

Woman's Way RED LODGE

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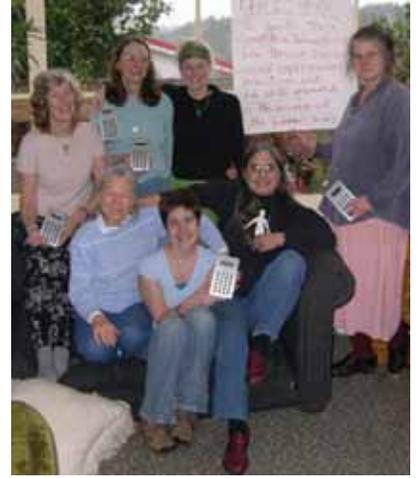
GREETINGS

Welcome to another Woman's Way Red Lodge eNews! Our goal is to provide the community a monthly Red Lodge 'magazine' to share current information of interest. This will evolve over time as we gain momentum, but it will offer at a minimum a calendar of events and activities and a place for announcements and articles. The vision includes recipes, book recommendations and reviews, prayer circle, membership information and a section for our sisters to advertise their products and services. Sharing information is so vital to an organization and even more critical as we continue to birth Red Lodge. Another goal is to begin to separate the Long Dance list from Red Lodge for general communication and to provide one quality monthly publication. In the coming months, you will be offered an opportunity to "sign on" to receive Red Lodge information. We hope you choose yes! In the meantime, if you have a class, program or announcement you would like others to know about, please utilize eNews. Read on to find out how to submit your information. Women without internet access will continue to receive eNews in the mail.



BOARD NEWS

The interim Board held their retreat January 6-8, 2006 at Sahale. This was our first time to sit together and focus on our goals for this first year. We began by learning more about one another and our temperament styles. We each completed the *Kiersey Temperament Sorter* which revealed our individual styles in a variety of aspects. It was a very informative exercise and on more than one occasion we howled with laughter at the process and some of the outcomes. It did serve to underscore the value of our differences and how important diversity is as we delve into the work before us. If you are interested in exploring this for yourself, type in *Kiersey Temperament Sorter* in your search engine or go to www.Kiersy.com. Several sites offer the questions and scoring program for free.



Sarah, head of the Abundance Council, gifted all the board members calculators—in the spirit of "sacred business abundance".

At the retreat, the Board created our mission statement that was begun at the Red Lodge Wisdom Council in November. We also engaged in a process to hone our goals for the year. Please see below for the results of these efforts. Although there is much to be done, wisdom prevailed as we understood our priorities and our ability to realistically achieve them. The list of goals involves much mindfulness and effort. With the help of the community, council members and the Board, we can achieve all this and more. WWRL is more than a dream now. She is coming to ground every moment one of us participates in a conference call, submits something to eNews, creates and participates in community programs and Wisdom Councils and offers prayers and intention for her creation and vitality.

We hope you'll join us for the Spring WWRL Wisdom Council on March 3-5, 2006 at Sahale. It promises to be a sweet and juicy gathering of our wonderful sister energy. Your voice is very important as we continue to grow. More detail information will be sent later, but you should plan between \$50 - \$75 for a 2-night stay at Sahale.

Thank you for all the ways you have held WWRL in your heart. A phrase that keeps coming up for me is, "Red Lodge works you!" And in that are great blessings often disguised as challenges.

In service, Peg Hopkins—Chair

THE MISSION OF WOMAN'S WAY RED LODGE

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.

INTERIM BOARD GOALS FOR 2006

- 1 To adopt a mission statement and decide on the best organizational structure to support our vision, purpose and mission. We are researching the pros and cons of being a 501(c)(3) nonprofit or coming under another nonprofit as our umbrella organization.
- 2 Define membership benefits, criteria, and dues. Look at programs, finances, and membership to assure they lead us in ways we want to grow
- 3 Develop a Communications Plan. Focus on internal in-reach to our community. Develop eNews into a consistent vehicle to share information. Send out community survey for skills, resources and interests. Develop WWRL website and begin branding/graphic image work
- 4 To coordinate a WWRL Open House and create a new CD of our songs (see articles...exciting things are brewing!). We are also using these projects as practice in decision making and co-creation within councils.
- 5 Clarify relationship between Long Dance and Red Lodge.

INTERIM BOARD AND COUNCIL MEMBERS

Board

Peg Hopkins
Chair

Kendra E. Thornbury
Vice Chair

Susan Landau
Treasurer

Ruth Raven Burns
Secretary

Lauryth Dwyer
Long Dance Representative

Communications Council

Norleen Overman
Valli Sanstrom

Abundance Council

Sarah Blum, Chair
Susan Landau
Bobbi Edwards
Catherine Dwyer
Victoria Jensen

Program Council

Mary G.L. Shackelford, Chair
Mariah Wind Dancer
Nan Draper
Paula Rathbun
Lori Kramer

Elder Council

Ruth Raven Burns, Chair
Gaia Maeve Aeolus
Grandma Billie Sockwomyn
Julia Bear Heart Moore

Conflict Evolution Council

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

Graphic Designer

Drai Bearwomyn



CD PROJECT IS MOVING FORWARD

Flying on the energy of the passion, support, and inspiration which filled us at the November 2005 Red Lodge Wisdom Council, the Program Council is moving ahead with the project to create a new CD to carry our songs to the world. This is envisioned as an undertaking that will likely flow into 2007 and beyond as we grapple with details that lie behind such an effort. Besides figuring out who will do this, there are many questions we will need to answer having to do with production, promotion, and marketing (just to name a few!).

When the Program Council met to consider next steps, the need to call a meeting of the CD Lodge which created the raw mix of 13 *MoonSongs for a Goddess Soul* and the 5-song CD, *The Opening Round*, became apparent. This meeting has been set for March 25 on Vashon Island. All members of the CD Lodge are invited to meet with Therese Charvet and Willow Dreamfeather facilitating as elders and compassionate listeners.

In the meantime, over \$3000 from the initial project has been returned to the Hearth Fund, earmarked for our new CD project. This is the net proceeds from donations to the project and sales of *The Opening Round*, after all expenses are paid. It represents a sweet account of seed money to get the new project launched! Thank you for your support! Additional copies of *The Opening Round* are still available from Kendra Thornbury (kendra@spiritalive.net).

Following the March 25 CD Lodge meeting, the Program Council will meet to determine how to proceed. We will create a plan, research projected costs, and propose a tentative timeline to present to the Red Lodge board. And a new Red Lodge CD project is being born! Stay tuned.

OPEN HOUSE

WOMAN'S WAY
RED LODGE
is holding an
Open House
for YOU!

*We are passionate about
having you join us there!*

SEPTEMBER 23, 2006

We invite you to join in creating a Festival for Red Lodge. This is a call to help manifest an event celebrating who we are in the Woman Ways we seek to share, in what each woman brings to the circle, and in all that we have accomplished as Red Lodge takes form. The Open House will be held Saturday, September 23 in a dance hall near Gorst, just south of Bremerton on the Kitsap Peninsula. It will start at noon and end promptly at 5 PM.

We envision booths of arts, crafts, and healing products. We envision opportunities for us to share our knowledge and skill. We envision song and dance and drums. We envision sacred performance. We envision ceremony and the opportunity to deepen our connection. We envision welcoming all our Long Dance sisters to join us. In this first year of Red Lodge, our efforts to reach out will be directed towards those we know best, those who know us best, and the women of Long Dance. We are now are nearly 300 women. Reaching out to you, our sisters, we want to make sure you feel welcome; we hope to draw more of you into actively supporting and participating in Red Lodge activities. Our goal is to share who we are together and to encourage membership in Red Lodge.

With this focus in mind, the women of the Program, Abundance, and Communications Councils are beginning the work of creating a day of information, celebration, connection, and depth. If you have ideas or potential offerings, please contact Mariah at mariahwinddancer@aol.com.

What can we dream of together?

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SISTER'S SOUL FOOD

Roasted Red Lodge Council Pumpkin Soup

This recipe calls for two 32 ounce cans or boxes of free range, low fat, low sodium **chicken broth**. If you want to make a vegetarian version, you can use equivalent amounts of prepared or homemade clear veggie stock.



Prepare for pan roasting:

One large onion, peeled and cut in quarters

One potato, peeled and cut in quarters

Four carrots scrubbed, with tops off, and cut in 4" lengths

One medium size pie pumpkin (about 5#) washed, skin left on, cut in 5" cubes, with seeds and stringy pulp removed. (Could also use equivalent amounts of any other winter squash.)

Place all in a large baking pan. (Put pumpkin *skin side up*, scattering other veggies around the pumpkin pieces.) Add 1 T water and 1 T olive oil, sprinkle with your favorite seasonings. (I use 1 T Curry powder, 1 tsp. Cinnamon, 1 tsp Paprika, a little culinary sage, a little drizzle of maple syrup or honey,) and salt and pepper if desired, cover tightly with foil and roast in oven till tender, about 1 hour. Check progress of doneness and about 10 minutes before they are all nice and soft, remove foil, baste with juices and let brown on edges til done. It is better to over cook rather than undercook.

At the same time prepare **one whole garlic bulb** for baking. I use a clay garlic baker, adding a little drizzle of olive oil, seasonings and a tsp. Water. Use whatever method you prefer. Bake til garlic is good and soft. Can bake at same time other veggies are roasting.

At this point in the soup making process, sit back with a cup of tea, read the latest Red Lodge email newsletter and bask in the growing aroma of roasting veggies wafting from your oven. When you can't stand it any longer, take a peek at the veggies to see how they are coming along.

Let all veggies cool til you can handle them. Lift pumpkin pieces out of pan and carefully scoop flesh back into pan, discarding skins. In batches the right size for your food processor, puree all the vegetables, including the baked garlic. As you are pureeing, add juices from the roasting pan to keep the food processor working smoothly. After the juices are all used up, start adding drizzles of chicken stock to each batch. Pureed batches of veggies can go into the soup pot. Add the remaining chicken stock to the pot, a little at a time till the soup reaches your desired consistency, not too thick and not too runny. At this point you can add other cubed veggies for interest. I like to use small cut up cubes of peeled burdock, or you could use cubed Jerusalem artichoke, sweet potatoes, or turnips—use your hearth goddess imagination. Correct seasonings, simmer til added veggie cubes are tender, and serve with a dollop of yogurt or sour cream for embellishment. Leftovers freeze beautifully. Love, Julia Bear Heart



SWEAT LODGES

All women, Long Dancers and others, are welcome to attend any of the Woman's Way Sweat Lodges scheduled this year. The next ceremony is Sunday, March 26, on Vashon Island. Email Mary Shackelford, at mgl53@comcast.net, if you want to receive details about the lodges.

Spread the word: you are welcome to share to this information with other women who might be interested.

Open to all women, these teaching lodges also offer an opportunity for Long Dance women experienced in participating in sweat lodge to apprentice and learn the ways of serving as firetender, water pourer, doorkeeper. And it's a chance for those Long Dancers already experienced in the ways of service to share these ways as mentors. This will not really change the experience for others who participate; all women are welcome to attend. It does mean there will be a focus on sharing the ways of Woman's Way sweat lodge.

Hearing the call and vision of Red Lodge, Ruth Raven Burns, keeper of Raven Turtle Lodge in Port Townsend, Mary Shackelford, keeper of Burton Hill Lodge, and Barbara Krulich are collaborating to offer this opportunity as one way to begin sharing our ways out into the world. Some lodges will be at Burton Hill, others will be at Raven Turtle Lodge. They are all open to women of Long Dance as well as other women.

March 26—Equinox, Burton Hill
Mary pouring, Suzanne firetending

May 6—Beltane, Raven Turtle
Raven pouring

June 25—Solstice, Raven Turtle

September 24—Equinox, Burton Hill

October 29—Samhain, Burton Hill

Nov/Dec—Thanksgiving or Solstice, Raven Turtle



COMPASSIONATE LISTENING TRAINING WITH THERESE CHARVET

Compassionate Listening is a skill and a life-long practice that enhances relationships—with our children, spouses, co-workers, family and friends, even with acquaintances with different political viewpoints. Through it we can become peacemakers in our own corner of the world by learning to fully listen to others with an open heart as well as speak from a heart centered place. Each training includes review of basic principles and skill-building exercises where we immediately put concepts into practice with each other. A great tool for building Red Lodge!

GOOD NEWS—Sacred Groves now has a new meeting space, in the Log Cabin, that comfortably holds 15-20.

To sign up for CL Trainings on any of the following SUNDAYS, 10:30 AM-5:30 PM, contact

Julia Moore: (360) 459-4001 or juliasews@comcast.net.

Suggested Donation: \$25

DATES: Feb. 12 (almost full), April 9, June 11, July 23.

Therese Charvet is a Long Dancer from the early years who is currently an "elder" for the Mother's Long Dance. Therese has been deepening in the practice of CL for nearly 4 years and was recently certified as a facilitator with The Compassionate Listening Project. She is also owner of Sacred Groves, a place for women's ceremony and other healing events, located on her 10 acres of Bainbridge Island forest.



COMMUNICATION COUNCIL

The Woman's Way Communication Council is up and running! Currently Valli and Norleen are the active members with Peg chiming in as needed and Drai acting as "expert consultant" on many of the issues we are addressing. Claire needed to step down as Chair of the council due to changes in her personal life priorities.

Our first big goal as a council is to create a website for the community. This will provide an anchoring element to Red Lodge's ongoing unfolding and the critical importance of sharing information within the community. As we roll up our sleeves and dive in we are discovering there is a lot to know about website development! Our approach has shifted to allow more time to develop a thorough and dynamic site for our projected needs as Red Lodge grows. In the near future we will be constructing a much smaller site that will contain a calendar and basic information about who we are and our herstory. This site will also enable us to place the monthly eNews there, allowing women to download a copy from the site as opposed to a larger file being sent directly to their email inbox.

We need help! We are seeking women with skills, abilities, and resource recommendations in the area of webmastering, web design, graphic design, data management, and hosting services. Be part of a dynamic creative process that will have far reaching influence in how we communicate and present Woman's Way Red Lodge to the world. Please contact

Norleen at bravenewheart@att.net or

Valli at valli_3@netzero.net

The Communication Council will also be helping other councils to communicate their programs and activities to the community, oversee the publication of eNews and continue to find ways to share community news and stories amongst us. If you hear the call to join the council we welcome you with open arms! Please call Norleen or Valli and let them know.

PRAYER CIRCLE

We ask this month, 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:

- Grandma Billie Sockwomyn. We ask that the universe grant her all she needs as she journeys through difficulty with her health.
- Drai Bearwomyn as she bravely pieces back together her life and attends her own personal healing in her cave in the West.
- Susan Harris, who after successfully completing 3 months of chemo, sings of gratitude as her body mends.

Spring Red Lodge Wisdom Council at Sahale

MARCH 3-5. Contact Kendra Thornbury, kendra@spiritalive.net

Spring Long Dance Wisdom Council at Sahale

APRIL 28-30. 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 (July 31 optional)

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



Long Dance at Sahale

AUGUST 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

Red Lodge Open House

SEPTEMBER 23. Noon-5 PM, Dance Hall at Gorst. Contact Mary Shackelford, mgl53@comcast.net

Fall Long Dance Wisdom Council at Sahale

OCTOBER 6-8. 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 at Sahale

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

OTHER SPECIAL EVENTS IN 2006

Many Long Dance 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!

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

3RD FRIDAYS. 7 pm. No circle in May. 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 1/21, 2/18, 3/18, 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

Feb. 12, April 9, June 11, July 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

Mar 26, May 6, Jun 25, Sep 24, Oct 29, Nov/Dec (tbd). 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, mgl53@comcast.net or Ruth Raven Burns, bjrburns@cablespeed.com.

A Season of Roots and Rest

FEBRUARY 2, 16, OR MARCH 8. Cooking class with Emily Vogt at PCC. 6:30-9 PM, various PCC locations in Seattle area \$30 PCC members; \$35 non-members. Contact Emily at avlight@juno.com or register at www.pccnaturalmarkets.com/pcccoks/classes/detail.php?id=300

President's Day Weekend at Sahale

FEBRUARY 18, NOON TO FEBRUARY 20, 3:00 PM. Help care for the land with Sahale's Land Stewards. 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

Being Socially Intimate about Money

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

Grief Ritual

MARCH 11-12 AND/OR OCTOBER 28-29. Sacred Groves, Bainbridge Island. Contact Therese Charvet, therese@sacredgroves.com

Delighting in the Diva Playshop

APRIL 8. 9:30 am to 7:30 PM. Sacred Groves, Bainbridge Island. 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

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

15 PRINCIPALS WE SHARE

Living from the Core We agree to live from our core with impeccability, taking responsibility to act consciously, with the intention of loving.

Direct Spiritual Access We believe that each of us has the ability to access spirit directly. We respect our own and each other's autonomy and authenticity.

Willingness to Step into Power and Service We are willing, each in a unique way, to step into our power in service to the highest good of the community.

Sustainability We commit to conserve, recycle, and renew resources, to generate income through right livelihood, and to listen to our sense of enoughness.

Reverence for Life We honor the interconnected web of all life. Daily life is sacred. We believe that all beings are graced with the fundamental right to be.

Inclusiveness and Acceptance We value diversity, honoring the sacredness of each person's heritage, experience, wisdom, and contribution to the whole.

Collaboration We work and play co-creatively, both among ourselves and with other groups with complementary purposes and principles.

Gratitude and Generosity Gratitude is fundamental to our way of being in the world, and we generously give back to our communities and to Mother Earth in a spirit of deep appreciation.

Witnessing With aware presence, we witness who we each are today.

Willingness to Play and Laugh at Ourselves Our most practical magic!

Embracing Paradox We accept and (at times!) embrace the creative interplay of opposites: light/shadows, tradition/evolution, freedom/limits, order/chaos.

Seeking Knowledge of the Ways of Wisdom We step into our sacred lineage, honoring the wisdom of our Ancestors, Elders, and Youngers.

Generativity We commit to generating positive and creative energy to pass on to future generations.

Balancing Feminine and Masculine We honor the beauty, passion, power and expression of the dance of inner feminine and masculine.

Our Bodies Open Us To Mystery We experience connection with spirit through our bodies. We honor and celebrate our deep, visceral, and intuitive body-connectedness with nature and our natural cycles. Our bodies are living portals into Mystery.



PLEASE... CONTRIBUTE TO THE NEXT eNEWS!

Special Events Calendar Listing

Send info to Paula Rathbun, paulabeing@aol.com by the 20th of the previous month. Send name of event, date, time, place, cost, 2 sentence description (optional), and contact info. Information must be presented in this concise format. We will not re-write description from lengthy flyers. Listings must meet 5 of the 15 *Red Lodge Principles We Share*. In exchange, we would like to encourage women to talk about Red Lodge if/when appropriate occasions arise. A one-page informational flier will be sent via email to all those asking for listing on our calendar. We encourage dissemination of this flier. In addition, contributions to support Red Lodge are welcomed. Please note, Paula is committed to receiving this information for 3 months. In the future we may be providing you a new contact. Watch for it.

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 drai at goddessdrai@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 drai at goddessdrai@earthlink.net

Sister's Soul Food

"Sisters Soul Food" is a special reserve space in eNEWS to share our yummiest recipes. email drai at goddessdrai@earthlink.net Mmmmmmm!