

Woman's Way
RED LODGE

In the Fire of Red Lodge

Thank You

Opening the Door

The Bigger Story About Being Women in
the 21st Century

Book Look: This Time I Dance

Constructing our Foundation and
Creating Our Image

Water Ways

Interim Board and Council Members

Sister's Soul Food:
Compassionate White Root Salad

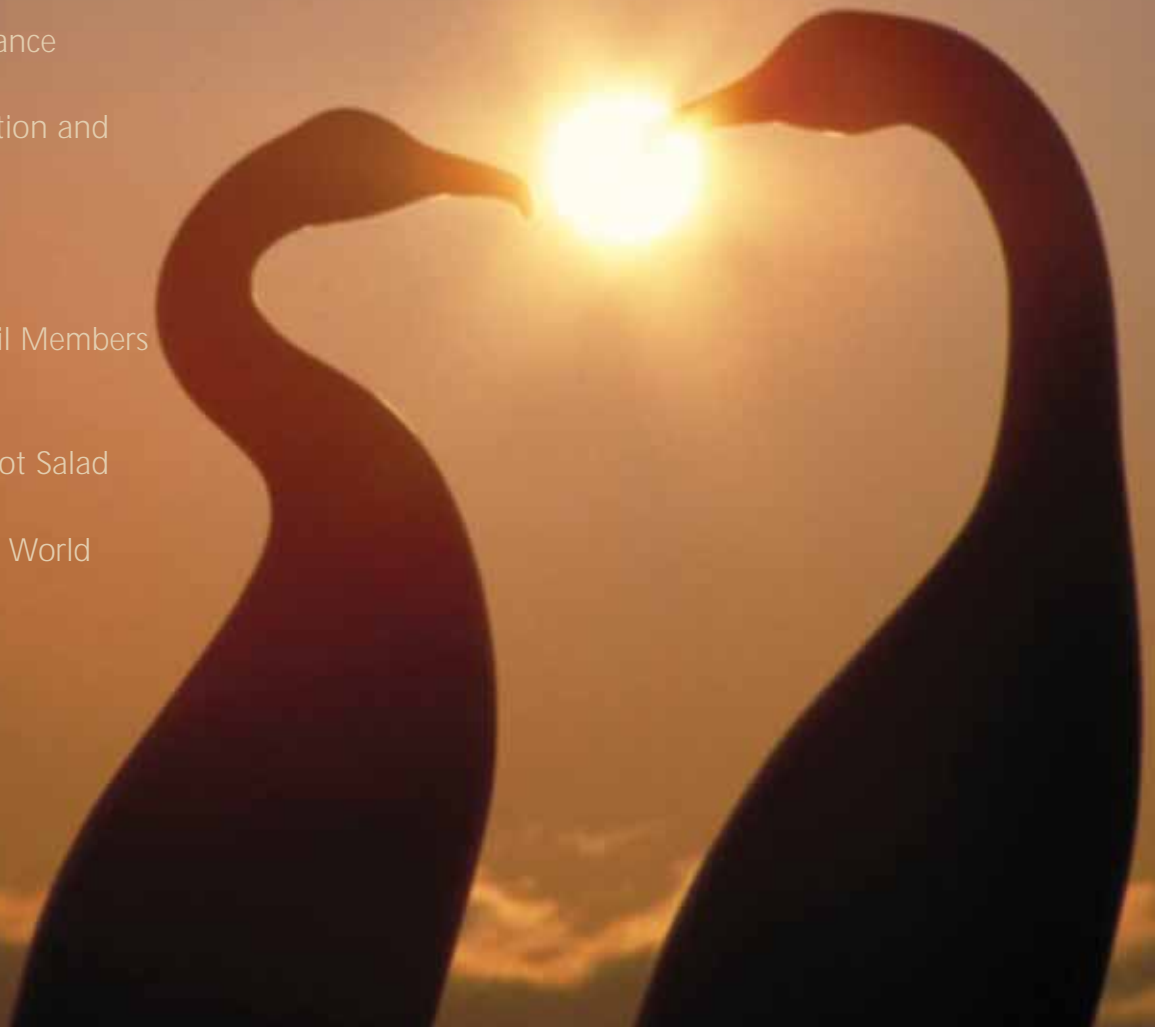
Taking Our Ways Into the World

A Creatrix Ritual

Calendar of Events

Prayer Circle

Contribute to eNEWS



BEAUTY. before us. behind us. above us. below us.



IN THE FIRE OF RED LODGE

Sisters of Red Lodge:

Driving home from our last Wisdom Council, Kristina Turningwoman noted how the feelings working her body and soul reminded her of how she felt returning home from Long Dance. In the days that have followed, I have returned again and again to reflect on what happened at Sahale in early March. When we come together, we go very, very deep.

For me, there were a number of personal AHA!s in my connection with individual women. I was able to see in specific incidents how I connect and where I contract. On Sunday morning, down by the river, I actually got so small I completely disappeared! Try as I might, I could not find my voice; there was no me to speak. And besides my own excruciating pain, I totally got how alarming this was for my sweet, unsuspecting friends! Over the weekend, I also received clear insight into how I navigate the rapids of group process. By the vulnerability of other women speaking up and by what I observed of myself, I was inspired to reach for greater wisdom in being responsible for my part, to work hard to remain present, and to find the courage to speak in right timing. That these things can arise in the context of so much love, mutual respect, and trust is truly a blessing. The safety we create makes this possible.

In the larger context, our gathering illuminated clearly that as we work together in our co-creative circle, we are the change we want to be. The rich possibility of what we are unfolding together moves me to my core, and I am honored to be part of this. Time and again, I see and affirm that our power and integrity arises through the fundamental commitment to honor and support each other in the co-creative process. We allow ourselves to be messy; we embrace imperfection.

And this is possible because of the deep trust we have so carefully built and which we nourish each time we gather...a trust born of the understanding that each voice and presence in the circle is important, that the commitment is to support each individual, to take the time to listen, to find the courage to speak from the heart, to honor different realities and perspectives, and to believe that we won't leave, we won't abandon each other.

It does sometimes come over me: Mary, what are you doing....so much time and energy invested in this work, and as JodiAnn so succinctly stated, "Red Lodge could be a flop." And it does sometimes come over me: ee-yah! this moves so slowly; it is such a difficult, laborious process coping with our geographic distances, getting to and through decisions, maintaining forward momentum. Then I come home from Wisdom Council, and I realize again that if in the end all comes to naught, the work we engage in, the sweet, deep honor and respect with which we remind each other to insist on finding our way, our Woman's Way, will be enough.

Sisters, we are blazing ground. If Red Lodge is to be what we dream it to be, the fact of this slow, careful finding our way together in integrity will be the strong foundation upon which we move our ways into the world. It is woven into the fabric of our organization. This is Red Lodge. This is bringing our work to the world.

And so I come to fire. I think of all that fire is for us: the fire that heats our stones, those stones which receive our tears and sweat and prayers, those stones which hold the heart of Mt. Rainier. I remember how the womofire moves through our bodies; how the fire of the passion and power of our sexuality is celebrated through the blood mysteries of our red tent. I dream the fire of Long Night when we dance between the worlds.

At Wisdom Council, we encircled the Long Dance firepit to give thanks for all the prayers, transformed in our Long Night fires, which have brought us to where we are. Led by Kristina, we carried that fire with us up the hill to our Red Lodge meeting to bring the fire of our determination, the fire of who we are and who we are becoming to the world. Early on, as I learned to navigate the tricky waters of email correspondence and group phone calls, Peg said to me, "move toward the fire." And so I become slowly braver; I find the courage to jump into the fire with you. And you. And you. I move to that fire. It calls us to courage and commitment; it beckons us to become visible in the fire of Woman's Way Red Lodge.

I am firewoman this year; we dance into the East, and I look forward to celebrating Long Dance with you. Blessings on us all and the work we do together. I bow in gratitude,

—Mary G.L. Shackleford, Program Council Chair

Gracias
Altach
Ahiyi'ee
Merci
El-hamdullah
Danke
Wa'-do
Tak
Grazie
Toda Raba
Arigato
Ka Pai

THANK YOU

Not only is Red Lodge gathering momentum as women come together in lots of new exciting ways, there is more good news. Thanks to the support and generosity of women in our circle, dollars are beginning to come in as well.

We want to especially acknowledge Claire d'Gaia and Therese Yakshi Charvet for their contributions from the proceeds of the drum making workshop and the compassionate listening trainings. In addition, women of South Sound drum circle have donated more than \$65, and those who gathered for the Imbolc Lodge gifted \$200. Jodi Ann Rodriguez donated \$100 to match our seed money for partial scholarships to encourage participation in the leadership of our circle by helping cover costs of attending Red Lodge Board and Council meetings. We are on our way.

Thank You, Thank You!!

WWRL OPEN HOUSE GETS A NEW NAME

OPENING THE DOOR

Opening the Door is the new name for our Open House event coming on September 23. It is a "Woman's Way Red Lodge Festival celebrating who we are and who we are becoming," and the vision for our "opening the door" is blooming like gangbusters!

This festival is a welcoming to all the women of the LongDance community and their special guests to come and share in the celebration. It is an opportunity for us to hear our story, share our skills and explore how we as a community can take our offerings, gifts, teachings and learnings out into the world in a way that cultivates right livelihood while at the same time "Enlivening the Sacred Feminine, Honoring Deeply All Life, As We Serve Our World."

We would like to encourage all women who have attended LongDance to contemplate how they might weave their own magic into the experiences at this event. Our call right now is for women who may want to be involved in the following:

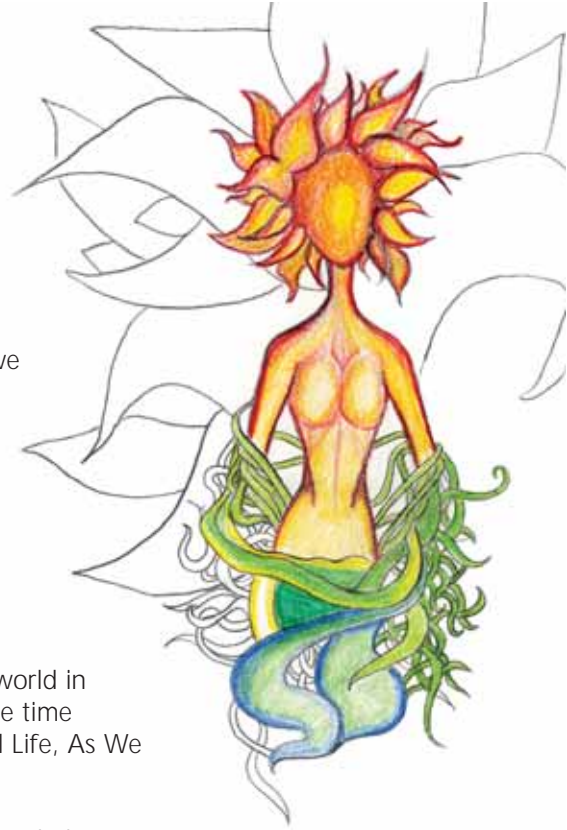
- **Silent Auction** If you have ideas or items you may want to contribute, please contact Victoria Jensen at victoryJ50@gmail.com
- **Booth** If you have an informational, activity or product booth that you would like to set up at this event, please contact Sarah Blum at sarahblum@earthlink.net
- **Performance** There will opportunity for women to share their gifts through all varieties of performance. For more information or to participate contact Mary Shackelford at mjls53@comcast.com

Opening the Door will be a magical time of being able to step into the Mystery of who we all are and who we are becoming. And it will be a reminder that:

"We each come to the doorstep and make the choice to step over the threshold, we are already enough; we are already complete."

—Lauryth Dwyer. *WWRL Spring Wisdom Council*

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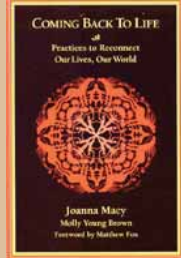


THE BIGGER STORY ABOUT BEING WOMEN IN THE 21ST CENTURY

Everywhere I turn these days—I read, hear or experience something I know in my bones...the feminine is on the rise!! I've seen Jean Shinoda Bolen's latest book, *Urgent Message from Mother: Gather the Women, Save the World*, circulating in our community. She claims that there is a bigger story about being women in the 21st century and that, "we've learned that women gathering together in groups and telling the truth of their lives can actually change the world."



Joanna Macy, in *Coming Back to Life* speaks to the women's spirituality movement as one of the key elements that is at play in the re-awakening of the planet.



Andrew Harvey, a well-known leader in Sacred Activism, suggests that the return of the "Divine Feminine," which is reflected in the growing recognition of our interconnectedness, is one of the seven "Stars" in the preservation of people and the planet.

And right here, sisters, we are changing the world through our community! The very pulse of divine life that runs through us ripples into our relationships, our families, our communities and beyond. We are changed, and at the same time become more of who we are, each time we come together.

Yet another gathering of women in early March demonstrated the beauty way, the unique gifts of who we are together. On March 3, the Board of Trustees met for the 2nd in-person Red Lodge meeting this year. We spent Friday night and Saturday morning tending to board business. Saturday afternoon, sisters joined us for a Council that lasted through Sunday afternoon.

There were many outcomes from this weekend. The intangibles—the spirit and life force of our relationships and rituals—kept us nourished throughout. As we continue to grow and build our organizational foundation and practices, we intentionally design processes to tend to these aspects of our selves, while tending to business at hand. We find balance between business and spirit, process and action, masculine and feminine.

There were several developments that I would like to highlight. One is that the board made a decision to pursue creating our non-profit status. We explored the potential of being under the "umbrella" of Sahale. We finally concluded, in the interest of time, but more importantly in order to claim our power, that we need to create our own. Joanne Cook was kind enough to join us early and worked with us on furthering our progress with the IRS statements. We are aiming to complete the paperwork by August.

We decided upon our mission statement! As with all decisions at Councils, we had a quality circle that gave space for women to air their support and concerns. The response was filled with excitement and resonance. We engaged in our heart agreement process and came to consensus on our new statement. Check it out...

To ignite those open to a soul centered life through sharing sacred experiences, practices and life skills grounded in the wisdom of the Woman's Way.

One of the most important and meaningful aspects of the Council was time spent on the preservation of Longdance and the relationship between Red Lodge and Longdance. Kristina and Lauryth offered us a foundation to work from as we entered into another new exercise for our community. Kristina facilitated a "fishbowl", where one circle sits inside another. The first group in the center was the voice for Longdance; the second group in the center was the voice of Red Lodge. The center circle dialogues with each other and the outer circle witnesses. Then the groups switch so that each has an opportunity to speak and to witness. There were many voices of truth, each contributing a unique and valuable perspective. Considerations and questions were deliberated with heart and noted for future action. Here is a glimpse of some of the wisdom women imparted:

- Acknowledging that the unique transformative experience that Longdance offers could be eventually offered in other forms.
- Desire to continue to articulate LD experience.
- Explore options for structure of LD and be clear about the implications of including within legal and organizational structure RL
- Establish clear definition of RL/LD differences
- As growth happens... ask "Is this empowering or not?"

We are committed to our sacred Longdance, and explorations on this matter will continue to unfold. We defined next steps for nurturing a mutually beneficial relationship between RL & LD, which included the decision to have the Fall Long Dance Wisdom Council highlight this topic and to explore creating a ceremony to acknowledge birth of RL and honor Longdance.

On Sunday, Paula, Lori and Mary (Program Council members and chair) led us in a beautiful ceremony and creation. We engaged our hearts, minds and bodies in service to the Open House that we will take place in September. This time together was rich, and as one woman said, "I am doing what I love here with Red Lodge". You will see the yummy results of this time when you attend the Open House!

I hope these highlights satiate your curiosity about some of the latest happenings in WWRL, and inspire your involvement in one way or another. And remember, we are a part of the bigger story of what it means to be women at this time in evolution. OH, and tell your truth; it changes the world for the better.

Some other Council & Board highlights, decisions/ action items:

- Communication Council moves forward with website development and forms a "Branding" ad hoc committee— STILL NEED MEMBERS
- Abundance Council progresses in formation of membership circles
- We set up a scholarship fund to encourage leadership opportunities for those who may not otherwise be able to experience leadership due to financial hardship.
- Created Next Steps for Nurturing RL & LD relationship
- Further define Open House goal (fundraising or informational)
- Increase connection and relationship to Mothers Longdance

—Kendra E Thornbury, Vice Chair and spiritualive Coach

BOOK LOOK

RECOMMENDED BY

Christine
Wisedancer Hopkins

TITLE

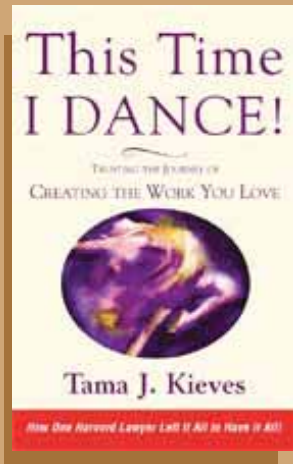
This Time I Dance:
Trusting the Journey
of Creating the
Work You Love

AUTHOR

Tama J. Kieves

RETAIL

\$12.95



I have read a lot of how-to, career change, midlife transition, etc. books over the past few years. This Time I Dance is the best by far, also the most light-hearted, the funniest, the most touching. It is so good to know that dreams of an artistic life, confusion about making a living, difficulty making decisions, crises of self-confidence combined with fits and starts of fervor, all this is a normal part of the process! I cried, I laughed, I felt so reassured and relieved and inspired. This is not a how-to book, it's a delightful personal journal written by a corporate lawyer who chose adventure and became a published poet. And she can really turn a phrase.

Here are a few of many favorite quotes:

"Decide to live your dreams before you can foresee the means. You can feed attention to your obstacles or you can feed attention to your desire. One gives you magnified obstacles. The other brings you fire."

"Only your dreams can dispel your ghost. Your gnawing is your knowing."

"Backed by self-permission, I had come on this crucial mission. I was here to feed my joy."

"Keep going into the unknowing. Yes, each moment takes you farther away from predictability, but draws you closer to your sacred abilities."

"And if you knew your potential, you would laugh at your efforts to fit into smaller molds."

Hmmmhhh, delicious. Her web site is
www.awakeningartistry.com.

CONSTRUCTING OUR FOUNDATION AND CREATING OUR IMAGE

The Communications Council says hello to all of our Long Dance and Red Lodge sisters. We welcome you with open arms and hearts. We are excited about all the wonderful happenings in this startup phase of Red Lodge. This is where we set up our foundational structure, business systems, graphical images and look, among many other rich tasks. Woman's Way Red Lodge is gaining energy and heart as we move deeper into connection with each other and ourselves. For me, Red Lodge is about developing openhearted connections, sharing communications and ideas, service, fun, play and learning.

The Communications Council is in full support of our "Opening the Door" event in late September. It is our intention to work closely with the Programs and Abundance Councils to assure we have a fun, easy and successful event. We have some important business elements to set into place to prepare ourselves for this event.

The first task the Communications council is involved with is the "Branding" process. Branding is the way we look, feel, smell, taste and sound to the outside world. Branding includes: shapes, colors, textures, images, typography and many other aspects. Proper branding says: here we are, and builds passion and long-term customer/member dedication. I call us to a deeper and more compelling Brand. To develop a brand that evokes deep and strong emotion and the customer/member can own the Brand, fall in love with our brand, our vision, mission and purpose. These brands are generally called "LoveMarks". They are designed with the principals of Mystery, Sensuality and Intimacy and elicit deep emotions to connect companies, their people, their customers/members and their brand. I propose that we Vision a "LoveMark" for our brand, to express our passion about the principals of Long Dance that we are now bringing into Red Lodge. I envision us bringing deep loyalty and the emotions of long lasting dedicated relationships with our customers/members. "LoveMarks" is a branding book by Kevin Roberts.

Lori Kramer is holding the bowl for the Communications Council for our Branding process. If you begin to vision a brand, logo or theme that speaks of Red Lodge, please contact and it share this with Lori. We welcome your ideas and assistance.

The next foundational task is to begin building our membership database (business system). We will first revise the Long Dance master-list, to make it more efficient, more robust and easier to use. Next, we will develop the features that we will need for the Red Lodge administrative record-keeping and may split this away from the Long Dance master-list. We will include all the features required to meet the needs of the membership and leadership structure that Red Lodge. Our membership database will be completely secure, strong and have total flexibility for future growth.

We are still in the process of designing our startup website. This site will have a temporary look and will be very small. It will have a home page, will support some archive files, have a robust calendar page, and an eNEWS page. This site will be updated monthly. We will delve into our long-term permanent website design later this year. That is an exciting project that we will share more about later.

In Deepest Gratitude,
Norleen Overman—Communications Council Chair



WATER WAYS opulent sacred moments in a concrete world

We gathered by the river, like so many women before us have and many women after us will. We paused, honored, acknowledged, prayed for and celebrated water at the Tahuya River Water Ceremony-Long Dance 2005. It was powerful good. It stirred my heart in the deep place. I thirstily craved more. I have had a fulfilling experience over the past several months finding ways to work water ceremony consciously into my daily routine, into my city where I am no where near a river or nature...where concrete is king. I have incorporated 3 "Water Ways" into my lifestyle. The Water Woman in me, meets you at the well, and shares with the Water Woman in you...

1. W + Altar = WAlter, as in "I am going to have my WAlter", grin laugh smile. This is the new name for my daily bathe. I've always been a bathwater baby, but lately have been struck by the bland, curveless, in-organic-ness of my bathtub and likewise, my bathing experience. My worn porcelain tub contains beautiful water, but it was nothing like the experience of visiting the river. So, I remedied this by creating my "WAlter", the temple where I bathe, where I love the water and the water loves me. I have brought things of the Earth into my tub. They live there now, always. Big powerful rocks for strength. Shells for the Sacred Feminine and the ocean. Petrified wood for root connection and groundedness. Quart crystals for harmony. (All too large to wash down the drain) I created a tub garden! I love sitting, washing, napping in this gorgeous, powerfully imbued water, my body immersed and my toes resting on all these delicious textures. I love bailing water out after my bath and using it to water my plants. I think of the stone/water/rock/crystal energy, blended with my energy, nourishing my flora. Mmmmm. I love pulling the drain plug and watching this beautiful charged, prayed-over water swirl down down down. I imagine "happy and loved water" meeting and blending with the "unhappy water" and together changing to something more whole. The "WAlter" was such a simple thing to create and takes virtually no maintenance. The best part is the smile, energy and penetrating satisfaction I've gained by making this uncomplicated addition to a standard lifestyle ritual. I have brought a new awareness to my bathroom, bathtub and bathwater. In doing so, I believe I have found a lovely way make the water feel more at home too.

2. Happy BIRTHday. There has been much talk on the news about "how not to get the flu". One broadcaster focused on thorough hand washing. She explained that we ineffectively wash our hands by rushing, not fully ousting those unwanted germs. Her guideline for us was to wash and scrub and suds long enough to sing Happy Birthday to ourselves 2x. I shared this info with the teens in my house and together we began. We were all rather stunned at how long a handwashing was being recommended and how entirely too little time we had previously used to get clean. So we washed and we sang Happy BIRTHday, 2x. It became ingrained, a habit. And one day, it hit me what I'd been singing, A SONG OF BIRTH... Aho. Now, when I wash it is a ceremony. Every time. No rush. All intention. I sing Happy BIRTHday the first time as a gifting to the water, thinking of revitalization, healing, new life for all the waters on Earth and the healing of our awareness of our relationship with sister Water. I sing Happy BIRTHday the second time to me... "a child of the universe, being born each moment." What a simple pleasure. This action helps me take on the form of me, with choice and awareness, each time I visit the wash basin. I am grateful for this awakening and remembrance.

3. Devotion with a flick! No matter where I am, in an Airplane, at the office, in the mall, in the woods... after I wash my hands, I water smudge myself instead of drying on a towel (sacrosanct and enviro-friendly!). Flick flick flick my fingers send refreshing sprays of water drops on my cheeks, in my hair, down my neck...a big, rich, fresh breathe, accompanied by these flicklets of water, enable many needed sacred pauses in my day. I have done this enough now that I am "trained" and find an immediate quietude and enjoy satisfying self love with every devotional flick.

These are new ideas and practices for me as I expand my relationship with sister Water, with my Self and continue to understand how to walk sacredly, sustainably upon this ever growing concrete path.

I hope you have enjoyed my story. I hope to have delighted, or inspired, reminded or confirmed thoughts and or experiences you have had. Thank you for spending a moment with me at the well. Drai Bearwomyn-Water Priestess

INTERIM BOARD

Board

Peg Hopkins-Chair

Kendra E. Thornbury-Vice Chair

Susan Landau-Treasurer

Ruth Raven Burns-Secretary

Lauryth Dwyer
Long Dance Representative

Sarah Blum
Abundance Council Chair

WELCOME TO OUR NEW CHAIR!

Norleen Overman
Communications Council Chair

Mary G.L. Shackelford
Program Council Chair

Ruth Raven Burns
Elder Council Chair

Kristina Turner
Conflict Evolution Council Chair

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Abundance Council

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Bobbi Edwards
Catherine Dwyer
Victoria Jensen

Communications Council

Valli Sanstrom

Program Council

Mariah Wind Dancer
Nan Draper
Paula Rathbun
Lori Kramer

Elder Council

Gaia Maeve Aeolus
Grandma Billie Sockwomyn
Julia Bear Heart Moore

Conflict Evolution Council

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

Graphic Designer

Drai Bearwomyn

Sarah's Healing Haven

Dear Sisters, Please know that I am available to serve you in a variety of ways, to empower you to express all of your magnificence, as you walk your path in this world.

I have been in private practice for over 28 years as a nurse psychotherapist, specializing in unconditional love and acceptance of self and others, creating a safe environment for the expression of feelings, needs, conflicts, issues, and healing at the deepest levels. My ways are non-traditional and effective in the healing of invisible wounds to self. I work both developmentally and holistically with all ages of your self and all traumas.

My Professional and spiritual work includes:

- Psychotherapy with individuals, couples, groups
- Past life therapy and healing your soul's trauma
- Life and spiritual guidance and coaching
- Hands on energy healing with ARCH® and Quantum-Touch®

I have recently been initiated as Rainbow Woman Who Sees All, ARCH, Ancient Rainbow Consciousness Healing, which is an Ancient Kahuna practice. This healing utilizes all the rays/frequencies from Divine Source to heal on the conscious, unconscious, physical, etheric, mental and emotional levels. ARCH has the ability to heal any condition instantly, because it resonates at such a high vibrational level.

SPECIAL LONG DANCER OFFER!

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This special is valid through the end of April 2006.

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sarahbarnp@earthlink.net. For more information be sure to visit my website www.sarahshealinghaven.com



SISTER'S SOUL FOOD

Compassionate White Root Salad

by Julia Bear Heart Moore

- 2C washed, peeled, thinly sliced raw Jerusalem Artichokes
- 1/2C washed, peeled and thinly sliced raw burdock root
- 1/2C washed, peeled and thinly sliced raw turnip
- 1/2C small yellow onion thinly sliced
- 1/2C chopped Italian parsley
- 1 tsp. capers
- 1/2 tsp sea salt
- 1/4C olive oil
- 1/4 to 1/2C lemon juice

Mix all ingredients together and refrigerate overnight, serve cold with roasted slivered almonds sprinkled on top.



TAKING OUR WAYS TO THE WORLD

At the request of Susan Buis, women of our circle will gather Sunday, April 23, 9 AM to share a Woman's Way sweat lodge with men. This prayer and purification ceremony will be held at the Burton Hill Lodge on Vashon Island with Barbara Krulich pouring water and Mary Shackelford tending fire. If you know of men who would resonate with this experience, please let them know we are honored to share our ways with them. The lodge is also open to all women, Long Dancers and others, who want to join us.

We will make some effort towards a balanced mixed gender lodge. We are hopeful there will be enough women serving to greet and tend each person who emerges newly birthed from the lodge.

It is important that all wishing to participate in this lodge, men and women, get email contact information to Mary (mgls53@comcast.net) by April 10. She will send out details, suggestions for preparation, and driving instructions.



need new business cards designed?
goddessdrai@earthlink.net

wild redhead design
creative solutions, graphic design, brand identity



artwork by Susan Harris

As women, we are naturals at birthing things: children, creative projects, beautiful homes, stories, healings, heart-filled relationships. What I think we aren't as good at doing is taking the time to enjoy the fruits of our labors. I wrote the following ritual for my cousin who just finished writing and producing a play. She was sitting, after finishing something well that took a great deal of life energy and enthusiasm over a long period of time, sitting with the void of what she would do next that would engage her creative self again and also sitting with not really realizing the magnitude of what she brought forth into the world. I wrote this for all women (and children and men, too) because when we create we need to learn to celebrate our creation more. Feel free to modify this ritual at your whim. This ritual is simply a container I poured my ideas into to encourage us all to look, more carefully, at the beauty we bring into the world. Bless you! Melissa Dreaming Bee

CREATRIX RITUAL

Decorate the altar with treasures from your creation. If a play: the program, tickets, flyers, a memento from the set, a flower from a bouquet that was given you. If a poetry reading: poems, words, the blouse or necklace you wore to the reading. If an art show: brushes, paint, fabric, a piece of art, postcard from publicity, a cookie from the reception. If another creative project: fun things that represent that project. Use bright colors, wrap a gift for yourself in thanks for the great work you have done. If you do this ritual solo put the altar in a central place in your house where you can enjoy it. If you share the ritual with friends, put your altar in the middle of the circle.

NEEDS

CANDLES. Use as many candles as you want, keep them bright and fun, speaking of celebration. You could include Goddess - white candle, Creation - yellow (manifesting, psychic development, self-confidence, power), rose (for healing, self-love, love, trust, peace), blue (for creativity, blessings, healing, speech, expansion).

INCENSE Rose, Mint, Sandalwood or Violet. Nag Champa is also a great choice!

BLESSING OIL Your favorite blessing oil or honey/agave nectar to put on the tongue

ALTAR DECOR Treasures from your creative project

INVOCATION AND POEM Use those below or choose others

Matches and symbols of the 5 elements: incense (air), bowl of salt water (water), candle (fire), stone or crystal (earth), feather (spirit). A ritual wand to cast your circle.

OUTLINE

Light candles on altar, elements and any other candles.

Purify with incense, sprinkling or feathers

Cast circle. Invoke creativity or success goddesses and/or call in the 4 directions + Father Sky, Mother Earth, Spirit Within.

Earth Nungeena (restoration, creativity, beauty) Australia

Air Fortuna (luck, wealth, abundance, destiny, success) Rome

Fire (tradition, protection, creativity, change) Hawaii

Water Mawu (creativity, passion, abundance, birth, inspiration) Africa

Spirit Cerridwin (fertility, creativity, harvest, inspiration, knowledge, luck) Wales

Invocation. Cerridwin, dear Welsh mother goddess, be with me in this ritual. Dance with me as I enjoy the harvest of my creative efforts. Remind me of infinite creative winds that swirl around me, blessing me with ideas that brought fruits of this project to earth and will bring me many more creative babies to birth, to hold, to nurture, to share. Bless all the women of this circle with the abundance of your seeds that move the winds of ideas from our crown chakra, down through the spirals of our bodies, into the root chakra where they can be born and ground in this physical plane. This place where I create, hands and hearts hold, ideas jump to life and are shared with friends, family and strangers. May my creations add brightness and spirit to the world around me. So be it. So it is.

GIVE THANKS!

If solo spend time thinking about how long it took you to birth your project. How did it start? What joys and sorrows did you experience along the way? Who was there to support you? How did you support yourself during the transformation? What serendipitous events happened that helped you along in your journey? How did you feel as you polished up your project and got it ready to share with those around you? How was it received? What hidden talents and strengths did you find in yourself along the way? Talk to yourself about a job well done. Put your hand on your heart, breathe deeply

and feel what it is like to have given birth to your ideas that began as a mere seed. Recall joys and laughter you encountered in the scope of your creation. Write these down, speak them. Put this list on your altar; read it daily for at least a week. Then take them out to the garden and plant them in the ground. This releases the blessings and process of your project into the earth and is just like a seed being planted for future projects.

If in group ritual Talk about some answers to questions above then have others talk about all they appreciated about you and your project, how it's changed their lives or impacted them. Before starting this part of the ritual, ask someone to jot down notes from what people share. Take this list, put it on your altar, read it to yourself daily for a week, then plant it in the ground as above.

Read this poem or another. As or after you read it anoint yourself from your crown chakra, down through all chakras to your root chakra with blessing oil. Have a woman or two move around the circle dropping honey or agave nectar on each person's tongue for the sweet taste of success and a creation well birthed.

SWEET HONEY

By Dreaming Bee

*Sweet honey on the tongue
My heart is a warm blanket
Kind eyes that tell me of a job well done.
My creation sits in front of me
The door open,
the rug soft beneath barefeet
Like a grandmother sharing hot tea.
Her warm hand holding mine
She smiles at me,
she smiles at a job well done.*

Sing and drum in celebration, give thanks, open circle, ground.

If solo open the gift you wrapped for yourself.

If group enjoy a potluck of foods, of friends.

WOMAN'S WAY RED LODGE EVENTS 2006

Spring Long Dance Wisdom Council

APR 28-30. Sahale. Open to all Long Dancers; focus on planning Long Dance 2006. Contact Maeve, MaeveA8@aol.com, Lauryth, laurythhope@hotmail.com, or Susan, soozau@msn.com

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. Open to 50 women with experienced Long Dance mentor. Contact Maeve, MaeveA8@aol.com, Lauryth, laurythhope@hotmail.com, or Susan, soozau@msn.com

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, Lauryth, laurythhope@hotmail.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

Port Angeles Drum Circle

APR 21. May 12. Dry Creek Grange. Open to all women. Contact Paula Rathbun, paulabeing@aol.com or Lori Kramer, cadancerain@yahoo.com

13 Clan Mothers Apprenticeship

YEAR-LONG MONTHLY COMMITMENT. Sacred Groves, Bainbridge Island. Noon-5 PM on 4/22, 5/20, 6/17, 7/22, 8/19, 9/16, 10/21, 11/18, 12/16 Contact Therese Charvet, therese@sacredgroves.com

Compassionate Listening Training

APR 9, 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.

May 6 Beltane-Raven Turtle

Jun 25 Solstice-Raven Turtle

Sep 24 Equinox-Burton Hill

Oct 29 Samhain-Burton Hill

Nov/Dec Thanksgiving or Solstice Lodge-Raven Turtle

Sharing Our Ways

April 23, 9 AM, Burton Hill Lodge, Vashon Island. This Woman's Way Sweat Lodge offers an opportunity for women and men to share our prayer and purification ceremony together. We are honored to open the lodge to men and women who resonate with this sharing. Barbara Krulich, water pourer; Mary Shackelford, fire tender. Contact

Susan Buis (susbee@juno.com), Barbara Krulich (bkrul@juno.com) or Mary Shackelford (mgls53@comcast.net)

Awakening the Goddess

MAR 21-MAY 9. Tues. evenings. 7-9:30 pm. An 8-week women's group to awaken a joyful and empowered sexuality. Within a safe container, we will tap into the well of power in our bodies,

support each woman's journey of discovery, and learn specific skills in boundaries and communication. And we'll have "way fun!" \$180.

Betty Martin, 206-920-1228. For details see www.SacredExploration.com

Being Socially Intimate about Money

MAR 1 and MAR 15. Workshop series Wednesdays. \$30.00 for individuals; \$50 for couples and communities. Contact Colette Hoff, 206/323-4653 or hoff@goodenough.org,

Delighting in the Diva Playshop

APR 8. 9:30 AM to 7:30 PM. Sacred Groves, Bainbridge Island. (limited to 10 participants) \$127 (Friday night optional sweat lodge \$15) Contact Kendra E. Thornbury kendra@spiritalive.net

Memorial Day Weekend at Sahale

MAY 27- MAY 29. Sahale work party. Come for the day or spend a night or two. Activities for all ages and levels of ability. Contact Colette Hoff at hoff@goodenough.org

Blood Mysteries Retreat

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

PRAYER CIRCLE

As you approach your time to talk with Spirit, as you light your candle, as you make your prayers, please be sure to include specific prayers for:

- Mary Shackelford as she continues to hold the bowl for the “Moon Soup” project, inter-weaving rich and inspiring herstories.
- Ruth Raven’s husband as he heads into his 3rd surgery and for her son & his girlfriends’ safe journey to the Southwest.
- And also, gratitude prayers for Mariah Hoyt, her daughter Lisa and her new baby Isabella Catherine Mariah, and her other daughter Allision and her new baby Selsiah Mariah.
- Draï, as she travels to New Zealand for a three week visit with her husband who is healing there. It is only the second time she has seen him in the last 19 months and they will continue to sort out their marriage and family plans.

Earth Healing Ceremony Prayer

Medicine Grizzly Bear – Spokane, WA. 1990
An eNEWS honoring for Earth Day, April 22, 2006

O Great Creator,
I come before you in a humble manner
and offer you this sacred pipe.
With tears in my eyes and an ancient song from my heart
I pray.

To the four powers of Creation,
To the Grandfather Sun,
To the Grandmother Moon,
To the Mother Earth,
And to my ancestors.

I pray for my relations in Nature,
All those who walk, crawl, fly, and swim, seen and unseen,
To the good spirits that exist in every part of Creation.

I ask that you bless our elders and children and
families and friends, and our brothers and sisters.
I pray for the ones who are sick, homeless and forlorn.
I also pray for peace among the four races of humankind.

May there be good health and healing for this Earth,
May there be Beauty above me,
May there be Beauty below me,
May there be Beauty in me,
May there be Beauty around me.
I ask that this world be filled with Peace, Love and Beauty.

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, 2 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 Peg Hopkins, kaliahouse@msn.com.

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. Please 2-3 sentences. email Ruth Raven Burns, bjrurns@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

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

“Sisters Soul Food” is a special reserve space in eNEWS to share our yummiest recipes. email Draï at goddessdraï@earthlink.net Mmmmmmm!