

Woman's Way RED LODGE

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Change is Afoot...

Our Community Calendar is Shapeshifting

By Peg Hopkins



Sometime in July Red Lodge will introduce a new feature that will be a service and convenience for members and further our goals of netweaving and outreach to new people and organizations.

It all begins with WWRL programs that are either produced by RL, sponsored by us or ones we support. Recent examples of these three types are; *Communicating from the Core* series as a Produced program, Aikido workshop as a Sponsored program and Supported programs are those that are listed in eNEWS' Community Calendar. There are different features and benefits for each category. See the article by Mary Shackelford on page nine of the December eNEWS to learn more.

In July we will launch the Community Calendar in a new and expanded way. It will be found exclusively on our website instead of in eNEWS. As we grow and receive more and more

event and program notices, and ceremonial opportunities, we realized that eNEWS would soon expand beyond readability.

Listing in the Community Calendar is a benefit of membership. Members can list their own events and programs OR list events and programs from other sources. All listings must meet five of our fifteen principles. Produced and Sponsored programs will still be featured in eNEWS and announced in the Community Calendar as well.

The TWIST.....

The website Community Calendar will be a secure, self-inputting, real-time, dynamic calendar for WWRL members.

Here is how it works:

■ There will be a one-time step via an introduction and guideline page where a member will sign up to receive a secure login ID and then create a password to use each time they wish to submit a program to the calendar. There will be a link from the home page to a Community Calendar submission page where a simple and easy-to-use form can be filled out. From there, the calendar entry will go directly to the Community Calendar page.

■ Anyone who has signed up to receive the monthly eNEWS

notification in their inbox will also receive a link to the WWRL Community Calendar at the same time. The Community Calendar will be changing with each new listing added, so for regular updates it is simple to go right to the calendar via the WWRL homepage.

We hope you'll agree that this new feature offers an easy method to share with our community the wide variety of programs and events available to us.

We welcome program listings from all our members wherever they may live and events held in places far, far away.

This is our beginning Net Weave... reaching out, learning about and experiencing new and exciting offerings.

Our 'Web Queen', Norleen Overman has worked hard at making this all come together... she is a gift to us all with her commitment to Red Lodge and her high standard of excellence.

Thank you, oh Queen of the Web!

email me at communications_chair@wwrl.org if you have any questions.

In excitement,

Peg Hopkins





help!
 We need recipes and book reviews for future eNEWS. Please share. Urgent!
 Sisters_Soul_Food@wwrl.org and Book_Look@wwrl.org



SEEKING, SEARCHING

High and low...oh, where or where can they be?

Long Dance and Red Lodge ARTISTS needed!

- We need artists.
- who know our way.
- who are jazzed about WWRL
- who want to be involved but not sit in lots of meetings
- who want to DO ART collaboration with other women

Julia Bear Heart Moore, Melissa Dreaming Bee, Della Floyd and Lori Kramer have joined me (Drai) to collaborate on the making of the artwork for the graphic portion of the Red Lodge logo. We will have a few art conference calls. And several 'doodle sessions'. With some practical marketing guidelines, a half a dozen concepts and a lot of freedom, we will create together.

If YOU are an artist in our community...we invite YOU to join us.

we are beginning, so call right away

Drai 303.733.6890



requirements: spirit. life. energy. laughter. sacredness. color. a pencil. more laughter. delight. joy. radiance. energy. some paints. a sketch pad. red lipstick. vision. heart. excitement. sharing. an eraser. giggles. wonder. mystery. crazy hair. did i mention laughter? ideas. thoughts. playfulness. and yes, a bit of talent. :)

CALL FOR PROPOSALS

Woman's Way Red Lodge invites proposals for programs and workshops to enliven the sacred feminine through education, service, and sustainability.

- Half-day, full-day, and/or weekend programs and workshops will be considered.
- Programs may be for women only or open to both women and men.
- For scheduling in Fall/Winter/Spring 2007-08 in Olympia, Tacoma, Seattle, Port Townsend, Port Angeles areas.
- Deadline for fall program proposals is July 1. Deadline for winter/spring program proposals is October 1.

WWRL's Program Council will review program proposals and coordinate contract negotiations and scheduling for selected programs. WWRL negotiates contracts basing facilitator fees on 70% of net income (after all expenses for producing the workshop are deducted). Proposals will be selected to meet programming goals and guidelines, including quality, diversity, and cost effectiveness.

WWRL is a visionary community founded by women grounded in the natural web of life. We are calling youth and elders, women and men to join us in co-creating balance. We are looking for Program proposals that offer to share lifeskills and/or sacred experiences that inspire individuals and bring people together in co-creative community.

Please see (website link) for complete information on how to submit proposals or contact programchair@wwrl.org.

BOOK LOOK Fabulous Fiction Women Warriors –Drai's Favorite Epoch Stories!



The Outlander Series
by Diana Gabaldon

A contemporary woman is accidentally drawn through the standing stones in present day Scotland and finds herself in Scotland 200 years ago. These 5 books capture romance, clan rivalry, witchcraft, treachery of an upper class and provocative storytelling about living in ages gone by in Briton, France, and the New Americas.



The Light Trilogy
by Donna Gillespie

The first 2 books, *Lady of the Light* and *The Light Bearer* weave a tale of an Earth-based, goddess worshipping, female tribal leader. Her mission, to safeguard her heritage, her people, her beliefs. Spirit, an old seeress, her tribe and the enemy (Rome) are the guidewires by which she chooses how to fight, how to pray, what to be.



The Kushiel Trilogy
by Jacqueline Carey

Nearly undescrivable! So delicious. The only woman on the Earth with her particular holy gifts from Elua, a fictitious son of Jesus. She journeys the globe for justice, sex and the sacred. Thrilling situations, & unlikely companions. Gypsies. Picts. priests. Barbarians. Friend and foe alike. A heroine in her grace and unique divine power.



The Queen Set
by Joan Vinge

1st the snow queen, then the summer queen. A unique interplanetary story of opposing societies, some steeped in ancient religion, some worshipping power and technology. An intriguing drama of balance, heart, deceit and sybils, all enmeshed by the mystery of the mer. (yes mermaids)

WWRL BOARD

- Mary G.L. Shackelford–Chair
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- Kendra E. Thornbury
Program Council Chair
- Sarah Blum
Elder Council Chair
- Julia Bear Heart Moore
Conflict Evolution Council Chair

COUNCIL MEMBERS

Abundance Council

- Bobbi Edwards
- Catherine Dwyer
- Chalice Bailey
- Sarah Blum
- Susan Landau

Communications Council

- Amy Wolff
- Drai Bearwomyn McKii
- Norleen Overman
- Valli Sanstrom
- Marsha Cook

Program Council

- Debbie Fank
- Kathleen Hanning
- Mary G.L. Shackelford
- Paula Rathbun

Elder Council

- G. Maeve Aeolus
- Grandma Billie Sockwomyn
- Julia Bear Heart Moore
- Patricia Menzies
- Ruth Raven
- Therese Charvet

Conflict Evolution Council

- Bonnie Lee Cleverdon
- Christiann Howard
- G. Maeve Aeolus
- Kendra E. Thornbury
- Kim WombFire Woman
- Kristina Turner
- Baba Willow Dreamfeather



SUPPORT STAFF

- Drai Bearwomyn McKii, Graphics
- Marsha Cook, Assistant Secretary

Human Relations Lab continuing the climb...

*The Role of Practice in Life.
Behaving Maturely, Wisely, Positively and Creatively*

It is natural for life to evolve, becoming more complex, adaptable, and conscious. The human being, under the guidance of its DNA and the spirit-potential of mind and heart, reaches toward its own perfectibility. We become human through acts of courage while on the hero's journey to a full life of growth and learning. We cannot improve through thought or feeling alone—we must behave our way into improvement and a better life. Practice makes possible long before practice makes perfect.

This Laboratory will introduce a set of practices for daily life for individuals, partners, friendships, teams, and communities. All through a learning game!

Cost: Adults \$700; youths 13-18, \$350; children 4-12, \$250; children under 4, \$150. Discount available for WWRL members.

Sahale Learning Center.
Sponsored by the Goodenough Community

Key faculty: Dr. John L. Hoff and Colette Hoff, M.Ed.



The Human Relations Lab is a rare opportunity to be in a community of men and women who welcome others so heartily and call out in themselves and each other the experiences of relatedness in all its forms... deep work and high creativity. I left filled up and renewed.

The Lab is about connection. A reconnection to one's self, a connection to core values of community and a connection to others born of deep work and high play. All this in a beautiful natural world setting that calls out and up root connection to Mother Earth. Throughout the week at the Lab I discovered that each moment, each experience offered ever-deeper possibilities of learning and personal growth. It seemed each encounter with another person was 'meant to be'... personal enrichment found in giving, sharing, receiving and trying new things. I left wearing new skin. -Peg Hopkins

MIDSUMMER MEAD

G. Dunwich-www.mysticwicks.com

- 2.5 gal. water
- 1C honey
- 1C meadowsweet
- 1/4C brown sugar
- 1C woodruff
- 1C barley malt
- 1C heather flowers
- 1 oz. brewer's yeast
- 3 cloves

Pour the water into a large kettle. Bring to a boil and add the meadowsweet herb, woodruff sprigs, heather flowers, and cloves. Boil for one hour and then add the honey, brown sugar, and barley malt. Stir thirteen times in a clockwise direction and then remove from heat.

Strain through a cheesecloth and allow the mead to cool to room temperature. Stir in the brewer's yeast. Cover with a clean towel and let it stand for one day and one night. Strain again, bottle, and then store in a cool place until ready to serve.

MIDSUMMER BATH

G. Dunwich-www.mysticwicks.com

- 3 Parts Sweet Marjoram
- 3 Parts Thyme

This is a wonderful cleansing bath for emotional and physical pain...(add 1 more part Thyme and 3 parts red clover for a healing bath to wash away female cycle pains)

MIDSUMMER INCENSE

G. Dunwich-www.mysticwicks.com

- 3 parts frankincense
- 2 parts benzoin
- 1 part dragon's blood (not that hard to find *wink*)
- 1 part thyme
- 1 part rosemary
- 1 pinch vervain
- a few drops of red ritual wine

MIDSUMMER SALAD

G. Dunwich-www.mysticwicks.com

Mix and match ingredients according to preference and availability. The idea here is to have a variety of fresh vegetables that can be esthetically arranged to celebrate summer. Serves 4.

- 3C butter or green leaf lettuce
- 2C mixed greens (arugula, chicory, etc.)
- 1/2C shredded carrot
- 1/2C chopped cucumber
- 1C cooked chickpeas
- 3 halved cherry tomatoes
- 2 TBS chopped pecans
- 1 TBS chopped fresh basil
- 1 TBS minced fresh parsley
- 1 pack edible flowers for use as garnish (optional)

Goddess Dressing of course!



COMUNITY EVENTS CALENDAR

WWRL CEREMONIES AND RITUALS

South Sound Drum Circle 2ND FRIDAYS. 7PM. Cedar Center, Olympia. Open to all women. \$5 suggested for facility rental + Hearth Fund donation. Contact Barbara Krulich, bkrul@juno.com.

24 hour Medicine Drum Peace Vigil Last Saturday of every month, Sunrise to Sunrise. No experience needed. Drums available for your use. Sponsored by Dancing Deer Drum Circle. For info call Barbara 360-866-7687 or Joyce 360-495-0033.

Beltane Woman's Way Sweat Lodge

NOTE: June and Sept dates have been cancelled. Raven Turtle Lodge Port Townsend. Open to all women. Hearth Fund donation encouraged. For info and to RSVP, contact sweatlodge@wwrl.org. 2007 schedule listed below. Waterpourers and firetenders are invited to step up! 2007 marks the beginning of WWRL efforts to reach out. Please feel free to invite interested women to join us.
10/27 (Samhain) – Raven Turtle
11/24 (Giving Thanks) – Burton Hill

24 Hour Drum Vigil for World Peace and Prayer Day
JUN 21, 6 AM - JUN 22, 6 AM. Burton Hill, Vashon Island. 50 participants maximum, Women and Men Welcome, RSVP. No pets please. \$20-\$35 Hearth Jar Donation, Potluck, WPPD Activities Sign ups needed for Drumming. Early Registration required and limited to 30 participants Contact Kathleen JK Hanning at 360-457-6522 or worldpeaceday@wwrl.org. Register at the WWRL website at wwrl.org/wppd.html

"Our Vision is for Peoples of all continents to come together as ONE at their Sacred Sites to Pray, Meditate and Commune with one another, on this day, thus promoting an energy shift to heal our Mother Earth and achieve a united consciousness toward attaining PEACE"
–Chief Arvol Looking Horse.

The purpose of Woman's Way Red Lodge is to
Enliven the sacred feminine, Honor deeply all life,
As we serve our world.



OTHER EVENTS

Wailing Lodge One Friday a month, Sacred Groves, Bainbridge Island. kendra@spiritalive.net or Therese@sacredgroves.com.

The Gift of Attention: Bringing Forth a Healing Plant Essence JUN 9, 1-4:30 PM, facilitated by Robin Rogers. \$35. Contact rare_rar@yahoo.com or call: (206) 463-3274.

Drum Circle and Open House JUN 9. Sacred Groves, Bainbridge Island. Contact kendra@spiritalive.net or therese@sacredgroves.com

Port Angeles Drum Circle JUN 22, SEP 21, and DEC 21 2007, on Solstice and Equinox, 7 PM, Dry Creek Grange, Port Angeles Open to all women; \$5 suggested donation. Contact Della Floyd, sparklywanda@msn.com or 360-452-8570.

Work party for World Peace and Prayer Day JUN 16. 10:00 am to 4:00 pm. Burton Hill on Vashon Island. Outdoor preparation including mowing, weed eating and

wood splitting/gathering is required for this important event. RSVP contact Kathleen Hanning at 360-457-6522. Check it out at worldpeaceday@wwrl.org.

Community Drum Circle sponsored by Open Rhythms Every Friday, 6:30-7:30PM. Open to everyone. The cost is \$5, children under 12 free. This is held at Jefferson Field House in Tacoma. For information contact daisyjcompton@aol.com..)

Many WWRL Lodge Sisters and Support Sisters offer events, workshops, programs, or on-going gatherings that resonate with the purpose and principles of Red Lodge. We offer this information with blessings for the energy, commitment and success of all. Please forward this information to all who might be interested!

If you would like to support WWRL with a financial gift, please make your check to Red Lodge, put "donation" on the memo line and mail to: WWRL P.O. Box 13352, Des Moines, WA 98198.

Every dollar makes a difference...THANK YOU

SUSTAINABILITY CORNER

In our every deliberation we must consider the impact of our decisions on the next seven generations.



The Circle of Life – Sustainability of Spirit –Suzanne Lichau

I recently was blessed with a journey to Costa Rica where on April 9th I received a new baby boy from the womb of a dear friend. After 47 hours of labor, that I was so relieved to see this new being and see that he was present and whole and well is THE understatement of my life so far!

Though I began my spiritual journey and development long before attending my first LD in 1998, the ensuing years at LD helped hone me well for this experience. Just as I leaned on the songs and strength and power of our lodges and long night when I sat as witness for my brother's death in August 1999, I leaned again during this birthing process.

Isolated by physical location and language it was all I had.

I am so grateful for the years of practice LD has brought me, building my stamina, resilience and ability to hold space, as well as the gift of being able to be self-compassionate when I lose my way. This experience brought home the value of being able to stand in the midst of chaos, lose my center, speak truthfully of being lost and not having answers, and returning to center again—over and over. The concept of the dynamic flow of life within the paradox that Kristina has shared with us became a tangible pathway as we walked along the beach during part of the labor process. My mantra for my friend during that time was, “you can step into this—step in to the discomfort—let it open you—step up and embrace this ‘rush’” – as we walked an infinity symbol path on the beach.

How often life calls us to step up—when we think we can't, when we are tired, when we are convinced we are empty. I realize that birthing children gave me a deeper understanding about stepping up. When one is called there really isn't a 'choice' to have the experience or not. It is a process begun that needs to be completed. Whether we flow with whatever the challenge is or not, open ourselves or shut down, complain, yell, laugh, cry, sing, dance, hold tight or let go the process will complete. Moment to moment we have to make a

choice to hold our visions and intentions with an open hand/heart or a closed fist/heart.

My own personal mantra during this particular time was the same as for my dear laboring friend, “open—open”. When I returned home by some ‘fluke’ I happened to tune in to a lecture by Dr. Cristiane Northrup about women and menopause.

She said something that vibrated in my heart. She spoke to her theory that PMS brings up for women that which they are not looking at within. When we enter peri-menopause/ menopause/post-menopause whatever we haven't addressed from the hints we have been given thus far come to us full on. We get to look at whatever we missed in our earlier years. As this percolated in me along with my recent experience in Costa Rica I suddenly realized that much of what I experienced was actually looking at the values I held about life, death, health and being in my 20's and 30's. I got to meet these values through someone else's experience and see how my journey, learning and filters have changed and transformed views and values I held earlier in life. Seeing who I have been and who I have become with some of the how and why was big. The wisdom we accumulate over time that teaches us about holding our intentions/visions with a loose open hand/heart and returning to our core beliefs no matter how long lost or forgotten for me is the essence of sustainability of spirit, along with accepting the biggest factor –Mystery.



Jordan

Drumming, singing, meditating, praying, sitting in a purification lodge, being in my garden, being with my elderly parents, witnessing death and birth, giving my blood, holding my blood, laughing, crying—all these things and more sustain my spirit.

What sustains your spirit?



Deadline for submissions is the 20th of the previous month.

Web and eNEWS Disclaimer All eNEWS editions, in whole and or in part, will be on the Internet. The submitter is totally responsible for the content they submit, whether written, images or pictures. Submitted information must be original works or you must have explicit written permission to use their work and have it posted on the Internet. If other individuals are in pictures that you submit to the eNEWS, you must first gain their permission to use their picture and have it posted on the web.

eNEWS STAFF



- Peg Hopkins Communications Chair
- Norleen Overman Web Tech
- Valli Sanstrom Content Keeper
- Suzanne Lichau Sustainability Writer
- Drai Bearwomyn Graphic Designer
- Pamela Delilah Proof Reader
- Marsha Cook Messenger

Community Calendar Listing:

Calendar_Submissions@wwrl.org All WWRL Lodge Sister and Support Sister Circle members are welcome to send in event listings, which meet 5 of our 15 Red Lodge Principles wwrl.org/files/our_principles.pdf. Send specific information in this order please: name of workshop or event, date, time, place, cost and contact info. Information must be presented in a concise format. Our community calendar process is changing (see article page 2). For, now, follow these guidelines. A notice will be sent out when the new calendar system is ready. Stay tuned!

General Articles: Article_Submissions@wwrl.org We invite women of our community to share their gifts and passions with us in written form, which they believe may interest others in our community. Articles must be original works and must meet 5 of the 15 Red Lodge principles.

Come and Advertise with Us:

Advertising@wwrl.org Do you have a business that other WWRL Women might like to frequent, artwork to sell, workshops, healing or business services to offer? WWRL fully embraces Community supporting Community. 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 WWRL projects.

Book Look and Movie Madness:

Book_Look@wwrl.org With the intention of sharing information we offer "Book Look" and "Movie Madness", fantastic book or film recommendations. If you think a specific book or movie is a must for the community, please share it with us and tell us why! At a minimum, simply provide the title and author. If you wish, you are also welcome to write the review-130 words or less! (optional).

Sister's Soul Food:

Sisters_Soul_Food@wwrl.org Please send your favorite, tasty, healthy recipes to share with our circle.

Sustainability Corner:

Sustainability_Corner@wwrl.org Come, come, let us sit at the table of life together and feast!! Is there a book or information source that has inspired you in relationship to sustainability that you want to recommend? Is there a business you have used or know of that practices sustainable manufacturing that you want to share? Is there a practice you use that could help others to be more sustainable in any of the three spheres – body, mind or spirit? Are there products or services you offer that relate to the concept and vision of sustainability? Write us with Ideas and contributions.



Word of mouth...

Be sure to tell your family and friends about us. And hey, sisters...what about your partners, children and that special woman in the neighborhood you've always admired and share like conversation with? Send them to wwrl.org to check us out. Tell them about why this is important to you.

Growing Community Grows Life!