

Woman's Way
RED LODGE



Beauty is not in the face; beauty is a light in the heart. ~Kahlil Gibran

A CALL FOR LONG DANCE WISDOM COUNCIL IN JUNE 2006

From the Long Dance Facilitators and the Red Lodge Interim Board of Trustees

Sunday, June 18, 2006, 1-5 PM
Joan Hanna's Barn
7712 SW Pt. Robinson Road—Vashon Island

The time has come to call for a yes or no decision from the Long Dance Community about whether or not Long Dance is to be a legal part of the Red Lodge non-profit organization. We need to make this decision now because:

- We cannot complete the 501C3 application without making this decision.
- The 501C3 application must be filed before we can sign up as members which is scheduled to begin at Open House on September 23.
- The 501C3 application must be filed before we can proceed with our exciting programs.

Considerations for us all to think about:

- Spiritually and energetically we are one community/one circle. For six years, Long Dancers have shown up to bless the forward movement of Red Lodge. In Feb. 2005, Long Dancers gave their heart consensus at a Red Lodge Wisdom Council for Red Lodge to become a non-profit organization. Yet, during all this time, there has never been a consensus decision made about whether Long Dance is to be legally included in Red Lodge.
- Long Dance is not and will not be a program of Red Lodge. Honored as the well-spring of our Woman's Way values, Long Dance would be an independent Council with a representative on the Board of Trustees. The unique decision-making process that has worked for Long Dance all these years could continue. Action by the Board of Red Lodge would be required only in decisions about Long Dance which affect the organization as a whole. Even in these cases, Long Dance Wisdom Council would make recommendations to the Red Lodge Board.
- Red Lodge can offer abundant resources to Long Dance—new, alternative programs could reduce the long wait lists, support mentoring and leadership, facilitate conflict evolution, and increase scholarship support. Other benefits include data-base management, communications networking, and graphic design. Donations to the Long Dance general fund or scholarship program would be tax-deductible.
- Although extensions are possible, the Red Lodge 501C3 application is due by Sept. 30 (15 months after we incorporated in WA). Realistically, our summer schedules require that this application be filed by July 20. Thus the timing of this Wisdom Council is crucial.
- As we have learned over the years, nothing can compare with the powerful process of wise women in their full-hearted presence gathering the facts, sharing their feelings, and reaching consensus. In council together, we will look at the full ramifications, including important financial considerations, that must inform this decision.
- All Long Dancers on the Long Dance e-mail list are being notified of this meeting. We urge you to attend if at all possible. Remember, those who show up make the decisions. This is a momentous decision! Please consult your hearts. If you are coming, there will be a nominal fee to pay for the space rental (\$5-10, depending on how many attend). Please confirm to kendra@spiritalive.net if you plan to attend.
- If you cannot attend, please let us know if you support the decision to include Long Dance within the Red Lodge non-profit organization, thus assuring its legal status. If you do not support this, please let us know your concerns. Written comments will be summarized and shared before heart agreement is made at this Wisdom Council. Email all comments to [Kendra Thornbury kendra@spiritalive.net](mailto:kendra@spiritalive.net)



IT TAKES ALL OF US

Dearest Sisters, The Communications Council is busy with several projects that are moving forward at a quick pace. We seem to be ever expanding and are open to anyone else that is called to join us on our team. We are glad to be of service.

As you might have read in the last eNews, we have a new content keeper, Valli Sandstrom and a new editor Pam Tillson. I send my Blessings and heartfelt thanks to Valli and Pam for stepping up into service. I also want to acknowledge Peg for holding the eNews so close to her heart and really getting us going with this venture. She is still involved with us and I see her making room for others to step up to learn, grow and share. I also acknowledge the rest of the team of the eNews Staff, Drai with her wonderful graphics talents and giving heart, and Marsha for being our dedicated and trusty messenger.

I also appreciate our other eNews volunteers in their roles of accepting submissions for the eNews, holding those submissions and sending them forward for publication. Please continue to send your submissions to the following women: special events to Paula Rathbun, prayer requests to Ruth Raven, your general articles to Valli Sandstrom, advertising requests, book look and recipes to Drai. Please see the info in this eNews for further details about submitting your writings or offerings to these wonderful women.

It takes all of us to continue to share who we are and what is important to us, to allow for and foster the growth and love for what we call Red Lodge. So, stretch a little and share yourself, as we all move forward into our wholeness and the wholeness of those around us.

The web site is still a work in progress. We are currently determining how information will flow between the eNews and the web site. We are still contemplating the possibilities and greater picture of how to best serve the community in our communication methods for web updates and eNews storage and delivery. We will be sending out info through Marsha, about the release date of the site and info flow/update process as we get closer and put all the pieces together for the launch of WomansWayRedLodge.org.

We appreciate those who have been involved with the testing and feedback process of the web site development. It does take all of us to hold and or be involved with this bowl called Red Lodge, especially if the holding and vision is energetic. Again, Thanks to the eNews staff and everyone that contributes to Red Lodge in their own uniquely wonderful way.

Norleen Overman—Communications Council Chair

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Please be sure to visit her site for
wonderful woman's images on
notecards, prints and gift items.



HOME FOR A DREAM

By Kristina Turner

Red Lodge is a dynamic, magically expanding and very real place—a home for the dream that lives inside us. This dream has been germinating for years in the heart of every woman who has ever been to Long Dance. And this dream also lives deep in the heart of so very many, many women, world-wide.

Red Lodge is a home for the dream that our feminine self can be deeply listened to, honored and fully welcomed into our daily lives. In all her dark, wet, wild, undulating, intuiting, nurturing, flowing and creative power, She can be met. She can be known and brought forward into your life today. She invites you to bring your friends to step across the threshold of this lodge and meet her. She can make our lives work better, in a multitude of tangible and practical ways.

How do you enter and navigate this very real place called Woman's Way Red Lodge? Do you remember how foreign cyberspace felt when you first went roaming on your computer? As you typed and filed, your words melted away into a tiny, orderly and vast place you could not see, much less even imagine how they could fit, some of us are even old enough to remember how utterly magical television was in the beginning—pictures and sounds traveling through the air together, materializing into our living room. While Red Lodge plans on making good use of fiber-optic space, the place she lives is even more expansive, and easier to access.

The memory banks of WWRL are not in microchips, but in the cellular memories

within every human being that knows the experience of growing this body inside a mother's body. We all know woman's way in our bones.

So how do we express what we know of Woman's Way? In Red Lodge we are answering this question by bringing people together, to honor and practice, to explore and question, to invite our inner feminine and inner masculine to dance in the creation of programs, friendships, celebrations and service opportunities that enliven us to the core.

WWRL is at my altar, and yours. WWRL is in my e-mail inbox, and yours.

WWRL is at Raven Turtle Lodge and Sacred Groves, at Burton Hill Lodge and in the Olympia and Port Angeles Drum Circles.

WWRL is at Betty's cuddle parties, and in Draï's Design Studio when she chooses this month's graphics for eNews.

WWRL is at Therese's Compassionate Listening Trainings, and in the Cedar Grove at Sahale.

WWRL is in my drumbeat, and in my heart as I sing along with that really good jam on the Long Dance CD.

WWRL is a line item on my personal Quicken Budget Report.

This is some of what I know for now, about Woman's Way Red Lodge.

With what you all add to this, the earth and sky are the limit.

INTERIM BOARD

Board

Peg Hopkins—Chair

Kendra E. Thornbury—Vice Chair

Susan Landau—Treasurer

Ruth Raven Burns—Secretary

Lauryth Dwyer
Long Dance Representative

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Norleen Overman
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Mary G.L. Shackelford
Program Council Chair

Ruth Raven Burns
Elder Council Chair

Kristina Turner
Conflict Evolution Council Chair

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Julia Bear Heart Moore
Kendra E. Thornbury
Kim Orte
Paula Rathbun
Willow Dreamfeather

Graphic Designer

Draï Bearwomyn

PRAYER CIRCLE

As you approach your time to talk with Spirit, please be sure to include specific prayers for

- Talia, Susan Landau's 15 year old daughter has Mononucleosis and is only just home after a bout in the hospital.
- For Valli Sanstrom's friend, David Hanna, recently diagnosed with Lymph System Cancer

A FATHER'S DAY PRAYER

Kirk Loadman-Copeland

Let us praise those fathers who have striven to balance the demands of work, marriage, and children with an honest awareness of both joy and sacrifice.

Let us praise those fathers who, lacking a good model for a father, have worked to become a good father.

Let us praise those fathers who by their own account were not always there for their children, but who continue to offer those children, now grown, their love and support.

Let us pray for those fathers who have been wounded by the neglect and hostility of their children.

Let us praise those fathers who, despite divorce, have remained in their children's lives.

Let us praise those fathers whose children are adopted, and whose love and support has offered healing.

Let us praise those fathers who, as stepfathers, freely choose the obligation of fatherhood and earned their stepchildren's love and respect.

Let us praise those fathers who have lost a child to death, and continue to hold the child in their heart.

Let us praise those men who have no children, but cherish the next generation as if they were their own.

Let us praise those men who have "fathered" us in their role as mentors and guides.

Let us praise those men who are about to become fathers; may they openly delight in their children.

And let us praise those fathers who have died, but live on in our memory and whose love continues to nurture us

SISTER'S SOUL FOOD

Barley Hazelnut Salad

by Julia Bear Heart

- 1C uncooked pearled barley
- 1C uncooked rye berries
- 2T amari sauce
- 1/2 C Olive oil
- 1/2 C lemon juice
- 1/2 tsp black pepper
- 1 clove minced garlic
- 2 stalks celery, diced
- 1 red Bell Pepper, diced
- 1 green Bell Pepper, diced
- 4 green onions sliced
- 1C shredded carrots
- 1/2C minced parsley
- 1/2C toasted hazelnuts



Soak rye berries in a 4 qt. cooking pot overnight, covered in water, to begin tenderizing. Next day, drain soaking water and bring 3 cups fresh water to boil, add berries and simmer on low for 1 hour. Cool berries to room temp. Bring 2 cups water to boil in a 3 qt. pot, add pearled barley and simmer on low for 45 min. cool barley to room temp. While grains are cooling, make dressing of tamari, oil, lemon juice, pepper and minced garlic and set aside. Prepare all veggies and toss in large salad bowl with dressing and chopped hazelnuts. Chill covered in refrigerator till grains are cold. Serve on bed of greens.

BOOK LOOK

RECOMMENDED BY
Norleen Overman

TITLE
The Four Agreements

AUTHOR
Don Miguel Ruiz

RETAIL
\$9.97Amazon.com



"Everything we do is based on agreements we have made— agreements with ourselves, with other people, with God, with life. But the most important agreements are the ones we make with ourselves. In these agreements we tell ourselves who we are, how to behave, what is possible, what is impossible. One single agreement is not such a problem, but we have many agreements that come from fear, deplete our energy and diminish our self-worth."

"In this powerful book that has remained on The New York Times Bestseller List for over five years, Don Miguel reveals the source of self-limiting beliefs that rob us of joy and create needless suffering. When we are ready to change these agreements, there are four deceptively simple, yet powerful agreements that we can adopt as guiding principles. *The Four Agreements* offer a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness, and love."

—Excerpt from www.miguelruiz.com/books.html.



wild redhead design

want to archive all of your family photos to CDs? Call Dral!

goddessdrai@earthlink.net



Mother's Long Dance

JUL 27-30. (July 31 optional.) Open to all women. Contact Alisha Wilkes AHWILKES@YAHOO.COM
Mothers_Longdance@yahoo.com

Long Dance at Sahale AUG 5-11.

WW Red Lodge Open House

SEP 23. Noon-5 PM, Dance Hall at Gorst. Contact Mary Shackelford, mgls53@comcast.net

Fall Long Dance Wisdom Council

OCT 6-8. Sahale. Open to all Long Dancers; stepping up to serve Long Dance 2007. Contact Maeve, MaeveA8@aol.com, or Susan, soozau@msn.com

Fall Red Lodge Wisdom Council

DEC 1-3. Sahale. Contact Kendra Thornbury, kendra@spiritalive.net

OTHER SPECIAL EVENTS OF 2006

South Sound Drum Circle

2ND THURSDAYS. 7 pm. Cedar Center, Olympia (no meetings in July and August). Open to Long Dancers for now. Contact Barbara Krulich, bkrul@juno.com

13 Clan Mothers Apprenticeship

YEAR-LONG MONTHLY COMMITMENT. Sacred Groves, Bainbridge Island. Noon-5 PM on 6/17, 7/22, 8/19, 9/16, 10/21, 11/18, 12/16 Contact Therese Charvet, therese@sacredgroves.com

Compassionate Listening Training

JUN 11, JUL 23, 10:30 AM-5:30 PM at Sacred Groves, Bainbridge Island (fall trainings tbd). Open to Long Dancers; space limited. Contact Julia Bearheart Moore, juliasews@comcast.net

Woman's Way Sweat Lodges

Open to all women. Teaching lodges with opportunity for experienced Long Dancers to apprentice in serving Woman's Way sweat lodge. Burton Hill Lodge is on Vashon Island; Raven Turtle Lodge is near Pt. Townsend, Contact Mary Shackelford, mgls53@comcast.net or Ruth Raven Burns, bjrurns@cablespeed.com.

JUN 25 Solstice–Raven Turtle

SEP 24 Equinox–Burton Hill

OCT 29 Samhain–Burton Hill

NOV/DEC Thanksgiving or Solstice Lodge–Raven Turtle

Blood Mysteries Retreat

JUN 3-4. Sacred Groves, Bainbridge Island. Contact Therese Charvet, therese@sacredgroves.com

Simone LaDrumma in the Groves!

JUN 10. 11:30am-5:30pm workshop for men and women. Contact Therese Charvet, therese@sacredgroves.com

DONATIONS, A SACRED GIFT!

Please make your check to Red Lodge, put "donation or gift" on the memo line and mail to:

WWRL P.O. Box is 13352
Des Moines, WA 98198

Every dollar makes a difference....THANK YOU

Remember these donations are not tax deductible at this time.

A Focused Compassionate Listening Training

JUN 11. 9:30 am to 4:30 pm

Sacred Groves on Bainbridge Island

This training will offer tools for any woman who feels conflicted within herself about how leadership issues are processed within our Long Dance/Red Lodge communities. We'll learn to listen more deeply to ourselves and each other about potent stuff in order to strengthen our ability as a community to move through tender times in a healthy way. Open to all Long Dancers. Sliding fee scale. Pay what you can. Suggested rate \$65.00 Contact: Julia Moore, juliasews@comcast.net or (360) 459-4001

Luna Dance of Creation

JUN 10. 7:30-10pm. DANCE DANCE DANCE! Sacred Groves is pleased to host Sahlee 's Sacred Dances if the weather is good; otherwise it will be held at the nearby Filipino-American Hall (only 5 minutes away). Check out www.sacredbreath.cc to read more about Paul Wagner and his amazing group of musicians. Here's what the site says about these monthly dances: Cultures from around the world have understood and used the divine creative energies of our Full Moon to manifest their dreams. Contact Therese Charvet, therese@sacredgroves.com

Simone LaDrumma in the Groves!

AUG 12-13 Women's Drumming week-end. Contact Therese Charvet, therese@sacredgroves.com

GODDESS AS FLOW

© Copyright 2002 by Judith Laura excerpted from The Beltane Papers (Issue 28). Statuary artwork from unicornngarden.com

"She Who Flows through All" is an ancient Goddess epithet. A full understanding of this phrase connects us to humanity's Goddess-worshipping past and opens the way to the future of Goddess religion.

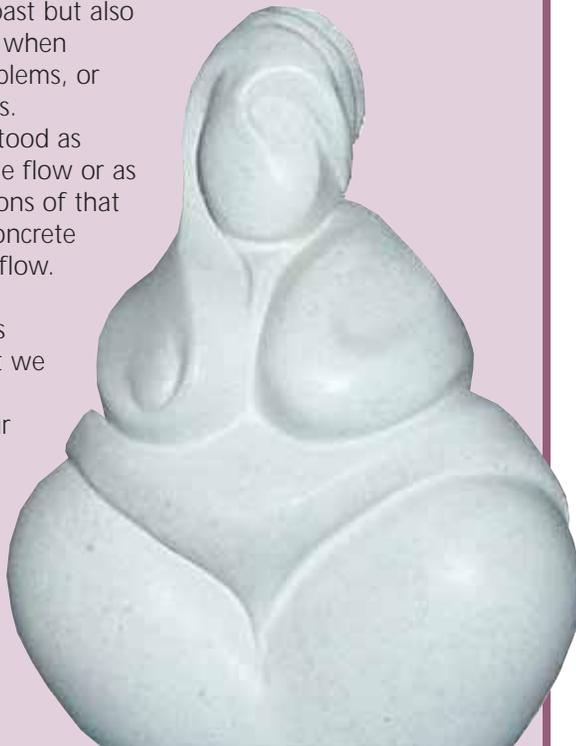
Concrete manifestations of goddesses with their many names and characteristics connect us to the millions of people who honored the divine as female over the centuries. Understanding Goddess as Flow connects us to the most advanced concepts of today's science. Yet it can also be understood more simply. For example, Goddess is the flow of rivers to the sea, the flow of our blood, the flow of love between people, and the flow of air in breeze, hurricane and jet stream. She is what connects us—not only like a link in a chain, but also like an electrical current...

...I believe this goes one step beyond immanence because it means that not only is She immanent in people and other life-forms, but she is also present in interactions among individuals, between people and animals, and between humans and the spirit world or spiritual plane. This concept is consistent with the latest science which, on the quantum level, sees all matter as an interactive flow.

To me, it is no accident that the concept of interactivity in Goddess spirituality and interactivity in computer communications has occurred in quick succession. It's even possible that the re-emergence of Goddess consciousness several years before the emergence of the Internet and World Wide Web may have helped manifest these technological forms in the physical world. And it becomes a magic circle—because our experience of this interactivity as we go online further opens the way for understanding and experiencing the divine as interactive and interconnected.

Understanding the divine, or Goddess, as flow does not mean we have to discard honoring concrete representations of Goddess. On the contrary, honoring Goddess as Gaia, Asherah, Isis, Aphrodite, Hecate, Brigit, etc., not only connects us to our goddess-worshipping past but also may be more appropriate when working with specific problems, or calling on specific energies. Goddesses can be understood as representing aspects of the flow or as being concrete presentations of that flow, just as matter is a concrete presentation of quantum flow.

To understand Goddess as flow is to understand that we interact with Her in the creative process and in our daily lives. It is to affirm that we are co-creators with She Who Flows Through All.



PLEASE... CONTRIBUTE TO THE NEXT eNEWS!

Deadline for submissions to Red Lodge's monthly eNews is the 20th of the previous month.

Special Events Calendar Listing

Contact Paula Rathbun, paulabeing@aol.com. Send specific information in this order please: name of workshop or event, date, time, place, two sentence description, cost and contact info. Long Dancers are welcome to send in event listings which must meet 5 of the 15 Red Lodge Principles. Information must be presented in a concise format.

General Articles

If you wish to submit an article that is important to share with our community, please contact Valli Sanstrom, Valli_Sanstrom@pasd.wednet.edu.

Prayer Circle

If you have a special prayer request for your self or for a friend or family member you may include it in our eNEWS prayer circle. Request should be written and emailed as you wish it to read and must have permission from the person for whom you are praying. email Ruth Raven Burns, bjrburns@cablespeed.com

Come and Advertise with Us

Do you have a business that other LD Women might like to frequent, artwork to sell, workshops, healing or business services to offer? WWRL fully embraces Women supporting Women. It is our intention to serve as a vehicle for sharing information within our community. We invite you to place an ad in eNEWS. We can even design your ad, either quarter, half or full page. Ads range from \$50 to \$200. All proceeds from ad sales apply to future Woman's Way projects. email Draï at goddessdraï@earthlink.net

Book Look *The waiting list is empty, we need reviews!* With the intention of sharing information we offer "Book Look", fantastic book recommendations from within our LD community. If you think a specific book is a must for the community, please share it with us and tell us why! At a minimum, simply provide the book title and author. If you wish, you are also welcome to write the review—130 words or less! (optional) email Draï at goddessdraï@earthlink.net

Sister's Soul Food *The waiting list is empty, we need more recipes please!* "Sisters Soul Food" is a special reserve space in eNEWS to share yummy recipes. email Draï at goddessdraï@earthlink.net Mmmmmmm!

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