

SEPTEMBER/OCTOBER 2017  
COMPLIMENTARY

ROCHESTER *WOMEN*

ATTEND THE 36TH ANNUAL

*Women and Spirituality Conference*

SEPTEMBER 16-17, 2017  
MAYO CIVIC CENTER

LA MESE DELLE DONNE

ROCHESTER ART CENTER

*Ladies' Night Out*

ROCHESTER TROLLEY TOURS

RWmagazine.com



SEPTEMBER/OCTOBER 2017

**SPECIAL HOME SECTION**



19

**15 Fall Showcase of Homes and Remodelers Tour Entries**

**16 Remodelers Corner  
The Cory Kitchen**  
An "epicenter" and a modern nod to nature.  
BY BOB FREUND

**19 R. Fleming Construction**  
Showcase the latest home building trends.  
BY CINDY MENNENGA



**COMMUNITY**

**49 Open Spaces**  
Five women find their niche in creativity.  
BY JOY BLEWETT

**51 Ladies' Night Out**  
Rochester trolley tours.  
BY KIM ZABEL



23

**COVER STORY**  
**Women and Spirituality Conference**

First time in Rochester.  
BY GINA DEWINK  
COVER PHOTO BY  
DAWN SANBORN PHOTOGRAPHY



**36TH ANNUAL WOMEN AND SPIRITUALITY CONFERENCE PROGRAM**

- 26 **Welcome and Schedule**
- 27 **Keynote Address**  
How to turn your faith (whatever faith that may be) into action with Becca Stevens.
- 27 **Opening and Closing Ceremonies**
- 28 **Exhibitors and Wellness Retreat Room**
- 30 **Maker's Space and La Mese delle donne**
- 32 **Saturday, Session I, 11 a.m. to 12 p.m.**
- 34 **Saturday, Session II, 1:30-3 p.m.**
- 38 **Saturday, Session III, 4-5 p.m.**
- 42 **Sunday, Session IV, 9-10 a.m.**
- 45 **Sunday, Session V, 11 a.m. to 12:30 p.m.**
- 47 **Sunday, Session VI, 1-3:30 p.m.**

**BEAUTY AND FASHION**

- 11 **I Am A Beautiful Rochester Woman**  
On-air personality Val Kleinhans.  
BY JORRIE JOHNSON
- 12 **I Am A Beautiful Rochester Woman**  
Tammy Darby lives with liver disease.  
BY JORRIE JOHNSON



51

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Nicole Czarnomski, our friend and Rochester Women magazine writer, was diagnosed with breast cancer in July 2017. In honor of Nicole's journey, I am donating this pink tourmaline pendant from Lasker Jewelers to Join the Journey to help support individuals who have been diagnosed with breast cancer, including The Pink Ribbon Mentorship Program. The 13th Annual Breast Cancer Awareness Walk is on Sunday, September 17, 2017.

Donate and register online at [jointhejourney.us](http://jointhejourney.us).

## Spirituality

As I floated on a tube in the lazy river at America's largest waterpark one Sunday afternoon in August, I pondered what spirituality means to me. At that moment, I was at peace—with my boys laughing and enjoying each other's company, with the warm sun drying us off after splashing our way down the water slides, listening to and kicking our feet in the water. I was connected with people I love, the earth and universe. That was spiritual, but spirituality is deeper. It is what gives us hope when a friend or loved one is diagnosed with a life-threatening disease, or we make a mistake and we desire forgiveness from someone else or even ourselves, or we need to know we are loved no matter what. Spirituality comes from deep within ourselves and is expressed through various forms.

Our homes are an extension of ourselves, giving us a place to rest and relax, to feel safe and secure and, ultimately, to live, to be and to become. We have a special section for the Rochester Area Builders Fall Showcase of Homes and Remodelers Tour (pages 13–21) in this issue. We hope you will tour some new and remodeled homes for ideas for your own home.

In this issue of Rochester Women magazine, you will find the program for the 36th Annual Women & Spirituality Conference (pages 26–50). This year, the event is being held in Rochester for the first time at the newly expanded Mayo Civic Center. Terri Allred took over the event and is making it bigger and better than ever. On the cover of this issue, Allred is featured, along with Cassandra Buck and Teaki Garcia (pages 23–24). Buck founded La Mese delle Donne annual women's art exhibit that will be opening this year on September 14 at the Rochester Art Center in conjunction with the Women & Spirituality Conference. Garcia is coordinating the Maker's Space for conference attendees to be creative.

Toward the end of the issue, check out the article on five women artists who have found their niche in creativity (page 49). Take a trolley tour to explore cool Rochester shops (page 51), including Dwell Local, where many local artists sell their goods. In addition to Ladies' Night Out, Rochester Women magazine has teamed up with Rochester Trolley & Tour Company for some fun fall trips, including going to the Minnesota Renaissance Festival (Sunday, September 24) and going to Chanhassen Dinner Theatres for Grease (Sunday, October 22).

Sincerely,

Jorrie

[jorrie@RWmagazine.com](mailto:jorrie@RWmagazine.com)

### We want to hear from you!

Send comments, suggestions, ideas or original recipes to:

Rochester Women Editor, P.O. Box 5986, Rochester, MN 55903-5986  
or email: [editor@RWmagazine.com](mailto:editor@RWmagazine.com).

# Women and Spirituality Conference

## FIRST TIME IN ROCHESTER

BY GINA DEWINK

PHOTOGRAPHY BY DAWN SANBORN PHOTOGRAPHY

**T**HE WOMEN AND SPIRITUALITY CONFERENCE IS A MULTI-FAITH, EDUCATIONAL, HEALING EVENT THAT BRINGS TOGETHER DIVERSE SPIRITUAL TRADITIONS TO CREATE AN ATMOSPHERE OF SHARED SPIRITUAL GROWTH.

With 90 exhibitors and 84 speakers in the 2017 program, participants can explore religious traditions in a nonjudgmental, supportive environment. After 35 years at the University of Minnesota-Mankato, this year, the conference will be held in Rochester. Highlighted are the local women who will combine spirituality, art and community into the two-day conference, running September 16-17 at the newly renovated Mayo Civic Center.

me about this amazing conference looking for a new producer. Just two days later, I was in Mankato talking about details. The rest is history."

With Allred in the lead, attendees can expect some new experiences. The conference is partnering with La Mese delle Donne (A Month of Women) to host a Saturday evening performance. Additionally, this year's conference is offering a Maker's Space.

"Historically," Allred explains, "this conference attracts 500-1,000 attendees of all ages, races, backgrounds and beliefs, but I want to expand the demographics even more." In 2017, the conference program includes speakers ranging in age from 18 to 75 years old. It also boasts speakers and exhibitors from every major world religion, plus a wide variety of spiritual practices. Allred says, "Whether you are interested in social justice as an expression of your faith, contemplative spiritual practice, or just exploring different traditions, this conference is for you." In an effort to include participants from all walks of life, Allred has also kept registration fees inexpensive. The Maker's Space, exhibit hall and La Mese delle Donne exhibit are free and appropriate for all ages.

"Some women have been attending this conference since its inception 35 years ago!" Allred shares. "They come year after year as a touchpoint in their lives to restore their spirit and reconnect to a supportive community. Personally, I was raised in the Christian faith, even attending Divinity School at Vanderbilt. I thought about going into the ministry." Instead of entering the ministry, Allred worked for 30 years in social justice on behalf of oppressed women. Allred concludes, "I invite you to join us as we build bridges among faith traditions."

## TEAKI GARCIA

Multi-media artist Teaki Garcia conceived and will implement the innovative Maker's Space at the Women and Spirituality Conference. "As a past attendee," Garcia begins, "I knew the conference was special. I envisioned an interactive community space where guests could connect and make their own art." With Allred's encouragement, and the support of community sponsors, the Maker's Space is becoming a reality. "The Maker's Space offers time, resources and support to awaken the creative spirit within us all—a way to keep our passion for life ignited," Garcia says. Youth and adult volunteers will facilitate personal creative experiences through many different artistic



## TERRI ALLRED

Terri Allred, Women and Spirituality Conference producer, begins, "I sent the intention into the universe to do more work in the spiritual realm of my life and utilize my master's degree in feminist theology. At that time, I was already producing an international belly dance event in San Francisco, as well as helping produce local events like ROCKchester and the World Festival. Literally the next day, a friend contacted



offerings in the southeast corner of the Mayo Civic Center lobby. The interactive, safe space aims to welcome and celebrate diversity, cultural heritage and self-expression. While grant money was secured from The Greater Rochester Arts and Cultural Trust and Rochester Downtown Alliance for art materials, the labor, supervision, teaching and art-making is volunteer-run.

Garcia shares, "Women are caregivers and providers. Often, we make life choices and decisions based on everyone else's needs and feelings. The Women and Spirituality Conference allows time for reflection, healing, education, new experiences and to connect with other women. We should all make space for ourselves!"



### CASSANDRA BUCK

Local artist, educator and arts advocate Cassandra Buck founded La Mese delle Donne Annual Exhibit in 2012. Her dream of becoming an art educator stems from her high school art teacher, Janet Suter, influencing her direction in life. "After seeing a need for advocacy and connectivity for women creatives in Rochester," Buck states, "I connected with the Rochester Art

Center to create one." In 2012,

just six women exhibited work. Three years later, the exhibit showcased over 30 women creatives, including visual arts, dance, spoken word and music. Buck explains, "As we expand, we see this conference as a perfect fit! Art, music and dance are bi-products of the human spirit. Why not combine them all?"

The mission of the exhibit is to showcase, promote, connect and collaborate with Minnesota creatives who identify as women. Throughout the conference, tours will be given to conference attendees who wish to view the exhibit at the Rochester Art Center. The curated La Mese delle Donne performance will be held on September 16 from 7-9 p.m. (doors open at 6:30 p.m.) at the Mayo Civic Center and is open to both conference attendees and the general public. Suzanne Szucs with Antares Tribal is curating and organizing the performance aspect of the exhibit.

"I could not live without art," Buck states. "I feel like sometimes women are pushed aside in the art world, and I want all women to have a voice. That is why I started the exhibit—to advocate and create. This conference will be the perfect location for us all to do just that."



Visit [womenandspirituality.org](http://womenandspirituality.org) for information on volunteering in exchange for registration, or for scholarship applications.

### 36TH ANNUAL WOMEN AND SPIRITUALITY CONFERENCE

September 16-17, 2017

Mayo Civic Center

Rochester, Minnesota

[womenandspirituality.org](http://womenandspirituality.org)

### REGISTRATION

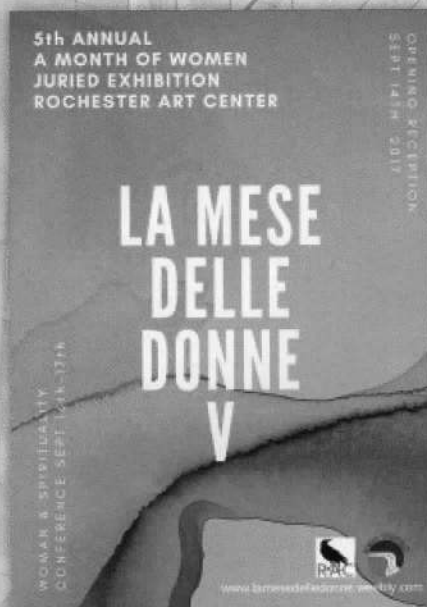
Full Weekend: \$75 advance/\$85 at the door

Full Weekend Student/Senior: \$40 advance/\$50 at the door

One-day: \$45 advance/\$55 at the door



Gina Dewink is a Rochester writer. Her time travel novel, "Time in My Pocket," debuts September 2017 and is available via [ginadewink.com](http://ginadewink.com).





WOMEN &  
SPIRITUALITY

36<sup>TH</sup> ANNUAL

# Women and Spirituality Conference

SEPTEMBER 16-17, 2017 | MAYO CIVIC CENTER

The Women and Spirituality Conference is a multi-faith gathering to celebrate diversity, spiritual experience and healing. Founded in 1981 by the Women and Gender Studies Department at University of Minnesota-Mankato, the purpose is to provide a supportive and nurturing setting for a dialogue of caring and mutual respect among people from many spiritual and religious traditions. The conference does not advocate or exclude any view and continues to foster an understanding and celebration of similarities and differences. We invite you to attend the 36th Annual Conference and its first year in Rochester, Minnesota.

The weekend events include the conference with a keynote address and six workshop selections from 84 offerings. Registration is available in advance and at the door.

The weekend also includes the following free and open to the public events:

- Exhibit area and Wellness Retreat Room with 90 merchants, nonprofits and healers
- La Mese delle Donne art exhibit and evening performance
- Maker's Space with opportunities to create art with Teaki Garcia

## SCHEDULE

Exhibit Hall, Maker's Space and Evening Program are FREE and OPEN TO THE PUBLIC; keynote, workshops and dinner are ticketed events and require registration.

### SATURDAY

- 8 a.m. Exhibit Hall Open  
8 a.m. Registration Open  
9-10 a.m. Opening Celebration  
10-10:45 a.m. Keynote  
11 a.m. Session 1  
Noon-1:30 p.m. Lunch, Shopping, Maker's Space, La Mese delle Donne Tours  
1:30-3 p.m. Session 2  
3-4 p.m. Shopping, Maker's Space, La Mese delle Donne Tours  
4-5 p.m. Session 3  
5:30-6:30 p.m. Dinner, Shopping and Music by Cook with Honey  
6:30-7 p.m. Doors Open for Evening Program  
7-9 p.m. La Mese della Donne Program hosted by Julie Jones of 102.5 The Fox

### SUNDAY

- 8 a.m. Conference and Exhibit Hall Open  
9-10 a.m. Session 4  
10-11 a.m. Shopping, Maker's Space, La Mese delle Donne Tours  
11 a.m. to 12:30 p.m. Session 5  
12:30-1:30 p.m. Lunch, Shopping, Maker's Space, La Mese delle Donne Tours  
1:30-3 p.m. Session 6  
3:15-3:45 p.m. Closing Celebration  
4 p.m. Exhibit Hall and Conference Close

## REGISTRATION

Weekend Registration: Adults- \$75 in advance; \$85 at the door; Seniors and Students- \$40 in advance; \$50 at the door

One Day Registration: \$45 in advance; \$55 at the door

For more information and to register, visit [womenandspirituality.org](http://womenandspirituality.org)

## CONFERENCE ACCOMMODATIONS

The Conference has accommodations available at The Doubletree Inn by Hilton, Hilton Garden Inn and Assisi Heights.

For more information, visit [womenandspirituality.org/venue-and-accommodations/](http://womenandspirituality.org/venue-and-accommodations/)



## 2017 KEYNOTE ADDRESS

Saturday, 10-10:45 a.m.

### HOW TO TURN YOUR FAITH (WHATEVER FAITH THAT MAY BE) INTO ACTION WITH BECCA STEVENS

**BECCA STEVENS** is many things...an Episcopal priest, author, speaker, social entrepreneur, founder and president of Thistle Farms, the largest social enterprise in the United States run by survivors of domestic violence. She has been featured in *The New York Times* and on ABC World News, NPR, PBS and CNN. In 2011, the White House named Becca a "Champion of Change" for her work against domestic violence. She was featured in the PBS documentary, "A Path Appears," named Humanitarian of the Year by the Small Business Council of America as well as the TJ Martell Foundation, inducted into the Tennessee Women's Hall of Fame and is a Top 10 2016 CNN Hero. She has been conferred honorary doctorates from The University of the South, Sewanee and General Theological Seminary, New York. She lives in Nashville, Tennessee where she serves as an Episcopal priest and lives with her Grammy-winning songwriter husband and three sons.

## OPENING CEREMONY WITH THE CHILEAN MAPUCHE MACHITUN HEALERS

Saturday, 9-10 a.m.

The Machitun is the healing ceremony of the Mapuche, the indigenous people of Southern Chile. We will be led in this beautiful ceremony by women and men of the north who have trained in this tradition, and been given permission by the Machi (shaman) to bring this ceremony to anyone in need of healing. Using drums called kultruns, and other ceremonial instruments, they will create sacred sounds that evoke an ancient remembering; they connect us with the roots of our vital life force and are powerful tools for restoring harmony within us.

## CLOSING CEREMONY WITH NICOLLE JENSEN

Sunday, 3:15-3:45 p.m.

Sound is a healing force—waking up our brain, regulating heart and breathing rates, calming the central nervous system, and releasing oxytocin—the feel-good chemicals in our brain. Join singer, drummer and teacher Nicolle NEILL Jensen in marking the end of our time together with songs from around the world. Music is a powerful way to mark transition, to honor all that you have learned and shared over the weekend.

## WORDS OF SONGS WE WILL SING

*//She changes everything she touches, and everything she touches changes//*

*//We are changing, we are changing, and everything we touch can change//*

Variation on a chant written by Starhawk, USA

*Om tare tu tare ture svaha*

Chant to the goddess Tara, embodiment of compassion in Tibetan Buddhism

*Round and round the earth is turning,*

*Turning round and round till morning,*

*And from morning round till night.*

Traditional English lullaby

*Sevda/Szerelem*

Words for love in Turkish and Hungarian

*Lokah samastah sukhino bhavantu*

"May all beings, in all places, be free of suffering, be filled with joy"

Ancient Vedic chant from India

IF YOU WOULD LIKE TO STAY INFORMED ABOUT THE CONFERENCE, SUBSCRIBE TO OUR NEWSLETTER!

**WOMENANDSPIRITUALITY.ORG**

## VOLUNTEER PLANNING COMMITTEE

Thank you to all of our volunteers, especially the planning committee who brought this vision to fruition:

TERRI ALLRED, Producer, *Women and Spirituality Conference*

JORRIE JOHNSON, Publisher, *Rochester Women Magazine*

VIRGINIA COOPER, *Thresholdworks Media*

MOLLY DENNIS, Community Member

DIANE ANDERSON, *Hermitage Farm Center for Healing*

MARY LAVEN, *Wind Over Fire Healing Center*

TEAKI GARCIA, Local Artist and Maker's Space Creator

MELISSA EGGELER, Local Artist and Exhibitor Coordinator

IJANN BUECHLER, Owner of *PMC Events & Consulting*

CODY COOPER, *A New Beginning*

CASSANDRA BUCK, Local Artist and *La Mese delle Donne*

SUZANNE SZUCS, Local Artist and *La Mese delle Donne*

## SATURDAY DINNER ENTERTAINMENT

We are happy to announce that **Cook with Honey** will be our Saturday evening dinner entertainment. They are an acoustic vocal duo that plays an eclectic mix of music including originals and cover tunes.



## EXHIBITORS AND WELLNESS RETREAT ROOM

The Exhibitors and Wellness Retreat Room are open to the public. Hours are Saturday 8 a.m. to 6:30 p.m. and Sunday 8 a.m. to 4 p.m.

### EXHIBITORS

Rahbi Crawford Transformational Music  
Earth Wisdom®  
Nature's Creations  
Curious Elements  
Wind Water Harmony  
Frank DiCristina  
Namaste Therapy  
First Choice Massage, Susan Raye  
Venus Rising Jewelry  
Castle Art & Import, LLC  
Blue Lip Sisters  
Neill  
MN Satsang Society  
Turned by Dave  
Purple Apple Arts  
Melissa Divine, Psychic Medium  
Mission 21  
Artant1  
Artria  
Scarfsbydesign  
Natural Balance for Life  
Sonia Rose  
Simple Soaps for Simple Folks  
Garden of the Heart  
Don't Judge a Book- Recycled Creations by  
Melissa Egglar  
A New Beginning, LLC  
4 Angel Creations  
Mystical Creations  
Destiny  
Integrated Wellness Minnesota  
Nalu Float  
The Wellspring/Access Bars  
The Conscious Nurse Academy

Between the Worlds  
Seek Within You  
Siobhana Holt-Thomas  
Midwest Women's Herbal Conference  
Diane Anderson  
Mystical Nancy  
CroneStones  
Muse Zings with Sue Kosharek  
Mel's Little Creatures  
Teaki Garcia, Artist  
LuAnn Buechler  
Third Eye Tribal  
The Diversity Council  
Thistle Farms  
Aura Photos by Annette  
Young Living Essential Oils with Rebecca Schwen  
ECKANKAR  
Jason Pottorff and Laura Gantenbrien  
Mad Girlz Lab Creations  
Kundalini Awakening Systems  
Overeaters Anonymous  
Franciscan Sisters of Perpetual Adoration  
Sophia Riona Gold  
Wind Over Fire Healing Center  
Dennis King  
Hermitage Farms  
Mette Christianson  
Let's Get Stones  
Misha Johnson  
Craig Hartel  
Shahawin Lightfoot  
Pathways to Wellness: A Connection to Holistic  
Healing  
Mas Sajadi  
Kundalini Association

NOW  
IMAA  
Rochester Women Magazine  
Diversity Council  
Unitarian Universalist Congregation of Rochester  
SSE/Education in Human Values  
Women's Shelter, Inc.  
Kyle Snyder, Astrologer  
ABWA  
ASHA (Service group of the Rochester Hindu  
Temple)  
Sathya Sai International Organization

### WELLNESS RETREAT ROOM SERVICES PROVIDED BY



### SERVICES INCLUDE

Therapeutic Massage  
Reiki  
Cranio/Sacral Therapy  
Spa Facial Massage  
Warm Bliss Spa Treatment  
Deep Tissue/Trigger Point Session  
Chair Massage  
Aromatherapy Scalp Massage  
Free Wellness Consultation

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## A FEW IMPORTANT NOTES

### NO PROSELYTIZING

We are delighted to bring together so many different religious traditions and spiritual perspectives at the conference. Please feel free to share information about your experience with those who are interested, but we have a strict no proselytizing (trying to convert someone to your belief or perspective) rule.

### CHEMICAL FREE

The Women and Spirituality Conference is a chemical free event with no smoking allowed at the Mayo Civic Center. Please utilize the smoking areas outside the facility.

### LOSS OR DAMAGE

We are not responsible for lost or damaged property. There will be a lost and found site at the registration/hospitality table.

### SUPPLIES

Conference participants should plan to bring pens, paper, art pads, drums, tarot cards and other materials that might be used in workshops.

### USE OF SCENTS

Because of restrictions and codes enforced by the facility and out of concern for those who are scent-sensitive, we cannot allow lighting of candles or sage or use of incense on conference grounds. We try to make the conference accessible to all who wish to participate; therefore, we ask that you refrain from the use of perfumes, colognes and other scents at the conference.



## MAKER'S SPACE WITH TEAKI GARCIA

The Maker's Space is a celebration of many diverse cultures and art techniques. Free and open to the public. No registration required, all materials provided, drop-ins welcome. Local youth and volunteers will lead this interactive and safe creative space. This event is designed and curated by artist Teaki Garcia to promote self expression, community engagement and creative collaboration.

### SATURDAY

#### EXPRESS YOURSELF 11:00 a.m. to noon

Script your own beaded alphabet bracelet

Location: Maker's Space on 2nd floor in SE corner of Mayo Civic Center lobby

#### VOICES OF CHANGE Noon-1:30 p.m.

Munira Alimire and "Girl Up" (empowering 16- to 22-year-old females) with special guests

Poetry and performance art

Location: Banquet Hall, Mayo Civic Center 2nd floor

#### UNIVERSAL ENERGY 1:30-3 p.m.

Self portrait station

Location: West side Mayo Civic Center lobby 2nd floor

#### THIRD EYE TRIBAL 1:30-3 p.m.

Temporary tattoo station

Location: Maker's Space on 2nd floor in SE corner of Mayo Civic Center lobby

#### MAKE YOUR MARK 3-4 p.m.

Linoleum block carving

Location: Maker's Space on 2nd floor in SE corner of Mayo Civic Center lobby

#### DREAMS COME TRUE 4-5 p.m.

1000 paper cranes origami installation

Location: Maker's Space on 2nd floor in SE corner of Mayo Civic Center lobby

### SUNDAY

#### MOVE MOUNTAINS 9-10 a.m.

Talking circle with talking stick and rattles

The art of narrative and storytelling

Location: Maker's Space on 2nd floor in SE corner of Mayo Civic Center lobby

#### LIFE IN COLOR 10-11 a.m.

Mono-print making with acrylic paint; linoleum block prints on paper with acrylic paint

Location: Back Patio, Rochester Art Center

#### MODERN LEGACY 11 a.m. to 12:30 p.m.

Loom weaving with recycled textiles

Location: Maker's Space on 2nd floor in SE corner of Mayo Civic Center lobby

#### INNER PEACE 12:30-1:30 p.m.

Restorative yoga

Location: Grand Lobby, Rochester Art Center

#### VISION QUEST 1:30-3 p.m.

Vision boards and collage—manifest your own destiny through a personal collage

Location: Maker's Space on 2nd floor in SE corner of Mayo Civic Center lobby

MAKER'S SPACE  
SPONSORED BY:

Diversity Council  
DOWNTOWN  
Rochester, Minnesota



## 5TH ANNUAL A MONTH OF WOMEN, JURIED EXHIBITION, ROCHESTER ART CENTER

### "LA MESE DELLE DONNE V"

"La Mese delle Donne," founded by Cassandra Buck, is an annual event to celebrate women in the arts. When the exhibition was first initiated in 2013, the main goal was to advocate for and empower women creatives in southeast Minnesota. Now in its fifth year, what started as a local event held on one night has evolved into a month-long exhibition of visual, performance and spoken word artists from throughout the state.

#### LA MESE DELLE DONNE PUBLIC ARTIST RECEPTION

September 14, 6-9 p.m.; Artist Talk at 7 p.m., Open Mic 8-10 p.m.

Location: Rochester Art Center

Free and open to the public.

#### LA MESE DELLE DONNE PERFORMANCE

September 16, 7-9 p.m., doors open at 6:30 p.m.

Location: Mayo Civic Center

Free and open to the public.

#### LA MESE DELLE DONNE EXHIBITION

September 14 through October 12

Location: Rochester Art Center

\$5, \$10 for family, free for Rochester Art Center members or with Women and Spirituality conference badge.

Rochester Art Center is located at:

40 Civic Center Drive SE, Rochester, MN 55904

**We are pleased to include the following artists in the exhibit:** Katya Roberts, Kerri Mulcare, Beth Sievers, Patricia Dunn-Walker, Becca Cerra, Donna Rice, Lou Lou, Cathy Durso, Lavonne Lovstad, Holly Mujica, Jodi Bee, Lindsay Halleckson, Abby Engle, Marcia Haffmans, Oleksandra Norwick, Jennifer Chilstrom, Nicole Hoiland, Farida Hughes, Anna Reasner, Jane Wunrow and Hillary Greenstein.

**We are pleased to include the following performers in the show:** Antares Tribal, Asha, Rochester Vidhyalaya, Rhoda Lichy, Med City Ensemble, Kalila Indivar, Rochester Art Ensemble, Jane Foote, Gwendy Joysen, Virginia Cooper & Friends, Kim Zabel, Jennifer Jesseph, Janelle Klander, Nasro Araye & Ekhlal Abdullahi and Sophie Marie Knetter.

SESSION I // 11 A.M. TO 12 P.M.



**BE PERCEPTIVE TO THE COLORS IN YOUR ENERGY FIELD**

*Grand Ballroom*

EXPERIENTIAL

This workshop will help you to understand the relationship between your aura field and chakra system through color.

**Annette Bruchu** teaches intuitive development and energy healing courses at her Helping YOU Heal Center in Stillwater, Minnesota.



**GROWING UP SIKH IN WESTERN CULTURE**

*Riverview A*

LECTURE/DISCUSSION

This workshop will include a brief overview of Sikhism, my personal experiences as a woman of Sikh faith and how I balance my religion and my engagement in western culture.

**Prabhjot Singh** grew up in a Sikh family in Rochester, Minnesota and is currently a third-year student at Gustavus Adolphus College studying studio art and biology.



**DISCOVER ACCESS CONSCIOUSNESS BARS®**

*Riverview B*

EXPERIENTIAL

Learn about the Bars® through discussion, demonstration and gifting and receiving some of the points with one another.

**Victoria Oestmann, MA, LMT**, certified Bars® facilitator has been practicing massage, bodywork and energy work for 18 years.



**GROUNDING MEDITATION, HEALINGS AND AUDIENCE READINGS**

*Riverview C1*

DISCUSSION BASED

Cody will work with Spirit as a spiritual conduit to help you cleanse, clear, purify and strengthen your energetic body through a guided meditation.

**Cody Cooper** is a gifted Reiki master, intuitive healer, psychic, divine channel and spiritual teacher.



**THE WORLD IS YOUR ORACLE: DIVINATORY PRACTICES FOR TAPPING YOUR INNER WISDOM**

*Riverview C2*

EXPERIENTIAL

You will learn divinatory methods that Nancy has gathered in her new book "The World Is Your Oracle" to explore a number of ways that ancient, indigenous and contemporary cultures have tapped into the wisdom that resides within each of us.

**Nancy Vedder-Shults, Ph.D.**, was named one of the Wisdom Keepers of the Goddess Spirituality Movement in 2013 and published "The World is Your Oracle" (Fair Winds Press: April, 2017).



**WHAT DO YOU SEE IN THE MIRROR?**

*Riverview D1*

DISCUSSION BASED

This workshop aims to enable one to find joy in everyday life through exploration of self-limiting beliefs and conditions that we all experience, often unconsciously. The workshop will offer time and experiences to reflect on these beliefs and conditions with the intent to change frustration to joy.

**Patty Blakesley** is an author, Passion Test facilitator for individuals and businesses and a joy catalyst.



**HOW TO USE MEDITATIVE MOVEMENTS™ TO ENHANCE YOUR LIFE**

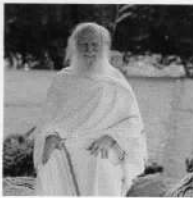
*Riverview E*

MOVEMENT/DANCE

We will explore your mind/body connection and learn how to interpret your mind/body messages to release negative stress, increase energy and embrace your true nature.

**Ellie Peterson**, creator of the Meditative Movement™ technique, has taught thousands how to live in harmony with life.

**Deb Davis**, a Meditative Movement™ instructor with a passion for healing and is an advocate for the homeless and those suffering from mental illness.



## MEDITATION IN TODAY'S WORLD

Rm 109

EXPERIENTIAL

Swami Kena will be presenting a talk on the value of meditation and importance of awakening the feminine spirituality. Swami will also demonstrate how anyone can become attuned to their own essential divine nature through a simple technique as taught by his teacher, Sri Shivalabayogi.

**Swami Kena** is a native Minnesotan who trained with Sri Shivalabayogi Maharaj and was initiated into a discipline called "Tapas." After much training, Swami Kena was directed by his guru to travel around the United States and offer the gift of meditation to everyone willing to accept it.



## CAN THIS MAN CHANGE YOUR LIFE IN 10 MINUTES OR LESS?

Rm 114

EXPERIENTIAL

This class will carry you to a place of clarity about what it means to heal, claiming your gifts and purpose as a woman by eradicating any limiting beliefs, negative energies and patterns from this lifetime and previous lifetimes. (Part 1 of 3)

Following two near-death experiences, **Mas Sajady** was gifted with the ability to identify the real reasons why your life is the way it is. And if you so desire, he can help you access your own power to heal and transform all areas of your life—physical, financial, spiritual, relationships and more—with rapid, tangible and documented results. This event includes a presentation, demonstration and guided Medihealing®—meditation and healing in one.



## EMPOWERING WOMEN THROUGH MUSIC: FROM INTENTIONAL MUSIC LISTENING TO CLINICAL MUSIC THERAPY AND EVERYTHING IN BETWEEN

Rm 110

EXPERIENTIAL

This experiential workshop will engage women in making music, experiencing music-based relaxation and mindfulness exercises and the intentional use of music in their own (personal and professional) lives.

**Christina Wood** is a mom, wife, entrepreneur, board-certified music therapist and the founder & clinical director of Healing Rhythms Music Therapy.



## YOUR GUIDE TO JUICING

Rm 111

EXPERIENTIAL

Nicci will talk about why juicing is not just a trend, but a lifestyle choice that can enhance your life and help you look and feel your very best.

**Nicci Sylvester** is the creator of Tonic, voted Minnesota's best juice bar in 2015 by WCCO viewers.



## AFTER LIFE CARE

Rm 112

LECTURE

Caring for our loved one during and after death is a life affirming, loving and compassionate way to honor our dead. Come and hear about the timeless tradition of a home funeral/vigil.

**Anne Murphy** is a home funeral guide and funeral celebrant.



## SOCIAL JUSTICE IN ISLAM

Rm 113

EXPERIENTIAL

In this workshop, I will be discussing my experiences growing up Muslim and how it has taught me to speak up for oppressed and marginalized people in the world.

**Ashalul Aden** is a sophomore at Luther College studying political science and international studies.

## THANK YOU TO OUR SPONSORS





### SACRED TRANSFORMATIONAL SOUND

*Grand Ballroom*

EXPERIENTIAL

Have a "Divine Feminine" experience as crystal bowls activate the crystalline circuitry within our systems; creating a deeper connection with our own divine nature and allowing us to maintain higher frequencies of light energy.

**Rahbi Crawford** holds two master's degrees in music plus six years of advanced study with professional conducting organizations and two levels of sound healing study with Fabien Maman in the South of France.



### THISTLE FARMS MODEL FOR COMBATING SEXUAL TRAFFICKING

*Riverview A*

Becca and participants from Thistle Farms will be discussing their program model for combating sexual trafficking and providing services to those who have been victimized by it. This workshop is recommended for folks who work in this field or are committed to assisting in the cause.

Please see **Becca Stevens'** bio in the Keynote section of the program on page 27.



### ALLY BOOTCAMP FOR COURAGEOUS PEOPLE

*Riverview B*

EXPERIENTIAL

Allies & Advocates is a community response program that: 1) nurtures and supports individuals experiencing heightened anxiety, uncertainty or incidents of hate/bias in this challenging social and cultural climate; 2) provides skills and tactics for safe and effective engagement in uncivil social interactions; and 3) offers resources and organizing tools for social justice activism.

**Dee Vazquez Sabol** is executive director of the Diversity Council, an organization that has spent 28 years ensuring that the people of Rochester embrace diversity as a foundation for building a healthy, inclusive and prosperous community.



### HEALING ADDICTION THROUGH SPIRITUAL CONNECTION

*Riverview C1*

FORMAL PAPER

This workshop is designed for women in addiction and recovery to rediscover their spiritual connection of self, to bring awareness of one's guiding presence of healing and to learn how we can still experience a life of joy.

**Sue Betts'** story begins with a girl who came into this world with no feeling or memory of her spiritual-energetic connection. Through several years of learning and teaching, Sue realized her own path of recovery was to find the relationship between spirit and our healing abilities. Sober for 15 years, she has found what sustains her and wants to help others do the same.



### THE YOGA SUTRA: AN INNER JOURNEY TO A LIFE OF COMPASSION

*Riverview C2*

EXPERIENTIAL

Through chant, discussion and reflection, we will explore how the Yoga Sutra guides us to a living, daily yoga that enables us to live in harmony with our self and in peaceful compassion with all others and our world.

**Patricia Barrier** (RYT500) is a registered yoga teacher who has completed her 500-hour study and is currently pursuing yoga therapist training. She has been engaged in a deep study of the Yoga Sutra for the last few years.



### TAROT BETWEEN THE DEVIL AND THE DEEP BLUE SEA

*Riverview D1*

EXPERIENTIAL

Join us in the wild exploration using tarot to find ways to own your devils rather than be owned by them. Beginners warmly welcomed. Please bring a tarot deck if possible.

**Nancy Antenucci** of Between The Worlds LLC is a seasoned tarot reader as well as a creative advocate for creative thinking.



### COMMUNICATING WITH YOUR INNER SPIRIT

*Riverview D2*

EXPERIENTIAL

Your inner spirits/inner guides/higher power are always communicating with you. However, our hectic lifestyles often get in the way. We will explore the power of meditation to deepen your communication with your inner spirit.

**Shawngela Pierce** is an author, speaker, meditation and law of attraction coach.



## PLANT SPIRIT MEDICINE

Riverview E

STORYTELLING

Plants speak to us in many ways. Join herbalist Linda Conroy for this exploration of plant spirit medicine. Connecting deeply with the plants, they act as mentors and as portals into the spirit realm.

**Linda Conroy, MSS, MLSP** is a community organizer and an herbalist. She is the proprietress of Moonwise Herbs and the founder/organizer of the Midwest Women's Herbal Conference.



## SMART (STRESS MANAGEMENT AND RESILIENCY TRAINING)

Rm 109

People feel stress when the demands placed on them exceed their resources to cope with those demands. You may not be able to control the stressors, but you can retrain your brain to better respond to these stressors. Those who practice the SMART program have reported improvement in stress, anxiety, resilience, mindfulness, self-regulation, happiness and positive health behaviors.

**Donna Magtibay, MSN, RN** has completed coursework and mentorship from Dr. Amit Sood. She has also conducted research on the SMART program and teaches the program in a variety of settings.



## ACTIVATING THE POWERFUL WOMAN WITHIN

Rm 114

EXPERIENTIAL

Align all essential elements—inner strength, self worth, confidence and passion to activate the power within, materializing abundance in all areas of your life—health, wealth, relationships and beyond! (Part 2 of 3)

See bio for **Mas Sajady** on page 33.



## CONNECTING WITH THE ENERGIES OF THE UNIVERSE

Rm 110

EXPERIENTIAL

Laurie will take the group through some simple ways to raise personal vibration and connect with energies beyond. She will cover explanations of where and how to use our natural gifts of intuition.

**Laurie Wondra** is a gifted shaman and psychic medium, known of her abilities to channel archangels, ascended masters, helpers of the universe and people that have died.



## BECOMING CONSCIOUS: ACCESSING AND HEALING THE UNCONSCIOUS THROUGH TOUCH

Room 111

EXPERIENTIAL

This workshop will demonstrate how gentle touch with human connection, like Rosen Method, can stimulate this powerful healing system in the body, using receptive touch and verbal dialogue to assist people in opening to long forgotten experience and emotions, and to release unconscious limitations.



**Dorothea Hrossowyc, MA**, member RMPA and ABMP is a Rosen Method Bodywork teacher and practitioner in Northfield, Lakeville and Rochester.

**Stacey L Schultz, MS, MPH** is a board certified massage therapist in Rochester specializing in medically complex clients including those in cancer treatment and with fibromyalgia.



## THE FOURTH HOUSE IN ASTROLOGY: THE WOMB OF YOUR SOUL

Rm 112

LECTURE

The fourth house describes not only our connection to our families, but to our connection with all of humanity and mother earth. Bring your chart and discover what clan you belong to, your basic need and what you are here to learn.

**Sally Blumenfeld** is an astrological counselor, teacher, writer and creator of the Drumming Astrologer Power Deck ©2014.



## DISCOVER YOUR CAREER: FINDING YOUR AUTHENTIC PROFESSIONAL VOICE

Rm 113

DISCUSSION

This workshop will explore simple, yet powerful tools and strategies to uncover meaning and fulfillment through career choices that are unique to YOU—and your innate, natural gifts.

**Kathryn Adams** is a career and life coach and a professional development specialist in adult and healthcare education.



SACRED PLANTS AND ENERGY HEALING

Grand Ballroom  
EXPERIENTIAL

A shaman in his own right, Craig will present insight on energy work as a means to heal past life or this life trauma.

**Craig Hartel** completed the Hands On Healing and ordination program in the fall of 2000, under the training of Reverend Ron Moore at the Center for Wholeness in Minneapolis, Minnesota. He traveled to Peru for over 18 years studying the traditional healing and ceremonial practices of the indigenous people under the guidance of Master Shaman Don Theo Parades.



RESTORATIVE JUSTICE: RESPONSIBLE COMMUNITY HEALING AND ENGAGEMENT

Riverview A  
EXPERIENTIAL

This workshop will provide a comprehensive understanding of, application strategy for and sustainability tips to encourage a lasting restorative approach to community trauma using restorative justice.

**Kristen Hansen** is currently obtaining a B.A. in women's and gender studies from Luther College in Decorah, Iowa.



DRUMMING WITH THE CHAKRAS—EXPLORING THE CELTIC TRADITION

Riverview B  
RITUAL

Join us for this experiential frame drum workshop and discover how your body responds to sound. Invite your creativity; cleanse and balance your chakras; and discover how each of your energy centers responds to various sounds, colors and tones. All drums provided.

**Linda Melcher** and **Rachel Nelson** are both trained HealthRHYTHMS drum circle facilitators.



VALUING YOUR AWESOME SELF AND OTHERS

Riverview C1  
EXPERIENTIAL

The workshop will provide practical tips, a meditation and exercises on loving and valuing ourselves and others more.

**Judy Coughlin** is the owner of Restore Core Wellness.



COMPASSION THROUGH SILENCE, MOVEMENT AND SOUND

Riverview C2  
EXPERIENTIAL

Come and access your inner well of compassion for self and others in an experiential way through reflection, movement and drumming.

**Terri Bergstrom** is a nationally certified massage therapist and a Reiki master and has been practicing both modalities for 18 years.

**Shari Mason** is a U.C.C. pastor, hospice chaplain, spiritual director, yoga instructor and Reiki master.

HOPE, HEALING AND SPIRIT

Riverview D1  
DISCUSSION BASED

For people diagnosed with mood disorders, their first circle of support is their family and friends. Dr. Kay Bernard explains how to provide proven help for bipolar/mood disorder families through hope—the healing oxygen for a troubled soul.

Since receiving her own bipolar/anxiety diagnosis, **Dr. Kay Bernard**, a multi-degreed professional in the field of psychology and ministry, has committed herself to bringing hope to mood disorder sufferers and their families.



BALANCE YOUR CHAKRAS THROUGH BELLY DANCE

Riverview D2  
MOVEMENT

Center your body and mind and access your body's natural energy through this series of movements and combinations designed to balance your chakras and awaken your inner goddess.

**Terri Allred** is the producer of the Women and Spirituality Conference, a professional belly dancer and Reiki master.



**Minnesota NOW**

(Chapter of National Organization for Women)  
www.mnnow.org | 651-222-1605

*Minnesota NOW is a multi-issue, grassroots organization that's been fighting for equality and justice since 1971. Minnesota NOW's purpose is to take action through intersectional grassroots activism to promote feminist ideals, lead societal change, eliminate discrimination, and achieve and protect the equal rights of all women and girls in all aspects of social, political, and economic life.*

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MISSION 21



## DRUM AND DANCE WITH TREEWOMMON AND SHOOTING STAR *Riverview E* RITUAL / WORSHIP

There will be joyous dancing and drumming. Bring a song to share—if it isn't already set to movement, we'll see what the group can add. All levels of singing and/or movement abilities are welcome.

**Katie and Emily Cashel** are Treewommon and Shooting Star. Treewommon is the mother of Shooting Star, and is a Wiccan priestess in her community. Shooting Star is a maiden who has attended this conference her entire life.

## MEDITATION IN TODAY'S WORLD

*Rm 109*

EXPERIENTIAL Please see description and **Swami Kena's** bio on page 33.

## ACTIVATING THE POWERFUL WOMAN WITHIN

*Rm 114*

EXPERIENTIAL Please see description and **Mas Sajady's** bio on page 33.



## NAVARASAS AND SPIRITUALITY IN SOUTH INDIAN CLASSICAL DANCE FORMS OF BHARATHANTYAM AND MOHINIYATTAM

*Rm 110*

EXPERIENTIAL/MOVEMENT

The nine expressions (moods/emotions) in Indian classical dance are Shringar (Delight), Hasya (Humorous), Karuna (Sorrow), Raudra (Anger), Veera (Heroic), Bhayanaka (Fearful), Bibhatsa (Disgust), Adbhuta (Wonder) and Shanta (Peace). These expressions will be experienced by the audience through situations and storytelling.

**Ganga Gopalkrishnan** is an IT manager at Mayo Clinic. Dancing is her hobby. She has learned the art of Bharathanatyam and Mohiniyattam from Kalamnadalam Kalyanikutti amma in Kerala for 17 years.



## SELF-DISCOVERY WITH TAROT

*Rm 111*

DISCUSSION BASED

The purpose of this workshop is for women to learn about themselves through exercises with tarot that connect them to their intuition and the archetypal images presented in the cards.

**Jessica Ripley** is the founder of Owl in the Oak Tarot where she reads tarot professionally and provides intuitive coaching online to clients both locally and nationally.



## CIRCLE MEDICINE: THE STONE OF BALANCE

*Rm 112*

LECTURE

We will discuss energy and how it plays its part within the circle. You will come out of this workshop with a better understanding of yourself and the tools to help you in your path to healing and understanding yourself and those around you.

**Marguerita ShaHaWin Gaspard** is the CEO of the New Self Love Foundation. INC and is a certified holistic life coach (CHLC). She grew up learning traditional medicine through her parents and her Native American culture.



## FLOWER ESSENCES & VIBRATIONAL MEDICINE

*Rm 113*

DISCUSSION

This workshop will give an overview of Vibrational Medicine and clarify the differences between flower essences, essential oils, homeopathy and herbalism. We will have on hand all 38 Bach Flower remedies and after time for personal inventory, each participant will come away with a personalized remedy for their own healing.

**Virginia Cooper** is a registered nurse, a certified massage therapist and has an independent practice providing Bach Flower consultation.



SESSION IV // 9 - 10 a.m.



SPIRITUALITY AND GOVERNMENT

Grand Ballroom  
DISCUSSION BASED

In the United States we have no state religion and most people believe that religion and government should be separated. What about spirituality and government? Can we bring our spirituality into the political affairs of our nation? What happens if we do...or don't? State Representative Tina Liebling will discuss these questions and lead a discussion on the role of spirituality in political life.

**Tina Liebling** was the first Democratic-Farmer-Labor candidate elected from Rochester and has served in the Minnesota House of Representatives since 2005. She campaigns and governs as a bold progressive and is now a candidate for governor of Minnesota.



A GIFT OF GRACE AND BLESSING

Riverview B  
DISCUSSION

Engaging in conversations about our wishes at the end of life while creating a blessing to those we love can be a great gift to give to others.

**Audrey Lukasak's** titles in life have included mom, weaver, gardener, chaplain, pastor, hospice bereavement coordinator, teacher and facilitator for healing of memory workshops.



NATIVE AMERICAN SPIRITUAL HEALING

Riverview C1  
EXPERIENTIAL

In today's fast-paced society, illnesses are more extreme, yet the same spirit prevails as when Rocky's ancestors practiced spiritual healing hundreds of years ago. Many people are embracing a holistic consciousness and in their awakening, are calling upon native healers such as Dennis King to light the way as many of us seek a deeper connection—with ourselves, with each other and with Creator of All Things.

Creator's helper/spiritual healer Lalutakéhtas (He Scratches the Trees), Bear Clan, or **Dennis J. King** is an enrolled member of the Oneida Nation of Wisconsin. Dennis "Rocky" King is a Native American spiritual healer whose ancestors passed down this sacred healing through the generations.



DAILY PRACTICES FOR HEALERS AND ADVOCATES

Riverview C2  
DISCUSSION

Becca will be sharing daily practices for self care highlighting Thistle Farms products that help restore and renew you.

Please see **Becca Stevens'** bio on page 27.

SACRED PLANTS AND ENERGY HEALING

Riverview D1  
EXPERIENTIAL Please see description and **Craig Hartel's** bio on page 38.



EXPLORING THE FIVE WISDOM ENERGIES

Riverview D2  
EXPERIENTIAL

Also known as the "Buddha families," the five wisdom energies are the basis of the five colors of the Tibetan prayer flags seen so frequently in today's world, and a fundamental teaching of Tibetan Buddhist psychology. We will use music, movement, objects, activities, affirmations and brief maitri (loving kindness) meditations to explore these energies in a playful and relaxed environment.

**Nicolle Jensen** began studying Buddhism and meditation as a part of her yoga teacher training in 2007.



ESSENTIAL MOTION—AWAKENING YOUR VIBRANT BODY

Riverview E  
MOVEMENT

Essential Motion creates a container of trust and curiosity that allows you to experience yourself through movement. Rediscover expressiveness and playful ease by drawing on your body's own unique movements, facilitated by guided individual and group exploration.

Please see **Stacey Schultz's** bio on page 36.



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## LIVING YOUR PURPOSE

Large Rm 109  
EXPERIENTIAL

This workshop is based on the bestselling book, "The Passion Test: The Effortless Path to Your Life's Purpose," written by Janet Bray Attwood and Chris Attwood. This simple yet powerful system is known as the number one process being used all over the world to help people discover and live their passions. (part 1 of 2)

**LuAnn Buechler** is an author, speaker and transformational trainer. LuAnn is certified by Janet & Chris Attwood, as a certified facilitator of the Passion Test and Passion Test for Business and has over 10 years of experience working with individuals and businesses with this methodology.



## THE SPIRITUAL TRAUMA NO ONE WANTS TO TALK ABOUT: SURVIVING CHILDHOOD SEXUAL ABUSE

Rm 114  
EXPERIENTIAL

Women who have been sexually abused have been spiritually traumatized. This workshop will explore the mind, body and spirit of how to become a thriving survivor, not merely a lost victim.

**Shelly Winemiller** is a licensed marriage and family therapist who practices in Rochester, Minnesota. In 2011, she founded Wellspring Family Therapy Center. Shelly specializes in sex addiction recovery, sex abuse and trauma recovery and has special training in EMDR.



## MEDITATION AND MALA

Rm 110  
EXPERIENTIAL

Engage in the powerful process of setting strong intentions, creating meaningful mantras and the use of prayer beads and mala in meditation. Misha will lead you through a guided meditation that is designed to release old energies, transform patterns, all to help manifest that which you are seeking and will support your highest good.

**Misha Johnson** is a Reiki master/teacher, intuitive, life and meditation coach based in Rochester, Minnesota.

## SELF-DISCOVERY WITH TAROT

Rm 111

DISCUSSION

Please see description and **Jessica Ripley's** bio on page 40.



## GET THE HELL OUT: BEYOND THE GOD OF SHAME

Rm 112

LECTURE

The religious landscape is littered with images of God that promote a culture of shame. Adherents embrace these images and then struggle with depression, disconnection and self-loathing—a crippling separation from self and spirit. This workshop outlines the problem and provides a specific practice for moving beyond these images, collectively personified as the "God of Shame."

**T McKinley** is an interfaith minister, teacher and author of both a critically-praised memoir, "Boy in the Ivy" (2013) and "Get the Hell Out: Beyond the God of Shame" (2016).



## HENNA BODY ART WORKSHOP: PRESENTED BY CASTLE ART

Rm 113

EXPERIENTIAL

This workshop focuses on beautiful art of mehndi (henna).

**Amy Wilde** (Castle Art & Import) has been importing henna since 1997. She is well versed in the henna arts and has taken many seminars and classes about henna.





### MEDIUMSHIP FOR EVERYONE

Grand Ballroom

EXPERIENTIAL

Do you sometimes wish you had your own crystal ball to see into your future? Do you wish there was an instruction manual for life? Do you wish there was a 24/7 helpline for life's messiest moments? Learn to consciously and confidently access intuition. Learn to connect via innate superhighways of divine consciousness. Learn to recognize and decipher information and communication using your unique skills and abilities.

**Melissa Divine** is a professionally trained psychic medium known for her accuracy, compassion and congenial manner.



### FEELING, SEEING AND PHYSICALLY READING AURAS

Riverview A

DISCUSSION

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 taking advantage of everything the psychic realm has to offer.

**Paula M. Kramer** is a lifelong psychic and has written a book about developing psychic skills. This workshop is the fun highlight of her year.



### ROCHESTER: A COMPASSIONATE CITY

Riverview B

DISCUSSION

What occurs when a guiding principle of a city is declared as compassion? More importantly, how do we, as individuals, transform and turn toward the connection to all, to relate to our own and others' suffering and to do our best work to relieve that suffering?

**Catherine Ashton**, a Buddhist practitioner, founded the Charter for a Compassionate City in Rochester.



### FIVE KEYS TO SPIRITUAL GROWTH

Riverview C1

DISCUSSION

Learn about these amazing keys to enhance your life, and discover...you ARE Soul. 1) Find the secret to living a joyful life. 2) Discover a way to enliven your daily life. 3) Experience a five-minute daily practice to jumpstart your spiritual life. 4) Practice five words that can keep you on track spiritually. 5) Learn a universal yardstick for gauging your spiritual growth.

**Crary Brouhard** and **Hannah Mende** have been students of Eckankar since childhood which provided them with many tools to create personal spiritual experiences with the light and sound of God.



### COMMUNICATING WITH YOUR GUARDIAN ANGELS

Riverview C2

EXPERIENTIAL

By learning to connect with your guardian angels, you can experience a greater sense of oneness with God and all things. This workshop will introduce simple techniques that will help you open your centers of awareness to make contact with your angels and receive inspirational messages, answers to your questions and solutions to life's problems.

**Diane Anderson** is a Reiki master, energy medicine practitioner, shamanic healer, holistic health coach and spiritual mentor. She teaches at Hermitage Farm Center for Healing in Rochester, Minnesota where she facilitates a Reiki share group, a shamanic journey circle and drumming circle.



### DREAM WORK AS A SPIRITUAL PRACTICE: A DREAM GROUP EXPERIENCE

Riverview D1

EXPERIENTIAL

The aim of this workshop is to give attendees a dream group experience to help them understand how dream work can be a spiritual practice.

**Pam Muller** is a spiritual director and dream coach. In April 2016, Pam received her spiritual director certification from the Haden Institute.



### BHAKTI YOGA: YOGA OF THE HEART

Riverview D2

MOVEMENT / DANCE, EXPERIENTIAL

In this workshop, we will explore bhakti in movement and breath through gentle practices requiring no previous yoga experience. We will explore bhakti in sound through mantra and Kirtan chant. Then we will conclude with ways to infuse bhakti yoga into your daily life and spread love and devotion into your world.

Please find **Patricia Barrier's** bio on page 34.

## LIVING YOUR PURPOSE

Large Rm 109

EXPERIENTIAL Please see description and **LuAnn Buechler's** bio on page 44.



### THE CALL OF SOUL VIA PAST LIVES, DREAMS AND SOUL TRAVEL

Rm 114

EXPERIENTIAL/CHILD AND TEEN FRIENDLY WITH PARENT

We will help you discover how dreams can become your gateway into viewing yourself and your experiences from soul's perspective. Dreams can lead you to your past lives or into the higher worlds of God/the divine via soul travel. These ideas will be discussed based upon the teachings of Eckankar.

**Heidi Skarie** is an Eckankar clergy member, wife and mother and has written books on her own past life experiences, kept a dream journal for 40 years and is fascinated by her soul travel adventures into other worlds.

**Sharon Burton** is grateful for the gift of seeing life through the eyes of soul.



### ACCESSING A HIGHER STATE OF CONSCIOUSNESS

Rm 110

EXPERIENTIAL

We will learn about and discuss all seven higher states of consciousness. They are waking, dreaming, sleeping, soul, cosmic, divine and unity consciousness.

**Angela Blaha** is an intuitive, transformational teacher, mentor, speaker and author with over two decades of helping people make positive life changes.



### JESUS FEMINIST: AN INVITATION TO REVISIT THE BIBLE'S VIEW OF WOMEN

Rm 111

DISCUSSION BASED

Based on the book by Sarah Bessey, "Jesus Feminist: An Invitation to Revisit the Bible's View of Women," Bethany von Steinbergs will facilitate a teaching and discussion around gender roles, realizing giftedness and potential in the kingdom of God. Note: It is not necessary to pre-read Bessey's book to attend.

**Bethany von Steinbergs** is a strengths consultant at Leadership Vision in Minneapolis, Minnesota. Bethany lives in Zumbrota, Minnesota with her husband and three sons.



### THE SPIRITUAL BONDS BETWEEN WOMEN, NATURE AND ANIMALS: AN ECOCRITICAL APPROACH

Rm 112

FORMAL PAPER

The aim of this presentation is to demonstrate the bonds between women, spirituality, ecojustice and reverence for the natural realm and non-human animals.

**Hadas Marcus** graduated with a master's degree in comparative literature from UCLA in 1981 and then moved to Israel. She has been teaching English for many years at Tel Aviv University and Oranim College of Education, mostly to women of diverse Western faiths (Jewish, Christian and Muslim).



### UNDERSTANDING THE UNIVERSE THROUGH MAYAN SPIRITUALITY

Rm 113

STORYTELLING

The Mayan philosophy is thousands of years old and is as complete and profound as any other ancient culture of the world. It has been in a way obscure and difficult to understand given that it is based on one of the more complex calendars in history. I come to clarify this philosophy and allow anyone access to this enlightening spirituality.

**Gina Miranda Kingsley** was trained at an early age by an old Mayan shaman on the mysteries of the calendar. She is the author of "A Matter of Chill," "The Lost Knowledge of the Mayan Calendar" and "The Journey of the First Americans."



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## NATIVE AMERICAN SPIRITUAL HEALING

*Grand Ballroom*

EXPERIENTIAL Please see description and **Dennis J. King's** bio on page 42.



## NAMING OUR GOD: FROM PATRIARCHY TO RADICAL PURPOSE

*Riverview A1*

DISCUSSION

Through discussion, teaching, examples and art, participants will explore the ways the ancient and modern Christian naming of God can be expanded to enhance one's own spiritual journey. We believe the language we use for naming God can radically change our perception of the world, ourselves and each other.

**Rev. Debra Jane Collum and Faye Christensen** are co-chairs of the Commission on the Status and Role of Women of the Minnesota Annual Conference of the United Methodist Church. Debra is the pastor of Chatfield United Methodist Church in southeastern Minnesota. Faye is a lay leader from Brainerd, Minnesota.



## YOUR GUIDE TO FLOAT THERAPY

*Riverview B*

DISCUSSION

How does float therapy help individuals heal? How does a floatation practice benefit people who are seeking? Jon will share research, case studies and anecdotes.

**Jon Maki** has worn many hats—elementary school teacher, contractor, stay-at-home dad and handyman, seeker of knowledge and spiritual healing. Jon started Nalu Float, a float center in Rochester, in 2015.

## GROUNDING MEDITATION, HEALINGS AND AUDIENCE READINGS

*Riverview C1*

DISCUSSION Please see description and **Cody Cooper's** bio on page 32.



## NAVIGATING YOUR SOUL'S DESTINY, ASTROLOGY

*Riverview C2*

EXPERIENTIAL

When astrology originated during medieval times, people really believed that there were gods or sky deities presiding over the elements of sky, light and heavens and causing things to happen here on earth. Ultimately, astrology can be used to reevaluate, shift, end, grow and mature from a deeper soul level.

**Stacy Quast** is an intuitive life strategist, soul contract astrologer, master higher brain living facilitator and empowerment coach. She holds a B.S. in communications. Stacy studied archetypal astrology, soul contracts and intuitive development with Robert Ohotto at Ananke-Apollo Institute.



## BUDDHAS AND BODHISATTVAS IN OUR WORLD: HOW TO USE CHINESE ESOTERIC BUDDHIST PRACTICES TO UPLIFT, INSPIRE & SHINE

*Riverview D1*

EXPERIENTIAL, RITUAL / WORSHIP

The goal of this workshop is to experience for yourself how you can use the Hanmi Buddhist principles and the three mysteries of mantra, mudra and visualization to heal, uplift, inspire and shine forth in this brilliant world.

**Charlotte M. Steen**, Vajracharya ZhiChan, is an ordained Chinese Esoteric (Hanmi) Buddhist teacher and Sifu, founder of the Upper Midwest Hanmi Buddhist Association, dedicated to serving all those who have open hearts-minds through Chinese Esoteric Buddhist spiritual healing services, meditation classes and prayer services.



## NIA: THE DANCE OF AWARENESS

*Riverview D2*

MOVEMENT / DANCE

Nia is an expressive body-mind-spirit movement program that offers an artistic and innovative approach to fitness and healing. By blending the stillness and concentration of Thai Chi, the mindfulness and dynamic poses of yoga, the explosive power of Tae Kwon Do and the grace and creative spontaneity of modern and ethnic dance, Nia creates a whole new sense of well-being!

**Amber McCornack** has been dancing through life and teaching Nia since 2001. She is the owner of HeartWaves in Albert Lea.



THE ROLE OF WOMEN IN ISLAM

Rm 109

LECTURE / DISCUSSION

The role of women in Islam is one of the most controversial topics about this faith. The presentation will use storytelling, PowerPoint as well as discussion.

**Regina Mustafa** is originally from Philadelphia and a graduate of Penn State University with a bachelor's in American studies. She is currently pursuing a master's degree in clinical mental health counseling from Winona State-Rochester. Regina formed the interfaith dialogue nonprofit organization, Community Interfaith Dialogue on Islam (CIDI) in 2014.



HOW ENERGY THERAPIES CAN BE USED TO RESTORE HARMONY AND BALANCE IN THE HUMAN ENERGY FIELD

Rm 114

EXPERIENTIAL

Energy therapies like Healing Touch work with the energy system to support the natural ability to self-heal. Healing Touch can be used for increased well-being and mental activity, to reduce stress and anxiety, to decrease and manage pain and to enhance the immune system. During the workshop the participants will be shown simple exercises for home use.

**Mette Biering Christiansen** is a certified Healing Touch practitioner, Reiki master and teacher, Spring Forest Quigong practitioner, surgical coach practitioner and certified herbalist and is trained by Marion Rosen in the Rosen Method Bodywork.



SHARING GODDESS STORIES

Rm 110

POWERPOINT / COMPUTER BASED, DISCUSSION BASED

For 32,000 years of recorded history, the Creatress of All was seen and imaged as a woman. Only in the last 1,500 years has Western culture depicted God as solely male. This information has a profound impact on both women and men today. This interactive and informal workshop will focus on sharing and telling goddess stories. Participants are invited to bring images, poems and stories of their favorite goddesses to share. Presenters will also bring a selection of images from which to choose. The workshop will open with a short multimedia introduction to goddess images from around the world.

Educator and scholar **Terri Berthiaume Hawthorne** holds an M.S. in women's studies from Minnesota State-Mankato, B.A. in women's studies and media communication from Metropolitan State University and has taught women's studies as adjunct graduate faculty for the Minnesota State University system since 1988. Terri is the founder of the Mankato Women's Spirituality Conference. She is a long-time community activist, and co-author of "Stars in Your Bones" and "The Many Faces of the Great Mother."

**Jolie Berthiaume Cummins** works in a middle school classroom with developmentally disabled children. She is the director of CLEAR, a continuing education program for developmentally disabled adults of the St. Paul school district. She is the mother of five children and a proud grandmother.

**Diane Berthiaume Brown** is a retired educator and writing consultant for K-12 assessments. She also works with developmentally disabled adults in the St. Paul school district. She is the co-author and illustrator of "The Many Faces of the Great Mother." Diane is a mother and favorite aunt of many.

JESUS FEMINIST: AN INVITATION TO REVISIT THE BIBLE'S VIEW OF WOMEN

Rm 111

DISCUSSION Please see description and **Bethany von Steinberg's** bio on page 46.



CREATING A SUCCESSFUL LIFE

Small Rm 113

EXPERIENTIAL

This interactive workshop will feature five major strategies to identify and lead your best life successfully. Participants will explore ways to be 100 percent accountable for their lives, learn to ask others for support and assistance, explore strategies to be clear on your life purpose and clean up your life messes and incompletes.

**Diann Martin** is a nurse educator, Passion Test facilitator and Jack Canfield Success coach and trainer.

**SAVE THE DATE!** Next year's Women and Spirituality Conference will be September 22-23, 2018.

**Integrated Wellness**  
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