN.

WHAT IS THE NEW ALEXANDRIA LIBRARY AND RESOURCE CENTER?

AH 215

Discussion

The New Alexandria Library and Resource Center is a private subscription library for students, teachers and scholars of alternative religions and spiritualities. The Library also provides space for classes, lectures, discussions and similar activities. Come to find out more.

Magenta Griffith has been a Witch for over 25 years and is a founding member of the coven Prodea and is a co-founder and member of the Board of the New Alexandria Library. Her day job is working in a public library.

Lisa Besnett is a Wiccan Priestess and Minister, who is also on the Board of the Library, she hates research and loves the library.

MUSIC REFRAINS - ENHANCE ALMOST ANY OCCASION

AH 233

Discussion/Sharing/Experiential

Use simple music refrains to enhance ritual, prayer, a celebration, workshop, meeting, retreat or other event. Experience how a refrain can establish a theme and be carried through an event. Learn to form refrains suitable for various occasions. Discussion of all of the above.

Lea Henkes is a composer of refrains for various uses with background in music, liturgy, and some involvement in music publishing and in using refrains in retreats.

CREATING TEMPORARY TEMPLES/SACRED SPACE

AH 232

Discussion/Experiential

We will use guided visualization to reveal the temple within. This process will prime both vision and theme, as well as open our connection to spirit, so we can focus on ways to construct and use external sacred space, specifically temporary constructs. Discussion will focus on logistical questions, as well as talk about past experiences of the presenters.

Beverly Hof-Miller is an artist who has been researching ancient symbols/art forms and alternative spirituality for almost 15 years. Upon encountering a temporary goddess temple, she went home, created four temples of her own and still dialogs with the Creatrix/Priestess, who also has continued to co-create temples.

Barbara Walley has been involved in the birthing and nurturing of the quest for creating sacred space with temporary Goddess temples and has worked side by side with Beverly from the beginning. She continues to learn and share what she has learned with her community.

**HONORING THE DREAMTIME:
DREAMING ON A SPIRITUAL PATH**

AH 217

Paper/Discussion/Experiential

This workshop will offer a multi-cultural historical presentation of dreaming on the spiritual path. To honor the dreamtime, techniques for improving dream recall, recording dreams and keeping a journal, personal dream interpretation, and dream incubation will be provided. Suggestions on forming and maintaining a dream circle for group work will be addressed. The workshop will conclude with a sharing of dreams in a dream circle.

Denise Hooper has a B.S. in Psychology and works as a counselor with mentally ill women in a residential setting and is a dreamer who walks the red road and lives in rural northern Wisconsin.

Felicia Glidden is an artist and dreamer who often receives inspiration from her dreams, which is revealed in her artwork. She is currently owner of J. Pepper Inn/Roadhouse Arts, a Bed & Breakfast and art gallery in Knife River on the north shore of Lake Superior.

CREATING SACRED SPACE: THE BASICS OF FENG SHUI

AH 316

Discussion/Slides/Storyteller

Understand the basics of Feng Shui in order to see your space with new eyes. As an introduction to the basic concepts of Feng Shui, participants will be presented with the principles that make this Chinese art of placement work effectively. By learning small, affordable ways to shift energy in a space participants can begin to make changes in the way they live their lives. A solid introduction to Feng Shui and how to use it will be provided through stories, experiences and humor.

Carole Hyder is a consultant, teacher, author of *Wind and Water: Your Personal Feng Shui Journey and Living Feng Shui: Personal Stories*, trainer, and president of the Feng Shui Institute of the Midwest. She is an internationally recognized Feng Shui professional.

Deb Nelson, a student of Carole Hyder's, is a certified Feng Shui consultant, a member of the Feng Shui Institute of the Midwest and provides Feng Shui consultations with the focus of creating harmony and balance in living and working environments.

TRUSTING AND USING OUR BODY AND OUR MIND IN NEW AND EXCITING WAYS

CSU 284C

Experiential

The purpose of this workshop is to increase awareness of both movement and lack of movement in our bodies and minds. You will be taught ways to increase the energy flow in both. The more you allow your energy to flow, the more you will experience spiritual energy in your daily lives. There will be exercises pertaining specifically to the body, and specifically to the more subtle energy of the mind and surrounding energy fields. Presented alternately, participants will be energized and grounded while recognizing the correlation of both to spirituality.

Doris Jeanette, Director of the Center for New Psychology, has taught and published her unique process of transformation internationally, and is the author of "Feminism, The Future of?" in the *Handbook of Feminist Therapy*. She has authored three audio cassettes on Feelings, Fear and Hurt that elucidates a natural process for opening our hearts to love and light.

Jenna Catherine, author of *Conversing With the Future...Visions of the year 2020* (Wild Flower Press, 1998) has appeared on NBC's "The Other Side," "Philly After Midnight," "The Edge of Reality," as well as 70 radio shows. She educates people about time travel, vision, insight and telepathy and has taught for eight years for the International Women's Writing Guild.

HONORING THE GODDESS IN MULTI-CULTURAL TRADITIONS

AH 209

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 myths and prayers.

Crystal Adeline Johnson, is a multi-cultural priestess and lecturer with over ten years of ritual healing experience. A priestess in both East African and Wiccan Traditions, a practitioner of the Cherokee tradition (her three bloodlines), is the teacher of the Goddess Devotional Circle, a weekly open circle in New York City dedicated to the Divine Feminine in multi-cultural traditions of Native/Meso-American, African, Wicca, Santeria, Judaism, Catholicism, Hinduism, Buddhism, and other ancient wisdom and healing traditions.

RE-IMAGINING: DOING FEMINIST THEOLOGY

CSU 201

Ritual/Discussion

The Re-Imagining Community, located in Minneapolis, puts on conferences and organizes small group discussions of Feminist Theology. It is an ecumenical, radical, feminist, Christian movement. After an opening worship ritual and introductions, we will discuss central issues in Christian feminist theology, including language for God, the interpretation of scripture, and the role of Jesus.

Sherry Jordon teaches in the Theology Department at the U of St. Thomas in St. Paul and is the head of Faith Labs for The Re-Imagining Community. She also teaches Feminist Theology in area churches as part of her outreach efforts.

Elizabeth Andrew, writing teacher and author of the book *Swinging on the Garden Gate*, is a former staffer at the Re-Imagining Community who took part in the protest against the exclusion of Gay, Lesbian, Bisexual, and Transgender pastors from the United Methodist Church.

THE DIVINE FEMININE AND PRAYING FOR WORLD PEACE

AH 309

Discussion/Experiential

Cultivating the Shekinah presence and wisdom of Sophia is foundational to receiving the inner gifts of love, joy and peace, and manifesting them in effective action on a daily basis. Through the examination of the polarities of unconditional love and disciplined action, one begins to embody a living peace. Sophia, as the Divine Plan underlying creation, interacts as "Mother, Daughter and Holy Soul," with the "Father, Son and Holy Spirit."

Carole Julian has a certificate in spiritual direction and a master's in Psychology East-West and has served as ministerial guide at Lake Harriet Community church in Minneapolis. She currently works for a small prayer organization and writes a "Wings of Prayer" newsletter.

THE FEMININE PRINCIPLE IN THE HINDU TRADITION

AH 219

Paper/Slides/Discussion

The Great Goddess, on the most abstract level, is identified with the principle that is impersonal and cosmic, transcending all particularities. She is represented as *prakriti* 'matter,' *shakti* 'energy,' and *maya* 'illusion' and is equated, on the divine level, to different individual goddesses who are said to be the multifarious expressions of the Great Goddess, and on the human level in the essential nature of women. The category "feminine" encompasses all of these levels. This paper discusses the historical development of the "feminine" principle, its various manifestations and its relationship to the position of women in Hindu Society. It shows that goddess worship is not a marginal expression but central to the most orthodox elements of Hinduism.

Indira Junghare is a professor of Indian Linguistics, Literature, and Asian Religions at the University of Minnesota.

LOVING YOUR BODY'S IMAGE

HN Dance Studio

Discussion/Experiential/
Reflective Writing/Journaling

There are many intelligent and talented women who are dissatisfied with their body. I argue that American women are brainwashed to be highly dissatisfied with their physical appearances. Spiritual and emotional health cannot be achieved when women are slaves to the oppressive expectations of our wider culture. There is a need to develop a conscious appreciation, acceptance and love for our collective and disparate female bodies.

Margaret Kinney is a writer and artist who uses arts as a vehicle for spiritual growth. She is the director of Full Circle Arts in St. Paul, MN and has a Master of Arts in Human Development.

PRAYER OF THE HEART

AH 210

Discussion/Experiential

The Prayer of the Heart is a form of centering prayer. I teach it as a secular method of prayer. This prayer may be used by any spiritual discipline. The Prayer of the Heart is an important form of stress relief used by many people in recovery from various diseases. It's a comforting prayer process to have at hand at all times.

Fran Klette is a trained Spiritual Director and Healing Touch Provider, specializing in women's spirituality, 12-step spirituality, and teaching prayer processes in particular, she walks with folks on their spiritual journey.

CREATING CHANGE: BECOMING STRONG AND COURAGEOUS IN OUR DAILY LIVES

AH 308

Ritual/Experiential

We will start people on a year long journey of self-exploration and expression with the end goal being the ability to live a stronger and more courageous life. This will be modeled after the year and a day concept of spiritual commitment and will hopefully culminate in gathering some participants at the 2003 conference to share spiritual journeys.

Carol Mackel enjoys exploring spiritual journeys, is a Wiccan priestess in addition to being a mother, wife and teacher.

Shellie Mackel honors women through her work and spiritual circles and believes that one can change consciousness at will. She is a mother, partner, student, and teacher.

Dona Rushford believes there are many paths that lead to the Divine, and her path has lead to The Goddess. She is a priestess, life partner and counselor.

THE FEMININE SPIRIT AWAITS THE SEEKING HEART

AH 214

Ritual/Discussion/Presentation

This workshop will stimulate the imagination with stories and images that document the human family's earliest longing for the Sacred. We will experience an ambiance of flowing, vibrant banners inspired by ancient manuscripts, handle evocative ceramic figurines, replicas of archaeological treasures from the dawn of consciousness, and consider the faces of the Feminine Spirit present in Mary of Nazareth as she has been with us across the ages. Most importantly, we will explore that feminine divine awakening within us. Where is she manifest in our lives and in our world? We will invite her to heal our wounded world and to continue to challenge us to be wholly human.

Linda Mershon, FSPA holds a MA in Spirituality and engages women in sharing and ritual combining external experiences and personal integrative processes. She has a background in administration, and is a certified spiritual and retreat director.

Cecilia Corcoran, FSPA holds a Ph.D. in Women's Religious Studies and is the Co-Director of Global Awareness Through Experience (GATE). She has a background in education and pastoral ministry and has extensive experience in Latin America.

THE COSMIC HEART

AH 311

Storyteller/Experiential/Presentation

In us, the Universe explodes into intense reflections of itself and its goodness. Through storytelling and enactment, this workshop will focus on the story of the Universe. We will explore the unique role of the human during 15 billion years of evolution. The cosmic evolution is one of the world-changing ideas of human history as we envision a human world in harmony with the natural world.

Kitty Nagler is currently a student in the Culture and Spirituality Master's program at the Sophia Center at Holy Names College in Oakland, CA. Her walk has taken her through a 30-year corporate career to delve more deeply into her passions of the Universe, the Earth and spirituality.

SURVIVAL - A VEHICLE FOR HEALING, GROWTH AND AWAKENING

AH303

Paper/Discussion/Experiential

Explore how surviving any life situation, big or small, can be used as a vehicle that may bring you closer to your own true essence - the divine self that resides within. Discover respectful, self-honoring techniques and opportunities that will allow you to heal and move forward in to your life with often rapid results.

Marcia Nelson is a professional life coach, her organization Closing the Circle specializes in coaching for living and dying. She is the Chapter Coordinator of Minneapolis/St. Paul IANDS, International Association of Near Death Studies.

AROMA THERAPY:

USING ESSENTIAL OILS PRACTICALLY AND SPIRITUALLY

AH 222

Child-friendly/Informal discussion/Experiential

Essential oils go back thousands of years and were rediscovered in

the early 1900's. In the last decade there has been a resurgence of interest in Aromatherapy. This workshop is intended to provide a brief historical overview as well as an experiential time smelling the oils and discussing the power of scent.

Marita Rahlenbeck has been working with essential oils for two years and is a Consultant of Wellness, Learning and Alternative Care in the Minneapolis, MN area.

Dawn Schreifels is an experienced educator and certified Foot Zone Therapist in the Minneapolis, MN area and is an advocate for alternative health practices, including the use of essential oils as a healing modality.

SHAMANIC JOURNEY

CSU 204

Experiential

This workshop is intended to inspire any level participant to experience the shamanic journey. With drumming as our guide, we will travel to meet our spirit helpers or power animals, then invite them to guide us on a second journey - to the Crossroads where we will be able to ask a question and receive wisdom from our own internal landscape. A short time will be allowed to discuss our results. We will encourage participants to follow up their journey experience with movement and dance workshop **DANCING YOUR TRUTH** to integrate your experience more fully into the waking life. **BRING** a mat, blanket or pillow as we will be laying on the floor and a notebook to record your experience.

Mary Rivard of TreeBird & Crescent Moon Studio, is a visionary artist whose work draws upon the magical influences of tribal healers and will co-present the **DANCING YOUR TRUTH** workshop.

Virginia Cooper is a student of life and spirituality, seeking greater awareness of her connection with herself and the University and has found shamanic drumming to be a powerful visionary tool.

DISCOVERING THE GODDESSES

AH 203

Discussion/Experiential/Ritual

Who are the pre-Hellenic Goddesses and how do their myths relate to women today? What do these goddess archetypes offer to our self understanding? How can applying the myths of Artemis, Demeter, Persephone, Athena, Aphrodite and others bring balance to a woman's psyche today? We will explore the central pre-Hellenic Goddess through myth, discussion, ritual and slides relating to their sacred sites in Greece.

Gabriel Ashley Ross, M.A., has led a goddess tour to Greece, teaches college level Religious Studies courses and facilitates women's spirituality groups, retreats and ritual, and is the director of a small performing arts group.

HEALING STONES 101

AH 208

Discussion/Experiential

This workshop will provide a discussion about the history of stones and their use in healing, the physical energy of stones that is measured by vibration and the application of this information in healing. Actual stones will be passed around and observed. Demonstration in the use of different stones in health maintenance and balance will be presented. A healing table will be present and people will experience both giving and receiving the healing gift of stones by taking turns on the table and in chairs.

Nancy Russ is a registered nurse and Healing Touch practitioner who uses stones on a regular basis with her clients to promote healing and balance.

THINK IT TRUE: EXPOSING THE LIES IN YOUR HEAD

CSU 285

Lecture/Group discussion/Activities/Music

How do we manifest our dreams and desires? How are we liberated from our fears? This presentation will explore the power of our thoughts and ways in which they ultimately become our reality. Some highlights include 1) learning how our thought system is created/programmed; 2) identifying scripts that we agree to; 3) exposing lies that we have come to believe about ourselves; and, 4) accessing our spiritual truth so that we can live more abundantly. Two original songs on authentic living will be shared.

Rebecca Schoper, M.S., LAMFT, NCC, is a licensed mental health therapist and consultant at Schoper Counseling Services in New Ulm, MN and is a licensed music teacher, lecturer, artist and professional musician/composer.

BASIC SHAMANISM

CSU 101 **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 will have an opportunity to experience a shamanic journey (the process of going into an expanded state of consciousness using a drum).

Marie Smith is a full time massage therapist with 10 years experience, is director of Pachamama, Inc. (shamanic healing center in WI) and has apprenticed 200 hours with Jaes Seis.

Debra Schwarze is a practicing attorney and well-trained shamanic practitioner and is the co-founder of Pachamama, Inc.

SACRED GEOMETRY

AH 321 **Experiential/Presentation (Overhead)**
Sacred Geometry is the interrelatedness and interconnectedness of all. We continually create geometric forms and hold them in our energy field. This workshop will present a brief description and history of sacred geometry and how it relates to each of us. We will be doing guided meditations focusing on encoding to demonstrate how this can be used to release old patterns and establish new ones.

Norma Solstad is an elementary school teacher and reiki master who creates geometric encodings of peoples' energy fields combined with psychic readings and has a healing practice in the Twin Cities. *Journey Into Light*, She, along with her husband, has published a book, *Sacred Geometric Encodings. 25 Channeled Energy Drawings for Healing the Mind, Body and Spirit.*

THE GODDESS IN CHILDREN'S PICTURE BOOKS

AH 320 **Child-friendly/Round table**
This workshop will identify the goddess (or strong female character deserving emulation) who is alive and well in children's literature! Participants will learn about where she resides in published works from today and the last decade. Fellow goddesses will discover the many and varied roles and challenges she embraces. Attendees will hear her distinct yet ever-changing voice.

Elizabeth Timmins has had a teaching career at the elementary level for ten years and has been a Children's Librarian for the past five years.

WOMEN IN BLACK CREATING AN ALTERNATIVE TO VIOLENCE

AH 314 **Experiential**
This workshop is intended to introduce the worldwide Women in Black movement to participants and to encourage them to use their artistic creativity to envision a world of violence-free societies. The Women in Black are social activists who take to the streets to openly and courageously defy policies and programs based on physical, political or military force and dominance. Workshop participants may choose among various forms of artistic expression to create their own view of violence in the world. Materials will be provided. Since the 4th United Nations World Conference on Women in 1995, the WILPF Arts Committee has been engaged in activities highlighting women's issues as stated in the 12 sections of the Platform for Action.

Women's International League for Peace and Freedom (WILPF), Marilyn Cuneo, Convenor and writer; **Dorothy Crabb**, actor; **Liz Dodson**, computer and video artist; **Luella Greene**, performance artist; **Terri Hawthorne**, photographer; **Lovey Lein**, visual artist; **Debra Olson**, poet; **Naima Richmond**, poet; and **Mary Eileen Sorenson**, visual artist. Our many and varied artistic projects have all related directly to some form of violence against women and children and abuses of their human rights.

CIRCLE OF THE SUN: TOWARD A GODDESS-SPIRITUALITY OF NORTHERN EUROPE

AH 305 **Paper/Discussion/Storytelling**
Much of the study of Goddess lore and mythology from Europe has centered on the Celtic peoples, largely ignoring their neighbors, the Germanic peoples. However, many European-Americans have as much or more Germanic ancestry as Celtic. Join us in plumbing the impressive riches of earth-based, Goddess- and women-centered beliefs from the Germanic world of Northern Europe, back to the Bronze age and beyond.

Dawn Work-MaKinne is a 2001 graduate of the Women's Theological Institute, Madison, WI and will be pursuing a Ph.D. in Religious Studies. She makes her home in Des Moines, IA.

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

CREATING YOUR PERSONAL PRAYER HOUSE

AH 314 **Experiential**
Prayer can take many forms - verbal or nonverbal, visible or invisible. In this workshop, participants create tangible, visual embodiments of prayer: tiny "prayer houses" constructed of wood and paper that give form to a personal prayer. We are inspired by the Thai custom of building small "spirit houses" on pedestals outside their homes, that each day are honored with fresh fruit and flowers. Our "prayer houses" live indoors on stilts and hold the prayers of our spirit - dreams, wishes, and hopes - that we cherish and wish to honor in our daily lives.

Susan Armington is an artist who explores spirituality and healing through painting, collage, and map-making, and has designed and led workshops for people of all ages as an Artist-in-Residence in the Schools for COMPAS, and at the Walker Art Center, the Weisman Art Museum and Minneapolis Institute of Arts.

Catherine Reid Day is a painter, writer and TV producer; her colorful abstract paintings explore themes of the feminine divine, dialogue and community; is a mentor in the Women's Art Registry of MN Mentor program and has taught a wide variety of classes including for the Perpich Center; and is the founding board member of Arts Off Raymond, a community art crawl in St. Paul.

COMING INTO THE BODY: YOGA FOR BEGINNERS AND PEOPLE WITH BODY CONCERNS

CSU 201 **Movement/Activity/Experiential**
An introduction to the eight limbs of yoga including asana (movement) for people with little or no previous Yoga experience. Special emphasis on developing a personal Yoga practice for people with fibromyalgia, CFS, myofascial pain syndrome, arthritis, and who are overweight. This is gentle yoga with an emphasis on how to modify for individual needs. No previous experience required.

Laurie Baker is a light being learning to live in and re-form a body that she neglected for many years out of fear and self-protection, and is a writer, teacher, singer, mother, partner, priestess, corporate middle manager and bread maker.

FOLLOWING THE LURE OF CREATIVITY INTO SPIRITUALITY

AH 323 **Discussion/Experiential**
Creativity is a lure. It's fun, it's playful and it's pleasurable. So we pursue it, never realizing that we are being led. Following our creativity invites (and requires) us to surrender our ego to something greater than ourselves and to take a leap of faith. Creativity lures us to take the spiritual journey of becoming who we are truly meant to be. You'll discover what aspects of creativity are most appealing to you and how you can use those pleasures to further your spiritual development.

Roseanne Bane, see session I for bio.

CAN ABORTION RIGHTS BE SAVED FROM THE RADICAL RELIGIOUS RIGHT?

CSU 202

Discussion/Ritual/Short video

We will discuss the roadblocks put on reproductive rights by the Religious Right: waiting periods, parental consent, clinic building codes, attacks on privacy, criminality of transporting across state lines, etc. A brief video will show some of the tactics of protesters at clinics and discussion will draw out some defenses against this violence against women. The Minnesota Religious Coalition for Reproductive Choice works through All Options Clergy Counseling, media campaigns including billboards and editorials, lobbying in the legislature, and presentations in churches to convince the public that many people of faith believe "Abortion is a personal choice best left in the hands of a woman and her God."

Rev. Dr. Nadean Bishop is Executive Director of the MN Religious Coalition for Reproductive Choice in Minneapolis and makes presentations to religious bodies around the state on religious freedom and defending reproductive choice. An "out" lesbian and American Baptist pastor, she has published widely on choice and the poetry of Emily Dickinson, Adrienne Rich, and Audrey Lorde.

THE USE OF FRAGRANCE IN SPIRITUALITY

AH 205

Experiential

Since the beginning of time, humans have been using fragrance to enhance their spirituality. Smoke was considered the conduit of prayers to the gods and goddesses. We will examine the role fragrance has played in history, and how we can now incorporate fragrance into our spiritual practice today. Participants will take home a smudge stick that they will bundle during the class.

Brenda Brousseau, see session I for bio.

MAKING A DIFFERENCE FOR CHILDREN WHEN A FAMILY IS IN CRISIS

AH 209

Discussion

Many families experience crisis or trauma at various times in their lives, but we need to learn how to help them during this time rather than enabling them to continue a cycle of crisis. In addition to giving assistance and understanding, we need to find ways to help them learn self-empowerment tools. We will discuss types of crisis that many families encounter, affects on the children, how to help rather than enable, and we will learn empowerment tools to remain strong ourselves.

Keryl Cruickshank was a single parent for 6 years who went to college, ran a business and lobbied for single parents and affordable daycare. She is now married, raising 5 children, doing crisis nursery daycare and foster care for a living.

LIVING IN THE SHADOW: SPIRITUAL CHALLENGES AND GIFTS OF CAREGIVING

AH 217

Paper/Discussion

Being the physical caregiver for another is one of the larger spiritual challenges women in mid-life face: aging parents need help and are facing issues of end-of-life care and decision-making. The difficulties and spiritual rewards of juggling responsibilities and accepting changing roles can cause us to think "deep thoughts" and tap our resources for humor, strength, compassion and wisdom. This discussion will offer resources, ideas for coping, and a time for sharing.

Karen Cusack is a social worker, women's advocate, spiritual seeker, mother, daughter, wife, counselor and artist. She works in home care for Hospice of Central Iowa.

SYMBOLS OF THE GODDESS - do they exist in our churches today?

AH 211

Slide presentation/Discussion

Journey with us as we search for symbols of the Goddess in Minnesota churches and see what we have discovered. We will travel back to the time of the Goddess and learn the origin of many of the symbols found in our churches today.

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

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

THE SACRED JOURNEY AND THE IMPORTANCE OF PILGRIMAGE

AH 214

Discussion

We will center on recognizing the call and the need for pilgrimage/travel to sacred sites. Too often the inner voices are left unheard and the opportunity becomes lost. In a world where virtual reality is becoming more common than reality itself, I hope to encourage others to find their own sacred site and take steps to travel there. Package tours are available for many who would like to visit more commonly known sacred sites. This is for those who want or need to travel off the beaten path.

Giovanna Fregni has been a working artist since 1980, moving from graphic arts to jewelry to lapidary and gem cutting over the past year. She has traveled all over the US and Canada mining and collecting rocks for her work.

USING VALUES AS YOUR PERSONAL COMPASS

CSU 203

Interactive discussion

The purpose of this workshop is to enhance each participant's awareness of their own personal values and explore how alignment with these values may serve and simplify their daily lives. The impact of honoring our values as spiritual, purposeful beings will be explored.

Diana Gabriel is a Personal and Professional Coach. She is an adjunct faculty in Women's Studies at MSU.

Michelle Burns is a Certified Personal Co-Active Coach and workshop leader.

TRANSMISSION MEDITATION

AH 213

Paper/Discussion/Experiential

Come Learn Group Transmission Meditation! The time has passed for meditating alone, now is the time to mediate as a group for personal and world service. During Transmission Meditation humanity's "Masters of Wisdom", direct energies from the highest spiritual planes through the energy centers (Chakras) of the group. Transmission Meditation is a group service activity which steps down the spiritual energies that continually stream into our planet. Throughout the last 100 years, this meditation has been communicated through many masters on the planet, most recently, through Benjamin Crème.

Janice (Hope) Gorman, see Session I for bio.

BRINGING THE SPIRIT TO WORK

AH 232

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; 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, MT.

MOTHER EARTH'S GIFTS FOR HEALTH, HEALING, AND BALANCE

CSU 284A

Ritual/Discussion/Experiential

This workshop will include a meditation. Participants will gain knowledge and insight to cleanse, store, recharge and attune minerals, stones and gems, 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 the workshop. Each participant will have the opportunity to choose a stone to meditate with to aid them in their spiritual

journey, healing quest, and/or meditation.

Mary Lovold-Hearns, B.A.E.D., is a teacher, workshop facilitator, Reiki Practitioner, rock hound, wife and mother, integrating these on the spiritual path to find health and balance.

OUT OF MY DREAMS

AH 303 Round table/Paper/Discussion

Dreams can be very important. They can help us with transitions in our lives, show us past lives, bring healing, help us with relationships, show us the truth of things or bring new creative ideas to us. My own Animal Dream Cards were created from dreaming, 107 nights in a row, and drawing these dreams, thus creating my own cards with which to do intuitive readings. I strongly believe in the importance of dreams and that they can help us. Come learn the joy of dreaming. **Carla Wessel Houle** has been intuitive all her life, with her Angel/Indian Guide, Keeno, always helping. She is married, has raised four children, worked at a group home for handicapped, a nursing home and now works at a metaphysical store doing intuitive readings. She has created her own cards and watercolor visionary paintings and is currently writing two books.

FEELING THE BODY: RELEASING UNCONSCIOUS

LIMITATIONS - AN INTRO TO ROSEN METHOD BODYWORK

AH 306 Experiential

Rosen Method Bodywork was developed by Marion Rosen, who escaped Nazi Germany to be trained by the European pioneers in breath work and the mind/body connection. This workshop is about the connection between the body, mind, spirit and the emotions, and their relationship to the self and the rest of the world. It addresses the tension and stress that we hold in our bodies, and the release of muscular tension. It connects us to the deep essence of the person, wherein lives the possibility of fuller life and more aliveness, wisdom and creativity.

Dorothea Hrossowyc, M.A., member of 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. She practices in Northfield, Minneapolis and in Rochester, MN.

Marjorie Huebner, AMBT and RMPA, is a certified practitioner of Rosen Method, trained at the South West School in Santa Fe. She has 17 years of bodywork experience including Trager Psycho-Physical Integration, Craniosacral Therapy, Mind Body Centering, Authentic Movement and Rosen Method Movement.

WISE WOMEN SING AND DANCE

CSU 285 Ritual/Experiential/Movement (dance)

This workshop will use sound and movement to explore our relationship to the universe. We will use music to explore our place and move us toward unity with all. 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" at Unity North in Coon Rapids and a dancer of Universal Peace.

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

THE CENTER FOR HEALING: AN INTEGRATED HEALING SYSTEM

AH 220 Experiential/Discussion/Lecture

Invitation into an integrated system for spiritual grounding, healing and development. Participants will be taken on a brief tour of healing by examining how the chakra system integrates with world religions. Information and experience at each level will be provided.

Beth Hutchinson is certified in Secondary Education in Science, Health and Wellness Counseling, and Holistic Therapies, having

taught in both traditional and non-traditional settings in these fields. **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.

PRAYER OF THE HEART

AH 210 Discussion/Experiential

The Prayer of the Heart is a form of centering prayer. I teach it as a secular method of prayer. This prayer may be used by any spiritual discipline. The Prayer of the Heart is an important form of stress relief used by many people in recovery from various diseases. It's a comforting prayer process to have at hand at all times.

Fran Klette, see Session I for bio.

A CALL TO ACTION FOR PEOPLE OF FAITH: COMMUNITIES CARING FOR OUR REFUGEE AND ASYLEE NEIGHBORS

AH 215 Paper/Discussion

Refugees and asylees have fled the violence of war and repression in their own countries of origin. What are the possible repercussions of violence for these newcomers to our communities? This training will examine the long-term effects of war trauma and torture on individuals, their families, and communities, and will assist participants in developing healing interventions that are appropriate for the community where they live and work.

Evelyn Lennon, received a M.S. in Social Work with an emphasis on Program Development, Policy, and Administration from Augsburg College. She has worked as an African caseworker for the MN Council of Churches, coordinates the ORR Refugee Mental health Project at The Center for Victims of Torture in the Twin Cities, and is an ordained clergywoman of the Episcopal Church.

SPIRITUALITY OF VEGETARIANISM

AH 216 Discussion

This workshop will be a discussion of the reasons why people choose not to eat animal foods. The topics to be discussed include health issues, nutritional balance, ecological concerns, ascetic practice, incarnation, the souls of animals and nonviolence. Vegetarian recipes and menus will be available.

Donna Malum has been a wife and partner, a single mom, a survivor of domestic abuse, a teacher, a nutritionist, a trained facilitator and a life long student. She has formal education and years of professional practice in the science of foods and nutrition and has spent 2 years studying feminist theology.

THE CEREMONIAL USE OF PLANTS

AH 221 Discussion/Experiential

Ceremony may come from different sources. It may be given in dreams or visions, from teachers, passed along in the culture or self-derived. Whatever the source, ceremony gives form and expression to the human capacity and desire to touch the sacred and feel a sense of reverence for the living Earth. We will explore ways to allow ourselves to receive the teachings of the plants and how to enrich our life experiences through ceremony.

Julie McIntyre is Director of the Center for Earth Relations; Earth Medicine Ways in Viroqua, WI and a practitioner of the Church of Gaia, located in Boulder, CO. She is an Earth-Centered Practitioner, ceremonialist, carrier of the Sacred Pipe, leader of vision quests and sweat lodges, and teacher of plant medicine ways and healing with the Medicine Wheel.

THE LABYRINTH - SPIRITUAL TOOL FOR TRANSFORMATION

CSU 253-4 Paper/Discussion/Movement/Experiential

We will start with an oral presentation of labyrinths, including history, various types and uses over time. We will include many resources, books, photographs and samples of finger labyrinths; instruction and hands-on activity on how to draw a basic labyrinth pattern and show a short video demonstrating uses in contemporary settings. We will then experience an actual labyrinth walk us-

ing a large canvas labyrinth, including art and journaling materials for personal expression. We will use scarves and music to enhance or aid the experience.

Lisa Gidlow Moriarty is a labyrinth maker and certified facilitator, and regional rep of The Labyrinth Society, an international organization of labyrinth enthusiasts. She assists individuals, churches and organizations in designing and creating labyrinths; provides presentations and workshops on the history and use of labyrinths as a spiritual tool; and assists in the personal transformational experiences they provide.

Carol Caouette is a writer and educator. She has assisted Lisa in facilitating labyrinth experiences and works with journaling methods as means to process personal transformation and experience.

SEEKING THE GODDESSES OF CENTRAL MEXICO

AH 308 Discussion/Slide presentation

The presenter will share slides of pre-Aztec goddess sites, many archeological wonders of Central Mexico - Cuicuilco, Xochitecatl, Cholula, Teotihuacan - and the sites that honor Our Lady of Guadalupe. The presentation celebrates the February 2001 global Awareness Through Experience (GATE) program.

Carol Perkins is a professor of Women's Studies at Minnesota State University, Mankato. She is particularly fascinated with the presence and power of Our Lady of Guadalupe in Mexico's history and culture.

AROMA THERAPY:

USING ESSENTIAL OILS PRACTICALLY AND SPIRITUALLY

AH 222 Child-friendly/Informal discussion/Experiential

Essential oils go back thousands of years and were rediscovered in the early 1900's. In the last decade there has been a resurgence of interest in Aromatherapy. This workshop is intended to provide a brief historical overview as well as an experiential time smelling the oils and discussing the power of scent.

Marita Rahlenbeck and **Dawn Schreifels**, see Session I for bio.

REMEMBRANCE OF THE DIVINE FEMINE: WOMEN'S WAYS & WOMEN'S WISDOM

CSU 284C Ritual/Storyteller/Movement/Experiential circle

Come together in the ancient way of a circle to discover the sacred life force and voice of the divine feminine that lives within you, lives within Mother Earth and longs for expression in our world. We will be creating a ritual space for storytelling, singing, dancing, circle sharing and remembrance of the Sacred Feminine. Together we will dream, heal, open and rise toward an opening, deepening, filling, and strengthening way of living with our bodies, Mother Earth and the wisdom of the Divine Feminine.

Teresa Riley-Baecker has been facilitating gatherings of women and community for over a decade. She remembers to discover the creative spiritual essence within all of life. She is a spiritual creative, wife, mother, traditional healer, doula, dancer, writer, singer and an artist of life. She is a facilitator of Sacred Journeys, Original Medicine Ways and MN Sacred Theater.

DANCING YOUR TRUTH (PART II)

CSU 204 Movement/Activity/Experiential

This workshop is intended to inspire any level participant to integrate what was received in the SHAMANIC JOURNEY workshop, this will help participants to integrate the experience, although it is open to anyone. Bring drums, rattles, shakers, tambourines or bells.

Mary C. Rivard, see Session I for bio.

Michelle Dunkirk, visionary musician, violinist extraordinaire. She says, "Everything that we experience in our lives happens with purpose in order for us to attain a new level of self realization and awareness."

SHAMANIC COMMUNITY HEALING CEREMONY

CSU 101 Ritual/Movement activity/Experiential

We will be creating a spiritual container with the gathering of a Circle of Healers from the SW Shamanic Community. Our unified intent will hold the space for a group healing to occur, involving all partici-

pants. Everyone is invited to help create and hold the space and/or enter the circle for healing. When we are willing to open up our own experience to be healed by the earth and Spirit, we are also sending healing back into the earth and creating stronger spiritual connections. It might be helpful to attend the Basic Shamanism workshop held before this ceremony to understand more detail of Shamanic healing and how to 'journey.' If possible, bring a rock and small container of natural water from where you live or sacred place on the earth you feel connected to for the ceremony.

Jaes Marguerite Seis is a teacher and practitioner of Shamanism, meeting with individuals and groups for learning, counseling and healing. She is the president of Pachamama Inc., a non-profit Shamanic community organization. She has responded to the call toward healing early in life and has extensive training through colleagues and teachers of Shamanic culture, tradition and life-style.

Mary Fowler has studied shamanism with Jaes and other Shamanic teachers for more than 7 years, has assisted Jaes with many workshops and has offered her healing abilities to others. She is also the Treasurer on the Board of Pachamama Inc.

SACRED DANCE

HN DANCE STUDIO Movement/Activity/Experiential

Journey back to a time when dance was the principal form of worship. Dance the dances of the ancient Goddesses and priestesses. Experience the Divine feminine and integrate feminine and masculine energies through movement and ritual. Use the veil, the sacred circle, classical Indian postures and African movement techniques to connect with spirit. Through music, movement and imagery we will experience sacred dance as it has evolved through time. No dance experience necessary.

Wendy Siracusa teaches dance classes to students of all ages which focus on creative movement and healing dance/movement. Her classes are a result of the study of a number of ethnic dance styles as well as experience with therapeutic dance, ecstatic dance, and trans/dance.

COLLAGE: YOU AND ALL THAT LIGHTS YOUR FIRE

AH 208 Teen, child friendly/Experiential/Art activity

Come, join us to explore what it is that lights your fire! Your favorite quotations, the people and places, the animals you care most about - all these things reveal a lot about who you are and what motivates you to feel joy, to take action. We'll each make a collage that shows who we are and what matters most to us.

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

Sage Passi coordinates Across Generations, St. Paul schools' arts program, and is a storyteller for Spiderwimmin, a girls' and women's ritual community.

Sofia Bilkadi is an 8th grader who enjoys all kinds of books and movies, volleyball, track, acting and jokes.

Kira Pontiff is an 8th grader who loves fiction and fantasy, writing, swimming, dancing, acting and manatees.

THE GODDESS IN CHILDREN'S PICTURE BOOKS

AH 320 Child-friendly/Round table

This workshop will identify the goddess (or strong female character deserving emulation) who is alive and well in children's literature! Participants will learn about where she resides in published works from today and the last decade. Fellow goddesses will discover the many and varied roles and challenges she embraces. Attendees will hear her distinct yet ever-changing voice.

Elizabeth Timmins, see Session I for bio.

THE ART OF NURTURING WOMEN THROUGH PREGNANCY AND BIRTH

AH 203 Child friendly/Paper/Discussion/Slide presentation

The birth experience has a powerful effect on women with a potential for permanent or long-term positive or negative impact. Our culture is one of the few that do not routinely surround a laboring

woman with other women to provide emotional support. By providing emotional support in labor, we can help childbearing women find their inner beauty and strength, as they become mothers.

Roberta Warneke, a mom with two wonderful kids, is working towards her Bachelor of Science degree in Women's Studies and Community Health Education. She is also working to become a DONA certified doula.

Kerri Ambrose, a mom to four great kids, is a certified doula and doula trainer and teaches childbirth education

DISCARDED: SURVIVING FAMILY FAVORITISM AND FALLS FROM GRACE

AH 233

Discussion

Family favoritism damages the connections between members and invalidates the emotional integrity and spiritual gifts of the discarded or neglected person. We will examine common types of favoritism, its contributing factors and the ways in which it can disable normal function in other areas of life. Development of a self-care and protection plan is encouraged and we will discuss actions which can be taken by sufferers to return to a place of self-empowerment and strength. The concepts of compassion, forgiveness and satisfaction will also be reviewed as opportunities presented to us on the path toward renewal of spirit and wholeness.

Lee Wilcox is a professional life coach working in the Minneapolis area. Her organization, Inner Wilderness, exists to assist individuals in developing and navigating the process of personal transformation.

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

SPEAKING UP AND SPEAKING OUT:

EFFECTIVE COMMUNICATION FOR ACTIVE WOMEN AND MEN

AH 205

Discussion

It's easiest to express ourselves when we feel safe, when we are talking with others who share, or at least respect, our point of view. How can we be more effective in less comfortable, less supportive situations? Or in situations where we feel put on the spot, unsure of how much of our Spirit we should reveal? We will discuss specific ways to Speak Up and Speak Out effectively in all settings.

Kristin Anderson is president of Say What? Consulting, is a noted speaker and author, and an adjunct faculty member in the Communications Dept. at the U of St. Thomas.

TAROT - THE MAGICIAN'S ALPHABET

CSU 101

Discussion/Experiential

Bring your own deck of Tarot cards and meet the magician within you, the one who hears and speaks the language of Tarot...earth, air, wind and fire! Through various structures, dialogue and hands on practice, you will receive ideas of being your own channel of your creative and intuitive rivers. Discover new ways to "play" with the images and landscapes of the cards.

Nancy Antenucci is a beloved Tarot teacher, reader and mentor in the Twin Cities. She mentors the Tarot Circle gathering for all levels of students and readers as well as nourishes her private practice and teaching.

CREATING YOUR PERSONAL PRAYER HOUSE

AH 314

Experiential

Prayer can take many forms - verbal or nonverbal, visible or invisible. In this workshop, participants create tangible, visual embodiments of prayer: tiny "prayer houses" constructed of wood and paper that give form to a personal prayer. We are inspired by the Thai custom of building small "spirit houses" on pedestals outside their homes, that each day are honored with fresh fruit and flowers. Our "prayer houses" live indoors on stilts and hold the prayers of our spirit - dreams, wishes, and hopes - that we cherish and wish to honor in our daily lives.

Susan Armington and **Catherine Reid Day**, see Session II for bio.

THE WALLACE METHOD™ -

FOLLOWING INNER PATHWAYS TO BODY FREEDOM

CSU 284A

Experiential

The Wallace Method, an innovative form of bodywork, enhances our ability to move freely in our bodies. The movements used to create this freedom are gentle stretches which originate in, and are supported from within the body. In this workshop we will introduce several movements designed to deepen our understanding of and relationship to our own unique structures. We live in bodies suppressed or oppressed by pain and restrictions, and we accept this as normal. This work challenges what is considered normal body ability and frees us to creatively explore how our bodies can and will move when offered the opportunity.

Bonnie Berquam and **Catherine Mora Cleary**, see session I for bio.

WHY WERE THE KURGANS WARLIKE AND THE INFLUENCE OF BLACK SEA FLOOD ON THEIR CULTURE

AH 222

Paper/Discussion/Slides

In this presentation, I will examine the flooding of the Black Sea basin during the 6th millennium which must have been a cataclysmic event of enormous proportions for Neolithic peoples of the region. By the 5th millennium B.C., those people of the North Pontic Caspian region, named by the world renowned archaeologist Marija Gimbutas as the "Kurgan people," had become territorial, warlike, nomadic pastoralists, in contrast to the more peaceful, sedentary cultures of Old Europe. We will investigate the possible consequences of the Black Sea flood on the social and economic development of the Kurgan Peoples whose invasions into Old Europe changed the face of Europe and can still be felt today.

Cristina Biaggi brings to her work as a writer, sculptor and lecturer on the Great Goddess a strong background in the classics, art, art history, archaeology, mythology, literature and languages. Author of two books, she has lectured on the Goddess at the Beijing Women's Conference, coordinated a Women's History Month program and participated in a program at the Smithsonian Institute. Her work has been exhibited throughout Europe, Australia and the U.S.

GROWING BEYOND HE-ISM: EXPANDING IMAGES OF GOD PERSONALLY AND SOCIETALLY

AH 213

Experiential/Discussion/Ritual/Storyteller

In this workshop we will shift beyond male concepts of the divine, both personally and societally. Participants will engage in guided imagery, brainstorming, strategizing, and ritual. We will have resource lists and additional ideas. Entrance will be in dim light.

Amy Blumenshine, MSW, grad of Hartford Seminary's Women's Leadership Institute (Oct. 2002), former Lutheran Missionary working against domestic violence in Nicaragua, and former community faculty at Metro State U.

Elaine Johnson, M.A., LP, LADC, has participated in WomenChurch group for nearly 15 years.

CREATING DOLLS AS TOTEMS FOR HEALING AND THE CELEBRATION OF THE SELF

AH 216

Experiential/Creative/Meditational

We will make a simple doll, a "totem" of your inner self; your strengths, beauty, hopes, needs for healing or aspirations - whatever you would like to express and make tangible in the form of a simple, wrapped figure. We will begin with a musical meditation and centering visualization and then put our thoughts onto small pieces of handmade paper. We will then include these pieces in the inner structure of the doll as we wrap wire with yarn. The outside of the doll will be wrapped with decorative fibers or colorful fabric, and if time allows, you may embellish with special beads, buttons, ribbons, etc...only you will know the treasures your doll holds within. **Basic materials will be provided, but bring special treasures, beads, fabric, fibers, etc to make your doll more special.**

Amy Chester, see session I for bio.

RECLAIMING THE SACRED SOURCE

CSU 202

**Storyteller/Movement activity/Discussion/
Slide presentation**

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.

WOMANSONG: RELEASING THE FREE SPIRIT IN EACH OF US
AH 225 **Original songs/Personal story**

The Divine Feminine, and transforming life experiences, motivates and inspires the presenter's original songs. With honesty and intimacy, she uses music and personal story to share the experience of a struggle beyond traditional expectations to a birthing of self through music. Shared hope, humor, anger and resolve challenge oppressive structures and offer vision for social change in "A New World Order," "Spiritual Indigestion," "Another Voice," "This is My Mother's World," and "Coloring Outside the Lines." Come to listen with your heart and let it sing!

Dody Davies, see Session I for bio.

RITUAL AROMATHERAPY:

THE USE OF ESSENTIAL OILS IN SPIRITUAL PRACTICE

AH 306 **Paper/Discussion/Experiential/Slide presentation**

For millennia, plant fragrances have been used in religious and spiritual practice. Spirituality is about connection and Essential Oils can serve as emissaries or intermediaries in the process. By learning and experiencing the quintessential properties of aromatic plant oils, we can create our own anointing rituals.

Dina Ferrero and **Kirsten Anderson**, see Session I for bio.

MUSIC REFRAINS - ENHANCE ALMOST ANY OCCASION

AH 233 **Discussion/Sharing/Experiential**

Use simple music refrains to enhance ritual, prayer, a celebration, workshop, meeting, retreat or other event. Experience how a refrain can establish a theme and be carried through an event. Learn to form refrains suitable for various occasions. Discussion of all of the above.

Lea Henkes, see Session I for bio.

HONORING THE DREAMTIME: DREAMING ON A SPIRITUAL PATH

AH 217 **Paper/Discussion/Experiential**

This workshop will offer a multi-cultural historical presentation of dreaming on the spiritual path. To honor the dreamtime, techniques for improving dream recall, recording dreams and keeping a journal, personal dream interpretation, and dream incubation will be provided. Suggestions on forming and maintaining a dream circle for group work will be addressed. The workshop will conclude with a sharing of dreams in a dream circle.

Denise Hooper and **Felicia Glidden**, see Session I for bio.

CREATING SACRED SPACE: THE BASICS OF FENG SHUI

AH 316 **Discussion/Slides/Storyteller**

Understand the basics of Feng Shui in order to see your space with new eyes. As an introduction to the basic concepts of Feng Shui, participants will be presented with the principles that make this Chinese art of placement work effectively. By learning small, affordable ways to shift energy in a space, participants can begin to make changes in the way they live their lives. A solid introduction to Feng Shui and how to use it will be provided through stories, experiences and humor.

Carole Hyder and **Deb Nelson**, see Session I for bio.

HONORING THE GODDESS IN MULTI-CULTURAL TRADITIONS

AH 209 **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 myths and prayers.

Crystal Adeline Johnson, see Session I for bio.

CONNECTING WITH HIGHER GUIDANCE

AH 210

Experiential

"Connecting with Higher Guidance" opens participants up to contact with spiritual guidance of many different sorts: Spirit guides, angels, guardian spirits, aliens, master teachers, goddesses and gurus. Any source of higher information which can help the individual walk the spiritual path is what we will connect with in this workshop. Through actual exercises and visualization meditation, participants will work individually and in dyads or triads to get to know these personal sources of divine guidance. Hands-on technique will be taught so that you can tap into these sources of information at any time.

Jules Kennedy (aka, Julie Rietveld), B.S. Open Studies at Minnesota State University, is a psychic counselor and author of Dimensional Ascension and Sexual Ascension. She has clients worldwide and is founder of The Utopian Vision, now based in Indiana.

ACHIEVING FINANCIAL SERENITY

AH 208

Discussion

There are so many messages we have heard throughout our lives about the role money should play in our lives - how much we should earn, how we should use money, what it means to be prosperous in this culture. We have not had many opportunities to really consider the role that our own spirituality and sense of self has to do with earning and spending and using our financial resources. Through guided imagery, presentation of compelling information, discussion and focused reflection, we will begin to understand those messages about money we have carried with us, learn ways to take control of our own financial security, and to acknowledge the joy of achieving financial serenity.

Meg Leagjeld-Leach, M.A., is recognized for her expertise in organizational transitions, executive coaching, leadership and staff development. She helps individuals and teams rediscover their strengths and purpose and move forward with heightened vitality.

Cindy Calderon has 20 years experience in the financial industry and has started her own practice providing financial and organizational services to affluent individuals and families. Through her private practice she becomes closely involved with the various aspects of her clients' personal lives as she works on educating them.

A CALL TO ACTION FOR PEOPLE OF FAITH: COMMUNITIES CARING FOR OUR REFUGEE AND ASYLEE NEIGHBORS

AH 215

Paper/Discussion

Refugees and asylees have fled the violence of war and repression in their own countries of origin. What are the possible repercussions of violence for these newcomers to our communities? This training will examine the long-term effects of war trauma and torture on individuals, their families, and communities, and will assist participants in developing healing interventions that are appropriate for the community where they live and work.

Evelyn Lennon, see Session II for bio.

CREATING CHANGE: BECOMING STRONG AND COURAGEOUS IN OUR DAILY LIVES

AH 308

Ritual/Experiential

We will start people on a year long journey of self-exploration and expression with the end goal being the ability to live a stronger and more courageous life. This will be modeled after the year and a day concept of spiritual commitment and will hopefully culminate in gathering some participants at the 2003 conference to share spiritual journeys.

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

THE CEREMONIAL USE OF PLANTS

AH 221 **Discussion/Experiential**
Ceremony may come from different sources. It may be given in dreams or visions, from teachers, passed along in the culture or self-derived. Whatever the source, ceremony gives form and expression to the human capacity and desire to touch the sacred and feel a sense of reverence for the living Earth. We will explore ways to allow ourselves to receive the teachings of the plants and how to enrich our life experiences through ceremony.
Julie McIntyre, see Session II for bio.

THE FEMININE SPIRIT AWAITS THE SEEKING HEART

AH 214 **Ritual/Discussion/Presentation**
This workshop will stimulate the imagination with stories and images that document the human family's earliest longing for the Sacred. We will experience an ambiance of flowing, vibrant banners inspired by ancient manuscripts, handle evocative ceramic figurines, replicas of archaeological treasures from the dawn of consciousness, and consider the faces of the Feminine Spirit present in Mary of Nazareth as she has been with us across the ages. Most importantly, we will explore that feminine divine awakening within us. Where is she manifest in our lives and in our world? We will invite her to heal our wounded world and to continue to challenge us to be wholly human.
Linda Mershon and Cecilia Corcoran, see Session I for bio.

PSYCHIC JELLYBEANS

AH 320 **Experiential**
This workshop is designed to access our creative spirit. We will begin with a visual "guided" journey set to assist us in finding our "intention" for artistic work, whether this be a written or visual design. Other exercises include access to the "right" or non verbal side of the brain, brief exercises utilizing movement and music, and the design of a personal journal set up to enhance our connection to the creative process. One other experiential activity will be the development of two very different "mandalas".
Judy Monk has a B.A. in Psychology and Art, and has worked with both children and adults for 15 years in art therapy programs in Chicago, IL and Iowa City, IA.

THE COSMIC HEART

AH 311 **Storyteller/Experiential/Presentation**
In us, the Universe explodes into intense reflections of itself and its goodness. Through storytelling and enactment, this workshop will focus on the story of the Universe. We will explore the unique role of the human during 15 billion years of evolution. The cosmic evolution is one of the world-changing ideas of human history as we envision a human world in harmony with the natural world.
Kitty Nagler, see Session I for bio.

SURVIVAL - A VEHICLE FOR HEALING, GROWTH AND AWAKENING

AH 303 **Paper/Discussion/Experiential**
Explore how surviving any life situation, big or small can be used as a vehicle that may bring you closer to your own true essence - the divine self that resides within. Discover respectful, self-honoring techniques and opportunities that will allow you to heal and move forward in to your life with often-rapid results.
Marcia Nelson, see Session I for bio.

REMEMBRANCE OF THE DIVINE FEMININE: WOMEN'S WAYS & WOMEN'S WISDOM

CSU 284C **Ritual/Storyteller/Movement/Experiential**
Come together in the ancient way of a circle to discover the sacred life force and voice of the divine feminine that lives within you, lives within Mother Earth and longs for expression in our world. We will be creating a ritual space for storytelling, singing, dancing, circle sharing and remembrance of the Sacred Feminine. Together we will dream, heal, open and rise toward an opening, deepening, fill-

ing, and strengthening way of living with our bodies, Mother Earth and the wisdom of the Divine Feminine.

Teresa Riley-Baecker, see Session II for bio.

DANCING THROUGH THE FIVE EMOTIONS

HN DANCE STUDIO **Experiential/Discussion**
In this class we will follow our bodies' wisdom as it takes us through the five Master emotions of Grief, Fear, Anger, Joy and Sympathy. Power lies in our ability to be fed by our emotions. As you become comfortable feeling and expressing yourself, you will learn to understand the wisdom of emotion and be able to access it for change.
Cat Thompson is the founder of Emotional Technologies™ and author of "Creating Heaven on Earth: Mastering the technology of emotion through the Five Harmonics™" as well as a long time presenter at this conference.

REALIGNING YOUR SPIRITUAL LIFE WITH (DESPITE?) YOUR FAITH COMMUNITY

AH 232 **Round table/Discussion**
Belonging to and integrating with community has long been both the lifeblood and the responsibility of women in societies from the beginning of time. The mere act of balancing one's own personal or cultural identification while integrating into converted Faith, or a different degree of observance from one's past, is often an elegant and intricate process. Deciding what's necessary to hold onto in order to remain whole, and what must be sacrificed or overcome for the sake of identifying and belonging to a spiritual community is a challenge that women face daily - and is often what ends up defining the breath of the entire faith community. Available in American Sign Language or Braille/large print upon request.
Nurianne Tomas is an Arts Administrator originally from the East Coast and is working to overcome many cultural "challenges" that accompany being a religious convert from Ba'al T'shuva Orthodox Judaism to Baha'i, and a new-comer to the Central Midwest that has served to redefine her entire understanding of religious community.
Karen Jentz is an Early Childhood Family Educator who now works intensively with immigrant Mexican families in Melrose, MN. She has traveled extensively since her religious conversion to the Baha'i Faith 27 years ago, enjoying living in and "integrating into" such diverse areas as urban Vietnam, Crow Creek and Rosebud Lakota Reservation communities, and, most recently, southern China.

HERSTORY IN THE ARTS

AH 211 **Paper/Discussion**
Many researchers support the theory that women were denied recognition of their abilities during their time and purposely left out of recorded historiography. This workshop will review the arts and crafts created by women during the 16th through the 21st centuries, followed by a brief review of some women artists whom history has not forgotten. Discussion will be encouraged and a written bibliography will be provided.
Deborah VanderEyck, B.A. in social research and B.S. in art education, is an artist and contract art instructor. She has done research on socially diverse topics, ranging from the importance of acknowledging American Indian rights to providing support for sexually abused women.

CIRCLE OF THE SUN: TOWARD A GODDESS-SPIRITUALITY OF NORTHERN EUROPE

AH 305 **Paper/Discussion/Storytelling**
Much of the study of Goddess lore and mythology from Europe has centered on the Celtic peoples, largely ignoring their neighbors, the Germanic peoples. However, many European-Americans have as much or more Germanic ancestry as Celtic. Join us in plumbing the impressive riches of earth-based, Goddess- and women-centered beliefs from the Germanic world of Northern Europe, back to the Bronze age and beyond.
Dawn Work-MaKinne, see Session I for bio.

WILD WOMEN PERCUSSION JAM

CSU Indigo **Activity/Child-friendly/Experiential**
(Bring your own instruments as limited will be available)
For thousands of years women have been isolated and silenced. Through drumming we can discover our power and practice using that power to create a new harmonious community.
Vetch (Bev Anderson) and **Lee Berglund**, see Saturday Night Happenings for bio.

SPEAKING UP AND SPEAKING OUT: EFFECTIVE COMMUNICATION FOR ACTIVE WOMEN AND MEN

AH 205 **Discussion**
It's easiest to express ourselves when we feel safe, when we are talking with others who share, or at least respect, our point of view. How can we be more effective in less comfortable, less supportive situations? Or in situations where we feel put on the spot, unsure of how much of our Spirit we should reveal? We will discuss specific ways to Speak Up and Speak Out effectively in all settings.
Kristin Anderson, see Session III for bio.

TAROT - THE MAGICIAN'S ALPHABET

CSU 101 **Discussion/Experiential**
Bring your own deck of Tarot cards and meet the magician within you, the one who hears and speaks the language of Tarot...earth, air, wind and fire! Through various structures, dialogue and hands on practice, you will receive ideas of being your own channel of your creative and intuitive rivers. Discover new ways to "play" with the images and landscapes of the cards.
Nancy Antenucci, see Session III for bio.

WHY WERE THE KURGANS WARLIKE AND THE INFLUENCE OF BLACK SEA FLOOD ON THEIR CULTURE

AH 222 **Paper/Discussion/Slides**
In this presentation, I will examine the flooding of the Black Sea basin during the 6th millennium which must have been a cataclysmic event of enormous proportions for Neolithic peoples of the region. By the 5th millennium B.C., those people of the North Pontic Caspian region, named by the world renowned archaeologist Marija Gimbutas as the "Kurgan people," had become territorial, warlike, nomadic pastoralists, in contrast to the more peaceful, sedentary cultures of Old Europe. We will investigate the possible consequences of the Black Sea flood on the social and economic development of the Kurgan Peoples whose invasions into Old Europe changed the face of Europe and can still be felt today.
Cristina Biaggi, see Session III for bio.

JESUS, SHAMAN OR LORD GOD?

AH 202 **Paper/Discussion**
Historians are puzzled by Paul's propagation of the myth of Christ without giving any attention to the flesh and blood Jesus who actually lived in history. This human Jesus can be discerned in the synoptic gospels and differs radically from the hierarchical lord worshipped by Christianity. A careful reading of the gospels indicates that Jesus intended to teach people about the inner Reign, not to induce their worship of him. We can trace the evolution of the human Jesus into the lofty Christ of faith.
Jeanette Blonigen Clancy, see session I for bio.

GROWING BEYOND HE-ISM: EXPANDING IMAGES OF GOD PERSONALLY AND SOCIETALLY

AH 213 **Experiential/Discussion/Ritual/Storyteller**
In this workshop we will shift beyond male concepts of the divine, both personally and societally. It is seeking and opening work. Participants will engage in guided imagery, brainstorming, strategizing, and ritual. We will have resource lists and additional ideas. Entrance will be in dim light.
Amy Blumenshine, and **Elaine Johnson**, see Session III for bio.

HOLISTIC HYGIENE

AH 211 **Discussion/Experiential**
In the spirit of the goddess Hygea, the daughter of Asclepius, the world's first doctor, we will explore the principles of whole body hygiene. Hygiene is the art and science that deals with the promotion, preservation and principles of health especially by cleanliness; sanitary science. Purity of body, mind and spirit is the key to maintaining health and long term wellness. One of the most important processes essential to good health is the proper elimination of the body's toxic waste products because a polluted body cannot heal. Learn practical aspects of natural internal cleansing through fasting and toxic energy clearing through positive thinking and easy to remember qigong exercises.
Ann Cathcart, see session I for bio.

THE ELEUSINIAN MYSTERIES OF DEMETER AND PERSEPHONE AND THEIR SIGNIFICANCE FOR MODERN WOMEN

AH 215 **Paper/Discussion/Slide presentation**
In this workshop we will discuss the presenter's recent research into the most popular and long-lived mystery religion of the ancient world: the Eleusinian Mysteries. Centered on the Goddesses Demeter and her daughter Persephone, the Mysteries were celebrated for two thousand years and permitted initiates to participate in Demeter's power to confront and transform death. What was revealed at Eleusis? What message do the Mysteries have for women of the 21st century?
Joan Cichon is currently pursuing a Ph.D. in Women's Spirituality at the CA Institute of Integral Studies and is a frequent presenter at this conference. She also gives presentations throughout the Midwest on Marija Gimbutas, archaeomythology, the history of the Goddess and her Goddess pilgrimages.

DREAMS AS GIFTS

CSU 284A **Experiential**
Would you like to be able to make sense of your dreams? Dreams can seem so strange but when we understand how to interpret them, they can enhance our lives by providing guidance, solutions to problems, creative ideas, change and inspiration. We will learn to recall dreams, learn the language of symbols (which is the key to comprehending dreams) and learn methods of working with our dreams for personal growth.
Carole Cravath, B.A., has been teaching dream interpretation and other personal and spiritual growth workshops for 15 years.

MAKING A DIFFERENCE FOR CHILDREN WHEN A FAMILY IS IN CRISIS

AH 209 **Discussion**
Many families experience crisis or trauma at various times in their lives, but we need to learn how to help them during this time rather than enabling them to continue a cycle of crisis. In addition to giving assistance and understanding, we need to find ways to help them learn self-empowerment tools. We will discuss types of crisis that many families encounter, affects on the children, how to help rather than enable, and we will learn empowerment tools to remain strong ourselves.
Keryl Cruickshank, see Session II for bio.

LIVING IN THE SHADOW: SPIRITUAL CHALLENGES AND GIFTS OF CAREGIVING

AH 217 **Paper/Discussion**
Being the physical caregiver for another is one of the larger spiritual challenges women in mid-life face: aging parents need help and are facing issues of end-of-life care and decision-making. The difficulties and spiritual rewards of juggling responsibilities and accepting changing roles can cause us to think "deep thoughts" and tap our resources for humor, strength, compassion and wisdom. This discussion will offer resources, ideas for coping, and a time for sharing.
Karen Cusack, see Session II for bio.

**ENCOURAGE THE POTENTIAL -
DANCE THE RHYTHM OF THE SOUL**

CSU 204 **Movement/Dance/Discussion**
Love in Full Expression (LIFE) is the journey of the heart from darkness into light. This experiential workshop introduces the voyager to higher states of awareness opening the door for self-discovery and greater healing. Participants will connect with their true nature through the use of toning and movement. This technique quiets the self-limiting ego bringing forth the beauty that is uniquely individual and allows participants to experience the essence of the true self. Come with an open mind and a desiring heart.
Catherine Dwyer, see Session I for bio.

**THE SACRED JOURNEY AND
THE IMPORTANCE OF PILGRIMAGE**

AH 214 **Discussion**
We will center on recognizing the call and the need for pilgrimage/travel to sacred sites. Too often the inner voices are left unheard and the opportunity becomes lost. In a world where virtual reality is becoming more common than reality itself, I hope to encourage others to find their own sacred site and take steps to travel there. Package tours are available for many who would like to visit more commonly known sacred sites. This is for those who want or need to travel off the beaten path.
Giovanna Fregni, see Session II for bio.

PLAYSHOP - A CREATIVITY PROCESS FOR ADULTS

CSU 202 **Experiential/Creativity**
This workshop will be a resource for those who wish to realize their creative talents more fully. The process of creativity is open-ended. We offer group structure and let the energy and spirit give direction as people begin to identify ideas, needs and goals, so that creativity can manifest and grow. Members will experience support and validation within the group. Limited to 25 participants.
Nina Holiday-Lynch and **Jayne Emerson** are licensed psychologists who act within the parameters of licensure, but do not act as psychologists with playshop groups because playshop is not therapy.

**FEELING THE BODY: RELEASING UNCONSCIOUS
LIMITATIONS - AN INTRO TO ROSEN METHOD BODYWORK**

AH 306 **Experiential**
Rosen Method Bodywork was developed by Marion Rosen, who escaped Nazi Germany to be trained by the European pioneers in breath work and the mind/body connection. This workshop is about the connection between the body, mind, spirit and the emotions, and their relationship to the self and the rest of the world. It addresses the tension and stress that we hold in our bodies, and the release of muscular tension. It connects us to the deep essence of the person, wherein lives the possibility of fuller life and more aliveness, wisdom and creativity.
Dorothea Hrossowyc and **Marjorie Huebner**, see Session II for bio.

WISE WOMEN SING AND DANCE

CSU 285 **Ritual/Experiential/Movement (dance)**
This workshop will use sound and movement to explore our relationship to the universe. We will use music to explore our place and move us toward unity with all. 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 and **Geralyn Sorensen**, see Session II for bio.

**THE CENTER FOR HEALING:
AN INTEGRATED HEALING SYSTEM**

AH 220 **Experiential/Discussion/Lecture**
Invitation into an integrated system for spiritual grounding, healing and development. Participants will be taken on a brief tour of healing by examining how the chakra system integrates with world religions. Information and experience at each level will be provided.
Beth Hutchinson and **Germaine Smith**, see Session II for bio.

**TRUSTING AND USING OUR BODY AND
OUR MIND IN NEW AND EXCITING WAYS**

CSU 284C **Experiential**
The purpose of this workshop is to increase awareness of both movement and lack of movement in our bodies and minds. You will be taught ways to increase the energy flow in both. The more you allow your energy to flow, the more you will experience spiritual energy in your daily lives. There will be exercises pertaining specifically to the body, and specifically to the more subtle energy of the mind and surrounding energy fields. Presented alternately, participants will be energized and grounded while recognizing the correlation of both to spirituality.
Doris Jeanette and **Jenna Catherine**, see Session I for bio.

THE DIVINE FEMININE AND PRAYING FOR WORLD PEACE

AH 309 **Discussion/Experiential**
Cultivating the Shekinah presence and wisdom of Sophia is foundational to receiving the inner gifts of love, joy and peace, and manifesting them in effective action on a daily basis. Through the examination of the polarities of unconditional love and disciplined action, one begins to embody a living peace. Sophia, as the Divine Plan underlying creation, interacts as "Mother, Daughter and Holy Soul," with the "Father, Son and Holy Spirit."
Carole Julian, see Session I for bio.

CONNECTING WITH HIGHER GUIDANCE

AH 210 **Experiential**
"Connecting with Higher Guidance" opens participants up to contact with spiritual guidance of many different sorts: Spirit guides, angels, guardian spirits, aliens, master teachers, goddesses and gurus. Any source of higher information which can help the individual walk the spiritual path is what we will connect with in this workshop. Through actual exercises and visualization meditation, participants will work individually and in dyads or triads to get to know these personal sources of divine guidance. Hands-on technique will be taught so that you can tap into these sources of information at any time.
Jules Kennedy, see Session III for bio.

LOVING YOUR BODY'S IMAGE

HN DANCE STUDIO **Discussion/Experiential/
Reflective Writing/Journaling**
There are many intelligent and talented women who are dissatisfied with their body. I argue that American women are brainwashed to be highly dissatisfied with their physical appearances. Spiritual and emotional health cannot be achieved when women are slaves to the oppressive expectations of our wider culture. There is a need to develop a conscious appreciation, acceptance and love for our collective and disparate female bodies.
Margaret Kinney, see Session I for bio.

ACHIEVING FINANCIAL SERENITY

AH 208 **Discussion**
There are so many messages we have heard throughout our lives about the role money should play in our lives - how much we should earn, how we should use money, what it means to be prosperous in this culture. We have not had many opportunities to really consider the role that our own spirituality and sense of self has to do with earning and spending and using our financial resources. Through guided imagery, presentation of compelling information, discussion and focused reflection, we will begin to understand those messages about money we have carried with us, learn ways to take control of our own financial security, and to acknowledge the joy of achieving financial serenity.
Meg Leagjeld-Leach, and **Cindy Calderon**, see Session III for bio.

PSYCHIC JELLYBEANS

AH 320

This workshop is designed to access our creative spirit. We will begin with a visual "guided" journey set to assist us in finding our "intention" for artistic work, whether this be a written or visual design. Other exercises include access to the "right" or non verbal side of the brain, brief exercises utilizing movement and music, and the design of a personal journal set up to enhance our connection to the creative process. One other experiential activity will be the development of two very different "mandalas".
Judy Monk, see Session III for bio.

Experiential

THE LABYRINTH - SPIRITUAL TOOL FOR TRANSFORMATION

CSU 253

Paper/Discussion, movement/Experiential

We will start with an oral presentation of labyrinths, including history, various types and uses over time. We will include many resources, books, photographs and samples of finger labyrinths; instruction and hands-on activity on how to draw a basic labyrinth pattern; show a short video demonstrating uses in contemporary settings. We will then experience an actual labyrinth walk using a large canvas labyrinth, including art and journaling materials for personal expression; scarves and music to enhance or aid the experience.
Lisa Gidlow Moriarty and **Carol Caouette**, see Session II for bio.

SEEKING THE GODDESSES OF CENTRAL MEXICO

AH 308

Discussion/Slide presentation

The presenter will share slides of pre-Aztec goddess sites, many archeological wonders of Central Mexico - Cuicuilco, Xochitecatl, Cholula, Teotihuacan - and the sites that honor Our Lady of Guadalupe. The presentation celebrates the February 2001 global Awareness Through Experience (GATE) program.
Carol Perkins, see Session II for bio.

WAGING PEACE: A SPIRITUAL JOURNEY

AH 216

Discussion

We need to look into our souls to find ways to peace with all people on the planet. Come and discover how you can make a difference - how to become an activist for a peaceful world and live in harmony with diversity.

Judi Poulson, M.S. in peace studies/global interdependence from MSU. She has been a teacher, given workshops and sermons on peace, justice and global issues. She leads a peace group in Fairmont, MN and is Jewish.

SACRED GEOMETRY

AH 321

Experiential/Presentation (Overhead)

Sacred Geometry is the interrelatedness and interconnectedness of all. We continually create geometric forms and hold them in our energy field. This workshop will present a brief description and history of sacred geometry and how it relates to each of us. We will be doing guided meditations focusing on encoding to demonstrate how this can be used to release old patterns and establish new ones.

Norma Solstad, see Session I for bio.

THE ECONOMICS OF EMOTION

AH 221

Discussion/Video

Economists use a model of resources in wealth and dumping out. Unfortunately, most "expert" economists insist on using a model that says we have unlimited resources and unlimited "sinks" or dumps for waste. Using this, we will examine how to name and place value on intangible assets such as emotional energy. Learn what happens when emotion is used without recognizing and honoring its value. Learn a new language to begin placing value on your own emotion and its awesome, creative power.
Cat Thompson, see Session III for bio.

REALIGNING YOUR SPIRITUAL LIFE WITH (DESPITE?) YOUR FAITH COMMUNITY

AH 232

Round table/Discussion

Belonging to and integrating with community has long been both the lifeblood and the responsibility of women in societies from the beginning of time. The mere act of balancing one's own personal or cultural identification while integrating into converted Faith, or a different degree of observance from one's past, is often an elegant and intricate process. Deciding what's necessary to hold onto in order to remain whole, and what must be sacrificed or overcome for the sake of identifying and belonging to a spiritual community is a challenge that women face daily - and is often what ends up defining the breath of the entire faith community.

Nurianne Tomas and **Karen Jentz**, see Session III for bio.

THE ART OF NURTURING WOMEN THROUGH PREGNANCY AND BIRTH

AH 203

Child friendly/Paper/Discussion/Slide presentation

The birth experience has a powerful effect on women with a potential for permanent or long-term positive or negative impact. Our culture is one of the few that do not routinely surround a laboring woman with other women to provide emotional support. By providing emotional support in labor, we can help childbearing women find their inner beauty and strength, as they become mothers.
Roberta Warneke and **Kerri Ambrose**, see Session II for bio.

DISCARDED: SURVIVING FAMILY FAVORITISM AND FALLS FROM GRACE

AH 233

Discussion

Family favoritism damages the connections between members and invalidates the emotional integrity and spiritual gifts of the discarded or neglected person. We will examine common types of favoritism, its contributing factors and the ways in which it can disable normal function in other areas of life. Development of a self-care and protection plan is encouraged and we will discuss actions which can be taken by sufferers to return to a place of self-empowerment and strength. The concepts of compassion, forgiveness and satisfaction will also be reviewed as opportunities presented to us on the path toward renewal of spirit and wholeness.

Lee Wilcox, see Session II for bio.

Conference Information and Services

Past keynote speakers from 1982 to 2001 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 LeSueur"), 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"), Winona LaDuke (Indigenous Thinking in the Millennium).

KEYNOTE SPEAKER 2003 - Charlene Spretnak October 11 & 12, 2003

If you are interested in working on the 2003 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 Stompers will be open from 8:00 A.M. until 11:00 A.M. with coffee, muffins, sweet bread, bagels and donuts. There will be a Saturday night buffet at a cost of \$13.00. Please see Dinner Registration form.

MENU

Buffet which includes:

- Red Beans and Rice; Meat or Vegetable Lasagna;
- Spring salad with choice of dressings; Vegetable tray w/dip;
- Fresh Green Beans; Corn bread w/honey butter; pita bread w/humus;
- Asst. rolls; ice tea; lemonade; coffee; herbal tea; milk
- Dessert (carrot cake, brownies)

PARKING: You may park in any lot or other legal locations on Saturday and Sunday. Lots 4, 6, or 4A will be the most convenient. Be aware you may **NOT** park in a Handicapped space without a permit.

EMERGENCY MESSAGES can be relayed during the Conference by calling MSU Security 507-389-2111. A board for posting messages to other conference participants will be available in the registration area.

HOUSING: Those interested in housing must make their own arrangements. The following is a list of motels in the Mankato area. We advise you to make reservations, if you need them, **as soon as possible**. We have blocked rooms in the motels with an asterisk (*). When calling, give them the Group number (in parenthesis) or advise them it's for the MSU Women and Spirituality Conference.

- Country Inns & Suites - 507-388-8555 or 1-800-456-4000
- Comfort Inn - 507-388-5107 or 1-800-221-2222
- * Super 8 Motel - 507-387-4041 or 1-800-848-8888 (CG)
- Riverfront Inn - 507-388-1638
- * Holiday Inn Downtown - 507-345-1234 or 1-800-HOLIDAY
- * Best Western Hotel - 507-625-9333 (G00030-69)
- 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 Spirituality)
- Fairfield Inn - 507-386-1220
- * Americinn Motel & Suites - 507-345-8011 or 1-800-634-3444 (Women & Spirit Conf)
- 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
- LeSueur Downtown Motel, LeSueur - 612-665-6246

Campgrounds

Point Pleasant, Madison Lake - 507-243-3611
Minneopa State Park - 507-389-5464

SPECIAL SERVICES: MSU is wheelchair accessible. Anyone who desires special arrangements during the conference, call us at **507-389-2077** at least 48 hours prior to the conference. A sign interpreter will be provided for the keynote address only.

CHILD CARE DEADLINE is September 26, 2002 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 A.M. - 12:30 P.M., 1:00 - 6:00 P.M. and Sunday from 8:30 - 1:30 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.

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 201 Centennial Student Union** 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 a grade of NP/F.**

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, childcare, or MSU tuition. Please note that even if you meet the scholarship application deadline there is no guarantee that we will still have scholarships available, - apply early.**

OTHER INFORMATION:

- MSU is a chemical-free space. Smoking is NOT permitted in any MSU building. Burning of incense violates the non-smoking policy.
- The temperature in conference rooms is not within our control. Rooms tend to be hot...or cold! You may want to dress for hot but be prepared for cold.
- We are not responsible for lost or damaged property. There will be a lost and found site at the registration table.
- IF YOUR NAME APPEARS TO HAVE A DOUBLE LAST NAME, WE WILL ALPHABETIZE YOU ACCORDING TO THE FIRST LAST NAME unless otherwise indicated.**
- Conference participants should plan to bring pens, paper, art pads, drums, and other materials that might be used in workshops.
- A refund for the dinner ticket is available upon request, until September 26, 2002. 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

MSU is an Affirmative Action/Equal Opportunity Employer.

This document is available in alternative format to individuals with disabilities by calling the Department of Women's Studies at 507-389-2077 V, 800-627-3529 or 711 (MRS/TTY).

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

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 take a right and 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) 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 turn left and use your campus map to find designated visitor parking.

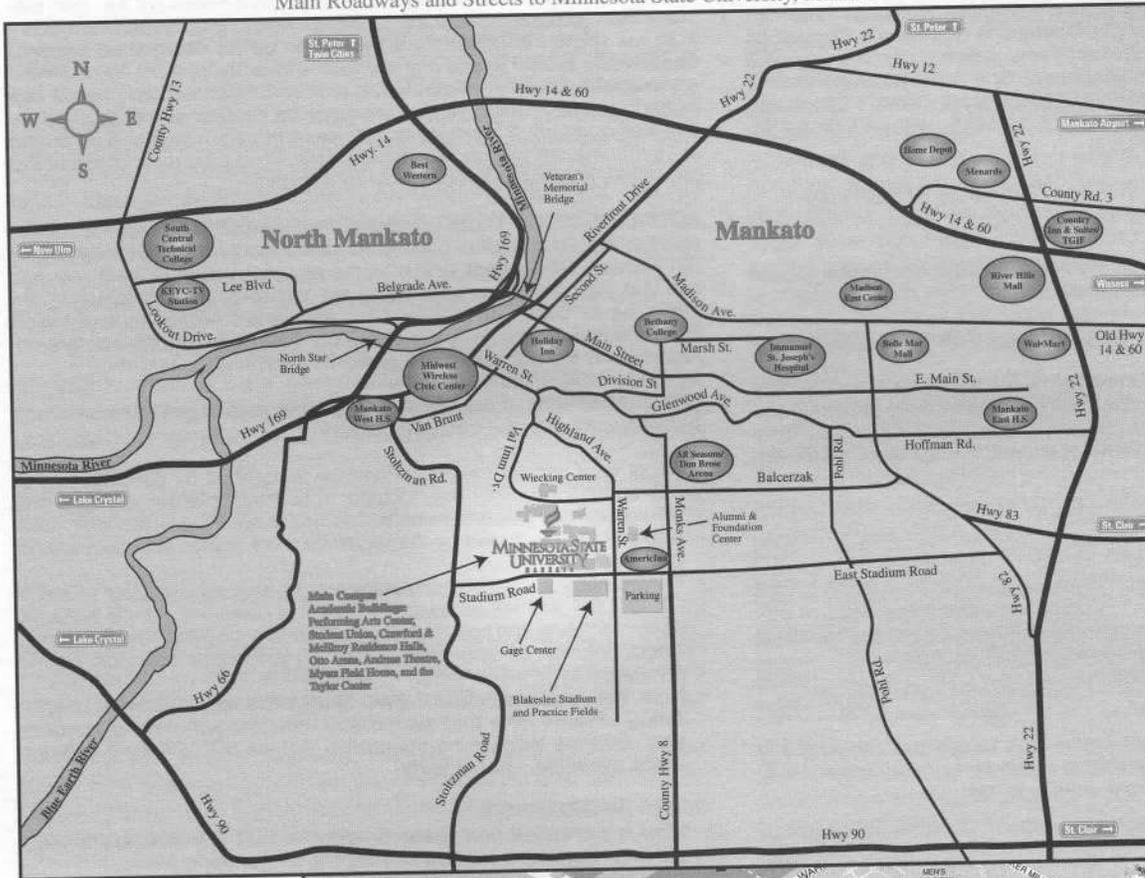
Highway 14 (coming from the East)

Continue to Highway 22 exit. Turn left (south) onto Hwy 22 and continue straight until you get to Hoffman Road. Turn right onto Hoffman Road, at stoplight turn left onto Victory Drive. Turn right onto Balcerzak and continue to Warren Street. Take left onto Warren. Turn right on Stadium and use your campus map to find designated visitor parking.

Highway 22 (coming from South)

Turn left on Hwy. 83. Turn right at stop sign onto Victory Drive. Turn left onto Balcerzak at stoplight. Continue on Balcerzak and continue to Warren Street then take a left onto Warren. Then turn right on Stadium and use your campus map to find designated visitor parking.

Main Roadways and Streets to Minnesota State University, Mankato



ACCESS MAP TO MANKATO



CAMPUS MAP

REGISTRATION FORM

(DO NOT mail this form later than October 1, 2002!)
Registrants limited to first 800 people

Registration must be postmarked by October 1, 2002 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.

(One person per registration form. Please print neatly or type.)

Name _____
If double last name, please circle or highlight name you want registration filed under.
 Address _____
 City _____ State _____ Zip _____
 E-Mail Address _____
 Day Phone # (____) _____ e-mail address _____

- Please check if this is a change of address.
- Please check if not on our mailing list and would like to be.

Please check one:

- Pre-Registration
- \$40 General (includes keynote)
 - \$20 Minimum Income OR Student
 - \$10 Ages 11 - 17
 - \$ 5 Keynote only (ticket required)
 - General Scholarship**
 - Women of Color Scholarship**
- Postmarked after September 22:
- \$45 (includes \$5.00 Late Fee)
 - \$25 (includes \$5.00 Late Fee)
 - \$15 (includes \$5.00 Late Fee)
 - \$ 8 (includes \$3.00 Late Fee)

**** 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)**

DINNER REGISTRATION
 (Postmark Deadline October 1, 2002)

Dinner Ticket (Saturday night) - \$13.00
 YES VEGETARIAN MEAT

Lunch Option: Vegetarian, Vegan, and Meat options will be available.
 I am interested in the Saturday Lunch option
 (Cost will be between \$5-6 at the door)

**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, 2002

Day(s) Needed: Saturday, October 12 Sunday, October 13
 Children's Names and Ages: _____

Emergency Contact/Pager # _____
 Parent's Name(s): _____
 Special Needs: _____

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

FOR THOSE REGISTERING FOR CREDIT
Need only complete if NOT MSU student

You must pay the conference registration fee 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.

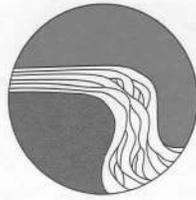
Social Security Number _____ Check one: Grade PN
 Check one: _____
 Credit in Women's Studies: _____
 Call # Course #
 009107 WOST-290-01
 009108 WOST-490-01
 009109 WOST-590-01

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 BUSINESS OFFICE, 507-389-2261
 FOR SPECIFIC TUITION CHARGES.**

USE OF SCENT: 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.



WOMEN & SPIRITUALITY

CONFERENCE

507-389-2077

Minnesota State University, Mankato

Saturday and Sunday, October 12 and 13, 2002

Registration Check-In begins Saturday 8:30 A.M.

"She Who Changes"

Keynote Speaker: Carol Christ

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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