

# *Woman's Way* RED LODGE

Long Dance and WWRL: Co-Creative Partnership

Interim Board and Council Members

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# LONG DANCE & WWRL: CO-CREATIVE PARTNERSHIP

Hello Sisters, we have a landmark decision to announce: On Sunday, June 18th at a Long Dance Wisdom Council jointly called by the Long Dance Facilitators and the Interim Red Lodge Board of Trustees, heart agreement consensus was reached to include Long Dance within the Red Lodge non-profit organization. Aho!

We met on Vashon Island, in a beautiful barn filled with light. Women who arrived early raised the energy by drumming on Otter Woman as we improvised a new song:



*She Who Watches, She Who Listens, Be with us*

*She Who Watches, She Who Listens, Be with us*

*Watch us, Hear us, Inspire us*

*Watch us, Hear us, Inspire us*

All 11 of us who showed up to make this important decision were inspired by the written comments, which were read in full at the meeting, from 22 Long Dancers who could not attend. The tangible sense in the room was that many Long Dancers were with us in spirit as we listened, shared our thoughts and feelings and deeply considered the well-being of our community. Through thoughtful presentations and informative hand-outs prepared by Board Members, we had ample opportunity to catch up with the herstory of Red Lodge's development since we agreed to go for a non-profit status in February 2005. Draft documents on leadership, decision-making, membership structure and by-laws were on-hand to look through. We then spent a full 2 hours asking many essential questions and dialoguing, each speaking her truth, in order to reach an informed consensus.

What does this mean that Long Dance is officially becoming part of the Red Lodge organization? To reflect on the multi-layered answer to this question, I encourage every Long Dancer to read the report to the community (which will be sent soon via e-mail).

As a long-time Long Dancer and a member of the Board, I'd like to share what's bubbling up in me today about what this momentous decision means. As partners in a co-creative relationship, Long Dance and Red Lodge are now, more than ever, responsible to honor each other's needs, to be clear with the healthy boundaries we are establishing, and to commit to staying clear with each. A solid foundation for our relationship is being laid by the Red Lodge Interim Board, in the written by-laws, leadership and decision-making documents, and the creation of many diverse councils through which Long Dancers can engage and guide the activities of Red Lodge. As we continued to discover on June 18, ongoing exploration and definition of healthy boundaries takes place at Wisdom Councils—one of many great reasons to attend.

As I see it, this relationship will be mutually beneficial in more ways than we can imagine. On a practical level, as an Independent Council of Red Lodge, Long Dance will be able to continue to operate *exactly as she does now* and, her accounting and liability issues will be covered by Red Lodge's non-profit status. On a spiritual and emotional level, Red Lodge is generating many rich ways for Long Dancers to connect soul-to-soul throughout the year, which makes more beautiful and enduring the fabric of community which supports Long Dance's values. Although individual Long Dancers can choose whether or not to become Red Lodge members, Red Lodge will undoubtedly gain more members, donations, and gifts of invaluable woman-time and resources from the word-of-mouth excitement and outreach that Long Dance generates. And having the responsibility to be discerning in how we grow our organization, ensuring that the magic of Long Dance continues to thrive, will keep Red Lodge ever in touch with our spiritual core.

There will be challenges and deep-learning experiences in our relationship. (What are relationships for?!) The trust we are growing together will see us through these. Trust that the Red Lodge Board deeply honors and will actively protect the sacredness and privacy of Long Dance. Trust that Long Dancers are committed to keeping Red Lodge accountable and infusing Red Lodge, through our active participation, with the commonly-held values that weave us together. My own trust, in all this and more, grew exponentially at this Wisdom Council.

Finally, this article wouldn't be complete without adding that for the team of women working to get the 501C3 application submitted before Long Dance this year, this decision means meetings, more meetings, and typing up the wazoo. (Light a sparkler for our next Board meeting, scheduled for the 4th of July!). And, for everyone involved in planning Red Lodge Open House and the CD Project, this decision means that we can release the hold button and move forward in joy. Hallelujah! –Kristina Turner

## INTERIM BOARD

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Long Dance Representative

Sarah Blum  
Abundance Council Chair

Norleen Overman  
Communications Council Chair

Mary G.L. Shackelford  
Program Council Chair

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Elder Council Chair

Kristina Turner  
Conflict Evolution Council Chair

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Victoria Jensen

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Valli Sanstrom

### Program Council

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Paula Rathbun  
Lori Kramer

### Elder Council

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Grandma Billie Sockwomyn  
Julia Bear Heart Moore

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

### Graphic Designer

Drai Bearwomyn

# THE DOOR IS WIDE OPEN FOR YOU OPEN HOUSE AND OUR HOUSE IS A ROCKIN'

**Are You Coming?**

**Will You be there with Us?**

**Do You desire to know Who We Are?**

**Are You willing to share more of Who You Are with Us?**

We—your Sisters from Long Dance heard the clarion call, from our circles, our world, and from Divine Mother, to share our ways with the world. We have gone forth with great faith, trust and enthusiasm to conceive and carry the baby we call Woman's Way Red Lodge. Before we birth this new creation in the world, we reach first to our Sisters of Long Dance. You who know us best are the reason we have created this event we call: *Opening the Door: A Festival Celebration of Woman's Way Red Lodge.*

As our pregnancy grows and the time of birth draws closer, we ask you, our sisters, to support our labor and delivery. We invite your physical, emotional, spiritual, and financial support. Please plan to come, bring friends, and celebrate with us.

**Opening the Door  
At Gorst (near Bremerton)  
Saturday, September 23  
Noon to 5 PM**

**This Womb, is nourished through mother and mother's blood supply. All you women of Long Dance have been the source of nourishment and nurturing to seed Woman's Way Red Lodge. Now we wish to show you what has grown from your love, energy, gifts, and all that you have given. We wish to give back to you. We truly desire to show off what has come from your faith in us, and all that you have already given to us. And we desire to celebrate you in all your glorious accomplishment and depth.**

Besides a chance to learn about Red Lodge, hear the stories of gestation, celebrate the guiding principles, join in the excitement and inspiration of unfolding, and sign up to become WWRL members, Opening the Door is a chance to show each other more deeply who we are. Within our circle, women possess an incredible and wonderful array of gifts and talents which we don't often get to share. The festival celebration will include:

- Gifts, talents, and services of the women who make up our Red Lodge circle
- Poetry, song, dance, drumming
- Creative expression through the making of ritual tools
- A raffle for a personal weekend retreat at Sahale
- A silent auction
- Sweet surprise giveaways

Booths/tables are available to any of you who would like to showcase and/or sell what you make or do. Your sisters Mariah, Marlene, and Kelly have already committed to share their clothing, artwork, crystals, stones, jewelry, and other handmade crafts. If you would like to have a table at this event, please email Sarah at email posted below.

We are also asking for donations to the silent auction. If you provide a service, make crafts, jewelry, food items, or would make available to us something of value that can be offered in auction, please email Victoria at [victoryj50@gmail.com](mailto:victoryj50@gmail.com). We also invite you to solicit friends, family, and businesses to contribute to our silent auction. We greatly appreciate any contributions to this effort!

We give great gratitude to our Long Dance sister Colette Hoff, for her generous giveaway of a full weekend at Sahale, to the winner of our raffle. If you would like to relax in the hot tub, be fed delicious, nourishing meals, and experience nature and the beauty of Sahale on your own personal getaway, plan to buy raffle tickets. Raffle tickets can be purchased anytime NOW and at the event. To purchase tickets before the event, call Sarah or email her at [sarahblum@earthlink.net](mailto:sarahblum@earthlink.net) or contact Susan Landau at [soozau@msn.com](mailto:soozau@msn.com) or call Catherine 253 888-8877, if you would like to help us sell some in advance, contact Sarah. TICKETS are \$1.00 each, or for every \$5.00, you receive one free ticket. (6 tickets for \$5.00)

Thanks, Sarah

**Please come to the festival!!**

*Join with your sisters in our celebration full of the color, sounds, joy, excitement, drumming, dancing, and singing of our Woman's Way. Learn all about the new baby our community is growing and help us take the next step toward birthing Woman's Way Red Lodge.*



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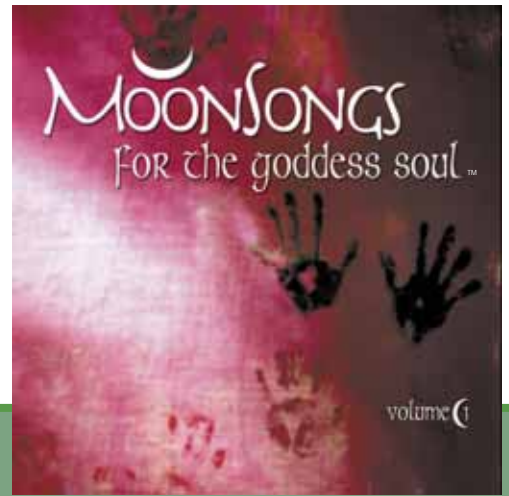


# WE'VE BEEN WAITING...WE'VE BEEN WAITING SO LONG

## MoonSongs for the Goddess Soul is in the Birth Canal and Crowning!!!!

Dear sisters – I wanted to share this momentous and poignant day with you all. Today I will mail the master CD to the production company in Texas. As I placed the CD in the mailer this morning it was sooooo Big!!! The spontaneous weavings of this day are not lost on me. I recalled what it felt like to send my first born off to college–out in to the world. I began my moonblood time today. Mary and Jim begin their journey to the mountain today. In the We'Moon calendar it is the new moon of Mother Love. My heart is so full and as I began to weep I was surprised–I wasn't weeping from sadness or happiness–just a woman's way of honoring a rite of passage for a project dear to us and to our community–a spontaneous gifting of the water and blood of my body to honor this day. The first step of our journey together out into a larger arena–calling for us, calling for our medicine. I am so grateful we are courageous enough to take this step–to step up. Part of what I wrote in my journal this morning I would like to share: Goddess/God/Divine Spirit–Bless the journey of this child–may she touch and heal and inspire hearts everywhere–just as the Mystery has touched and healed and inspired us. Thank you all for walking this path with me and for holding me and this project in your hearts.

I love you all. Bowing in deep gratitude and service, Suzanne 6/25/06



Suzanne Lichau, Amy Wells, Susan Harris and Meripat Spalding



Mips, Suzanne, Kristina, Connor, Della Floyd, Mary, Lori, Susan, Kimber, Amy and Kendra



Connor Sauer



Kimber Songweaver Godsey



Suzanne Lichau



Nan Draper



Grandma Billie Sockwomyn



Mary G.L. Shackelford



Susan Harris



Richard Jones



Kristina Turning Woman



Lori Kramer



Kendra E. Thornbury and Amy Wells



Draí Bearwomyn

## PRAYER CIRCLE

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

Susan Landau requests prayers for her condo to be finished in a timely manner so she can get moved in and for her youngest daughter, Talia who continues to have health challenges.

G. Maeve Aeolus requests prayers for help in dealing with employment issues and the appropriate assistance she will need to resolve these issues.

- For Kathleen Hanning for continued strength and positive outcome of ongoing trauma related to sons, ex-husband and ex-partner and for an increase in money coming in while re-opening her massage practice. For her sons, Eric, Noah and Leighton, that they may make positive life choices as they deal with the lose of a very close friend.
- For family and friends of Frank Russo, age 14, who died June 17 from head injuries sustained in a skateboard accident. This boy was like family to the Hanning family and they are all very devastated, particularly Kathleen's youngest son who lost his best friend.

## MOON DAY



July 20th is "Moon Day".

It is a celebration of Mother Moon especially on this day, set aside for her on some calendars in North America. In July she is pregnant as the heat moon. Belly full and fiery with passion, radiance.

We pray our gratitude for Mother Moon, her light, her pull, her guidance as a torch, her exemplary "personality" as a consistent one, one to be counted upon, one who will always cycle and return.

## COMMUNICATIONS UPDATE

Dearest Sisters, Wow, Phase 1 of our WomansWayRedLodge.org web site is up and running. The communications Council is happy and proud to be able to provide this resource to our community. This is an exciting time for us, from my view. Come join in the fun, many hands make light work.

I feel deep gratitude to all of the women, who have been involved at any level, in this phase of our web development. I appreciate the assistance, feedback, mentoring and the support that I have felt and received during this project. I also acknowledge the role that spirit has played in making it possible for this site to be created in the way that it was. I am humbled! If you're interested in hearing more details about this experience with spirit, get with me and I'll be glad to share.

Our intention is to have the web site become the hub in which we share information, events and community and organizational archives. We intend on having the web updates aligned with the eNews updates for the time being. We may also have special web updates to share with our community. These updates could include emergent events and happenings. Note: The look and design of this site is temporary until our branding effort is complete and we may have to revise the look to fit our complete branding expression of who we are and how we show up in the world.

Messages informing the community that a new eNews has been released or that the site has been updated will still come from our Sacred Messenger Marsha. Our vision is to have her send out a message that will have a link to our web site and the message will state that the new eNews or new information has been posted on our site.

Our web site and message system will grow and expand to meet the needs of our community as we learn and find our way. Our next phase of web update is tentatively scheduled for between January and June of 2007. This phase will sport our new permanent look and feel. This phase will most likely bring in a beginning of a marketplace, community resources, membership applications and information (this feature may be added to the web site later this year) and we would establish a secure member's only area along with other possible features. Phase 3 of the site is scheduled for late 2007.

Later this summer we will begin to formulate and develop a database to support our growth and membership needs. We will expand our membership and general business database and connect it with our web site during phase 2 early next year.

Our branding effort will be a priority later this year. We are looking for women to join us in this project, specifically because this is of such importance to us. This is how we will look and feel to the outside world. This is a very important venture in our becoming and claiming our uniqueness and our place in our larger community.

We are currently also working on marketing plans and needs for the Programs and Abundance Councils. This is all exciting work and we welcome anyone who feels the call to share their talents or wants to stretch and learn something new with us.

The Communications Council is committed to keeping in-line with the choices and directions of the community. It is our highest goal to design our internal communications system to serve our leadership, business requirements and members as well.

Wow, again, so much to create and so many ways to show our magnificence to ourselves and others within our communities. I really feel my heart open and a sense of spirit move through and with me in this emerging and expansion of Red Lodge.

In Deep Gratitude. Norleen Overman/BraveNewHeart-Communications Council Chair

## PROGRAMMERS NEEDED!

We are looking for referrals from inside or outside our community for database programmers with experience in web site integration. Please contact: Norleen Overman, at [BraveNewHeart@WWRL.org](mailto:BraveNewHeart@WWRL.org)



**18th Anniversary!**  
**Over 215,000 copies sold**  
**9th Revised Edition**

*Now this playful friend-in-a-book has inspired a whole generation of folks to:*

- buy local, organic foods
- cook dairy-free & sugar free
- choose foods to balance moods
- prevent & recover from illness
- eat healthy with a sense of humor

# The Self-Healing Cookbook

by Kristina Turner Earthtones Press ISBN-0-945668-15-5 \$17.00

## SISTER'S SOUL FOOD

### Rice Wedding Salad

This is an update from the original recipe in *The Self-Healing Cookbook* by Kristina Turner.

- 4 C cooked & cooled brown rice
- 1/2 C each, lightly steamed: carrot, broccoli, green beans
- 1/2 C celery
- 1/4 C minced parsley
- 1/2 C tamari-roasted almonds, chopped
- 1/2 # shellfish (shrimp or crab)

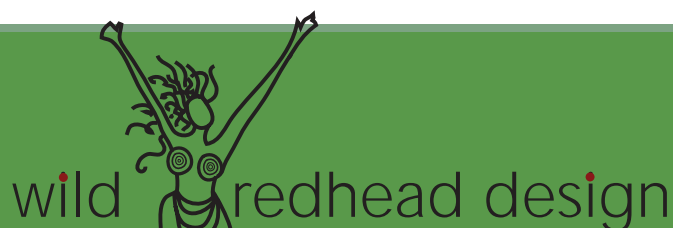
#### Dressing:

- 2 T sesame or sunflower oil
- 2 T water
- 2 T brown rice vinegar
- 2 T lemon juice
- 1 clove garlic

- 1 T tamari soy sauce
- 1/2 tsp basil
- 1 tsp oregano

Marry the vegetables by cutting them in friendly, compatible shapes. Lightly steam the carrots, broccoli and green beans (remove from the steamer and allow to cool off while they are still brightly colored and a tad crunchy).

Combine all ingredients and toss with dressing. Best if it marinates a few hours in the fridge before serving. For a festive touch, serve in a bowl lined with butter lettuce leaves and top with edible nasturtium and borage flowers from your garden.



need an ad or brochure to promote your business? Call Dral!

[goddessdrai@earthlink.net](mailto:goddessdrai@earthlink.net)

# WOMAN'S WAY RED LODGE EVENTS 2006

## **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@wwrl.org, or Susan, soozau@wwrl.org

## **Fall Red Lodge Wisdom Council**

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

## OTHER SPECIAL EVENTS OF 2006

### **OTHER OFFERINGS**

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

### **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

### **A Compassionate Listening Focused Training**

*Deepening our Skills in Listening & Speaking from the Heart*  
JUL 23. 9:30 am-4:30 pm. Sacred Groves on Bainbridge Island. Open to women who have attended at least 1 Compassionate Listening Training. Cost: Sliding Fee Scale with a recommended donation of \$65.00. To Register: Contact Julia Bear Heart at juliasews@comcast.net or Phone: 360-459-4001.

### **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

## 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 13352  
Des Moines, WA 98198

*Every dollar makes a difference....THANK YOU*

*Remember these donations are not tax deductible at this time.*

### **Woman's Way Sweat Lodge ...continued**

or Ruth Raven bjrburns@cablespeed.com.  
SEP 24 Equinox-Burton Hill  
OCT 29 Samhain-Burton Hill  
NOV/DEC Thanksgiving or Solstice Lodge-Raven Turtle

### **Healing Drum Kit Training for Facilitators, Therapists, Teachers and Guides**

*With Christine Stevens, MSW, MT-BC.*  
AUG 12 and NOV 5-Los Angeles, CA. \$125.00.  
Work Scholarships & Long Dance lodging available.  
Price includes a Healing Drum Kit. For more information or to register, info@ubdrumcircles.com or 661-799-1636.

**The purpose of Woman's Way Red Lodge is to  
Enliven the sacred feminine**

**Honor deeply all life**

**As we serve our world.**





## MOVIE MADNESS

### RECOMMENDED BY

Drai. "Connor shared it with me. I share it forward. It was noteworthy for me, my teenager and my husband! A really empowered way to BE."

### RETAIL

\$29.95 DVD or \$4.95 for limited download

<http://shop.theseecret.tv/Shops/Items.php?Category=VIEW>

### SYNOPSIS FROM THE WEBSITE

*The Secret* has existed throughout the history of mankind. It has been discovered, coveted, suppressed, hidden, lost and recovered. It has been hunted down, stolen, and bought for vast sums of money. Now for the first time in history, *The Secret* is being revealed to the world over two breathtaking hours.

A number of exceptional men and women discovered *The Secret*, and went on to become known as the greatest people who ever lived. Among them: Plato, Leonardo, Galileo, Napoleon, Hugo, Beethoven, Lincoln, Edison, Einstein and Carnegie, to name but a few.

Some of today's greatest teachers will be presented in *The Secret* and will impart this special wisdom that has been known by so few. They include some of the world's leaders in the fields of business, economics, medicine, psychology, history, theology and science. Each of these teachers is living proof of *The Secret*; each of them a walking marvel of achievement and success...

Included are: 'Miracle Man' Morris Goodman, who tells his awe inspiring story of how he recovered from paralysis by using *The Secret*. Dr. Denis Waitley, who used various aspects of *The Secret* in training Olympic athletes and Apollo astronauts to reach new heights of human endeavor. Best selling authors and philosophers including Bob Proctor, John Assaraf, James Ray and Joe Vitale, explain how they have created lives of phenomenal success utilizing *The Secret*. Doctors in the fields of medicine and quantum physics explain the science behind *The Secret*.

*The Secret* reveals amazing real life stories and testimonials of regular people who have changed their lives in profound ways. By applying *The Secret* they present instances of eradicating disease, acquiring massive wealth, overcoming obstacles and achieving what many would regard as impossible.

*The Secret* reveals how to apply this powerful knowledge to your life in every area from health to wealth, to success and relationships.

*The Secret* is everything you have dreamed of... and is beyond your wildest dreams.

## PLEASE... CONTRIBUTE TO eNEWS!

Deadline for submissions to Red Lodge's monthly eNews 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.

### NEW CONTACT!! Special Events Calendar Listing

Email: [MariahWindDancer@wwrl.org](mailto:MariahWindDancer@wwrl.org) to reach Mariah WindDancer. 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.

### NEW EMAIL ADDRESS! General Articles

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 principals. If you wish to submit an article that meets these criteria then, please contact Valli Sanstrom at [Valli\\_Sanstrom@pasd.wednet.edu](mailto: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](mailto: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 Drai at [goddessdrai@earthlink.net](mailto:goddessdrai@earthlink.net)

### Book Look and Movie Madness

With the intention of sharing information we offer "Book Look" and "Movie Madness", fantastic book or film recommendations from within our LD community. 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) email Drai at [goddessdrai@earthlink.net](mailto:goddessdrai@earthlink.net)

### Sister's Soul Food

"Sisters Soul Food" is a special reserve space in eNEWS to share yummy recipes. email Drai at [goddessdrai@earthlink.net](mailto:goddessdrai@earthlink.net) Mmmmmmm!



## eNEWS STAFF

Norleen Overman	Communications
Valli Sanstrom	Content Keeper
Peg Hopkins	Content Review
Drai Bearwomyn	Graphic Design
Pam Tillson	Proof Reader/Editor
Marsha Cook	Messenger