

Woman's Way RED LODGE

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The miracle is not to fly in the air, or to walk on the water, but to walk on the Earth.

A DEEPENING

Dearest Sisters,

My deepest gratitude goes out to each and every-one of you for being you, and showing up within this community exactly as you do, being exactly who you are. We are all a blessing.



**Norleen at the WWRL
planning meeting**

I am deeply honored to be involved with Red Lodge as Communications Council Chair. Stepping into this role of service has been an amazing experience for me so far. I am learning so much about my true self and seeing my sisters in a different way than I ever imagined. I appreciate the depth and vulnerability that we can share. I appreciate that we make time to be together as a community and as individuals. The community events like the Sweat Lodges or Compassionate Listening trainings for example, are where I get to go deeper into connection with my sisters. My experience is, that when Women of Longdance/Red Lodge gather together, magic happens, every time!!

I have been with the concept/conversation of what constitutes communication since stepping into this role. What is communication and where does it start? Where does the desire or energy come from within our bodies, minds, souls or spirits? What are all the ways that we communicate? Is it possible that communication binds us together with all that is? Could it be true that everything we be, do, feel, or think is showing and telling the world "This is me, this is who I am", "This is what's important to me".

I am just beginning to get a taste of what it is like to be of Service. I am beginning to understand what it means to hold and care for the collective, while still honoring myself. How do I affect those around me? Do unspoken energies and challenges within ourselves manifest and affect those around us? Can I speak my truth here? Can I ask my ego to step a side. Is there a different way look at and be with this? To do my best, then to give it to spirit for the highest and best of all involved. Learning to more fully trust. This is some of what is working me, in being of service to this community. It truly is all good!!

It is my intention to deeply listen to others and myself. I also intend to be in my core and communicate from my compassionate place. I intend to stay present and speak my heartfelt truth. For me, stepping into this vulnerable place is challenging and very new territory. I ask that we all be gentle with each other and ourselves as we walk together on this journey as side-bys, called Red Lodge.

In this moment, this is what it means to me, to be involved with Red Lodge

I am honored to be of service

Norleen Overman–Communications Council Chair

HEY, WHERE'S OUR WEBSITE?

Have You seen it? What's happening with it? Do YOU have it? When's it going to be up and running?? Are you excited yet? Well, I am. Here's some info to keep ya interested. Yes, it is now in development with the actual web programming in work. Thank you Draï, for sharing your graphic expertise with us on this project. I am happy to share, that this web site will be developed and maintained by us, the Women of Red Lodge. We will keep you posted with info, as we get closer to the launch date. This site will have the flavor and look of the eNEWS. Our intention is to have a simple way for us to get the eNEWS, view the events calendar and read about other current happenings with the click of a mouse. –Norleen Overman



CD LODGE NEWS

On March 25th eight members of the CD lodge gathered at Mary and Jim's house on Vashon for a wisdom council meeting. The council was facilitated by Willow and Paula tended to us during our meeting. Attending were Lori, Della, Mips, Mary, Kendra, Kristina, Kimber and Suzanne. Richard Jones, the sound engineer also attended. After a day of deep exploration the following proposal was approved by the group using our heart agreement consensus model.

Suzanne will work in partnership with the Red Lodge Program Council to bring *Moon Songs For the Goddess Soul*, to include the 13 original songs that were recorded, and 1 really good jam, to completion. Grandma Billie will also be included on the final cut of this CD. Suzanne will work with Richard as well as coordinate all the final pieces needed to complete this project.

Kendra will submit to the Red Lodge Program Council a financial statement including expenses and income to date. Where upon the Red Lodge Program Council will assume management of the CD fund.

Consensus was reached with a showing of 6/5 fingers and 2/4 fingers over hearts. Look for updates on the project in future eNEWS.

DIGGING A HOLE BIG ENOUGH TO SIT IN

By Twylah Nitsch

I must have been under five when I spent one whole summer digging a hole with a large spoon in the side of a bank near our house. I had to dig and dig because the ground was so full of roots and my goal was to make a hole big enough to sit in—like a cave. And that took a lot of hard work. Digging through all those roots was tough.

What I remember most about the experience is something my grandmother said. "When you take the dirt out, make sure you have a place for it," she cautioned me, "because the dirt is used to being in that particular place and it is at home there. Don't take anything that is part of something and just scatter it around.

Remember you are disturbing the home of the worms and the insects. You are moving them out of the lace where they have been living and you need to make sure that they are happy about where you are taking them." So I would scoop the dirt into a little basket I had and take it around to various spots. "Is this where you would like to be?" I'd ask. And if the answer was yes, I would leave it. Otherwise, I'd pick up my basket, go to another spot and ask again.

When I had finally made the hole deep enough to sit in, I would crawl in there and listen. I could hear the Earth talking.

Stepping Into OPENING THE DOOR

Planning for our September 23 event, *Opening the Door*, a festival to celebrate Woman's Way Red Lodge, continues. This event is for all Long Dance women and their women friends. It offers a chance to share the gifts and skills of all the different women in our community which sometimes we never get a clue about during the deep, intense time we spend together at Long Dance. The celebration also Opens the Door to one and all to learn more about Red Lodge and find out how to become involved. Please consider ways to participate, and let us all see each other in the fullness of how we bring ourselves to the world!

This is the last call for those wanting to participate in the center circle of activities. Drumming, singing, body prayer, dancing, and sharing the spoken word are being lined up. We will begin when the doors open at noon. We will schedule many of the half-hour slots and leave some open to spontaneous inspiration. If you would like to participate in this circle, please contact any one on the Red Lodge Program Council before May 15. And, of course, we invite you to get in touch with us later if inspiration arises...after May 15, we hope to nail down a tentative schedule.

And the call is out for women who want a booth or table at *Opening the Door*. Ideas surfacing include a healing arts booth, a henna booth, and booths to share and sell art, photography, CDs, wildcrafts, and other products. Booths can involve an activity, service, products, or simply offer information. Please do share your own inspirations and gifts and also send us suggestions for women who we might approach to encourage them to step up. Contact a member of the Abundance Council today.

Abundance Council

Sarah Blum sarahblum@earthlink.net
Bobbi Edwards bjebear41@aol.com
Victoria Jensen victoryj@comcast.net
Catherine Dwyer dwyerec@hsd401.org

Program Council

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Lori Kramer cadancerain@yahoo.com
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Nan Draper nadd52256@hotmail.com



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BOOK LOOK

RECOMMENDED BY
Suzanne Lichau

TITLE

The Forest Lover

AUTHOR

Susan Vreeland

RETAIL

\$10.78 Amazon.com



"This is a fictional novel revolving around the life of Pacific Northwest Artist Emily Carr. It is a deep moving book that explores a woman's relationship with the Earth, her family of origin, her call to a truer family and her deep struggles with the challenge of honoring her relationship to the call of spirit vs. what is expected of her by the social mores of the times. I sometimes cry when I read books but this book made me weep. A great read!!!" –Suzanne

Penguin Book Review Canada From award-winning author Susan Vreeland comes a portrait of Emily Carr that is as arresting and vibrant as the artist's many canvases. After the success of her award-winning novels *Girl in Hyacinth Blue* and *The Passion of Artemisia*, this best-selling author shifts her focus to the 20th century to tell the story of an adventurer and fiercely independent painter.

Before Georgia O'Keefe redefined the desert landscapes of New Mexico and Frida Kahlo revolutionized the art of self-portraiture, Emily Carr blazed a trail onto the early 20th century art scene with her boldly modern and inventive renditions of the British Columbian landscape. With her uncompromising brushstrokes and against all odds, she was able to capture not only the fading wilderness slowly marred by encroaching industrialization and assimilation, but also the indigenous villages, the tribal peoples, and their dying customs and art forms.

From illegal potlatches in tribal communities in the interior and a tryst with a French fur trader to Paris in 1911, where she was part of the birth of modernism and cubism, Carr's story is as arresting and vibrant as her many canvases. Above all, it is the story of a woman who faced hypocrisy and injustice, and was always true to herself and to her art.

PRAYER CIRCLE

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

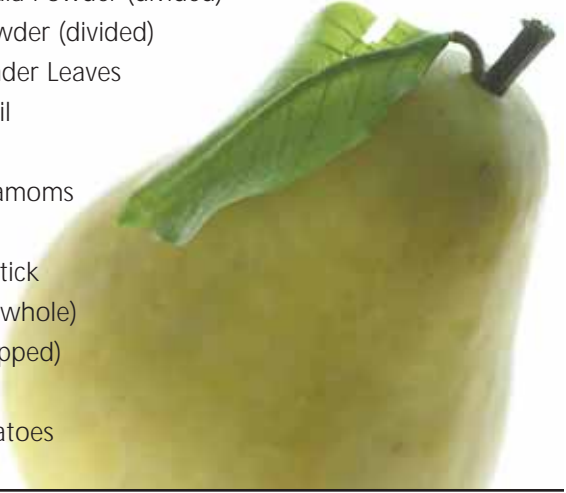
- Barbara Krulich's Dad who recently had surgery and the recovery has been tough
- Amy Wolfe feeling fragile with some difficult life lessons
- Longdance co-ordinators interweaving their skills & working their issues as they move forward to LD.
- Gratitude for complete recovery & renewed creativity of Ruth Raven's husband.

SISTER'S SOUL FOOD

Chicken Curry with Pears
by USAPears.com



- 2 lbs Boneless Chicken
- 2 Pears (1 cubed & 1 pureed)
- 1 C Yogurt
- Salt To taste
- 1 tsp Red Chili Powder (divided)
- 1 tsp Garam Masala Powder (divided)
- 1 tsp Turmeric Powder (divided)
- 1 tbsp Fresh Coriander Leaves
- 2 tbsp Vegetable Oil
- 5 Peppercorns
- 4 Green Cardamoms
- 2 Bay Leaves
- 1 inch Cinnamon Stick
- 2 Red Chilies (whole)
- 2 Onions (chopped)
- 1 tsp Garlic Paste
- 1/2 C Pureed Tomatoes



Marinate boneless chicken for about an hour in a refrigerator in a mixture of the yogurt, salt, 1/2 tsp red chilli powder, 1/2 tsp garam masala powder, pear puree and 1/2 tsp of turmeric powder. Chop a few sprigs of coriander leaves and add to the marinade. Grill the marinated chicken pieces on a bar-be-cue, turning a few times until evenly cooked all around. Once done cut into medium size pieces. Heat oil in a pan. Add peppercorns, green cardamoms, cinnamon, bay leaves and whole red chilies and sauté. Add chopped onions and sauté until onions turn golden. Add garlic paste and continue to sauté. Add tomato puree and mix. Add 1/2 tsp turmeric powder, 1/2 tsp red chilli powder and sauté for a few minutes. Add the remaining marinade and mix well. Add one cup of water and let it cook for 3 to 4 minutes. Add chopped pear and mix. Remove the bay leaf and add salt, coriander leaves with hand and add the grilled chicken pieces. Add 1/2 tsp of garam masala and cook for 5 minutes. Serve hot.



GODDESS AT BURTON HILL

Julia Bear Heart attended the Equinox Lodge at Burton Hill to celebrate that time of year when night equals day and there is a call to look for balance in our lives. 18 women, including 5 from beyond the LD community, joined in the ceremony to honor the dance of the sacred masculine and feminine within each of us. Julia joined FireTender Suzanne Lichau, apprentice Kathleen Hanning, doorkeeper Kristina Turningwoman, and several others outside the lodge. Drumming in service to the fire and the prayer and purification ritual, Julia experienced her own deep dance with the sacred masculine and the divine feminine:

I am filled with wonderful memories of our sweat. I sat by the fire drumming for the firetenders, gazing at that huge mounded breast of ashes, charred nails and Earth piled up from 17 years of sweats, and into the correspondingly deep opening in the body of the Earth where the rocks for your sweat were heating in the sacred fire. As the hours wore on, this landscape became a giant woman's body. I gazed at her proud Venus mound of Earth brown skin all grown over with a soft hair of mosses, grasses and flowering herbs, swooping down to the place where her body opens wide to reveal deep, dark inner power and heat. Into the place we all came from. This is the message my drum was beating for your sweat. Even though I was not in the lodge, I was looking into, mentally traveling into the great womb of the Mother, absorbing enormous healing energy in my journey. Even though I came to give support, I received more than I gave.

During the breaks between rounds, our FireTender descended into the firepit to retrieve glowing rocks to refresh the sweat lodge. The effects of this hot, Earthy work were reflected on her beautiful sweating brow. Each time she stepped into the Cunt of the Mother, I remembered more pieces of my original story. Our WaterPourer had suggested using this sweat as an opportunity to balance our feminine and masculine energies. I began to remember how I was raised on Greek myths that portrayed the underworld as a dangerous place where imprisoned souls were cruelly tested for strength and courage before being released, if they were lucky. The old lesson warned: the bowels of the Earth-- home of the angry male Hades-- don't go there!

My new women's sweat myth revealed to me

that the firepit is the entrance into Gaia where no unresolved male/female dichotomy exists. Here I am shown the connections between all brothers and sisters who share space on our beloved Mother Earth. As the women were called to begin a new round, I would catch a glimpse of a dark furry vagina and white buttocks as they disappeared back into the hot womb of the lodge. I would look back at the glowing firepit and steamy Earth mound and know that I was also entering back into the womb of the Mother for another round in my journey. We were entering the same lodge. She enfolded all of us in her vastness. Thinking more about the idea of balancing male and female, I remember being shocked at the sight of so many nails from the wood pallets (recycled for firewood) littering the ashes of the dying fire at the end of the sweat. But even though the nails had become white hot in the fire, had melted together and rained from the burning pallets by the hundreds onto the Earth, they caused no harm. I'm in the habit of thinking that nails are masculine objects designed to pierce, to defy gravity and bind things together, as ugly trash sometimes. But really they are of the Earth still. They aren't alien; just different. All that slag metal from previous sweats heaped up with the Earth and ashes in the mound by the firepit is ever so slowly rusting and returning to become Earth once again. The Earth, the nails and I can live together in peace.



And the nails hold things together. My man holds me together, Goddess knows, many a time when I do feel like I am flying apart, there he stands, rooted (nailed) to the ground, steady and present, reflecting my truth back to me. Patiently loving me and trusting me, when I have momentarily forgotten my own depth and power. The Spring Equinox sweat did remind me of my own balanced strength, my inalienable birth right as a daughter of the Goddess.

The Burton Hill sweat lodge, and the land dedicated to it and nurtured with love and care over the years, has become a sacred site--capable of great healing for humans. Why travel to Stonehenge or any of the other ancient holy shrines to experience the power of the Goddess? She is here on Vashon Island, at our firepit, at our medicine wheel. It feels to me like this site has been used for 17,000 years, not 17!

It was a lovely healing Spring Sweat. Thanks to all who shared this with me. Bear hugs--Julia Bear Heart

INTERIM BOARD

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Graphic Designer

Drai Bearwomyn

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@yahoogroups.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@aol.com, Lauryth,
laurythhope@hotmail.com, or Susan,
soozau@msn.com

Fall Red Lodge Wisdom Council

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

May 12 SECOND Friday! 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 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

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,
bjrburns@cablespeed.com.

May 6 Beltane-Raven Turtle

Jun 25 Solstice-Raven Turtle

Sep 24 Equinox-Burton Hill

Oct 29 Samhain-Burton Hill

Nov/Dec Thanksgiving or Solstice
Lodge-Raven Turtle

Awakening the Goddess

MAR 21-MAY 9. Tues. evenings. 7-9:30 pm.

An 8-week women's group
to awaken a joyful and empowered sexuality.
Within a safe container, we will tap into the
well of power in our bodies, support each
woman's journey of discovery, and learn
specific skills in boundaries and
communication. And we'll have "way fun!"
\$180.

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

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

INTERESTED IN MAKING A DONATION TO WWRL?

Thank you!

Remember these donations are
not tax deductible at this time.
Please make your check to Red
Lodge, put "donation or gift" on
the memo line and mail to:

WWRL P.O. Box is 13352
Des Moines, WA 98198

Every dollar makes a difference....

BLESSED BE DIVERSITY

By Draí "Down Under"

I am an American woman, with
Irish, English and Filipino blood
coursing through my veins. I was
raised in a Italian-German family. I
am working in New Zealand, with
an Hispanic client in Colorado
who works for a company
laboring in Turkey. I am creating
an ad for her company to be
published in a newspaper in
England which will be read by
Scottish, Irish, English, French,
German and Italian business men.

I sit here and wonder, how on
Earth can anyone think that we
are separate, that any one
group/country/culture is better
than another, that we don't all
touch each other in some
way....everyday?

A global family. Connections.
Mmmmmmm.....



Draí and husband Brian finally
together in New Zealand

wilderness of the soul

The magic is in you, as it is in me.

I invite a limited number of women into a six-month or year long evocative experience of exploring qualities within that provide a strong, joyful, foundational experience of personal presence, and the gift of it's focus for transformational leadership.



I am not a coach, I am a tracker in the wilderness of the soul, rooting my life in the wilderness, the body, women's mysteries, and the interface between the visible and invisible. This experience will be done in the form of phone consultations one-on-one.

This is for women intent on rigorously re-formulating the inner life, engaging in honest mirroring and assessment, trying on new ways of being and seeing. This is a very different hat than Side-by. I have the capacity to get myself, and others, into amazing places that challenge and vitalize to the core, such as the middle of the Himalayas, down the River in the Grand Canyon, into soul wilderness, finding the dance, voice, energy and presence within. I am offering my skills and gifts in a very focused way. I am training myself intensely on all levels for what is coming into my life, and I am willing to train others along side me. For my commitment to you, I request:

- A year long commitment of monthly consultations at \$70/hr (min.1 hour per month)
- Payments to arrive before or on our agreed consult time/date.
- Willingness to consider new options, experiences, perceptual shifts, and the will to follow through.

This offer is being made once! The reduced fee for this one-on-one format is only available once and expires 6/31/06. If you choose this exploring experience for your Self, please send a deposit of \$70 and a letter of intention stating why you would like to do this developmental work.

CORE CONCEPTS CONSULTING Connor Sauer
HC1 Box 1182-Joshua Tree, CA 92252

PLEASE... CONTRIBUTE TO THE NEXT eNEWS!

Deadline for submissions to Red Lodge's monthly eNews is the 20th of the previous month.

Special Events Calendar Listing

Contact Paula Rathbun, paulabeing@aol.com. Send specific information in this order please: name of workshop or event, date, time, place, 2 sentence description, cost and contact info. Long Dancers are welcome to send in event listings which must meet 5 of the 15 Red Lodge Principles. Information must be presented in a concise format.

NOTE CONTACT CHANGE! General Articles

If you wish to submit an article that is important to share with our community, please contact Valli Sanstrom, 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. Please 2-3 sentences. email Ruth Raven Burns, bjrurns@cablespeed.com

Come and Advertise with Us

Do you have a business that other LD Women might like to frequent, artwork to sell, workshops, healing or business services to offer? WWRL fully embraces Women supporting Women. It is our intention to serve as a vehicle for sharing information within our community. We invite you to place an ad in eNEWS. We can even design your ad, either quarter, half or full page. Ads range from \$50 to \$200. All proceeds from ad sales apply to future Woman's Way projects. email Draï at goddessdraï@earthlink.net

Book Look

With the intention of sharing information we offer "Book Look", fantastic book recommendations from within our LD community. If you think a specific book is a must for the community, please share it with us and tell us why! At a minimum, simply provide the book title and author. If you wish, you are also welcome to write the review-130 words or less! (optional) email Draï at goddessdraï@earthlink.net

Sister's Soul Food

"Sisters Soul Food" is a special reserve space in eNEWS to share yummy recipes. email Draï at goddessdraï@earthlink.net Mmmmmmm!

eNEWS STAFF

Valli Sanstrom	WELCOME NEW CONTENT KEEPER!
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