

24th Annual WOMEN & SPIRITUALITY CONFERENCE

The Women and Spirituality Conference was born in 1981 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 similar-

ties and differences. May we continue to aid one another on our individual and communal spiritual journeys.

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

2005 Keynote Speaker

The Keynote Speaker this year will be **Starhawk**, one of the most respected voices in modern Goddess religion and earth-based spirituality. She is the author or coauthor of ten books, including the classics *The Spiral Dance* and *The Fifth Sacred Thing*. Her latest book is *Earth Path: Grounding Your Spirit in the Rhythms of Nature*. Starhawk also is a veteran of progressive movements and is deeply committed to bringing the techniques and creative power of spirituality to political activism. She travels internationally teaching magic, the tools of ritual, and the skills of activism. You can visit her Web site at www.starhawk.org. In her keynote address,



Starhawk

Starhawk will discuss the purpose of spirituality and the ways that spiritual practice and community can bring comfort and healing and be a refuge from a harsh world. If it remains only that, however, it loses depth and integrity. Engaged spirituality is about challenge as well as comfort, confrontation as well as healing. Creative, transformative powers are most needed in places of deep conflict, oppression and violence. Starhawk will tell tales of magical activism, from actions in the peace and global justice movements, and from her work with the International Solidarity Movement, which does nonviolent intervention in occupied Palestine.

Schedule

Saturday, October 22, 2005

8:30 - 10:00	Registration - Morris Hall, 2nd floor
10:00 - 10:30	Opening Celebration - Taylor Center
10:30 - 11:00	Announcements/Welcome - Taylor Center
11:00 - 12:30	Keynote/Booksigning - Taylor Center
12:30 - 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 23, 2005

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

Exhibit Location:
Schellberg Gym in
Highland Center N.
(see map)

The 2005 Planning Committee:

Lana Gertsen, Coordinator
Cindy Veldhuisen, Business Manager
Maria Bevacqua, Chair of
Women's Studies
Shirley Piepho, CSU Coordinator
Lisa Coons, Course Instructor
Margie Larson, Exhibitor Coordinator
Mairi Breen Rothman, Ritual
Celebration

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

View program at: www.mnsu.edu/womenst/

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 chooseth 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, MN, NM.

Workshops

SESSION I

TAROT RITES

ARMSTRONG HALL 303

Paper/Discussion/
Experiential and ritual

You will discover new perspectives of Tarot as a tool of transformation that can reveal ways to be a true part of the mysteries of life. We will focus on the honoring of the rituals of everyday life, of the four seasons and of life-altering passages. Lots of humor, profound exercises, stimulating discussion and new ideas! Please bring a tarot deck or purchase one at the workshop.

Nancy Antenucci has been a creative advisor in the Twin Cities area for the past 20 years. She continues to bring depth, passion, and new understandings of intuition through the tool of Tarot.

MAGICKAL CHANT

ARMSTRONG HALL 222

Experiential

Women were the first singers of magic. Ancient women's music was created to do something. In this workshop we will learn and share Goddess and woman-centered magickal and seasonal chants for personal and group ritual, inspiration, centering, raising power, and fun. Drums and percussion toys welcome.

Ruth Barrett is a Dianic high priestess, pioneering award-winning pagan recording artist, and author of *Women's Rites, Women's Mysteries: Creating Ritual in the Dianic Wiccan Tradition* (Authorhouse, 2004). She has been teaching magickal and ritual skills nationally since 1980.

IMPROVING SELF-IMAGE ONE KID AT A TIME

ARMSTRONG HALL 215

Discussion/Child friendly

For all of us wanting to achieve any type of success, first for ourselves and then for our children, we must take a couple of steps back. Create honest self-images that do not hinder us. Then we can improve our self-esteem. When we feel worthy we can then balance all areas of our lives and achieve all that we want. You will be given techniques for changing and improving your self-image.

Sandra Bayerl created Mandolyn Gwen Messages through spiritual guidance. She is a personal trainer and a nutritionist who saw limited success in her clients and asked why.

SPIRITUAL PERSPECTIVES ON REPRODUCTIVE FREEDOM ARMSTRONG HALL 231

Story-telling/
Discussion with brief video

Most people of faith are pro-choice, but we feel intimidated about expressing our position because of the overwhelming views of the Religious Right. The presenters will briefly lay out several theological perspectives, including Protestants, Reform Judaism, and Catholics for a Free Choice. Then we will invite women to tell stories of their experiences and discuss the concepts presented. We will work together to "reframe" the issue so that women will feel supported in their life choices.

Rev. Dr. Nadean Bishop became Executive Director of the MN Religious Coalition for Reproductive Choice in 2000 after retiring from an 8-year pastorate at the University Baptist Church in Minneapolis. She is the mother of four and the grandmother of three granddaughters and lives on a horse farm in Stillwater with her partner, a family law attorney.

Rev. Eily Marlow is Associate Chaplain at Macalester College and is Director of Outreach at the MN RCRC, handling legislative activities and campus organizing. Recently ordained as a Presbyterian minister, she has worked in women's advocacy at the national Presbyterian offices and for organizations working for the full inclusion of LGBT persons in religious communities.

CHANNELING LOVED ONES

ARMSTRONG HALL 305

Round table/Discussion/
Experiential

This workshop is designed to connect people in the audience with loved ones who have passed away. This is a John Edwards style of workshop in which I describe the spirit who is here and then connect with the person with whom they wish to speak.

Ronna Boyd is a professional psychic and medium. She offers private counseling sessions and offers a class called "Basic Tools for Spiritual Growth" in which she teaches people how to meditate and develop their own psychic abilities.

SIGNS OUT OF TIME: THE STORY OF ARCHAEOLOGIST MARIJA GIMBUTAS - A DOCUMENTARY BY STARHAWK AND DONNA READ, NARRATED BY OLYMPIA DUKAKIS

ARMSTRONG HALL 102

Film

In the earliest strata of European civilization, Marija Gimbutas found evidence of cultures based on cooperation and harmony with na-

ture, where women were honored, the Goddess was worshipped, and war was unknown. *Signs Out of Time* weaves together interviews, archival footage, photographs, and narration to portray the scope of Marija's life and work. Using animation, artifacts, interview footage of Marija, her supporters and critics, we explore her studies, excavations and publications, and the controversy around her theories. A discussion following the film will be led by the presenter.

Joan Cichon is an archaeomythologist and has been a frequent presenter at this conference.

STORIES LIVES TELL: SPIRITUAL AUTOBIOGRAPHY AND NARRATIVE DIALOGUE AS HEALING PRACTICE

ARMSTRONG HALL 304

Story telling/Experiential/
Discussion

Telling, writing, reading, and listening to life stories – one's own and others' – can provide opportunities to penetrate cultural barriers, discover the power of the self, heal memories, deepen relations with others, and serve as a springboard for ethical action. Through experiential exercises and dialogue, we will explore healing narrative as a tool for transforming our lives out of chaos and suffering into meaning. As we learn more about who we are and what we need, we develop a greater sense of life purpose and are called into action.

Eunice Collette is an artist, spiritual guide, and educator. Writing is an integral part of her creative practice and her calling as a spiritual guide. She seeks to liberate the human spirit through the therapeutic and spiritual benefits of the creative process. She is a single parent with two children, has traveled to occupied Palestine, and sings and writes about her experiences there.

Umo Udo is a Chaplain and has worked as a Spiritual Care provider and healer at hospitals and long term care facilities in the Twin Cities. She possesses a Master of Arts degree in Youth and Family Ministries from Luther Seminary and a Master of Divinity Degree from the United Theology Seminary. She is married with three children, is an avid reader of *O* magazine and knits as a spiritual discipline.

ACHIEVING WELLNESS WITH THE EARTH'S GIFTS: THERAPEUTIC GRADE ESSENTIAL OILS

ARMSTRONG HALL 317

Discussion/Power point/
Video presentation

For thousands of years essential oils have been held in high esteem by persons of diverse spiritual and religious traditions for opening the subconscious mind and anointing and healing the sick. Therapeutic grade essential oils are now enveloped by renewed use and cutting edge scientific research for confronting situations in our toxic world that compromise our health. Take action and learn about achieving wellness with these gifts from the earth and about how they may empower the ability to focus on our passions and purpose to facilitate change in our lives and in the world.

Lynn Cox is a nationally trained educator for the use of therapeutic grade essential oils. Her workshop classes have been appealing to a variety of audiences including college classes and conferences, special interest organizations, church, family and neighborhood groups. She has personally benefited from the oils' contribution to personal wellness and enhancing her life experiences as a wife, mother, grandmother, author, and public school teacher.

Paula Quinlan is a nationally trained educator for the use of therapeutic grade essential oils. She provides introductory and workshop training for individuals and/or groups who are interested in using therapeutic grade essential oils as tools for personal wellness journeys. She has personally benefited from the therapeutic value and power of the essential oils by balancing physical, emotional, spiritual wellness and support for professional growth. Paula is a business consultant for the essential oil of asphalt for highway construction.

WOMANSONG: LISTEN!

CAN YOU HEAR THE EARTH SINGING?

ARMSTRONG HALL 225

Original songs/Personal story

Through original songs and personal story, Dody invites you on a musical spiritual journey from traditional expectations to a new birth in feminist freedom. Listen for your own story in earthsongs which speak of peace, justice, hope, humor, anger, and resolve. Songs such as "A New World Order," "Spiritual Indigestion," and "Marchin' for Freedom" will welcome you.

Dody Davies is a Christian feminist composer, soloist, recording artist, veteran workshop presenter and composer of several conference theme songs. She is a social justice activist and picketed with and supported the Willmar Eight bank women in her home town.

SAVING THE EARTH WITH SIMPLICITY

ARMSTRONG HALL 221

Discussion

Voluntary simplicity is an old idea, often linked with religion and spirituality. Keeping one's material life simple can help one focus on the sacred. With our overly materialistic culture, simplicity is now more important than ever. We are using up Earth's resources, and simplifying our lives can help preserve our environment as well as our spirits and our sanity. I want to share specific things I've done to simplify my life, and encourage other people to tell what they have done as well.

Magenta Griffith has been a Witch for over 25 years and is a founding member of the coven Prodea. She has been practicing voluntary simplicity most of her adult life.

SAGE-ING®: A NEW VISION FOR AGING

ARMSTRONG HALL 319

Presentation/Discussion

"Sage-ing is a process that enables older people to become spiritually radiant, physically vital, and socially responsible elders." This three-pronged center of a new vision of aging includes Life Harvesting, Life Repair and Legacy. The purpose of this effort is to encourage individuals to acknowledge their accomplishments, to recognize what relationships they want to repair by improving or making peace with them, and to decide which contributions they will leave in the world when they die. By reflecting on one's story, mend or let go of connections and bonds, and choose what values and ideals to pass on to the next generation(s).

Rebecca Hostetler is working toward a new paradigm of aging for herself and others using spirituality as a vital part of the focus.

DOROTHY'S MAGIC

ARMSTRONG HALL 208

Discussion/Experiential

We will examine the journey of our lives in the context of Dorothy Gale's journey to Oz. Participants will engage in a variety of discovery and consciousness-related activities. The goal will be to (a) discover our own Yellow Brick Road (passion/bliss), (b) find Glinda and Oz (true Self or personal power), (c) confront and embrace our Wicked Witch (shadow), (d) embrace the power of our own Ruby Red Slippers (magic), and (e) find our way home.

Andrew Johnson is a professor of Holistic Education in the Department of Educational Studies: Special Populations. His most recent books are *Drinking From the Empty Cup: A Reexamination of Traditional Christianity* and *The Inner Curriculum: Classroom Activities to Develop Emotional Intelligence*.

PSYCHIC DEVELOPMENT 101

ARMSTRONG HALL 308

Paper/Discussion

We will cover what is and what is not psychic information, interpretation of "intuition" and "psychic ability." Various definitions around psychism will be discussed. We will provide tangible, easy techniques to become more open to psychic information.

Tiffany Johnson is a Twin Cities psychic, author, radio personality, healer, speaker and Board Certified Hypnotherapist. She has been doing readings since she was 14 and has experienced and studied many things in the Metaphysical realm.

ZEN: THE MEANING OF EXISTENCE & THE ART OF LIVING

ARMSTRONG HALL 234

Paper/Discussion/Slides

Despite the overall success in the world of matter, people have been deficient in the development of mind. However, since the 1950s the Western world has been exploring and boldly receptive to foreign spirituality and techniques in order to find peace. The Zen tradition is one of them. This paper is a result of the investigation of Zen in terms of its history, characteristics, philosophy, and practice with reference to the meaning of day-to-day life, and its application for the preservation of good life or the wellness of being – the art of living.

Indira Y. Junghare: Professor of Indian Linguistics, Literature, and South Asian Philosophy and Religions at the University of Minnesota.

THE REALM OF FAERY, THEN AND NOW

ARMSTRONG HALL 310

Power Point/Discussion

This workshop will explore faery from its earliest mythical appearance, including an examination of the forms and varieties of faeries throughout different cultures. We will explore the work of various folklorists from the 19th and 20th centuries who researched and recorded the living faery faith as they found it among the people of the British Isles. We will then examine faery as presented in both literature and visual art. Finally, we will discuss the beginning of a healing interplay between the devic and human realms that connects the varied spiritual paths of the Faery Faith, Green Spirituality, Paganism and the Gaia Theory.

Dawn Killen-Courtney has a decades' long curiosity about the realm of faery which has led her to examine that realm through many of its elusive facets. She is the author of the *Trollton Chronicles* fantasy series and resides in St. Louis Park, MN.

MEDITATION OF THE HEART

MORRIS HALL 101

Discussion/Experiential

This workshop will teach a very user-friendly secular method of meditation; supply written information for each person to have for personal reference to personally experience the meditation process; and, each person will receive a small wooden heart as a daily reminder to meditate twice each day.

Margaret Klette is a spiritual companion and energy healer. She specializes in feminist and 12 step spirituality. She is a writer, painter of silk, a feminist mother, grandmother, sister, aunt and crone.

FROM ANGER TO FORGIVENESS – IN MINUTES

ARMSTRONG HALL 316

Experiential

Forgiveness, the important final step in any healing process, is defined as "to renounce anger." Since anger is a physical fight-or-flight reaction, willpower alone is rarely enough to eliminate it. Emotional Freedom Techniques (EFT), a simple method involving gentle fingertip taps on the face and body, allows stressful feelings to become detached. In this workshop, anger associated with a specific memory or event is eliminated, leading the way to forgiveness.

Valerie Lis speaks, writes and teaches in the area of self-improvement. She and her sister provide seminars and expos in the field through their company "Courses for L.I.F.E." Valerie is a master energy therapist and advanced trainer and practitioner in Emotional Freedom Techniques (EFT), a method proven to eliminate stress due to memories, phobia, trauma, or abuse.

GO OUT INTO THE GARDEN AND YOU WILL HEAR SINGING DOCTORS

MORRIS HALL 213

Experiential/Discussion/Ritual

Earth healer, heal thyself: Flower essences are messengers of the earth being represented as a "medicine of place," the bio-regionalism of the healing modality of flower essences. In this workshop we will be pairing the archetypes of humans and flowers for co-creating healing from our inner spheres to the outward conflicts expressed in our world today.

Karen Lohmann is a Certified* Flower Essence Practitioner with a

private practice and a Floral Design business called "FlorAbunda." Her designs, done in soft pastel, are used in "A Medicine of Place-Pacific Northwest Wildflower Cards," a teaching Botanic / Oracle deck of cards and book set to be published in winter of 2005. (*through FES, the Flower Essence Society of Nevada City, CA.)

LET'S DO RITUAL, A GIFT OF A SIMPLE HEALING CEREMONY

ARMSTRONG HALL 232

Ritual/Experiential/Child friendly

Limited to 20 participants. We will gather in a circle to perform a simple healing ceremony. We will welcome in the directions using Alan Acacia's "Healing During Struggle" invocation as found in Starhawk's, *THE SPIRAL DANCE*.

Lynn Pierce is a working class, feminist mother of a grown son. She is a marriage officiate, grief counselor, healing touch practitioner and works as a wellness counselor. She celebrated with Starhawk in the early 1990's at the Old Arizona studio in Minneapolis. Lynn is a previous presenter at this conference.

Sherry Dvorak is a working class mother and grandmother. She is one of the founding mothers of the Covenant of the Goddess. She assisted in orchestrating Starhawk's appearance at the Old Arizona Studio.

JOB NIRVANA-SPIRITUAL TECHNIQUES FOR GUIDANCE ON YOUR CAREER QUEST

ARMSTRONG HALL 323

**Presentation/Power point/
Experiential/Discussion**

83% of adults recently surveyed confessed they did not like their jobs. If your work is too small for your spirit – or you're in-between jobs – this workshop is for you! Come learn and try out 7 spiritual techniques for career guidance; multiple ways to discern your higher purpose and unique talents; the 3 mandatory elements of passionate work; and, several sure fire ways to achieve your career goals.

Mary Rose Remington is a career counselor (M.S. Ed) in private practice with 22 years of experience, and the author of *Career Quest, a Practical and Spiritual Guide To Finding Your Life's Passion*. As a freelance writer she has published hundreds of articles on careers, work/life balance, spirituality, women's issues and alternative health. Her syndicated column – Common-day Spirituality – was published internationally for more than six years. Mary Rose is a motivational speaker, frequent radio guest and has been quoted in *CareerBuilder*, *Wall Street Journal*, *Chicago Tribune*, *New York News Day* and *St. Paul Pioneer Press*. She also teaches creative writing at The Loft Literary Center in Minneapolis.

EMPOWERMENT THROUGH THE ARTZ

ARMSTRONG HALL 214

Ritual/Story-telling/

Movement Activity/Experiential/Child-friendly

Bringing to mind – the ability to empower through the ARTZ. Honoring women's creativity we offer a dynamic approach to healing, harmony and balance. We will use the symbol of corn to enhance the ritualistic, experiential format that includes sacred circle, performing art that stimulates energy flow and other techniques that activate and empower our souls.

Heidi Scott "Corn Woman" uses her eclectic knowledge with ancient tradition focusing on agriculture and the ARTS. She is a farmer, massage therapist, corn artist and performing artist.

Deblyn Russell helps facilitate a creative healing process utilizing the Visual, Performance and Healing ARTZ. This process allows people to discover their highest functioning self. She is a massage therapist, yoga instructor, and creative healing artist.

MENOPAUSE – SPIRITUAL GATEWAY

CENTENNIAL STUDENT UNION 269

**Discussion/
Experiential**

Come explore this journey of transformation from a mystical perspective. Menopause is a rite of passage that women cross into usually around age 50. The journey is intensely personal yet joins women energetically with the ancestor mothers as well as millions

of women experiencing 'this change of life' now. Learn about menopause from the perspective of circling the Medicine Wheel and passing through ten stages of spiritual gestation and manifestation. Much has been written and discussed about the physical and emotional changes that can occur. We will discuss changes in the luminous body and how to access spiritual power from the process. Crystal bowls will be played to guide a shamanic journey.

Jaes Seis teaches and practices Shamanism with more than 28 years of experience. She is president and co-founder of Pachamama Inc., a non-profit Shamanic Community Service organization based in SW Wisconsin.

Mary Fowler has studied and practiced Shamanism for ten years. She is treasurer on the Board of Pachamama Inc.

SENSE OF SACRED SPACE: THE ECO-MEMORY OF YOUR BODY

ARMSTRONG HALL 302 Discussion/Experiential

Our bodies and spirits hold eco-memory of the places where we were born and where we have lived. We ARE the geography, the plants, and the essential elements of our environment. Radical transformation CAN happen when people are brought back out into the wild spaces...to observe, meditate, or play. Transformation happens when people remember and recollect memories of the elements of their sacred spaces. Understanding how to connect with and nourish our own little piece of Gaia can bring us all closer to ecological and spiritual wholeness.

Gigi Stafne is an author, environmental & social justice activist, and naturopathic physician. Presently she is director of The Center for Healing Arts Herb & Eco School in Wisconsin.

RECLAIMING MYSELF: SPIRIT IN ACTION

ARMSTRONG HALL 314 Discussion/Experiential

This is a fun, interactive workshop designed to remember your "true self" and reclaim your spirit in everyday life. The skills are part of a global, grassroots project that teaches the qualities of character and simple elements of spirituality honored by all cultures and sacred traditions.

Michelle Stronach is a trained Virtues Project facilitator and has a private practice in psychotherapy, with 25 years experience. She is also co-owner of Alternatives Books and Botanicals in Duluth, MN.

PRAYING WITH BEADS

ARMSTRONG HALL 219 Discussion/Ritual/
Experiential/Child friendly

Limited to 20 participants. The word bead comes from the middle English word *bede*, which means to pray. Participants will use three types of beads – circle of Love Meditation Bracelet for intercessory prayer; Gratitude beads for counting blessings, affirmations, hopes and dreams; and Breath prayer beads for repeated, memorized, counted prayers.

Sue Swanson, M.Div., is a teacher; writer and visual artist who helps people find Sabbath time in their busy lives by teaching them how to practice spiritual patterns together. She is interested in how we can learn to use artistic creativity both individually and in a group to express our spirituality. Her company provides opportunities to explore traditional crafts such as beadwork, textile arts, music and labyrinth walking.

THIN PLACES: WHERE FAITH IS AFFIRMED AND HOPE DWELLS

ARMSTRONG HALL 309 Lecture/Discussion/Experiential

This workshop will include a discussion of Celtic spirituality, including *thin places* where "the veil between this world and the next one is very thin," and *anam caras*, the gaelic word for "soul friends." Soul friends help us discover and discern meaning of the thin places in our own lives. Focus will be on thin places as spiritual experiences that affirm our faith and foster hope in something wondrous beyond this life. Mary will share stories contained in her book, *Thin Places: Where Faith is Affirmed and Hope Dwells*, and include ex-

periential exercises that provide opportunities for participants to share their own thin place stories.

Mary Treacy O'Keefe has a master's degree in Theology/Spirituality and is executive director of *Well Within*, a nonprofit holistic healing center in W. St. Paul. She is a certified spiritual director, healing touch practitioner, and author.

CRYSTAL CHILDREN/INDIGO CHILDREN: HOW TO RAISE INTUITIVE CHILDREN

ARMSTRONG HALL 326 Paper/Discussion/Informal

This workshop helps parents understand and help intuitive children. Many crystal and indigo children are in the world now and are here to give assistance to cope with all the changes and spiritual growth in the world. They also need to be understood and listened to.

Karla Wessel is an intuitive reader, life coach, Reiki Master, artist, writer, animal communicator, dream analyst, and minister. After having a vision in which her spirit guide, Keeno, told her she could create her own cards with which to do readings, she dreamed 107 nights in a row and created her own deck of animal cards. She is an author, has worked at the Metaphysical Emporium for the last eight years as an intuitive reader, teaches classes on intuition, dreams, angels and messages from nature and does life coaching, individually with clients.

CELTIC PAGANISM

ARMSTRONG HALL 217 Power point

This is a simplified history of Celtic Paganism. It reaches as far back as 35,000 years ago and up until modern day. It answers many questions about "The History of" Pagans and Paganism. "What do they believe?..." "How do they practice today?"

Jayne Wickman is a Celtic Pagan High Priestess and Community Leader. She has been a practicing Priestess for the last five years but has been Pagan most of her life. She has been published in the "Among Women" magazine and lives with her husband and children in Sartell, MN where she has founded and incorporated the Sacred Celtic Order of Balance Church. She works diligently to bridge the gap between Pagans and the rest of the world that centuries of lies and stereotypes have created.

MONEY, SPIRITUAL VISION, SPIRITUAL POWER

ARMSTRONG HALL 325 Paper/Discussion/Experiential

Explore two of the most powerful and least talked about forces in your life, money and spirituality. Discover how to integrate and align your financial life with your core values. Look at money in a new and freeing way and see it as one of the gifts in your life. Our attitudes and feelings about money deeply affect our self-image, work, relationships and spiritual journey. In this workshop you will examine your relationship with money and discover ways to recover its spiritual dimension. Dyads, group discussions, and interactive exercises help you recognize the powerful role your "money mythology" plays in your decisions. This new understanding is used to create the beginnings of a do-able action plan for financial and spiritual unity.

Rosemary Williams, author and director of Women's Perspective, is a leading voice on the topic of women, money and spirit. She is a former banker and personal financial planner, a member of the UN's NGO Committee on Spirituality, Values and Global Concerns. Her book, *A Woman's Book of Money & Spiritual Vision: Putting Your Financial Values into Spiritual Perspective*, with Joanne Kabak, is available from Inner Ocean Publishing.

T'AI-CHI CH'UAN FOR RELAXATION, HEALTH & MEDITATION
HN Dance Studio Movement activity/Experiential/
A little bit of discussion.

The Tao te Ching says, "The journey of a thousand miles begins beneath your feet." This workshop will be an introduction to some basics of T'ai-Chi Ch'uan and Chi Kung that you can use in your daily life to promote relaxation, to support good health, and to practice meditation. The workshop will include a warm-up set, standing

meditation, Cloud Hands posture from the T'ai Chi solo form, wrap-up and some discussion. Participants should wear loose, comfortable clothing and flat shoes with good structural support. (Athletic shoes are fine.) Participants may also want to bring drinking water. **Morgan Grayce Willow** is a seventh generation disciple of Yang style T'ai-Chi Ch'uan. She studies with Sifu Ray Hayward and Sifu Paul Abdella at the Twin Cities T'ai-Chi Ch'uan studio, practicing the 150 posture solo form as taught by Master T. T. Liang. Before coming to the Twin Cities T'ai-Chi Ch'uan, she studied Cheng Man-ch'ing's short form for a number of years. For Morgan, T'ai Chi is a practice that combines spiritual, mental, as well as physical training.

Session II

PHOTOGRAPHY IN MOTION: WEAVING MOVEMENT AND NATURE

ARMSTRONG HALL 323

**Movement activity/
Slide presentation**

This is an interactive workshop in which participants will explore the vibrations of our bodies through the ground-breaking breath and movement work of Emilie Conrad's Continuum Movement. Participants will engage their senses in the fluid images, intricate details of nature photography and the gentle movement and sounds of nature. We will explore how personal resonance with the world around us can be used as a tool for promoting understanding and peace.

Beverly Anglum is a photographer, writer, community activist and leader. She believes by pausing to observe and feel the subtle nuances of nature, we will nurture a greater respect for the world around us and ultimately learn natural lessons for living in greater harmony with nature and each other.

Kathy Jennings is a professional dancer, authorized Continuum Movement teacher, certified Trager® Practitioner, Trager® Tutor, and Ordained Interfaith Minister. Her work is about helping individuals become more and more alive through breath, sound and movement.

TAROT RITES

ARMSTRONG HALL 303

**Paper/Discussion/
Experiential and ritual**

You will discover new perspectives of Tarot as a tool of transformation that can reveal ways to be a true part of the mysteries of life. We will focus on the honoring of the rituals of everyday life, of the four seasons and of life-altering passages. Lots of humor, profound exercises, stimulating discussion and new ideas! Please bring a tarot deck or purchase one at the workshop.

Nancy Antenucci, see session I for bio.

LEARNING THE 3 R'S:

A CURRICULUM FOR STRATEGIC NON VIOLENCE

ARMSTRONG HALL 305

Paper/Discussion

Adults and mature teens only. This workshop will share and teach a curriculum for an 8-week multimodal course in techniques of non violent communication, strategic non-violent resistance, and selfless service titled: *Learning the 3 R's: Resolution, Resistance, Reclamation/Redemption*. With the guidance and handouts offered in the workshop, participants can implement the curriculum in their communities through churches, schools, and peer groups.

Laurie Baker teaches Kundalini Yoga and Women's Studies and is the program coordinator of the Fargo-Moorhead UU Church. She is a yogini, a writer and organizer, a leader of women's circles, a seeker and a dedicated advocate of Rosenberg's principles of non-violent communication.

Cali Anicha is a Special Education teacher/consultant with the Moorhead Public Schools and is a passionate student of integrated mind-body-spirit science. She is a long-time anti-oppression activist and an advocate of strategic non violence as a viable and nec-

essary organizing principle for society. Cali is a member of the national Civilian-Based Defense Association advisory board.

HEALING OURSELVES – HEALING THE EARTH WITH SOUND MORRIS HALL 213

Experiential

The human body responds to sound and simple movements. There are ways to express the vibration of sounds that need no formal training or musical lessons in singing. This is a basic workshop that helps individuals find their own inner sound (inner voice). There are simple movements combined with breathing that assist in producing individual sound to bring the body and surroundings to a state of ease.

Gwendolyn Bray is presently a bodywork/massage therapist. She has also studied and worked with toning, chanting and sound healing. Her life experiences have led her to participating and leading Earth based rituals, traveling the pow wow road and storytelling. She firmly believes that healing our world starts with our inner selves.

Dotty Bacon resides in an Intentional community and organic farm with her husband and family. She is the founder of Acu-Release a mind, body, spirit form of healing based on Reflexology. She has traveled the world participating in events and rituals too numerous to mention. She has assisted many in finding their own inner core and led them to healing their lives.

FENG SHUI IN THE BEDROOM... YOUR PRIVATE SANCTUARY

ARMSTRONG HALL 304

Discussion/Story-telling

Bring peace, balance, and harmony to your spiritual, emotional, and physical being. In this informative workshop you will learn about the healing powers of Feng Shui in the bedroom, and why it is important to honor the bedroom ... the most important room in your home. We will discuss color, patterns, what to do with clutter, design tips, and much more. Come explore how to release the many demands of your busy life by making practical, positive changes in the bedroom. You will take home with you tips on how you can nurture your body and your spirit ... heal ... with the tremendous healing power of Feng Shui in the Bedroom ... Your Private Sanctuary.

Diane DiCristina is a Color and Feng Shui Consultant, spiritual director, teacher, speaker and founder of Wind Water Harmony, a Feng Shui consulting business. She teaches Feng Shui principles and concepts to small and large groups and consults with individuals, businesses, and organizations on the concepts and principles of Feng Shui. Diane received her Feng Shui Certification from the Wind and Water School of Feng Shui and her Spiritual Direction Certification from the Center for Spiritual Guidance. She is also a member of the Feng Shui Institute of the Midwest and Spiritual Directors International.

INTERNAL PHARMACOLOGY: EMOTIONAL PHYSIOLOGY

ARMSTRONG HALL 108

Discussion

What happens when emotion hits the cell? We will follow this process and learn how understanding the language of emotions aids in the healing of the body. Whatever culture or tradition, this is a universal connection.

Barbara Fedors has 25 years of unique global experience in the health care field. Traveling abroad through mission work and other alternative educational endeavors she has explored many cultures both human and animal. She has observed how intricately physical health and emotional well being are connected. At the "Yarrow Institute of Immune Technologies," she specializes in alternative care for allergies and asthma, creating Partnerships for Health.

SEEING YOUR LIFE AND THE MOVEMENT OF YOUR SOUL THROUGH THE MYSTICAL SYNTHESIS OF HUMAN DESIGN ARMSTRONG HALL 217

**Presentation/Discussion/
Experiential**

Introducing HUMAN DESIGN, an extraordinary, living, breathing, graphic synthesis of Quantum (Particle) Physics with four ancient esoteric systems – Astrology, the Chinese I Ching, the Kabbalah,

and the Chakras: where spirituality and science meet. What really marks the movement of the soul? Esoterically speaking, it is the joy of letting go, of casting off, discarding that which no longer fits, no longer satisfies. Then bringing the love of our renewed, clearer sense of Self into every movement, relationship and decision. We are not here by accident, but by design, and we come with a unique purpose to fulfill and a part to play. As human consciousness/spirit awareness explodes around the globe, preparing us for the imminent shift of the ages predicted for this century, we find ourselves drawn toward a wide array of spiritual teachings and systems of achieving union with the Heart or Center of our being. Human Design provides us with deeply personal information equipping us for making our way through this maze of choices, ultimately allowing the Divine to express through us without limit. I invite you to begin this magical, mystical process by introducing you to your Human Design chart and exploring the most significant aspect of it - your Type. To receive your graph, you must provide me with your name, birth date, birth place AND birth time by October 14th. Send information to: djghouse@charter.net.

Donna Garlinghouse, internationally certified Human Design Analyst with a MS in art education, is a fiber artist and Reiki teacher who, as a spiritual companion and retreat leader, was "deepened" by decades of exploration into the contemplative lives of the mystics and *The Course in Miracles*.

DOROTHY'S MAGIC

ARMSTRONG HALL 208 Discussion/Experiential

We will examine the journey of our lives in the context of Dorothy Gale's journey to Oz. Participants will engage in a variety of discovery and consciousness-related activities. The goal will be to (a) discover our own Yellow Brick Road (passion/bliss), (b) find Glinda and Oz (true Self or personal power), (c) confront and embrace our Wicked Witch (shadow), (d) embrace the power of our own Ruby Red Slippers (magic), and (e) find our way home.

Andrew Johnson, see session I for bio.

HONORING THE GODDESS IN MULTI-CULTURAL TRADITIONS

ARMSTRONG HALL 225 Paper/Discussion/Child friendly

No matter what culture or era, people can be found honoring and celebrating the Goddess in various names. This workshop incorporates these various names and cultural aspects into a presentation to educate the participants on the powerful, rich and healing multi-cultural traditions of antiquity and those still practiced which have strongly influenced today's spiritual and religious reality. This workshop is designed to heighten the participant's relationship with the Goddess and to provide spiritual rejuvenation and healing.

Crystal Adeline Johnson is an Ordained Priestess and lecturer with over 13 years of multi-cultural ritual healing experience. She conducts the Multi-Cultural Goddess Devotional Circle in NYC and host retreats in upstate NY.

THE SPIRIT BODY CONNECTION

ARMSTRONG HALL 219 Discussion

This workshop will include cutting edge information on a new level of nutrition. You will be educated on what you can do to care for your physical being and how it is directly connected to spiritual growth. Products will be introduced that will support a cellular and energetic level that will enable you to hold more light in your body.

Tina Johnson produced over 150 TV wellness shows and 30 live radio shows in the Twin Cities on FM107. She is writing a book on the many layers of wellness and sees clients for nutritional balance.

ARVIGO ABDOMINAL THERAPY

ARMSTRONG HALL 231 Discussion/Video

This is an introductory workshop about Arvigo Techniques of Maya Abdominal Massage. These techniques are founded on the ancient Mayan technique of abdominal massage which is an external,

non-invasive manipulation that repositions and realigns internal organs that have shifted resulting in an increased flow of blood, lymph, nerve and chi. The techniques are based on thirty years of training and experience in massage, naprapathy, and spiritual healing developed by Dr. Rosita Arvigo. Incorporating massage, anatomy, physiology, herbology, nutrition, emotional and spiritual healing, this modality incorporates a holistic approach to health care, promoting optimal health.

Heidi Marie Jost is a registered nurse with 22 years of experience as well as an Integrated Kabbalistic Healer. She has completed all 4 levels of training with the Arvigo Techniques of Maya Abdominal Massage and is a certified self-care teacher.

FEMININE INSIGHTS INTO CELTIC SPIRITUALITY AND THE MUSIC OF THE CELTIC HARP

ARMSTRONG HALL 102 Presentation/Harp performance

It's no wonder there's been a resurgence of interest in Celtic spirituality and music. Today's world is dominated by media and technology and we are bombarded with information – and many of us are seeking simplicity and connection with what's true and eternal. Celtic spirituality has this simplicity at its heart and Celtic music is a beautiful illustration of this. During this workshop Amy will tell the story of how a Celtic harp came into her life as a gift from an Irish friend, and how that gift set her on the path of fulfilling her life's purpose of bringing beautiful music to people. This workshop will consist of sharing insights from her research on the feminine aspect of Celtic spirituality and tradition as it relates to her music, and on the role of women in Celtic history, interspersed with performances of Celtic tunes (many written by or in honor of women) on her harp to illustrate those insights.

Amy Kortuem is a harpist from Mankato, MN. She has performed at countless events since receiving a Celtic harp as a gift 16 years ago, with audiences from preschool children to presidents. She has made recordings of her music, each of which explores aspects of the spiritual journey on which the harp has taken her.

ALTERNATIVE PATH AND PAST LIFE REGRESSION

ARMSTRONG HALL 232 Experiential

Participants will be guided gently into a meditative state to explore the path they have walked since birth, examine the forks they have taken, and continue on the path as far as it will allow them to see, including beyond this current incarnation into future lives. We will then reverse the process, tapping into the collective unconscious, and regress into past incarnations. Alternative path regression allows the seeker to follow his or her life's progression through guided imagery, taking the path not taken at critical decisive moments, to see where alternate decisions might have led. This careful process reveals motivations behind choices and allows the seeker to wholly own the chosen path. For those interested in past-life regression, this method also makes that possible. Participants should wear loose and comfortable clothing, and should bring pens and paper.

JoAnne Makela serves as a guide using intuitive tools such as the Tarot, centering exercises, breath work, guided imaging, and path regression. She has been a student and reader of Tarot since childhood and comes from a long line of intuitive women. She searches archetypes and consults the thoughtful voices of her own muses to inspire, counsel, and train clients in releasing their inner voices and is available for individual counseling, regressions, and Tarot readings.

LIVING DELIBERATELY

ARMSTRONG HALL 215 Experiential

Avatar® (registered trademark of Star's Edge, Inc.) is a nine day self empowerment training led by a team of experienced and licensed masters. The tools are a synergy of exercises, drills and procedures that will increase your ability to live deliberately. This workshop will explore some of these tools to help you experience strengthening the will, controlling attention and learning how your beliefs create your experience. This workshop will empower par-

ticipants to be self determined and live as creative sources.

Elleva Joy McDonald, M.A., has been a guide for personal and spiritual growth for over 30 years. She is an experienced and licensed Avatar Master.

Margaret Mitchell, D.C., is a chiropractor, assisting people's healing journeys for 20 years. She is a licensed and trained Avatar Master.

**NAVIGATING BY STARDUST:
A CREATIVE SELF-CARE EXPERIENCE**

ARMSTRONG HALL 222

Experiential

This workshop gives the participant a starting place for creating a personal self-care program that is fun and powerful. Through a series of art making, visualization, journaling and conscious-questioning exercises, we make the discovery that creating lives we enjoy happens one simple step in the right direction at a time. Having visual affirmations we create ourselves helps anchor our experience in our daily lives.

Suzanne Vadnais Monson is a multi media artist and author who has been dazzling us with her unique version of visual affirmations since 1998 when she launched Come Out and Play, a business specializing in creative products and services designed to help us find fresh ways to tap into our intuitive wisdom and express ourselves.

**BECOMING A WISE WOMAN:
PERIMENOPAUSE AS A DOOR TO ENLIGHTENMENT**

ARMSTRONG HALL 231

Experiential

(meditation, sharing, song, ritual, art project)

As women reach the age of perimenopause in our culture, we are fed a constant stream of messages telling us that menopause is embarrassing, uncomfortable, pathological, even dangerous. In ancient traditions, this phase of life was seen as a deepening into wisdom, creativity, and spiritual enlightenment. This workshop is a journey of reclaiming the sacredness of the crone portion of the maiden-mother-crone archetype, through stories, meditation, journaling, movement, song and art. Each participant will create a sacred object to keep as a reminder of this celebration and of her sacred intentions toward herself, her family, her community and the world.

Mairi Breen Moon is a midwife who moonlights as the Music Director for the Washington Ethical Society, directing a women's choral group, a mixed chorus, and a children's performance ensemble. She holds bachelor's degrees in dance and nursing, and master's degrees in Theater and Midwifery, earned in successive career paths. She has also studied on the priestess path through Diana's Grove. She lives in Takoma Park, MD, with her husband and four children.

Lia Breen Falls is a visual artist, member of a sacred theater group, and former facilitator of women's initiation weekends. She holds a BFA from SUNY-Purchase and an MFA from the U. of Minnesota, and has studied voice with Barbara McAfee, for whom she has designed a recent CD cover. She has also studied on the priestess path through Diana's Grove and lives in Minneapolis with her husband and two children.

THE WILD COSMIC HEART

ARMSTRONG HALL 234

Story telling/Discussion

This workshop focuses upon the unfolding story of the Universe as told by Thomas Berry and Brian Swimme. We will explore the story of the 13.7 billion years of evolution, including the unique role of the human. In us, the universe explodes into intense reflection of itself and its goodness. We will discuss the lessons of the universe and how to live in wisdom with the natural world.

Kitty Nagler has recently received her Masters in Culture and Spirituality from the Sophia Center in Oakland, CA. Her journey has taken her through a 30 year corporate career to discover and delve more deeply into her passions of The Universe Story, earth-based spirituality, feminine spirituality and indigenous wisdom.

**EXPLORING NATURE-BASED
SPIRITUALITY THROUGH THE ELEMENTS**

ARMSTRONG HALL 213

**Discussion/Experiential/
Ritual/Adults ONLY**

Come and explore the elements of water, fire, mineral, earth, and nature. You will find out what element is dominant for your birth year and how this is relevant to your life's purpose. Through presentation and circle discussion, we will learn about the spiritual attributes of each element and why it is important to have them in balance in one's life. With focus on the water element, we will do guided imagery, blessings, and ritual activities that address the levels of individual, community, and world in healing, balance and peace. While in the circle, we will engage in spiritual activism by making a commitment to help stop water pollution in our environment by a simple action of our choice. Together we can make a difference for ourselves and the world.

Karen Sandberg is a shaman practitioner, teacher, artist, feminist and visionary activist. She has directed and organized women's retreats both out of the country and in MN and is a teacher/provider at Pathways in Minneapolis. After surviving a major life/death initiation and subsequently answering her soul's calling, she has taken intensive training with Malidoma Patrice Some, a shaman from West Africa. She now lives her life true to her purpose of empowering women.

Karen Nielsen is a shaman practitioner, healer and acupuncturist living in Minneapolis. She has taken intensive training with Malidoma Patrice Some, a shaman from West Africa and traveled to Burkino Faso as part of her ongoing training in this spirituality.

JOURNEY TO THE DIVINE MOTHER

CENTENNIAL STUDENT UNION 269

Experiential

We will experience three journeys to the Spirit of the Divine Mother asking for information and healing for the world, for ourselves and for another. There will be honoring of these messages by sharing in council circle after each journey. I will be supported by members of the Pachamama community in calling in the directions, live drumming and a sound healing after the journeys. This will be a chance to pray together for healing and help from the Divine Mother, for all levels of experience. I will give a short description of how to journey for anyone who has not journeyed before.

Marie Smith is a massage therapist with 13 years of experience in osteopathic and meridian-based bodywork. She has studied Core Shamanism for 10 years and crystal healing with Herb Stevenson for 4 years. She teaches Basic Shamanism and co-leads monthly drumming circles for Pachamama Inc. a shamanic-based spiritual community in southwest Wisconsin.

Kathy O'Brien is a public school teacher for grades 4 and 5. Kathy has been a board member of Pachamama for one year and is currently part of the Apprentice VI training and assisting with the Sacred Sisterhood class. Her vision is to bring shamanic circles to young adults.

WISEWOMEN SING, DANCE, AND PRAY

HN Dance Studio

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 peace and justice. Using simple sounds and songs, one may be re-energized. Facilitators will bring some instruments, but participants are invited to bring their own instruments and drums.

Geralyn Sorensen, MST, is a Musician, Speech and Language Pathologist, Member of Vocal Healing Sounds Project, and Co-facilitator of "Womansong" at Unity North in Coon Rapids, and is a Dancer of Universal Peace. She is also a co-facilitator of "Wise Women Gatherings."

Dorcas Hueners, MA, is a T'ai Chi Chih Instructor, facilitator of "Wise Women Gatherings" and Women Comfort Days, is a co-facilitator of "Womansong" at Unity North in Coon Rapids and A Dancer of Universal Peace.

RECLAIMING MYSELF: SPIRIT IN ACTION

ARMSTRONG HALL 314 Discussion/Experiential

This is a fun, interactive workshop designed to remember your "true self" and reclaim your spirit in everyday life. The skills are part of a global, grassroots project that teaches the qualities of character and simple elements of spirituality honored by all cultures and sacred traditions.

Michelle Stronach, see session I for bio.

ANIMAL SYMBOLOGY

ARMSTRONG HALL 302 Story-telling/Discussion/ Child-friendly over age 14

What does it mean when everywhere you turn lately you see a deer? Be it on TV, crossing the road, or in pictures, deer seem to be appearing everywhere around you. Does she have a message for you? YES! There are symbols and messages all around us available to assist us in seeing things differently or more clearly. Animals carry with them their own special form of symbolism. This workshop is designed to introduce participants to the meanings of animals appearing in our lives. Pairing five universal symbols of circle, triangle, square, spiral and equidistant cross with animal groupings, participants with gain insight and understanding of how certain animals appear in our lives to bring us messages of support, wisdom and confirmation.

Marilyn Tokach is a professional animal communicator, behaviorist and trainer. She has extensive experience in corporate management and human resources, conducting interviews, training/development and conflict resolution. She holds a Bachelor of Science in psychology and is working towards her Masters. Marilyn is a compassionate empath, healer and teacher, seeking to empower both animals and their human guardians to bring understanding and harmony into their lives. She has been training dogs for over 20 years and participates with her own canine companions in obedience, conformation, agility and Schutzhund. Marilyn currently shares her home with dogs, birds, fish and a cat and is active in rescue and animal related issues.

DRIVE-THRU SPIRITUALITY:

HOW TO INCLUDE SPIRITUALITY INTO BUSY LIVES

ARMSTRONG HALL 221 Discussion/Experiential

Are you ready to collapse from the stress and hectic pace of everyday life? Wish incorporating spirituality were as easy as picking up dinner from a drive-thru window? Maybe it is! Join us for a discussion and hands-on workshop of how to incorporate spirituality into your everyday life. This session will explore spirituality as a function of everyday routine (for those who can't set aside "special spiritual time"), how to work spirituality into your children's lives, fun and easy time-savers for grounding and meditation, and exercises for tapping into your intuition instantly!

Linnette Werner, Ph.D., has been reading tarot cards and doing accurate psychic readings for others since the age of 10. She is the president of *Mystic Traditions*, a home-party business dedicated to bringing alternative spiritual practices into the everyday lives of women.

Patti Gmeiner, M.A., LICSW, has been a practicing social worker for over 20 years. Her current focus on healing the Earth and people through permaculture and food-as-medicine has allowed her to fully incorporate spirituality into her busy life with a growing family.

Suelin Lopez-Werner, M.A., LICSW, has been a social worker and family therapist for over 34 years, and now has a private counseling business specializing in "The Work" of Byron Katie. She is a writer of children's books, grandmother of four, and a pioneer in integrating alternative spirituality into everyday life.

MONEY, SPIRITUAL VISION, SPIRITUAL POWER

ARMSTRONG HALL 325 Paper/Discussion/Experiential

Explore two of the most powerful and least talked about forces in your life, money and spirituality. Discover how to integrate and align your financial life with your core values. Look at money in a new

and freeing way and see it as one of the gifts in your life. Our attitudes and feelings about money deeply affect our self-image, work, relationships and spiritual journey. In this workshop you will examine your relationship with money and discover ways to recover its spiritual dimension. Dyads, group discussions, and interactive exercises help you recognize the powerful role your "money mythology" plays in your decisions. This new understanding is used to create the beginnings of a do-able action plan for financial and spiritual unity.

Rosemary Williams, see session I for bio.

Session III

REGRESSION HYPNOTHERAPY FOR HEALING

Centennial Student Union 285 Experiential

We are what our subconscious mind directs us to be. That is a sub clinical theme in our lives. Past life and present life trauma put up blocks or false assumptions within that subconscious. We can remove them by hypnosis regression therapy and dramatically improve the quality of our lives.

Kathleen Aadland has a Masters in Guidance and Counseling and 30 hours toward her doctorate in counseling psychology. She is a nationally board certified counselor and has completed internships in both Mental Health and School Counseling under accredited personnel. She was trained in hypnotherapy by a professor from Creighton Medical School and has practiced the art for over 20 years. She is also employed as a grant writer with her own company.

AWAKENING THROUGH VIBRATION: A JOURNEY WITH NATIVE AMERICAN FLUTES, DRUM AND VOICE

Armstrong Hall 321 Discussion/Experiential

Vibration is the basis of life. Experience the awakening of spirit and healing with Native American flutes, drum, and voice. Vibration leads us to experience that which is beyond words. Participants will have an opportunity to have her/his energy "sung" individually. Techniques for self healing and awakening will be taught.

Lorry Alexander has been healing, teaching and playing flutes and drums for many years. The flames of these fascinations have been fanned by many wonderful teachers including Kay Garnder and R. Carlos Nakai.

Margaret Kloster has "sung" people's energy for over ten years. Her deep experience in healing and yoga enhance this gift.

LIFE STORIES IN THE SAND

CENTENNIAL STUDENT UNION 201 Story-telling/ Experiential

Limited to 20 participants. This is an experience offered to those interested in reconnecting with their hopes, dreams and spiritual direction, while being guided in the art of reading symbols and metaphor. Sand and miniatures will be used as a medium in helping participants design and access their unique life stories. It is our subconscious that drives our lives and helps us make decisions. Why not discover what you already know and make decisions for a positive and healthy future. So come play in the sand and tap into your inner world and unleash the child within.

Joyce Arendt, MSW, LICSW, RPT, has been providing counseling services for over ten years and has been trained in various modalities of play therapy and sand tray therapy as well as more traditional psychotherapy modalities. She draws upon her wealth of information and experiences to offer individuals their own unique and personal journey.

Ingrid Meyer, MA, has been providing support and therapy to families and children for almost ten years. She is trained in several modalities, including play therapy, psychotherapy, family therapy and sand tray therapy. She uses a respectful and nurturing approach in guiding individuals through their stories, offering her knowledge of symbols and systems to facilitate the creative process.

CREATING RITUALS FOR PERSONAL,
POLITICAL, AND GLOBAL CHANGE

ARMSTRONG HALL 222 Lecture/Discussion/Experiential
Ritual practices are at the heart of the Goddess Spirituality Movement, bringing value to our life's passages, whether they are physical crossroads or emotional transitions. Creating rituals that inspire and empower political activism can support our inner strength for staying centered and focused while working to make political change. In a clear step-by-step process that combines intuitive creativity with cognitive understanding, participants will learn components of effective ritual making and develop a ritual for personal empowerment to create political change. This workshop will provide people with the insights, tools and guidelines to challenge, risk and learn to trust themselves in creating meaningful rituals for themselves and with others.

Ruth Barrett is a Dianic high priestess, pioneering award-winning pagan recording artist, and author of *Women's Rites, Women's Mysteries: Creating Ritual in the Dianic Wiccan Tradition* (Authorhouse, 2004). She has been teaching magickal and ritual skills nationally since 1980.

IMPROVING SELF-IMAGE ONE KID AT A TIME

ARMSTRONG HALL 215 Discussion/Child friendly
For all of us wanting to achieve any type of success, first for ourselves and then for our children, we must take a couple of steps back. Create honest self-images that do not hinder us. Then we can improve our self-esteem. When we feel worthy we can then balance all areas of our lives and achieve all that we want. You will be given techniques for changing and improving your self-image. **Sandra Bayerl**, see session I for bio.

CHANNELING LOVED ONES

ARMSTRONG HALL 305 Round table/Discussion/
Experiential
This workshop is designed to connect people in the audience with loved ones who have passed away. This is a John Edwards style of workshop in which I describe the spirit who is here and then connect with the person with whom they wish to speak. **Ronna Boyd**, see session I for bio.

GODDESS SPIRITUALITY FOR BUSY WOMEN

CENTENNIAL STUDENT UNION 202 Discussion/
Experiential
Daily demands on our time can often leave us feeling as if we have no time to practice and experience our spirituality. This session will be filled with many ways to guide you in the integration of the magical and the mundane. Some of the topics that will be covered are daily devotions, ritual in a busy home, and lunar awareness. **Lisa Carroll** lives in Illinois, surrounded by family and friends. As a Priestess in The Order of the White Moon, she is dedicated to the Divine Feminine in all of Her aspects.

STORIES LIVES TELL: SPIRITUAL AUTOBIOGRAPHY
AND NARRATIVE DIALOGUE AS HEALING PRACTICE

ARMSTRONG HALL 304 Story telling/Experiential/
Discussion
Telling, writing, reading, and listening to life stories – one's own and others' – can provide opportunities to penetrate cultural barriers, discover the power of the self, heal memories, deepen relations with others, and serve as a springboard for ethical action. Through experiential exercises and dialogue, we will explore healing narrative as a tool for transforming our lives out of chaos and suffering into meaning. As we learn more about whom we are and what we need, we develop a greater sense of life purpose and are called into action. **Eunice Collette** and **Umo Udo**, see session I for bio.

ACHIEVING WELLNESS WITH THE EARTH'S GIFTS:
THERAPEUTIC GRADE ESSENTIAL OILS

ARMSTRONG HALL 317 Discussion/Power point/
Video presentation
For thousands of years essential oils have been held in high esteem by persons of diverse spiritual and religious traditions for opening the subconscious mind and anointing and healing the sick. Therapeutic grade essential oils are now enveloped by renewed use and cutting edge scientific research for confronting situations in our toxic world that compromise our health. Take action and learn about achieving wellness with these gifts from the earth and about how they may empower the ability to focus on our passions and purpose to facilitate change in our lives and in the world. **Lynn Cox** and **Paula Quinlan**, see session I for bio.

WOMANSONG: LISTEN! CAN YOU
HEAR THE EARTH SINGING?

ARMSTRONG HALL 225 Original songs/Personal story
Through original songs and personal story, Dody invites you on a musical spiritual journey from traditional expectations to a new birth in feminist freedom. Listen for your own story in earthsongs which speak of peace, justice, hope, humor, anger, and resolve. Songs such as "A New World Order," "Spiritual Indigestion," and "Marchin' for Freedom" will welcome you. **Dody Davies**, see session I for bio.

PEACE & HARMONY: CELEBRATING THE DIVERSITY
OF VOICES RAISED TOGETHER IN SONG

MORRIS HALL 213 Experiential
Music is the universal language of peace; raising our voices together brings joy and unity to all who join in. Lia and Mairi are sisters who were raised in the oral tradition of sharing song and have spent a lifetime collecting rounds and chants. They will lead the group in singing rounds and chants from many cultures, as well as improvisational vocalizing. Some movement will be included but not required and will not exclude the wheelchair-bound. **Lia Breen Falls** is a visual artist, member of a sacred theater group, and former facilitator of women's initiation weekends. She holds a BFA from SUNY-Purchase and an MFA from the U. of Minnesota, and has studied voice with Barbara McAfee, for whom she has designed a recent CD cover. She has also studied on the priestess path through Diana's Grove and lives in Minneapolis with her husband and two children. **Mairi Breen Moon** is a midwife who moonlights as the Music Director for the Washington Ethical Society, directing a women's choral group, a mixed chorus, and a children's performance ensemble. She holds bachelor's degrees in dance and nursing, and master's degrees in Theater and Midwifery, earned in successive career paths. She has also studied on the priestess path through Diana's Grove. She lives in Takoma Park, MD, with her husband and four children.

INTO THE SPIRITUAL WILDERNESS SOLO CANOEING –
LESSONS OF SPIRITUAL CONNECTIVITY

ARMSTRONG HALL 208 Storytelling/Experiential
This workshop leads you into a relationship with yourself to release new levels of confidence, courage and humility. The presenter's spiritual journeys as a solo canoeist unfold through personal experiences and stories. She shares how canoeing alone increased her intuition, trust, healing abilities and deepened the commitment to her life's purpose. Participants are invited to take a journey of their own through meditation, reflection, sharing and celebrating. This will be especially valuable for anyone seeking the courage to follow their dreams, be on purpose, and whose spiritual path requires stamina, fortitude or taking a spiritual stand. **Cheryl Hiltbran**, M.Ed., is an international expert in the field of accelerated learning and is certified as a Level III Accelerated Learning Instructor by the International Alliance for Learning. Through years of teaching, meditation, following her dreams and ten years

of solo canoeing she continues to inspire others to discover and follow their own spiritual path. She lives in Wayzata, MN, with her husband.

SAGE-ING®: A NEW VISION FOR AGING

ARMSTRONG HALL 319 Presentation/Discussion

"Sage-ing is a process that enables older people to become spiritually radiant, physically vital, and socially responsible elders." This three-pronged center of a new vision of aging includes Life Harvesting, Life Repair and Legacy. The purpose of this effort is to encourage individuals to acknowledge their accomplishments, to recognize what relationships they want to repair by improving or making peace with them, and to decide which contributions they will leave in the world when they die. By reflecting on one's story, mend or let go of connections and bonds, and choose what values and ideals to pass on to the next generation(s).

Rebecca Hostetler, see session I for bio.

FEEL CONNECTED TO YOURSELF AND OTHERS WITH GENTLE MOVEMENT: ROSEN METHOD MOVEMENT CLASS CENTENNIAL STUDENT UNION 253/254 Experiential/Movement

Rosen Movement, with music of different rhythms and moods, is designed to move all the joints and muscles of the body and allow more ease in breathing, and it is fun! It also is about noticing how we experience ourselves in movement. What doesn't move, what is easy to move? Our bodies are where we live. Moving our bodies brings liveliness and more access to feeling within us. If we hold our bodies still, we hold ourselves back from life in some way. Our bodies don't know how to lie. Our bodies express who we are emotionally, physically and spiritually, so when we bring awareness to our movement, we can learn to live an undivided life. When we are congruous, inside and outside, we move with ease and are relaxed being who we are. This invites our souls to emerge more and more, which creates action in the world from a place of deep integrity. This is a spiritual act!

Marjorie Huebner, Rosen Method Practitioner, has over 20 years of experience doing hands-on healing work. She brings a background in yoga, modern dance and authentic movement to the teaching of Rosen Movement. Member IMA and RMPA (Rosen Method Professional Association).

Sheri Krall, a Rosen Method Intern, is training at the Rosen Method Center Southwest in New Mexico and with Marion Rosen. She is a wife and mother of two college students and is currently pursuing a BA degree. Sheri practices at the Center for Massage Therapy in Rochester, MN, and is a member of AMBP and RMPA.

BROKEN BABIES / LEARNING TO LIVE & LOVE OUR "NEW NORMALS"

ARMSTRONG HALL 303 Discussion/Craft

We will address the needs of women who share their lives with someone with special needs. We will provide resources for the women; their special needs person, siblings and significant others. We will briefly share our stories and open the room for discussion and story sharing.

Marla Hughes is a wife and mother of three children. Since 2001 her family has been learning to live a "New Normal" following a traumatic accident that permanently disfigured and disabled their youngest son who is now 11 years old.

Jennifer Haag is a wife and mother of three children. Her 17 year old daughter has bipolar disorder. Her two toddler sons have Crouzons syndrome. Crouzons is a genetic disorder affecting the craniofacial growth of the skull causing premature closure of the bones, in their case necessitating several surgeries.

PSYCHIC DEVELOPMENT 101

ARMSTRONG HALL 308 Paper/Discussion

We will cover what is and what is not psychic information, interpretation of "intuition" and "psychic ability." Various definitions around

psychism will be discussed. We will provide tangible, easy techniques to become more open to psychic information.

Tiffany Johnson, see session I for bio.

CIRCLES: A WAY TO SPIRITUALITY

MORRIS HALL 206 Ritual/Story-telling

The circle way has been around as long as humankind itself. Once a standard practice of overall societal operation, the way of the circle was overtaken by those choosing a society with a patriarchal hierarchy. But as it always is, always will be, and has been best put by Dylan "the times, they are a'changin'". We continue to see the circle community grow across the world, inspiring anyone willing to take a moment and experience it, walking away from it with a seedling inside their soul of the way things could be.

Jeanie Kellar is a middle-aged woman, mother, wife, college graduate, successful owner of a multitude of businesses, practitioner/believer in circles, and a guitarist. She strives to be a person living in the spiritual now, respecting the earth, approaching others with kindness, and sharing her experience and knowledge to help and be helped.

Kris Miner has focused her professional work on empowering families using restorative techniques. She strives to include circle values in her parenting, friendships, work and life.

EARTH HEALING RITUAL

CENTENNIAL STUDENT UNION 204 Experiential/Child friendly (6 or older)

Mother Earth is in desperate need of our help. In this workshop we will pool our intent for earth healing through the use of visualization and chanting. We will work with each of the four "elements" in turn, and send loving energy to Mother Earth. This is a child-friendly (6 or older) workshop; in fact, they are especially welcome.

Kasey Kester's early years were with the Blackfeet and, as a result, she has always had a close affinity with Mother Earth. She has studied energy work, tarot, astrology, runes and mythology for the past twenty years, and done earth-healing rituals for the past fifteen years.

Linda Fei has been a life-long student of things metaphysical. She is currently involved in astrology organizations as national membership director for NCGR (National Council for Geocosmic Research) and long-term member of TC STARS (Twin City Society for Teaching, Astrological Research and Study).

THE REALM OF FAERY, THEN AND NOW

ARMSTRONG HALL 310 Power Point/Discussion

This workshop will explore faery from its earliest mythical appearance, including an examination of the forms and varieties of faeries throughout different cultures. We will explore the work of various folklorists from the 19th and 20th centuries that researched and recorded the living faery faith as they found it among the people of the British Isles. We will then examine faery as presented in both literature and visual art. Finally, we will discuss the beginning of a healing interplay between the devic and human realms that connects the varied spiritual paths of the Faery Faith, Green Spirituality, Paganism and the Gaia Theory.

Dawn Killen-Courtney, see session I for bio.

MEDITATION OF THE HEART

MORRIS HALL 101 Discussion/Experiential

This workshop will teach a very user-friendly secular method of meditation; supply written information for each person to have for personal reference to personally experience the meditation process; and, each person will receive a small wooden heart as a daily reminder to meditate twice each day.

Margaret Klette, see session I for bio.

**FEMININE INSIGHTS INTO CELTIC SPIRITUALITY
AND THE MUSIC OF THE CELTIC HARP**

ARMSTRONG HALL 102 Presentation/Harp performance

It's no wonder there's been a resurgence of interest in Celtic spirituality and music. Today's world is dominated by media and technology and we are bombarded with information – and many of us are seeking simplicity and connection with what's true and eternal. Celtic spirituality has this simplicity at its heart and Celtic music is a beautiful illustration of this. During this workshop Amy will tell the story of how a Celtic harp came into her life as a gift from an Irish friend, and how that gift set her on the path of fulfilling her life's purpose of bringing beautiful music to people. This workshop will consist of sharing insights from her research on the feminine aspect of Celtic spirituality and tradition as it relates to her music, and on the role of women in Celtic history, interspersed with performances of Celtic tunes (many written by or in honor of women) on her harp to illustrate those insights.

Amy Kortuem, see session II for bio.

FEELING, SEEING AND PSYCHICALLY READING AURAS

ARMSTRONG HALL 213 Experiential

The first step in developing psychic skills is to pay attention and auras are an easy and fun way to begin paying attention. Auras are colorful electromagnetic energy fields that surround us as individuals and as groups. Paying attention to your aura can get you started on identifying your psychic skills and help you take advantage of everything the psychic realm has to offer. Individual experiences during the workshop will vary.

Paula Kramer is a lifelong psychic and has written a book about developing psychic skills.

SOWLEI YADROTH: I WILL DANCE THROUGH THE CHAOS

**CENTENNIAL STUDENT UNION 203 Movement/
Discussion/Experiential**

Learn the art of magickal meditation – create your own mantras and sigils (symbols) for what you desire. Set it to movement to create a magickal, meditative trance.

Carol Mackel is a mother, wife, Wiccan priestess, and yoga practitioner. She loves finding ways to create healthier lifestyles for herself, her family, and those she loves.

MULTICULTURAL WOMEN PEACEMAKERS

**HN Dance Studio Storytelling/Movement (Dancing)/
Experiential (Singing)**

Throughout herstory Peace has been a spiritual thread weaving women of many cultures together. Dancing, singing and storytelling can feed our souls and fire up our hearts so that we birth peace for Mother Earth and her children. We carry a story in our heart until a time of need when it will spring forth as inspirational medicine.

Carol McCormick, a professional storyteller for 25 years, has led rituals for several lifetimes. She is a Priest of Melchisedek, and is currently the mother of 2, stepmother of 3, and grandmother to 3 children.

THE WILD COSMIC HEART

ARMSTRONG HALL 234 Storytelling/Discussion

This workshop focuses upon the unfolding story of the Universe as told by Thomas Berry and Brian Swimme. We will explore the story of the 13.7 billion years of evolution, including the unique role of the human. In us, the universe explodes into intense reflection of itself and its goodness. We will discuss the lessons of the universe and how to live in wisdom with the natural world.

Kitty Nagler, see session II for bio.

**THERE'S NO MONOPOLY ON VALUES:
STRATEGY TO CHANGE AMERICA**

ARMSTRONG HALL 235 Discussion

The purpose of this workshop is to empower people into activism to make a difference. The last election was a lot about "moral val-

ues." Implied was that they are held by only one segment of our society: the conservative right. We need to find ways to frame the discussion and to effectively be able to use our moral values to translate into winning elections in our country.

Judi Poulson has a master's degree in peace studies/global interdependence from Minnesota State University, Mankato. She has presented workshops and sermons, taught at all levels, and been politically active since about 1967.

**USING INTERACTIVE GUIDED IMAGERY
TO DISCOVER THE HEALER WITHIN**

ARMSTRONG HALL 232 Experiential

All of us have an innate ability to heal ourselves. Through the use of Interactive Guided Imagery you can learn to play an important role in your own healing. Imagery is a powerful tool for self-awareness. Because it uses the symbolic language of the right brain, Interactive Guided Imagery allows you to communicate with your unconscious mind. Using imagery skills, you can discover and listen to the healer within.

Meg Stump, MA, LPC, LAMFT, is a professional therapist, certified in Interactive Guided Imagery (IGI). She lives and practices in Southern Minnesota.

PRAYING WITH BEADS

**ARMSTRONG HALL 219 Discussion/Ritual/Experiential/
Child friendly**

Limited to 20 participants. The word bead comes from the middle English word *bede*, which means to pray. Participants will use three types of beads – circle of Love Meditation Bracelet for intercessory prayer; Gratitude beads for counting blessings, affirmations, hopes and dreams; and Breath prayer beads for repeated, memorized, counted prayers.

Sue Swanson, see session I for bio.

ANIMAL SYMBOLOGY

**AHMSTRONG HALL 302 Story-telling/Discussion/
Child-friendly over age 14**

What does it mean when everywhere you turn lately you see a deer? Be it on TV, crossing the road, or in pictures, deer seem to be appearing everywhere around you. Does she have a message for you? YES! There are symbols and messages all around us available to assist us in seeing things differently or more clearly. Animals carry with them their own special form of symbolism. This workshop is designed to introduce participants to the meanings of animals appearing in our lives. Pairing five universal symbols of circle, triangle, square, spiral and equidistant cross with animal groupings, participants with gain insight and understanding of the of how certain animals appear in our lives to bring us messages of support, wisdom and confirmation.

Marilyn Tokach, see session II for bio.

**THIN PLACES: WHERE FAITH IS
AFFIRMED AND HOPE DWELLS**

ARMSTRONG HALL 309 Lecture/Discussion/Experiential

This workshop will include a discussion of Celtic spirituality, including *thin places*, where "the veil between this world and the next one is very thin" and *anam caras*, the gaelic word for "soul friends." Soul friends help us discover and discern meaning of the thin places in our own lives. Focus will be on thin places as spiritual experiences that affirm our faith and foster hope in something wondrous beyond this life. Mary will share stories contained in her book, *Thin Places: Where Faith is Affirmed and Hope Dwells*, and include experiential exercises that provide opportunities for participants to share their own thin place stories.

Mary Treacy O'Keefe, see session I for bio.

**DRIVE-THRU SPIRITUALITY: HOW TO
INCLUDE SPIRITUALITY INTO BUSY LIVES**

ARMSTRONG HALL 221

Discussion/Experiential

Are you ready to collapse from the stress and hectic pace of everyday life? Wish incorporating spirituality were as easy as picking up dinner from a drive-thru window? Maybe it is! Join us for a discussion and hands-on workshop of how to incorporate spirituality into your everyday life. This session will explore spirituality as a function of everyday routine (for those who can't set aside "special spiritual time"), how to work spirituality into your children's lives, fun and easy time-savers for grounding and meditation, and exercises for tapping into your intuition instantly!

Linnette Werner, Patti Gmeiner, and Suelin Lopez-Werner, see session II for bio.

CELTIC PAGANISM

ARMSTRONG HALL 217

Power point

This is a simplified history of Celtic Paganism. It reaches as far back as 35,000 years ago and up until modern day. It answers many questions about "The History of" Pagans and Paganism. "What do they believe?..." "How do they practice today?"

Jayne Wickman, see session I for bio.

**ENGAGED SPIRITUALITY
THROUGH YOUR CHAKRA SYSTEM**

CENTENNIAL STUDENT UNION 284A

**Experiential/
Discussion/Movement**

Before we can help end global oppression, we must first learn to end oppression in our own minds, bodies, and spirits. Do you have fears? Irritability? Are you anxious? Depressed? Do you feel spiritually depleted at times? Are you overweight? Have digestive problems? Stiffness? Other physical problems? Learn to be active in your own holistic healing through the ancient Indian energy system of the Chakras. This very experiential workshop will leave you reconnected with yourself and the world around you.

Tatjana Zemczukov, M.A., born of Russian parents in Germany, is both educated from and has facilitated workshops and retreats in Europe, Africa, Australia, Asia and the Americas - a true planetary pilgrim! She has an extensive background in meditation and yoga movement and holds Certification in Medical Chi Gong, Healing Touch, and Feng Shui. Tatjana brings her 21 yr. teaching career to create the necessary sacred space for the unfolding of her co-travelers' self realization.

Maria Shea, M.A., L.P.C. is a Transpersonal Psychotherapist with a private practice in Hudson, WI. She has over 12 years experience in Mind, Body, Spirit work in assisting others in their journeys. She also conducts workshops in Dream Interpretation, Meditation, Guided Imagery, Stress Reduction, "Mental Illness vs. Spiritual Emergence," and Chakra/Holistic Healing.

Session IV

IT TAKES THE WHOLE DAMN VILLAGE

ARMSTRONG HALL 214

Paper/Discussion/

Child-friendly in principle, but adult in content.

Teenagers are desired attendees.

The Revolution begins by ending child apartheid. The educational establishment, both public and private, is a primary instrument of human oppression. Many are in agreement that the schools are in trouble and that a major overhaul is needed. Yet the education enterprisers are threatened by attempts at reform, and outright hostile to the home-schooling phenomenon, which amounts to our nation's desperate cry for help. This workshop will not only raise your consciousness about how our patriarchal culture oppresses us from the beginning of life via the evermore voracious school system, but you will come away with a relatively painless plan that could provide a means to accomplish our evolution toward a new matrifocal society. This fantasy in education is deeply rooted in the

women's spirituality movement, and a major premise of it was inspired during discussion at a previous Mankato conference. We must abandon the classroom and go this other way. (This workshop is NOT a discussion or advocacy of home-schooling.)

Sandra Barnhouse, is semi-retired, subbing for local school districts, writing, and making art in her rural schoolhouse studio. She's recently published *It Takes the Whole D... Village/ An Education Fantasy*, and contributed, an excerpt in Cristina Biaggi's, *In the Footsteps of the Goddess*.

THE POWER OF MYTH

ARMSTRONG HALL 211

Paper/Discussion

How can whole societies believe, or at least revere, stories that are literally impossible? Where do myths come from? Joseph Campbell, Carl Jung, and other mythologists give illuminating answers to these and other questions. Their insights about the nature and power of myth could harmonize the global turmoil caused by religious conflict. This presentation about myth will invite questions and discussion from participants.

Jeanette Blonigen Clancy, M.A. in systematic theology, is an educator and writer who has studied mythology, Jungian psychology, scripture, women's spirituality, and comparative religion.

**DIVINE WARRIOR TRAINING –
EXPANDING YOUR WORLDVIEW**

ARMSTRONG HALL 202

Experiential

Divine warriors recognize the divinity of all persons and all creation and work for the highest and best good of all. This workshop will introduce the concept of divine warrior – one who lives out of their divine essence, discovers their life's purpose, hones the skills they bring into the world and transcends the challenges they face. Sacred space will be created for each participant to work with experiential exercises that stretch and expand the participant's view of the world and their place in it.

Thomas Capshew is a former attorney and professor. He is currently a writer and motivational speaker, working on a book entitled *Divine Warrior Training*. He is on faculty at Windemere Institute of Healing Arts.

**SIGNS OUT OF TIME: THE STORY OF ARCHAEOLOGIST
MARIJA GIMBUTAS – A DOCUMENTARY BY STARHAWK
AND DONNA READ, NARRATED BY OLYMPIA DUKAKIS**

ARMSTRONG HALL 102

Film

In the earliest strata of European civilization, Marija Gimbutas found evidence of cultures based on cooperation and harmony with nature, where women were honored, the Goddess was worshipped, and war was unknown. *Signs Out of Time* weaves together interviews, archival footage, photographs, and narration to portray the scope of Marija's life and work. Using animation, artifacts, interview footage of Marija, her supporters and critics, we explore her studies, excavations and publications, and the controversy around her theories. A discussion following the film will be led by the presenter.

Joan Cichon, see session I for bio.

**SEEING YOUR LIFE AND THE MOVEMENT OF YOUR SOUL
THROUGH THE MYSTICAL SYNTHESIS OF HUMAN DESIGN**

ARMSTRONG HALL 217

**Presentation/Discussion/
Experiential**

Introducing HUMAN DESIGN, an extraordinary, living, breathing, graphic synthesis of Quantum (Particle) Physics with four ancient esoteric systems – Astrology, the Chinese I Ching, the Kabbalah, and the Chakras: where spirituality and science meet. What really marks the movement of the soul? Esoterically speaking, it is the joy of letting go, of casting off, discarding that which no longer fits, no longer satisfies. Then bringing the love of our renewed, clearer sense of Self into every movement, relationship and decision. We are not here by accident, but by design, and we come with a unique purpose to fulfill and a part to play. As human consciousness/spirit

awareness explodes around the globe, preparing us for the imminent shift of the ages predicted for this century, we find ourselves drawn toward a wide array of spiritual teachings and systems of achieving union with the Heart or Center of our being. Human Design provides us with deeply personal information equipping us for making our way through this maze of choices, ultimately allowing the Divine to express through us without limit. I invite you to begin this magical, mystical process by introducing you to your Human Design chart and exploring the most significant aspect of it - your Type. To receive your graph, you must provide me with your name, birth date, birth place AND birth time by October 14th. Send information to: djhouse@charter.net.

Donna Garlinghouse, see session II for bio.

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

CENTENNIAL STUDENT UNION 253/254 **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, and as a physical therapist at the Mayo clinic. It is about the connection of the body, mind, spirit and the emotions. It is about the relationship to the self, and the relationship of the self to the rest of the world. It addresses the tension and stress that we hold in our bodies, that holds us back in our lives. In the release of the muscular tension, connecting to the deep essence of the person, lives the possibility of fuller life and more aliveness, wisdom, and creativity, life without limits. Rosen Method addresses the liberation of the human being from societal and personal oppressions that are stored in the body, releasing unconscious limitations that block creative expression, freedom and awareness.

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

Robbin Thrailkill, MA candidate in Somatic Psychology and Counseling from Naropa University in Boulder, CO. She is a Rosen Method Intern and was trained at the Rosen Method Center Southwest. She is a Member of RMPA, ABMP, and USABP.

HONORING THE GODDESS IN MULTI-CULTURAL TRADITIONS

ARMSTRONG HALL 225 **Paper/Discussion/Child friendly**
No matter what culture or era, people can be found honoring and celebrating the Goddess in various names. This workshop incorporates these various names and cultural aspects into a presentation to educate the participants on the powerful, rich and healing multi-cultural traditions of antiquity and those still practiced which have strongly influenced today's spiritual and religious reality. This workshop is designed to heighten the participant's relationship with the Goddess and to provide spiritual rejuvenation and healing.

Crystal Adeline Johnson, see session II for bio.

THE SPIRIT BODY CONNECTION

ARMSTRONG HALL 219 **Discussion**
This workshop will include cutting edge information on a new level of nutrition. You will be educated on what you can do to care for your physical being and how it is directly connected to spiritual growth. Products will be introduced that will support a cellular and energetic level that will enable you to hold more light in your body.

Tina Johnson, see session II for bio.

ARVIGO ABDOMINAL THERAPY

ARMSTRONG HALL 231 **Discussion/Video**
This is an introductory workshop about Arvigo Techniques of Maya Abdominal Massage. These techniques are founded on the ancient Mayan technique of abdominal massage which is an external,

non-invasive manipulation that repositions and realigns internal organs that have shifted resulting in an increased flow of blood, lymph, nerve and chi. The techniques are based on thirty years of training and experience in massage, naprapathy, and spiritual healing developed by Dr. Rosita Arvigo. Incorporating massage, anatomy, physiology, herbology, nutrition, emotional and spiritual healing, this modality incorporates a holistic approach to health care, promoting optimal health.

Heidi Marie Jost, see session II for bio.

CIRCLES: A WAY TO SPIRITUALITY

MORRIS HALL 206 **Ritual/Story-telling**
The circle way has been around as long as humankind itself. Once a standard practice of overall societal operation, the way of the circle was overtaken by those choosing a society with a patriarchal hierarchy. But as it always is, always will be, and has been best put by Dylan "the times, they are a'changin'." We continue to see the circle community grow across the world, inspiring anyone willing to take a moment and experience it, walking away from it with a seedling inside their soul of the way things could be.

Jeanie Kellar and **Kris Miner**, see session III for bio.

KABBALAH AND SOUL HEALING

CENTENNIAL STUDENT UNION 202 **Paper/Discussion/Experiential**

Kabbalah and Soul Healing is a healing process that supports living an authentic life. The essential nature of our being knows and understands what creates the life we long to live. Fear, illness, trauma, beliefs, environmental conditions, etc., can cause struggle and limitations disconnecting us from our deep knowing and essential nature. When we make connection to our true nature, we make choices to create life fulfillment. In this workshop learn self-healing meditations to help you rekindle connection to your essential soul and learn of a healing process that harmonized integration to the source of your authentic self.

Lisa Lillemoen is an internationally known healer, teacher and author with 5 years training in Integrated Kabbalistic Healing® and a Bachelor of Science Degree in Sociology & Psychology. Her work in the area of holistic healing is to inspire and support each individual to live an authentic life, one that expresses his or her essential wholeness.

FROM ANGER TO FORGIVENESS – IN MINUTES

ARMSTRONG HALL 316 **Experiential**
Forgiveness, the important final step in any healing process, is defined as "to renounce anger." Since anger is a physical fight-or-flight reaction, willpower alone is rarely enough to eliminate it. Emotional Freedom Techniques (EFT), a simple method involving gentle fingertip taps on the face and body, allows stressful feelings to become detached. In this workshop, anger associated with a specific memory or event is eliminated, leading the way to forgiveness.

Valerie Lis, see session I for bio.

YOUR PERSONAL POWER: GIFTS OF THE 3RD CHAKRA

ARMSTRONG HALL 208 **Experiential/Child-friendly/Discussion**

"Chakras" is a Sanskrit word that means "wheels of light." Most traditions refer to seven major chakras, the main energy centers within the body. Each chakra has a particular purpose in our lives. The third chakra emphasizes one's sense of self-worth, self-esteem, confidence, personal power, and freedom of choice – areas of great importance to females of all ages. This experiential class begins with a guided imagery that emphasizes the third chakra's gifts and related symbols, continues with each participant using pre-cut images, words, phrases and stickers to create an 8" x 10" collage on laminated yellow mat board that evokes their own power, and includes a handout outlining the seven chakras and suggestions for further inquiry.

Cindy Lukas, M.A., Human Development, is a life-long explorer, Advanced Reiki practitioner, consultant, teacher, symbolic artist, and owner of Touchstones, LLC, a company dedicated to honoring and celebrating women's wisdom in creative ways. She became familiar with chakras during her own healing journey, which began in 1997. Over the past 47 years, she has learned the value of taking an appreciative view of life that pays attention to symbolism and emphasizes building on one's strengths.

LIVING DELIBERATELY

ARMSTRONG HALL 215

Experiential

Avatar® (registered trademark of Star's Edge, Inc.) is a nine day self empowerment training led by a team of experienced and licensed masters. The tools are a synergy of exercises, drills and procedures that will increase your ability to live deliberately. This workshop will explore some of these tools to help you experience strengthening the will, controlling attention and learning how your beliefs create your experience. This workshop will empower participants to be self determined and live as creative sources.

Elleva Joy McDonald and **Margaret Mitchell**, see session II for bio.

LOVING-KINDNESS MEDITATION:

THE PRACTICE OF GENTLE FRIENDLINESS

ARMSTRONG HALL 306

Experiential

This workshop teaches a 2500-year old meditation practice that helps us overcome self-dislike and builds proper self-love and self-acceptance. The practice is called "loving-kindness practice" or the practice of "gentle friendliness." It consists of calling down blessings upon others and ourselves. As we grow in self-appreciation, we find ourselves behaving more gently and lovingly toward others. The practice makes us increasingly able to live without fear or hatred of anyone else.

Mary Jo Meadow is professor emerita of psychology and religious studies at Minnesota State University, Mankato, where she was actively involved with the Women and Spirituality Conference. She is the author of six books and many published and presented papers on spiritual practice; she teaches meditation worldwide and has studied meditation techniques in India.

NAVIGATING BY STARDUST:

A CREATIVE SELF-CARE EXPERIENCE

ARMSTRONG HALL 222

Experiential

This workshop gives the participant a starting place for creating a personal self-care program that is fun and powerful. Through a series of art making, visualization, journaling and conscious-questioning exercises, we make the discovery that creating lives we enjoy happens one simple step in the right direction at a time. Having visual affirmations we create ourselves helps anchor our experience in our daily lives.

Suzanne Vadnais Monson, see session II for bio.

ELEMENTS OF REIKI, THE SHAMAN WAY

CENTENNIAL STUDENT UNION 203

**Discussion/
Experiential**

Reiki is light touch energy healing. It is the "wei wu wei" principle, by doing nothing everything is done. Shaman Reiki is working with the body's energy, through the chakras, to answer questions you may have regarding this life, or a past life. This workshop will offer instruction and a meditation, with the use of stones and/or essential oils, to open the chakras for clarity in our life's work.

Pam Novak is the founder of *Soul's Sojourn*. Pam is a Shaman and a Reiki Master specializing in healings/readings with the use of Reiki, essential oils and Craniosacral Therapy.

HOW DO I LOVE ME? EXPLORING SELF-LOVE CENTENNIAL STUDENT UNION 201

**Discussion/
Experiential**

We are all familiar with the commandment, "Love thy neighbor as thyself." In fact, many of us, especially women, love our neighbors BETTER than we love ourselves. We really can't love others effectively, however, until we learn how to love and cherish and embrace ourselves FULLY, the good along with the less desirable. We will discuss and explore ways of loving ourselves physically, emotionally, spiritually and sexually, as well as the obstacles that prevent us from loving ourselves completely and with abandon. Bring a mirror large enough so you can see your entire face at one time—we will practice self-loving through music and dance. Bring your favorite "self love" story. "Imagine a woman in love with herself..." that woman can be you! This is our new spiritual frontier.

Pamela Peterson, M.A. Theology, frequent pilgrim to the Underworld to recover her buried Inner Treasures. Dedicated Lover of her Self, she tenderly assists others in their process of Self-Discovery and Self-Love.

THERE'S NO MONOPOLY ON VALUES: STRATEGY TO CHANGE AMERICA

ARMSTRONG HALL 325

Discussion

The purpose of this workshop is to empower people into activism to make a difference. The last election was a lot about "moral values." Implied was that they are held by only one segment of our society: the conservative right. We need to find ways to frame the discussion and to effectively be able to use our moral values to translate into winning elections in our country.

Judi Poulson, see session III for bio.

JOB NIRVANA-SPIRITUAL TECHNIQUES FOR GUIDANCE ON YOUR CAREER QUEST

ARMSTRONG HALL 323

**Presentation/Power point/
Experiential/Discussion**

83% of adults recently surveyed confessed they did not like their jobs. If your work is too small for your spirit – or you're in-between jobs – this workshop is for you! Come learn and try out 7 spiritual techniques for career guidance; multiple ways to discern your higher purpose and unique talents; the 3 mandatory elements of passionate work; and, several sure fire ways to achieve your career goals.

Mary Rose Remington, see session I for bio.

LETTING GO: A RITUAL OF DIVORCE

CENTENNIAL STUDENT UNION 204

Ritual/Experiential

Every marriage ceremony has a spiritual aspect in addition to a legal aspect, but only the legal aspect is addressed if the marriage is dissolved. Every commitment ceremony, whether same-sex or heterosexual, public or private, has a spiritual aspect which is not addressed if the relationship ends. There is a great unaddressed spiritual need for ritual ending a relationship. Feminists have been saying for a long time that the really vital new philosophies are still hidden in the souls of women, and the ending of a relationship is a place where women's rituals are needed in order to bring forth and focus that feminine power. Many women today feel that the old rituals, invented by men to serve men's purposes, are not satisfying the spiritual needs of women, and that the absence of rituals to address major spiritual events ignores women's spiritual needs. We women must create new rituals to claim our own spirituality. In this workshop, we will create and enact a ritual for the ending of relationships.

Donna Trethewey has been creating and facilitating rituals, both within traditional church and within the context of independent women's spirituality, for more than 20 years. She has worked as a court referee in St. Paul, MN, for 25 years in the areas of juvenile law, domestic abuse law, and family/divorce law. For the past 10 years, she has been a part of a women's spirituality group: Tenfold Peer Spirit Circles.

**QIGONG FOR INNER PEACE
CENTENNIAL STUDENT UNION 285**

**Story-telling/
Experiential**

Qigong is an ancient method of healing and it has been practiced in China for thousands of years. Each of us has energy flowing through our bodies. When energy gets out of balance or stuck, blockages can occur. Learning about energy and practicing the simple meditation that will be taught will help balance internal energy and help build a healthy body – physically, emotionally and spiritually.

Lois Weber began taking Spring Forest Qigong classes from Master Chunyi Lin over five years ago to help with pain management and to heal a non-union fracture in her leg. She retired from working at Minnesota State University, Mankato, as Director of Office Support Services in 2001.

**MOVING HEAVEN AND EARTH:
SACRED MOVEMENT FOR NON-DANCERS**

MORRIS HALL 213

**Movement activity/
Discussion/Experiential**

This workshop will be a journey in relaxation, release, and energy-building to free the mind and spirit. This is a body-positive experience, where the diversity of our sizes, shapes and capabilities is a thing to be celebrated. Dancing might happen, but will NOT be required.

Lee Wilcox Spears is the author of *No Such Thing As An Ugly Dancer: A Memoir of Body Image and Belly dancing*, and is a therapist in private practice in the Twin Cities.

Alison Kain is a Reiki master, transformative energy healer, spiritual lifestyle coach and founder/senior editor of AlternativeInsights.net.

**ENGAGED SPIRITUALITY
THROUGH YOUR CHAKRA SYSTEM**

CENTENNIAL STUDENT UNION 284A

**Experiential/
Discussion/Movement**

Before we can help end global oppression, we must first learn to end oppression in our own minds, bodies, and spirits. Do you have fears? Irritability? Are you anxious? Depressed? Do you feel spiritually depleted at times? Are you overweight? Have digestive problems? Stiffness? Other physical problems? Learn to be active in your own holistic healing through the ancient Indian energy system of the Chakras. This very experiential workshop will leave you re-connected with yourself and the world around you.

Tatjana Zemcuznikov and **Maria Shea**, see session III for bio.

A member of the Minnesota State Colleges and Universities System. MSU is an Affirmative Action/Equal Opportunity Employer. Individuals with a disability who need a reasonable accommodation to participate in this event, please contact the Department of Women's Studies at 507-389-2077 (V), 800-627-3529 or 711 (MRS/TTY) at least five days prior to the event. This document is available in alternative format to individuals with disabilities by calling the above numbers.

Access to Minnesota State University, Mankato

From the North:

Travel South on Hwy. 169 to Mankato. Take the Riverfront Drive Exit. Turn left (north) onto Riverfront Drive and continue to Stoltzman Road. Turn right (east) on Stoltzman Road and continue until you get to Stadium Road. Turn left onto Stadium Road and continue up the hill to Warren St. Turn left on Warren St. and continue to South Road. Turn left onto South Road. The Taylor Center entrance is on the left side of the street. Please park in the stalls marked Admissions Visitor Parking. If there are not any stalls available, please follow the directions below for additional parking places.

From the South:

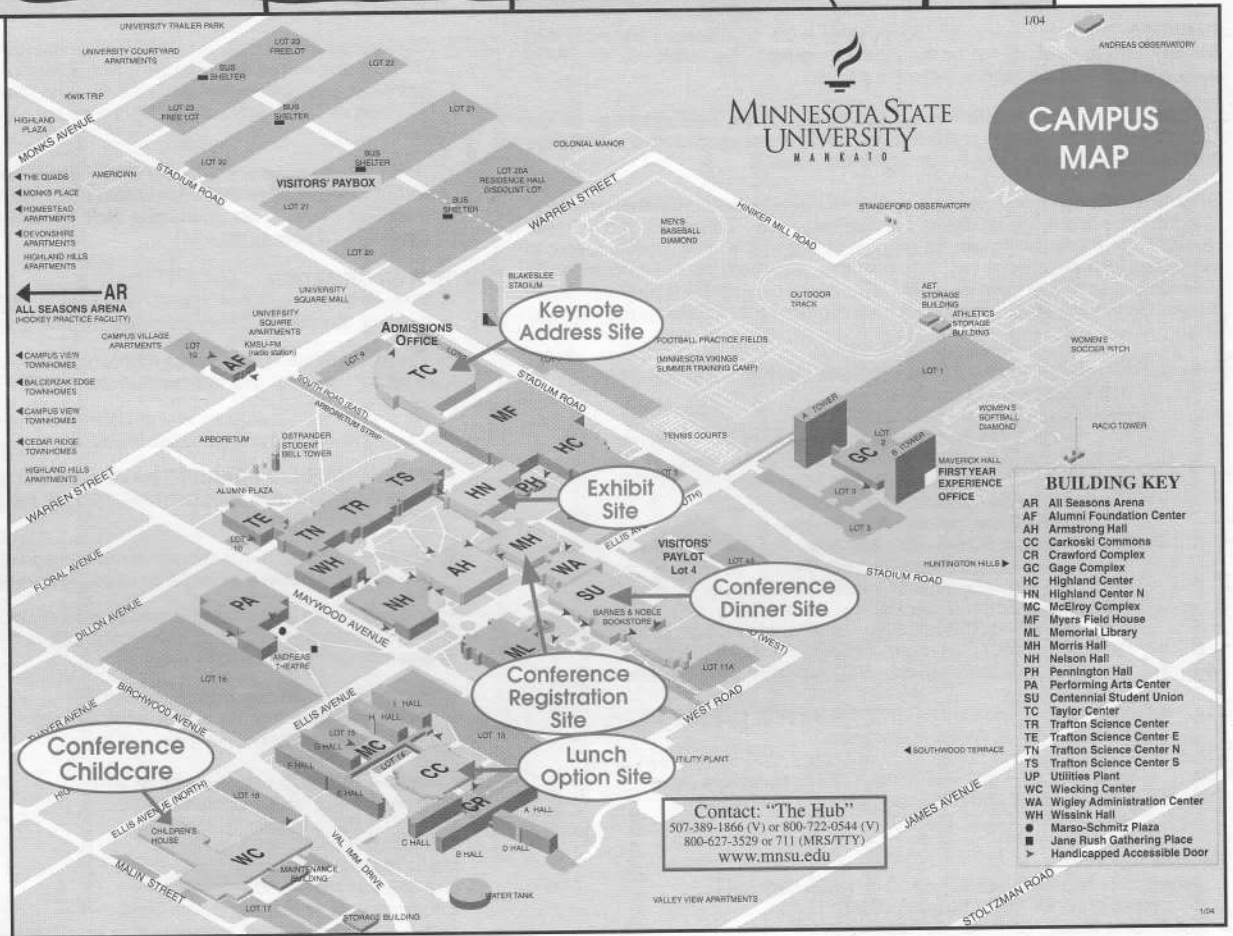
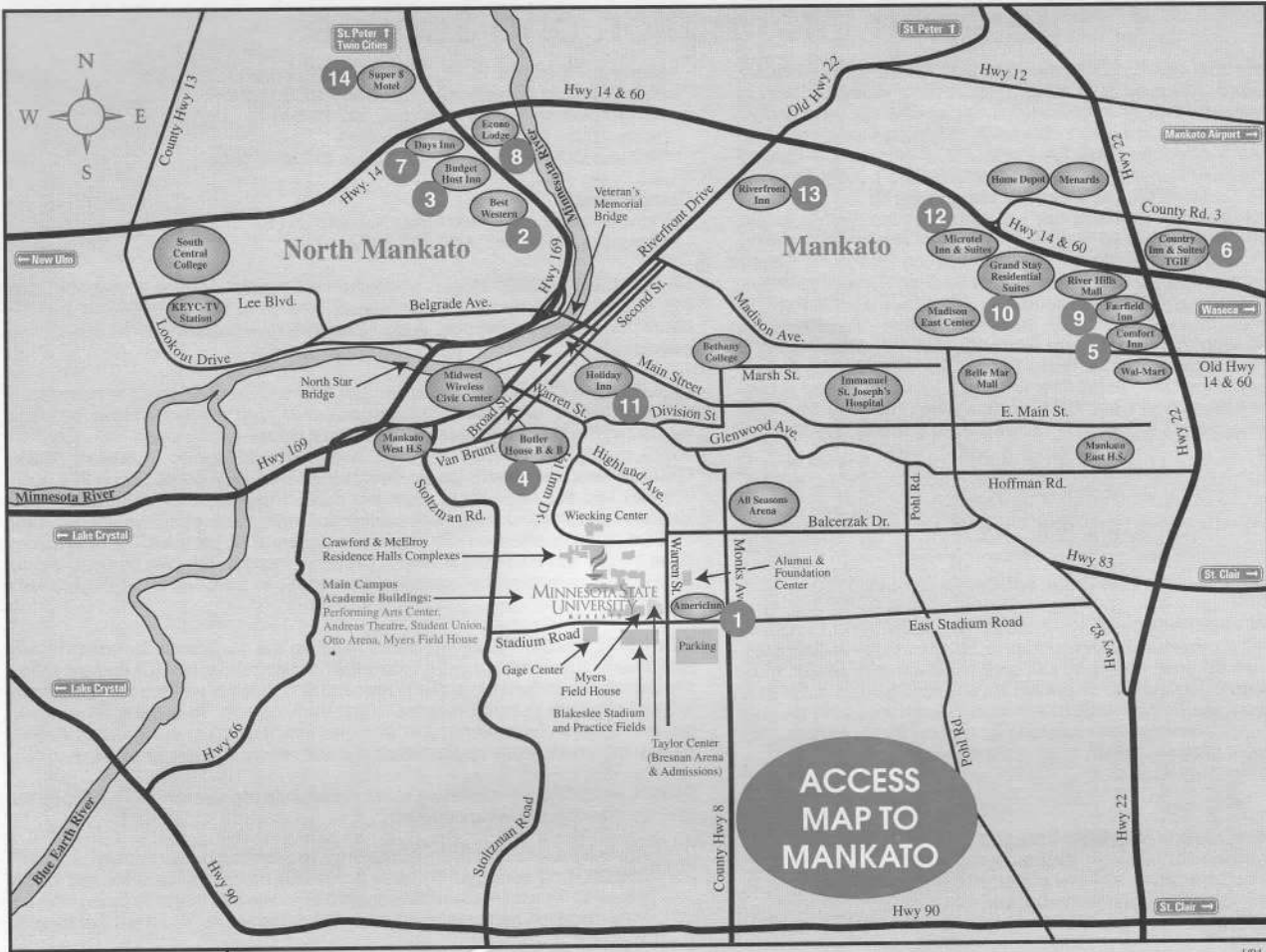
Travel North on Hwy. 169 to Mankato. Take Riverfront Drive Exit. Turn right (north) onto Riverfront Drive and continue to Stoltzman Road. Turn right (east) on Stoltzman road and continue until you get to Stadium Road. Turn left onto Stadium Road and continue up the hill to Warren St. Turn left on Warren St. and continue to South Road. Turn left onto South Road. The Taylor Center entrance is on the left side of the street. Please park in the stalls marked Admissions Visitor Parking. If there are not any stalls available, please follow the directions below for additional parking places.

From the East:

Travel West on Hwy. 14 to Mankato. Take the Hwy. 22 Exit and travel south on Hwy. 22 to Hwy. 83. Turn right (west) on Hwy. 83 and continue to Victory Drive. Turn left (south) on Victory Drive and continue to Stadium Road (this will be the first road on the right). Turn right on Stadium Rd. and continue to Warren St. Turn right on Warren St. Turn right on Warren St. and continue to South Road. Turn left onto South Road. The Taylor Center entrance is on the left side of the street. Please park in the stalls marked Admissions Visitor Parking. If there are not any stalls available, please follow the directions below for additional parking places.

From the West:

Travel East on Hwy. 14 to Hwy. 169 South. Take the Riverfront Drive Exit. Turn left (north) onto Riverfront Drive and continue to Stoltzman Road. Turn right (east) on Stoltzman Road and continue until you get to Stadium Road. Turn left onto Stadium Road and continue up the hill to Warren St. Turn left on Warren St. and continue to South Road. Turn left onto South Road. The Taylor Center entrance is on the left side of the street. Please park in the stalls marked Admissions Visitor Parking. If there are not any stalls available, please follow the directions below for additional parking places.



Conference Information and Services

Past keynote speakers from 1982 to 2004 have included: Jeanne Audrey Powers & Alla Bozarth-Campbell ("Women & Worship"), Rita Gross ("Women's Lives in World Religions"), Maureen Fielder ("Spirituality & Social Change"), Rosemary Radford Ruether ("Language & Imagery"), Starhawk ("Building Communities of Resistance & Renewal"), Charlotte Black Elk ("Lifepaths of Women: Celebrating Self & Community"), Valerie Russell ("Spirituality & Social Justice"), Judith Plaskow ("Body & Spirituality"), Carter Heyward ("There Are Many Paths Up The Mountain: Celebrating Our Commonalities & Differences"), Luisah Teish (no theme), Neala Schleunig, 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 & 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 & Opportunity at the Dawn of the 21st Century"), Winona LaDuke (Indigenous Thinking in the Millennium), Carol P. Christ (She Who Changed), Charlene Spretnak (Female Embodiment & Spiritual Practice), Vinie Burrows (Celebrating Your Creative Spirit).

2006 Conference Dates October 7 & 8, 2006

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

MEALS: The Grindstone will be open 8:00 A.M. - 2:00 P.M., and the main cafeteria (MAVAVE) in CSU will be open on Saturday from 11:30 A.M. - 1:30 P.M. and Sunday, the Grindstone 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 \$16.00. Please see Dinner Registration form. Lunch may also be purchased at the Carkoski Commons dorm cafeteria for around \$6 per person. **NO REFUND** of dinner cost after two weeks prior to conference.

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/hummus;
- Dinner 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. See corresponding number on map in back of program for location in the Mankato area.

- * Americinn Motel & Suites - 507-345-8011 or 1-800-634-3444, 240 Stadium Road (conference)
- Best Western Hotel - 507-625-9333, Hwy. 169 N./1111 Range Street, N. Mankato
- Budget Host Inn - 507-388-1644, 1255 Range Street, N. Mankato
- Butler House Bed & Breakfast - 507-387-5055, 704 S. Broad Street
- * Comfort Inn - 507-388-5107 or 1-800-221-2222, 131 Apache Place (women & spirituality)
- * Country Inns & Suites - 507-388-8555 or 1-800-456-4000, 1900 Premier Road (womens spirit conf)
- Days Inn - 507-387-3332 or 1-800-325-2525, 1285 Range Street (Hwy. 169 N.), N. Mankato
- Econo Lodge - 507-345-8800, 111 W. Lind Court, N. Mankato
- * Fairfield Inn - 507-386-1220, 141 Apache Place (conference)
- * Grandstay Residential Suites - 507-388-8688, 1000 Raintree Road (conference)
- * Holiday Inn-Civic Center - 507-345-1234 or 1-800-HOLIDAY, 101 Main Street (WOS conference)
- Microtel Inn and Suites - 507-388-2818, 200 St. Andrews Drive
- Riverfront Inn - 507-388-1638, 1727 N. Riverfront Drive
- * Super 8 Motel - 507-387-4041 or 1-800-848-8888, Hwy. 169N & 14 Jct. (22WO)

Outside Mankato

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
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 - Le Sueur, 612-665-6246

Campgrounds

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

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

CHILD CARE DEADLINE is September 30, 2005 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 \$40.00 for one day and \$55.00 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 additional classes will be held before the day of the conference and are 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 NC/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 3. Limited funds are available and will be awarded on a first come/first served basis. We ask that only those who are truly excluded because of 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 3. 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 and will be subject to a \$5.00 handling fee, prior to 2 weeks before the conference. You must provide your social security number.
- Refund of conference registration fee will be subject to a \$5.00 handling fee. No refunds allowed after 1 week prior to conference date. You must provide 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
E-mail: cynthia.veldhuisen@mnsu.edu
Web site: www.mnsu.edu/womenstn then go to Women & Spirituality Program

REGISTRATION FORM

(DO NOT mail this form later than October 14, 2005!)

Registration must be postmarked by October 1, 2005 for reduced rates. Make checks or money orders payable to: MSU or 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. Please print neatly or type.)

Name _____
If double last name, please circle or highlight name you want registration filed under.
 Address _____
 City _____ State _____ Zip _____
 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: (Confirmation of Registration sent only on request to e-mail address)

- Pre-Registration Postmarked after October 1:
 - \$50 General (includes keynote) \$55 (includes \$5.00 Late Fee)
 - \$25 Minimum Income OR Student \$30 (includes \$5.00 Late Fee)
 - \$15 Ages 9 - 17 \$20 (includes \$5.00 Late Fee)
 - \$ 5 Keynote only (ticket required) \$ 8 (includes \$3.00 Late Fee)
 - General Scholarship **
 - Women of Color Scholarship**

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

Total enclosed: \$ _____ Registration fee (includes keynote) check # _____
 \$ _____ **Keynote Only Fee**
 \$ _____ Dinner Saturday
 \$ _____ Tuition credit/CEU cost (Separate Check Please)
 \$ _____ Child Care
 \$ _____ Total amount enclosed (Checks payable to MSU)

DINNER REGISTRATION (Deadline October 8, 2005)

Dinner Ticket (Saturday night) - \$16.00

- 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).

SCHOLARSHIPS:

** 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 \$40 for one day and \$55 for both days, per child.
Deadline: October 8, 2005

Day(s) Needed: Saturday, October 22 Sunday, October 23

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/CEU 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 online.) 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 CEU in Women's Studies

Call # _____ Course # _____
 8137 WOST-265-01

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
- CEU (\$50)

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

USE OF SCENTS: Please note that we discourage the use of perfumes, colognes and other scents at the conference so that all who wish to participate may enjoy the weekend. For many people, this is a matter of being able to breathe. Scent-free workshops are specified in the brochure.



WOMEN & SPIRITUALITY CONFERENCE

507-389-2077

Minnesota State University, Mankato

Saturday and Sunday, October 22 and 23, 2005

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

“Frontline Spirituality”

Keynote Speaker: **Starhawk**

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, Social & Behavioral Sciences, Institutional Diversity and Women's Center



WOMEN AND SPIRITUALITY CONFERENCE

Minnesota State University, Mankato

109 Morris Hall

Mankato, MN 56001

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