

# Woman's Way RED LODGE

Deepening Our Connections

Woman's Way Red Lodge Wisdom Council

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Please join us at  
Wisdom Council  
Mar 4 and 5!

# DEEPENING OUR CONNECTIONS

The momentum of Red Lodge is gathering in real, on the ground ways. For some time now, we have expressed the desire for opportunities to meet outside of Long Dance to get to know each other, deepen our relationships, and further the work of healing ourselves and our world. Well, ladies, it's happening. It has been my great honor and privilege to participate in numerous ceremonies, trainings, and meetings with women of our circle since we bid each other goodbye at Sahale in August. Invariably the energy is deep and sweet, and I find that the more I say YES! the more deeply engaged I am and the more I am learning and growing and treasuring the love and support of our circle. I encourage all of you to partake of the many offerings listed now in our calendar. You will find many of us there!

Sarah Blum recalls a conversation with Connor in 2002 about how to create more opportunities for getting together. And from that, she started the first overnight Wisdom Council at Camp Burton on Vashon Island.

*Now, just look at us!*

In addition to the fall Long Dance Wisdom Council, 20 some women gathered for the fall Red Lodge Wisdom Council at Marsha Cook's grandma's home on Whidbey Island. Since then, many of the councils we formed have had monthly gatherings. As we focus our attention and intention on this thing we call Red Lodge, it is the relationship and connection which sustains us, and thus it is carefully and lovingly woven into the very fabric of what we are creating.

There was a November sweat lodge at Raven Turtle, and a New Year's lodge at Sacred Groves. A bunch of us joined Grandma Billie and the women of the Port Angeles drum circle just before Solstice for the unveiling of the new mother drum which a group of those women made. Barbara Krulich and Maureen Oar have spearheaded the monthly South Sound Drum Circle, and women are coming from Seattle and Vashon as well as the Olympia area to drum, sing, and make prayers together. Claire d'Gaia, who has made thousands of drums and helped many, many people make their own, gave a drum-making workshop in December which brought several sisters together in sacred, creative work. Barbara Krulich reports it was an amazing, wonderful day! Some of us have been meeting monthly for the 13 Clan Mothers apprenticeship at Sacred Groves, a year-long study and practice of ancient woman wisdom that is a terrific opportunity for learning and growing together.

I have participated in both of this year's trainings for Compassionate Listening, a practice that formed the foundation for our Listening Heart Lodge at last summer's Long Dance. Coordinated by Julia Moore and Kristina Turner through the Conflict Evolution Council of Red Lodge, Therese Charvet offers three more sessions at Sacred Groves before Long Dance 2006. I cannot express the depth of learning offered, and because we practice in a circle of sisters we know and trust, it is clearly evident that these gatherings work us in our bones. "These Compassionate Listening trainings are giving Long Dancers an opportunity to bond with each other at a whole, new level," Julia reflects. "One more way that Red Lodge is knitting us together!"

Spring brings many more! Some of the offerings are limited to Long Dancers, others offer opportunities to bring new women into our circle. And though healing and growth are typically the focus, where Long Dancers gather there is joy, laughter, Coyote, and lots of hugs. Take a look at the calendar and join in.

See you there!

Mary G.L. Shackelford  
Chair-Program Council



## INTERIM BOARD AND COUNCIL MEMBERS

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WOMAN'S WAY RED LODGE  
WISDOM COUNCIL  
MARCH 4-5, 2006

Join us!!!

As the season of Spring approaches and begins to reveal its life, we plan to gather our community.

The interim board has met for its first retreat. The councils have grown and been working hard since the last Wisdom Council. Exciting projects are underway.

Come, bless us with your presence as we connect, create and celebrate in our way for the furtherance of our vision, purpose and mission.

The agenda includes:

- Review of our new purpose, reports from WWRL councils
- Request for your input on various topics, planning for the open house,
- A guided visualization and movement, nourishing food, singing and drumming...and a surprise, fun creative project on Sunday.

Arrive by 12pm Saturday, March 4

Wisdom Council begins at 1pm

We close by 2pm Sunday, March 5

Cost for shared meals (provided by Sahale) and Saturday overnight \$50. (\$25 for overnight and \$25 for Saturday dinner, Sunday breakfast and lunch)

For more information contact Kendra  
kendra@spiritalive.net or  
(206) 355-3782

SEE you soon!!

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Are you willing to live  
the life you were meant  
to live?

If you said YES, *Delighting in the Diva* will serve as a "coming home place" to your heart's quest.

I am Kendra, founder of **spiritalive**, and I personally invite you to this intimate playshop for women. Arouse your vitality and inspire deeper relationship with your Self by re-claiming and embodying the Divine Feminine on an expansive and outrageous level. Commit to being, walking, working, relating and talking based on your core values and authentic expression. Be willing to risk, open and practice, in a safe and solid container, in service to becoming what you are here to become.

For more information please  
email [kendra@spiritalive.net](mailto:kendra@spiritalive.net).



April 8, 2006

9:30am-7:30pm

Sacred Groves,  
Bainbridge Island

\$127

Space for 10 women.  
Please inquire about  
Long Dancer discount,  
optional Friday night  
Sweat Lodge and  
accomodations.



# BOOK LOOK

## RECOMMENDED BY

Grandma Billie Sockwomyn

## TITLE

When God Was a Woman

## AUTHOR

Merlin Stone

## AMAZON.COM

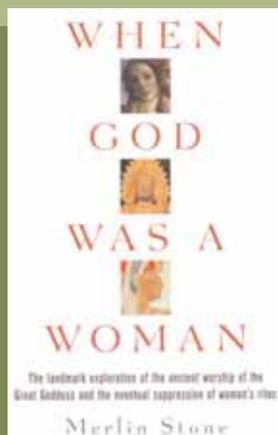
New \$11.20, Used \$4.88

"After reading this book, it was like YES! Yes, this is what I was looking for, the Goddess, not the God—The feminine side of the Divine. This book literally changed my life. It struck a chord in me that I had not known before."

—Grandma Billie

## EXCERPT

"Though we live amid high-rise steel buildings, formica countertops and electronic television screens, there is something in all of us women and men alike, that makes us feel deeply connected with



the past. Perhaps the sudden dampness of a beach cave or the lines of sunlight piercing through the intricate lace patterns of the leaves in a darkening grove of tall trees will awaken from the hidden recesses of our minds the distant echoes of a remote and ancient time, taking us back to the the early stirrings of human life on the planet. For people raised and programmed on the patriarchal religions of today, religious that affect us in even the most secular aspects of our society, perhaps there remains a lingering almost innate memory of sacred shrines and temples tended by priestesses who served in the religion of the original supreme deity. In the beginning, people prayed to the creatress of life, the Mistress of Heaven. At the very dawn of religion, God was a woman. Do you remember?"

# DO YOU HEAR THE CALL?

Oh Sisters!! You are all so very dear to us.

Do you remember when you first heard the call to come to Long Dance?

What was it that called YOU?

Was it the Sacred Feminine?



The call of the Earth?

The call of the Drum?

The Beauty Way, Woman's Way, Sacred Ceremony, Self Empowerment?

Or could it have been the call to be with other sisters and grow together in Community?

Whatever it was for you that brought you to Long Dance, and our wondrous community, we hope you will hear the new call to Woman's Way Red Lodge.

This call may be different for each of us, as we each respond to the call of different rhythm. It may be the Purpose of Red Lodge that calls to you deep within: *To Enliven the Sacred Feminine, Honor Deeply All Life, as we Serve our World.*

Or it may be our newly revised Mission: *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.*

Perhaps the call for you is to come BE WITH US, as we come together in a Woman's Way Red Lodge Wisdom Council and check us out.

A small group of Long Dancers got together to dream what Red Lodge could be and then another group of Long Dancers and Facilitators came together to dream some details of what Red Lodge can be. Now we are asking you to join us to co-create this fledgling Red Lodge that is beginning to take shape. Help us determine the shape, size, color, feel of Red Lodge.

The Abundance Council is working to develop membership categories and parameters, and put together a membership packet to have ready for our Open House on September 23. This affects all who would be members of Red Lodge. We are reaching out our arms wide for each of you our Long Dance sisters First! We would love to have your input on this very soon.

## **Please come to the Red Lodge Council Meeting at Sahale on March 4**

or contact me with ideas and input at  
sarahblum@earthlink.net

Please mark your calendars for September 23 and join us as we celebrate Who We Are in our own unique juicy, colorful, creative, woman ways.

Sarah Blum  
Chair—Abundance Council

# A VISION FOR OPEN HOUSE

Picture a large circle of booths and tables featuring the art, handiwork, products, and services offered by the creative and inspired women of our circle. In the East, there are offerings that relate to vision, new directions, maidenhood, or spring. The tables are covered with yellow cloth, and there is a table where women can make their own smudge wand of cedar, lavender, or sage. In the south, you find booths with a red color scheme and a focus on passion, healing, sexuality, motherhood, or summer. You can be part of creating a banner that reflects igniting the fire of our passion for Red Lodge. Moving to the West, you find blue-covered tables that reflect dreaming, mystery, the warrior and wisdom gatherer, or fall. If you like, you can make a dream catcher. White tables in the north offer information, art, products, and crafts about teaching, bone-work, ancestors, the time of the crone, or winter. Here you can create a talking stick.

The center of the circle is an open space dedicated to sacred performance and participatory activities scheduled throughout the day. We hear the Mother's Long Dance women singing. We join in a drum circle and sing and dance. There is poetry and story sharing. Coyote takes a turn.

Four women of beauty and presence weave among us offering different aspects of the story of Red Lodge and disseminating information about membership and programs. The seer of the East relates the story of our vision and how we got started. The healer of the South shares our healing ways. The warrior dreamer of the West speaks to our mission, our purpose, and our work. The crone of the North tells stories of our wise woman ways.

You have walked into our first Red Lodge open house...

**It will be held on Saturday, September 23 from noon until 5 PM at the dance hall in Gorst on Kitsap Peninsula.**

Think about how you can be involved! Where do your gifts fit into the circle? Are you called to speak to the story of Red Lodge? Are you a musician inspired to collaborate with a sister poet to perform? Are you a dancer with a passion to share your gift by teaching us all new ways to move rhythm into our hearts, bodies, and souls? Does your art speak of the West? Do your healing products meet a winter need?

We are beginning to work out the details of this vision which will shift and change as we hear from you and gain clarity about the form. Details and deadlines will be forthcoming. For now, we urge you to mark the date on your calendar. And let your dreaming begin. How will you step up to be part of our first Red Lodge event?

## **To share ideas and volunteer to help, contact:**

Sarah, [sarahblum@earthlink.net](mailto:sarahblum@earthlink.net) or  
Mary at [mgls53@comcast.net](mailto:mgls53@comcast.net)

To talk about booth ideas and registration,  
contact Mariah, [mariahwinddancer@aol.com](mailto:mariahwinddancer@aol.com)



# THE SWEAT LODGE IS NOT JUST FOR SWEATING

Sweet sisters, I want to write to you about my experience of not sweating, that is not going into the lodge, at the Imbolc sweat. I am something of a sweat hound but due to a scheduling conflict, I opted to stay outside and hold space. I was a little disappointed that I wouldn't be able to actually sweat but felt clear that I wanted to be there.

What a gift this came to be! I want to share a little about this and encourage everyone to consider coming to one, some, any of the teaching lodges that are being offered throughout the year, even if you do not intend to sweat.

It is wonderful simply to gather together, to greet each other in the sweet morning air. Upon connecting with other Long Dancers, the space begins to be charged with our energy. The directions are called in, the fire is laid and prayed for and lit, songs are sung, drums and rattles played, sacred space is opened, honored, and fed.

We gather for a circle to greet and share with one another; this connects our hearts and our intentions. When the stones are ready, those going in prepare themselves. The rest of us begin to hold the sacred space outside the lodge, tending the fire, drumming or rattling, or simply sitting. We offer assistance to anyone who needs help, of any kind. It is beautiful to see our sisters enter the womb that is the lodge.

I am having a hard time finding words for what comes next. The sweat begins, and those who are outside are both witnesses and guardians for this very sacred ritual. It is a great honor to be present. It is delightful to spend the entire day outside, bathed in the power of all that is happening. Those outside protect and feed the lodge and in turn are fed by the work that is done inside. It is a holy experience. In all our different ways, we offer up our deepest selves to this sacred work.

One doesn't need to sweat to participate in a sweat lodge. There is room for each and every one of us. Everyone has something to offer and much to receive. Come join in.

—By Amy Wolff

## SPRING EQUINOX LODGE

Fourteen women gathered in early February to celebrate Imbolc with Woman's Way sweat lodge. It was clear and sunny with a nip in the air. Seven eagles flew over the lodge during prayer round. Six women served with Therese firetending outside the lodge, and, with Barbara as waterpouner, eight women laid prayers on the stones inside the lodge. Suzanne Lichau was here from California, and Joanne Cook is in town from Wyoming! We had two firsts: a Vashon Island woman with no previous connection to our circle and minimal experience of sweat lodge ceremony and a beloved sister who had never been in wood-fired sweat lodge. Stepping into the opportunity offered through these teaching lodges, two women were present as apprentices.

The date for the next Woman's Way sweat lodge celebrating Spring Equinox has been changed to March 26. As the alignment of the earth and sun moves to that place where day equals night, our focus will be on balance. Mary Shackelford is waterpouner. In exploring the work of honoring the sacred masculine and the divine feminine, she invites women to reflect on where we hold fear of embracing these qualities in ourselves and to honor how we can step into the full balance of our power and healing.

"For many years, my only concept of the sacred masculine was so tied to the great white father in the sky, to a god of revenge and shame, I rejected any sense of the masculine as holy. After many years of re-membering who I am and delving deeply into reclaiming the sacred feminine, I realized there was work at the other end as well," Mary explains. Diving in to research the faces and aspects of the divine masculine archetypes, Mary found deep healing at the sacred stone circle of the ancient Horned God of her Celtic roots. In this Spring Equinox Lodge, Mary invites us to continue this healing work together, bringing our own personal understandings and relationships to light towards balance and healing for ourselves, in our work, and for the earth. Mitakue Oyasin.

Suzanne will be firetending for this lodge. She requests that anyone who is planning to be present and apprenticing firetending plan to be at Burton Hill either the evening before or by 7:30 AM the morning of the lodge. Please contact her directly at [wombfire13@earthlink.net](mailto:wombfire13@earthlink.net) so she knows who will be apprenticing and can communicate her vision of what this fire tending might look like. It will be a bit different than the previous lodge as each woman brings a unique perspective and technique in her approach to creating and holding the fire container for the lodge.



*Firetender Suzanne Lichau with Long Dance sister Gaia Maeve Aeolus. —Long Dance 2000*

## LETTER FROM CONNOR

To my Long Dance/Red Lodge Sisters!

Greetings from the High-Desert of southern California! It is hard to conjure the reality that I have lived here for a year and half now. My life is so very different than the one I lived in the Northwest!

There could be much to tell in the stories of my life here. As of one month ago, when Curt and I buried our 18 year old cat Devon, it became the first time that I wasn't involved in on-going/in-person relationships with a large home, 15 fruit trees, big gardens, young folks coming and going while emptying the frig in the process, running a massage business full time, participating in my women's circles in Port Angeles, and of course, my Beloved Long Dance community! MY OH MY!

My first year and a half here was spent "stirring the ashes of my hearth" and heart. Suffice it to say that it took that long to come to terms with what I had walked away from, the empty terms that I arrived here on, the mending of my marriage, the redefining of myself, and arriving in the direction in which I want to go next.

One of my personal unfinished frontiers of consciousness is my relationship to money, business and wealth, so that is next and big for me. I have been around wealth all my life, but not ever "in" it or "of" it. Coming here and having my income disappear, and my ability to fund what I love, from Long Dance projects to my family, I decided that I had unfinished business with myself. Sustained income wherever I am, to fund what I love, is my ticket of interest. So I am on that adventure from the place of spirit and consciousness. I am wrestling with my inner positions about the wealthy, wealth, etc. and finding amazing thoughts, feelings and discoveries of possibilities. More to be revealed...

Now that Karina White lives and works here, and Peg Hopkins is moving here, it occurs to me that some of you might be curious about what is taking place. Not assuming that this would be news for everyone, I thought to say a few things. Peg contracted me as a mentor for about half a year last winter, and after that we began a different discussion. We began musing about a possible project or work together. Drai joined this conversation and we discovered we all think well together, but we did not take action. At some point Peg became rather lovingly "in my face" about owning the uniqueness of my perspectives and presence, and encouraged me to think about defining a business around that as my livelihood. That began the threads of this current collaboration.

Last fall Drai, Peg and I met together in Denver for a week. The intent, per a request from Curt last July, was to figure out how to get "my voice" out into the world. The inspiration, the support, the awakenings I received from that time in Denver is priceless and unique for me, in my lifetime. I cannot remember ever having two people devote a week of their lives in total support of my gifts and talents, utilizing their own, and looking for ways to take "my voice" into the next venue, arena, and notch it up for me. By the mirroring and belief in me, I came to really accept that it is time for me to be out in the world more and that I am mature enough to be there and offer great

value. And that the time is NOW.

In the past there have been three other women who have supported me by creating income/business/livelihood events for me, and they are Sarah Blum, Charley McGuire and Ann Roberts. There are many others who have covered my fanny and worked with me over the years in Long Dance, Red Lodge, and the River. Those are for another time. I am immensely grateful for all.

So this year is devoted to research, a business plan & timeline, and the creation of courses and programs. I have attracted women who are contracting with me to be mentored by phone and are willing to pay me for it. On February 25th Christine Stevens and I conducted a day-long drum retreat for women in Joshua Tree. Karina, Peg and I facilitated a drum circle evening for mothers and daughters in Joshua Tree last month when Peg was here for her interview. Peg is moving here to be an integral part of the revamping of an extraordinary Frank Lloyd Wright retreat center that will become world class, and be my collaborating partner in creating this new business. Drai will be doing the marketing for this project and other things to be determined over time. It is all rather a dream thing. Long Dance, Red Lodge, our Northwest community, is beginning to bring its grace and genius to southern California.

Having Karina here will dovetail into all this in good time. By June, Karina will become the new Director of the Desert Institute for Joshua Tree National Park Association, in 29 Palms, where she now interns. The men in this Basin have discovered an amazing, SINGLE young woman, and it is fun to watch!

What is taking place in Woman's Way Red Lodge now is the fulfillment of 50 women's dreams in 2000, and the continued maturing and unfolding of Long Dance. It makes my heart sing. The women who lead WWRL are on a roll that will serve us all over time, and allow Long Dance to remain "below the radar" while finding ways to bring it's gifts to more folks, and support our community in livelihood. The women who are actively engaged in developing Red Lodge are "in the paddle boat" on the river, about to go into a large and exciting rapid, and those of us who decide to not get in other boats along side will, at some point, have to let them carry on as the river takes them. It's the nature of being on a paddle boat, so to speak, and leaning into the waves and currents of the journey.

You are my community, my homeland. I am so proud of and grateful for you. I am blessed by your presence in my life. I love you. I talk about you, I dream about you! I miss you! However it is that Woman's Way Red Lodge develops and Long Dance unfolds, it will be perfect. Continuing close and intended dialogue around the purpose, function and roles of each will allow collaboration with everyone's personal dreams, and support the collective. There is intent in this new business of eventually being a source of funds to assist the production of some of our collective dreams. Perhaps many of us will do the same from our livelihoods. There is more to write, and I will end for now.

My love, as always. Connor



# RATTLING WITH BEAR HEART

My first Long Dance in '97 inspired me to make my first gourd rattle. Since then I've created a dozen rattles a year, starting with fresh gourds purchased in late summer, dried by my hearth through fall and winter and made into rattles the following spring and summer. The birth of a rattle takes a full turn around the great wheel and embodies full circle energy.

Gourds are the fruiting bodies of the squash plant. Like animals' wombs, gourds hold seeds of life, creativity, nurture, strength, fecundity and seductive sensuality. Just think how bees are hypnotically drawn to squash blossoms. Gourds embody collectivism, community, powerful communication, colorful song and dance and so much more!

You will feel these qualities when you hold one of my rattles. You will also see that they are impeccably crafted and sturdy enough to last a lifetime.

They make wonderful gifts.  
Priced from \$50. to \$150.  
Custom designs by  
arrangement.

For further information contact

**Julia Bear Heart Moore**

3607 Landau Ave. NE,  
Olympia WA 98506.  
juliasews@comcast.net

360.459.4001



## THE MEDICINE WAY

From *The Medicine Way* by Kenneth Meadows.  
Read by Barbara Krulich at opening circle,  
Long Dance 2005-Sahale

Let Light enfold me  
that my inward eye may see clearly  
the Path that lies ahead.  
Let my mind be opened up  
that may recognize  
the sign posts along the Way.

Grant me the wisdom  
that comes from  
understanding  
the true from the false.  
And guide my steps  
so that should I falter or  
stumble,  
tripped by former beliefs  
that blind me still,  
I may go forward with  
courage  
and with the determination  
which persistence bears.

Let me be embraced  
with the Love by which  
the whole Creation is moved.  
The very Essence with which  
all things are held together  
dependent yet independent,  
whole yet individuated.  
In which all are my relatives.

Let me know the way  
that is the Beauty Way  
the beautiful way  
where all who will  
may Walk in Beauty  
and where the end of the Path  
is but a new beginning  
to my infinity.  
And every new beginning  
another ever-present moment  
an Eternity.

## LONG DANCE, RED LODGE –WHAT’S THE DIFFERENCE

Last week, I heard one of my Red Lodge/Long Dance sisters say: “Long Dance, Red Lodge, whatever—it’s all the same to me. I still don’t think of them as separate.” That’s understandable. Right now, in her budding phase as a non-profit organization, Red Lodge is powered 100% by Long Dancers. However, Red Lodge has her own unique identity, and before too long, she’s going to look distinctly different from Long Dance. Here are just a few of the differences emerging:

**LONG DANCE.** Annual week long gathering, created by facilitators and lodge leaders collaborating throughout the year to manifest the physical camp and sacred lodges through which we transform ourselves.

**RED LODGE.** Non-profit organization, co-created by many women networking and collaborating on the Board of Trustees, and in year-round Board Councils, to form a clearinghouse for a growing number of gatherings, programs and creative projects

**LONG DANCE.** Leadership all volunteer, through stepping up.

**RED LODGE.** Board & Council leadership volunteer, through a combination of nomination & stepping up. Possibility of hiring a paid executive director, in the right timing.

**LONG DANCE.** Guided through consensus decisions made at Long Dance Wisdom Council

**RED LODGE.** Guided through by-laws and consensus decisions made by the Red Lodge Board of Trustees and advisory Board Councils. For essential member-input, the Board looks to advisory consensus decisions made at Red Lodge Wisdom Council, by all members in attendance.

**LONG DANCE.** No legal obligations. Operates through mutual trust. Over the years has evolved notebooks with wisdom that is passed on to each year’s facilitators, which includes practical wisdom about budgeting and registration procedures that have worked.

**RED LODGE.** Operates through mutual trust AND must create budgets, keep minutes of meetings, keep accurate, open books and file Federal income tax.

**LONG DANCE.** Evolves, through shared experience, the values that we intuitively live by LONG DANCE

**RED LODGE.** Articulates shared values (our list of 15 Principles, Vision, Purpose & Mission Statements) to help us know who we are as we reach out to share what we love to do with more people

**LONG DANCE.** Exclusively for women—a sacred, healing container in which women celebrate, and co-create potent ways to remember and empower ourselves as we deepen our commitment to service.

**RED LODGE.** Currently, we envision ourselves as a dynamic and evolving woman-powered organization committed to working together in the woman’s way as we serve a growing membership of Red Lodge sisters. And, based on the heart consensus of the Board on the gender-inclusive language of our new mission statement, we are now open to the possibility of including kindred men in some programs, if and when we wisely discern how this serves our purpose and mission.

For all of us who value Long Dance, what is important to understand is that if Red Lodge continues in the direction she is heading, Long Dance will be one of the many wonderful programs offered by Red Lodge. Long Dance will likely always be at the core of whatever Red Lodge becomes. Because Long Dance is the Mother Drum of Red Lodge—her rhythms and deep vibrations will stir us, unify us, and keep us going, through the challenging process of becoming a vibrant, effective and broad-reaching non-profit organization.

Because of this, we on the Red Lodge Interim Board highly value the input of any and all Long Dancers in this crucial year when we are creating the by-laws and non-profit application, leadership structure and pilot programming of Red Lodge.

This year, we are having 2 Red Lodge Wisdom Council gatherings at Sahale, March 4-5 and December 2-3. All Long Dancers are invited and encouraged to attend. Stay tuned to e-news for reports on these Wisdom Councils and the freshest glimpses of where we’re heading!

## WOMAN'S WAY RED LODGE EVENTS 2006

### Spring Red Lodge Wisdom Council

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

### 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@yahoogroups.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

### 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

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 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

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. Mar 26 Equinox–Burton Hill 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

### A Season of Roots and Rest

MAR 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: www.pccnaturalmarkets.com/pcccoks/classes/detail.php?id=300

### Awakening the Goddess

MAR 21-MAY 9. Tuesday 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

### Cuddle Parties

Mar 12, 6 PM. March 24, 7 PM. A new kind of workshop/social event to explore and enjoy safe, non-sexual, friendly human contact and support. It's a roomful of grown-ups in pajamas who are there to practice saying no or yes, share cuddles, or just hang out. Cost by donation. Betty Martin, 206-920-1228. www.CuddleSeattle.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,

### Grief Ritual

MAR 11-12 and/or OCT 28-29. Sacred Groves, Bainbridge Island. Contact Therese Charvet, therese@sacredgroves.com. A safe and sacred container, facilitated by Kendra E Thornbury, Martin Dronsfield and Therese Charvet. Gather and support each other to release grief so that we can greet the spring feeling unburdened by the darkness of the winter and other passages in life. \$100 donation is requested. If you want to attend or want more information, please contact Kendra at kendra@spiritalive.net

### 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:

- All parents and their children as they walk together through difficult growth experiences, wisening, spreading of wings, rebellion and development—with special prayer for Susan Landau and her daughter Talia.
- Lauryth Dwyer as she heals her body from pain, and brings a calmness to her emotions.
- For all the women who attend LD06, may they feel a deep Spirit/Goddess presence and have a sublime experience.
- Claire d'Gaia as she journeys' back to Hawaii on March 1st.
- Pam Tillson and her family as they grieve the accidental death of her 9 year old grand-nephew.
- Susan Landau's' elderly parents who were in a recent car accident.

### The One with Mother Earth Prayer

" I am one with Mother Earth, I am strong.  
The fertile soil is Her skin. The hard rock is Her bone.  
The sea is Her womb. Of all these things I am."  
—Kfrindik

**Festive Rice** Serves 8-10  
by Suzanne Lichau

2 C	Organic Basmati or Jasmine Rice (white)
3 Tblsp	Fennel Seed
1-14oz. can	Organic light coconut milk
1/2 C	Pine nuts
1 C	Filtered water
1 C	Fruit juice sweetened dried organic cranberries
1/4 C	Filtered water
1 C	Organic unsulphered golden raisins

Measure rice in to a heavy sauce pan—rinse 2 -3 times—drain off excess water. Add coconut milk. Put 1 c. water into coconut milk can and stir. Add liquid to rice. Place on medium flame—when mixture begins to bubble stir gently. Place lid on pan—decrease flame to low. Simmer for 15-20 minutes stirring gently as needed to keep rice from sticking to bottom of pan. If rice is not tender when all the liquid is absorbed add 1/4 c. water and continue cooking until absorbed. Rice should be soft but firm, not mushy. Set aside covered. In a cast iron skillet, toast fennel and pine nuts until lightly browned. Cool. Uncover rice—cool. Combine all ingredients. Toss. Serve in a festive bowl.



*I made up this recipe a few years ago for a winter solstice party. I wanted to create something that reflected the season. It was very popular. Enjoy. —Suzanne*

*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 for the March/April/May 2006 eNews issues. 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 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!