

Woman's Way
RED LODGE

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CALLING YOU TO BUILD THE LODGE

For a year now, a complete turn of the wheel, many women working on Woman's Way Red Lodge (WWRL) have become a ring of candles burning bright in the center of this evolving lodge being built across space and time.

Burning bright through all our individual challenges, we mother, move, tend dying parents, tend thriving jobs, lose jobs, face health crises, stretch our finances and somehow weave hours-long phone calls and voluminous streams of e-mails into our lives.

We are focused on crafting the organizational structure for WWRL, the willow frame, for the women to come, to enter in and join us in our purpose—to enliven the divine feminine in our everyday lives as we move our culture into balance. Who will pour water for this new kind of lodge? Who will carry the poles? Keep the door? Drum the motherbeat? Tend the fire? Who will bring the blankets? Who will our lodge sisters be?

As at Long Dance, we are in awe of the RIVER OF WOMEN we know will pass through the roles of this lodge and the doors of this lodge, honoring all our relations. The generations. The ancestors. To you all, we call.

Now, as Mother Earth begins her shift from one season to another, so does WW Red Lodge. Keep reading to learn about the changes occurring in the leadership....and consider the invitations.

WOMAN'S WAY RED LODGE WISDOM COUNCIL—November 4, 5 & 6, 2005 **

At Marsha's grandmother's land on Whidbey Island

Join us for this dynamic and engaging council where we will delve into a Juicy Intention Building process. We need your vision, your ideas, your dreams, your voice to add to the collective wisdom and support the future of WWRL. What do we want to create together? What do we want to see happen through our organization? What do we want to do in the world with our sacred ways? Please join us for this very important gathering. Connection and fun is guaranteed! Imagine being with long dancers in music, movement, sacred space, and ceremony as we put our intentions together for the future for WWRL!!!

**Agenda, schedule and directions will be sent to those who RSVP with the intention of attending WWRL Wisdom Council in November.

RSVP to Draí Bearwomyn via e-mail at goddessdrai@earthlink.net by the full moon on October 17th.

1
Woman's
Way Red Lodge
Wisdom Council

November 4,5,6

Please attend!

RSVP Required...



DIRECTORY OF VOLUNTEERS

WORKING GROUP

Connor Sauer
Draí Bearwomyn
Kendra E. Thornbury
Kristina Turner
Mary G.L. Shackelford
Peg Hopkins
Suzanne Lichau
Victoria Pilkington
Susan Landau

LEADERSHIP COMMITTEE

Jodi Ann Rodriguez
Kendra E. Thornbury
Norleen Overman
Suzanne Lichau

DECISION-MAKING COMMITTEE

Lori Kramer
Nancy Lieurance
Suzanne Lichau

NAMING COMMITTEE

Lori Kramer
Mariah Hoyt
Nan Draper

CONFLICT EVOLUTION COMMITTEE

Barbara Krulich
BonneeLee Cleverdon
Kendra E. Thornbury

Kim Orte
Kristina Turner
Willow Dreamfeather
Patricia Menzies

STRUCTURE COMMITTEE

BonneeLee Cleverdon
Mariah Hoyt
Peg Hopkins
Victoria Pilkington

SURVEY COMMITTEE

Julia Moore
Nancy McLaughlin
Norleen Overman
Victoria Pilkington

BUDGET COMMITTEE

Mary G.L. Shackelford
Peg Hopkins

SIDEBY SUPPORT TEAM

Marsha Cook
Maureen Oar

CALLING YOU TO BUILD THE LODGE *continued...*

New Board Positions Open

Are you feeling the stir to serve WWRL as a leader on the new board? Do you sense that it is perhaps your time? Or would you like to serve on one of the supportive councils (that's our Woman's Way word for committee!) that will be forming to inform board decisions (for example, Program Council, Council of Abundance, Elders Council).

WWRL is shifting. The working group has, in partnership with committee members who volunteered at last Spring's WWRL Wisdom Council, created documents to guide the way we would like to do business. Decision making, leadership, and by laws have been among the priorities we have addressed in service to creating a solid foundation for this organization.

The working group recognizes that we need to identify the leadership for the next round of board composition, yet believes the infrastructure is not yet solid enough for us to have an "official" board. So, the next group of leaders will be serving as an "Interim Board", supported and informed by women serving on supportive councils, all of us practicing, learning, and refining our ways of leadership and doing business in the spirit of the Woman's Way.

To learn about the tasks and activities that are taking shape for the interim, please take time to read the next article on page 3 New Leadership Vision – Standing Stone Women. This will give you a glimpse into the tasks, both actual and potential, that are before us.

To learn about the composition of the Interim Board currently planning on serving, what roles are open, and what the roles involve, please read *Women Holding the Bowl* and *Calling More Women Forward* on pages 4 and 5..

We invite you to consider becoming one of the members of the Interim Board or serving on one of the supporting councils. If you would like to serve on a council, come to November Wisdom Council and speak up when these councils are formed. If you feel called to one of the four open positions on the Interim Board, be in touch with Connor to let her know your interest. She will be available after October 13th to provide you with more information, answer your questions and so forth.

Connor Sauer
ninshubar@msn.com

As we do at Long Dance, we trust that those who self-select themselves for a position will feel the inner stirring and find themselves in the "right" position at the "right" time. For instance, when it is time for us to call for pole carriers, it almost always synchronistically works for who is to do what pole. Sometimes, more than one woman feels drawn to the same pole. In our experience, what occurs is that each woman checks in deep inside herself to listen. They look at one another, "feel" what is meant to be and naturally discover who will take that pole. For WWRL, if two or more women step-up for one role, we will engage in a process via conference call or set up face-to-face meeting between the women interested. Connor will facilitate a heart/head process between the women for them to come to their own decisions... similar to how things work for Long Dance. In the event two or more women can't resolve their desire to hold a role, the process will then move to the working group where a final decision will be made on who would be best suited to hold the position.

We aim to have the Interim Board composition identified and decided upon by the November WWRL Council. We plan to have ample time for both process and ceremony to affirm the new leadership, allowing our community to show support to those who have stepped up, entertain all questions and reservations, and offer a blessing to the work that goes forward.

VISION

Woman's Way Red Lodge offers the opportunity

to participate with a community of women

grounded in the natural web of life (the beauty way)

and the way of the spiritual warrior (impeccability)

collaborating in the work of creating space, time, relationship, and ceremony

to invite each other to engage through sacred mystery

in the empowerment of women as we move our culture into balance



MISSION

To empower women to share our vision, wisdom and experience by creating sacred rites of passage, educational programs, and creative projects which nurture sustainable community

PURPOSE

To enliven the divine feminine as we move our culture into balance

NEW LEADERSHIP VISION – STANDING STONE WOMEN

Over the next year, WWRL Interim Board will provide leadership by empowering the community to bring the shared vision of Woman's Way Red Lodge into being as a non-profit organization and to initiate WWRL activities in a timely and fiscally responsible manner. The next group of leaders will be instrumental in continuing to build the foundation of the organization. Some of the tasks the Interim Board may be called to lead include:

Engage the community in creative and dynamic Intention Building/Strategic Planning process that includes a 1 year plan and a 3 year plan (to be launched at the November council)

- Goals (What do we want to see our organization do?)
- Programs, timelines, budgets (What will we do, when, and who will do it?)
- Priorities (What is most important to us? Where should we begin? i.e. Programs)

Continue to create start-up organizational documents and/or templates that are in alignment with our Woman's Way, aiming to either complete IRS application for 501(c)3 non-profit status, or become a non-profit organization under the umbrella of a kindred organization (we are exploring options through our liaison with Sahale).

- Articles of Incorporation (filed)
- Bylaws (near completion)
- Key Information Document
- IRS Application 1023 (if we choose this route)

Create and begin implementing a Communications Plan (within community; beyond)

- eNews
- Survey
- Website/archives
- Branding/marketing look and strategy

Create and begin implementing a plan for Membership, Fundraising and Outreach

- Granting sources/applications
- Direct solicitations
- Networking (internal, regional, national, international resources and partnerships)

Continue building and practicing Board structure/process

- Form councils (such as Communications Council, Program Council, etc.)
- Nominations
- Training/mentoring
- Operating processes/manual

"It doesn't interest me what you do for a living. I want to know what you ache for and if you dare to dream of meeting your heart's longing."

~From Oriah Mountain
Dreamer's "The Invitation"



WOMEN HOLDING THE BOWL

FILLED BOARD POSITIONS

The working group has decided to move toward an "Interim Board" as an avenue to recognize that we are in transition, still solidifying our processes. This new group of leaders will move the organization to the next level and pave the way for the first board to go through an actual nominations process by Fall of 2006 and become official by January 2007.

Interim Board members will be making a significant commitment. They are expected to attend the Spring and Fall WWRL Councils. The board will meet in-person, a minimum of 4 times a year (2 of which will occur in conjunction with the Council Meetings). Frequent conference calls and e-mail correspondence will occur between meetings for on-going relationship-building, communication and follow-up.

There will be 10 women serving on the Interim Board. To provide continuity and sustainability, the working group decided it would best serve the organization to have current working group members come forward to serve in roles to which they are drawn. The following women have stepped up:

Peg Hopkins	Chair
Kendra Thornbury	Vice Chair
Susan Landau	Treasurer
Mary G.L. Shackelford	Program Council Chair

In addition, 3 chair roles, yet to be determined, will come from already existing councils:

Elders Council Chair	From the Crone Lodge
Conflict Evolution Chair	From the committee that already exists
Long Dance Chair	From within Long Dance Council and whoever steps forward to serve as Long Dance facilitator(s)



CALLING MORE



WOMEN FORWARD...

OPEN BOARD POSITIONS

The following four WWRL BOARD positions are open and need to be claimed.

Please consider if one of these positions is for you!

SECRETARY

To keep the organization's official records, oversee development/updating of archives and coordinate information/networking activities.

Duties

- Attend executive council meetings as needed
- Take, disburse and file all WWRL Wisdom Council and executive council minutes
- Coordinate with council chairs to assure proper management of council records/minutes
- Serve on communications council
- Handle (or coordinate with keeper of) mailing list
- Handle correspondence
- Create/update filing system for records and archives (work with website manager)
- Collaborate with Treasurer to assure that reports, licensing renewals, taxes, etc. are filed in a timely manner

ELDER COUNCIL CHAIR

To provide leadership for the Elder Council in making an annual plan for how this council will work to support the needs of the WWRL Board and community and to provide an annual report to the Board about council activities. In 2006, she will provide leadership to organize interested crones into a Red Lodge Elder Council (3-5 members). Must be a crone initiated into Long Dance Crone Lodge—will be self-selected from the Crone Lodge.

[2] BOARD MEMBERS-AT-LARGE

To offer leadership in inclusion and to foster good relationship each year between the leadership and the WWRL community. In addition, the board members-at-large will assist the Board and other councils with outreach to the community and will provide leadership for ad-hoc councils as needed. In 2006, one Board member-at-large will serve as Communication Council Chair and the other Board Member-at-Large will serve as Chair of Council of Abundance. In these roles, the Board members-at-large will provide leadership to organize and launch those councils.



The following SUPPORTIVE COUNCIL positions are open and need to be claimed. We invite you to step up for these positions at the November WWRL Wisdom Council!



COUNCIL OF ABUNDANCE

3-5 members + 1 Member-at-Large board member acting as Chair + WWRL Board Treasurer-Susan Landau

This council is responsible for membership, outreach and fundraising. The council will develop levels of participation and define and coordinate service and gift opportunities. The council will promote inclusion among the WWRL community and begin the work of developing regional, national and international outreach partnerships and possibilities. The council will develop annual goals and strategies for membership, outreach and fundraising and is responsible for coordinating a plan to carry these out. The council will submit an annual membership budget and final financial report for Board review and approval. In 2006, the council will conduct a survey of the Long Dance community to gather information for the Board and other board councils.

COMMUNICATIONS COUNCIL

3-5 Members + 1 Member-at-Large board member acting as Chair + WWRL Secretary, to be filled

This council is responsible for fostering good communication both within the community and to the larger world. The council will develop and carry out an annual communications plan, including submitting a communications budget and final financial report to the Board for review and approval. The communications council will assist the Board and all board councils with disseminating information to the WWRL community and will act as a resource to help project coordinators with promotion, publicity and marketing for WWRL programs and membership and fundraising drives. The communications council will address image, branding and marketing issues in accordance with the vision, mission, purpose and core values of WWRL. In 2006, the communications council is responsible for evaluating eNews and, if appropriate, arranging to continue publication on a regular basis. The communications council will determine the best way to maintain archives and other written, visual and/or auditory records for WWRL. And the communications council will explore the possibilities and strategies for creating and maintaining a WWRL website.

PROGRAM COUNCIL

3-5 members + Chair-Mary G.L. Shackelford

This council is responsible for recommending programs and priorities for programs to the Board each year. The Program Council will participate in developing an annual planning effort to solicit program ideas. The council will also work with the Board (and other board councils as appropriate) to identify and develop financial resources to fund programs. The council will submit an annual WWRL programs budget and financial report for Board review and approval. The council will also develop and maintain an annual schedule of events. As Red Lodge programs evolve, this council will work to set and maintain standards of quality that are consistent with the vision, mission, purpose and core values of WWRL.

Program Council continue...

Responsibilities include helping project teams

- Develop a project description and goals
- Figure out who will do what, when and how
- Prepare a project budget
- Invite assistance and participation within the RL community
- Coordinate marketing and outreach for programs
- Prepare an evaluation and final financial report

Most WWRL programs will be discreet projects involving collaborative teams functioning in an autonomous, decentralized manner. The focus of the Program Council is to help develop and coordinate programs which are produced and directed by others and to provide the bridge for effective communication, and support to and from, the Board and the community as a whole about WWRL programs. The program council may, as a group, develop and produce programs and otherwise works to help other groups manifest their dreams and visions in accordance with WWRL short- and long-term goals.

ELDER COUNCIL

3-5 members + Chair

Self-selected from the Crone Lodge of the Long Dance community with the Chair selected by either the Elders Council members or the Long Dance Crone Lodge. It is the responsibility of this council to bring forward wisdom and input from the elders of our community, for example: bring us back to ourselves, make sure we see each other, call us to remember personal accountability at Board meetings.

CONFLICT EVOLUTION COUNCIL

7-9 members, including Chair...currently 1 opening

This self-selected council will meet in-person and/or via conference calls and e-mail, for the purpose of exploring compassionate ways to listen to each other, acknowledging the creative power of conflict to move us forward and offering models to WWRL for transforming conflict within ourselves and our community. Although we have yet to agree on the full scope of our tasks, it is likely that council members will be available on request to the Board and other WWRL Councils to assist in transforming conflicts. This council will also collaborate with the program and communications councils to offer communication tools to the community.

Dear Sisters,

Here is a magical gift of music medicine birthed and created through the Spirit of our Woman's Way Long Dance.

This music is intended for our community. We offer this CD for you, our Long Dance sister, to deepen your journey and affirm your connection to yourself and the Long Dance community. We have called this CD, Woman's Way Long Dance CD Lodge: The Calling Round. This title resonates with us as a way to name this first phase of the journey. It has been a lodge that has cleansed, healed, opened and revealed us all in new and expansive ways. "The Calling Round" came from Richard in the recording studio as we searched for a way to acknowledge that this is the beginning. We have called in our medicine, standing side by side with our sisters and ancestors, both seen and unseen, in service to our way.

We would like to extend our gratitude to all those who have contributed to the manifestation of this CD. To this community, who has supported this endeavor through love, money, faith, and much more. Thank you. To the women who wrote these songs. Thank you. We also want to thank and acknowledge the musicians who devoted their time and talent in the studio and beyond. The voices and rhythms you hear are the expression of the following:

Della Floyd, Kimber Godsey, Susan Harris, Lori Kramer, Suzanne Lichau, Connor Sauer, Mary Shackelford, Meripat (Mips) Spalding, Kendra E Thornbury, Kristina Turner, Amy Wells

Out of respect for and in service to maintaining the integrity and quality of the music, we ask that you please refrain from duplicating this CD. If you would like another copy, please consider a financial donation and contact Kendra at kendra@spiritalive.net or (206) 355-3782. Donations will go toward the creation of the next CD of Long Dance music medicine, which will serve the vision and mission of Woman's Way Red Lodge.

In loving service, Kendra, Kimber and Suzanne



Kimber Godsey shares the music at a sisters gathering. Long dancers Linda Lee Tatro and Connor Sauer hear the CD for the first time.

SONG CREDITS



<i>River of Birds</i>	Lou Montgomery
<i>Grandmother Song</i>	Diana Earthmission
<i>Earth Mother</i>	Ani Williams
<i>Sister Song</i>	Kimber Godsey/Christine Stevens
<i>Woman of Radiance</i>	Lou Montgomery
<i>Long Dancer</i>	Lou Montgomery
<i>We are Sisters on a Journey</i>	Marlena Fontenay
<i>Improvisational Drum Jam</i>	Long Dance Sisters featuring Connor Sauer

Cranial Sacral Massage

Myofacial Massage

Deep Tissue Massage

Therapeutic Massage

Energy Medicine

Medical Qi Gong

Reiki

Reflexology

Aromatherapy

Energy Psychology

Holistic Counseling



Integrative HEALTH CENTER

Kathleen Graf, LMP, CST – 360.565.0234

160 Del Guzzi Drive #201 Port Angeles, WA 98362

Welcome to the Integrative Health Center. This new healing temple is the brain child of Long Dance Sister Kathleen Graf. Long Dancer Della Floyd is the manager and Connor Sauer, Claire D'Gaia and Maeve Aeolus are onsite healthcare providers along with Kathleen and 6 additional healers and therapists to accommodate a wide variety of needs.

Our Vision. An abundantly healthy lifestyle wherein one's Self does not just live... but thrive.

Our Mission. To empower our clients to discover and explore their physical, spiritual and emotional wellbeing.

The Center has its own gift shop "The Gifting Circle" for mind, body, health and home. We have a broad range of delicious products such as: Christine Stevens' Healing Drum Kit, gifts, baubles, vintage treasures, books, crystals, candles, jewelry, music, cards, gifts, books, scarves, health & wellness products, herbs, home trinkets, fabulous dodads, sacred stones, lamps, textiles, delightful things, candles, personal care and furniture.

We invite you to stop by or call to learn more about us and to pick up a class schedule for 2005.

Namasté –Kathleen.

Thirteen



Moons

Wise Woman Journey
honoring changing seasons on the wheel of life

WELCOME to the Seasons of Womanhood surrounding Menopause. You are invited into your *Thirteen Moons Wise Woman Journey*, to be guided, mentored and inspired by Brooks. As in ancient traditions, Brooks, a knowledgeable, wise and understanding First Crone and Elder, will support, inform and cherish you through your passage.

Come, journey with Brooks through this sacred portal, together, empowering your Elder Self on these new horizons of your Wise Age. Step across the threshold to your awakening as a Wise Woman, Elder Sister and Crone.

Brooks' *Thirteen Moon Wise Woman Journey* is particularly appropriate for women finding that the menopause experience is accelerating their spiritual growth process. Women often need a mentor and guide such as Brooks, who has experience and expertise in many spiritual practices. Brooks offers a variety of authentic resources about the transformative power of the times before during and after menopause.

WHY 13 MOONS? This program is a 13 month, 13 Moon commitment to your Self. In some cultures, 13 is a number of new beginnings. Thus the physical passing of a 13 moon cycle is one of the designated time frames for the structure of this transition. This journey engages your concerns, wonders, desires and interests with consciousness and intention, allowing you time to delve into knowing your Self and to design choices for each new season.

HOW DO SESSIONS WORK?

In these consultations you, as the client, will direct and decide the contents of our sessions by setting a theme or an intention. It most often centers on "who you are" and "what you have come to do" with attention to possible blocks, "inner wounds" and obstacles. These 90-minute 13 Moon Sessions are available to you in person or by phone and will be taped for continued listening.

CALL TODAY! For fee schedule or to make an appointment to speak to Brooks. 303-249-9761 or email JBROOKSDEN@aol.com



Brooks is the originator and guide of *The Thirteen Moon Wise Woman Journey*[™]. Since 1970, Brooks has studied and practiced in depth spiritual systems—as a discipline of self-knowledge and as a service for others. Brooks has a degree in Humanistic Psychology with a focus on Women's issues and has trained in Family of Origin, Gestalt, Addictive Behavior and other therapeutic systems. She was formerly a Registered Counselor in private practice. She is a Registered Yoga Teacher, Intuitive Tarot Consultant, Astrologer and Ceremonialist.

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—Dr. Andrew Weil, M.D, *Spontaneous Healing*

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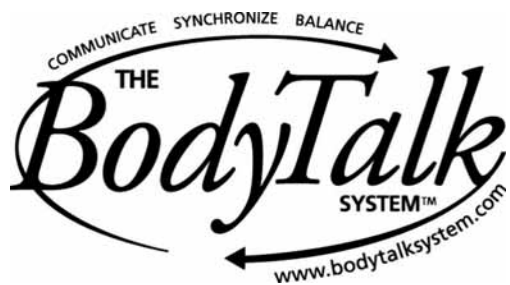
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Play-along with this CD or use it for a women's gathering to remember your true power and revive your spirit. Features the chants; Woman Am I, Tower of Strength, Sister Song and the groove tracks; Power Groove, Beauty Groove, Heart Beat, and Rhythm Celebration. Drumming Up Diva is \$10.00 for Long Dancers discount plus \$2.50 shipping.

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For Red Lodge Sisters who schedule an appointment by Thanksgiving, your next appointment is free!

Kristina Turner, RC, CBP
On Vashon & in Seattle, WA

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kristinaturner@earthlink.net

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SISTER'S SOUL FOOD

Orgasmic Roasted Red Pepper Soup

- 1 cube butter or substitute olive oil
- 4 red pepper (can mix red, orange and yellow)
- 1 large yellow onion
- 4 cloves of garlic
- 2 large cans of chicken stock or substitute veggie stock
- 4 C whole milk or substitute soy milk
- 2 C water

Chop vegetables casually, medium sized pieces. In a large pot, melt butter on medium high. Hot roast the vegetables for 1/2 hour, stir occasionally. When peppers are soft and browned, add chicken stock, reduce to low, cover and simmer for 1/2 hour.

Using a blender, blend all stock and vegetables into a creamy soup. Pour back into pot, add milk and water. If you really want it sinfully creamy, add in 1 small container of cream.

Salt and pepper to taste. Garnish with cilantro (optional). This is a recipe to play with. If you want it thicker or thinner, play with the amount of liquids you add at the end. Delicious hot or cold.



Recipe favorite submitted by Drai Bearwomyn

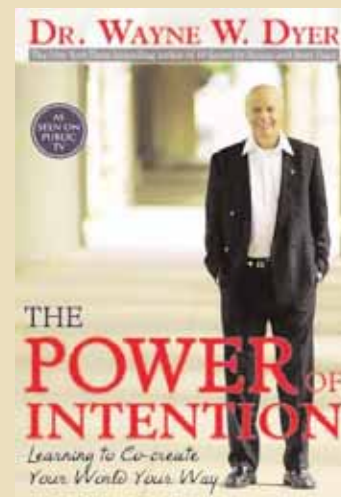
BOOK LOOK

RECOMMENDED BY
Connor Sauer

TITLE
The Power of Intention: Learning to Co-Create Your World Your Way

AUTHOR
Dr. Wayne Dyer

AMAZON.COM
New \$16.47, Used \$13.98



"Intention is generally viewed as a pit-bull kind of determination propelling one to succeed at all costs by never giving up on an inner picture. In this view, an attitude that combines hard work with an indefatigable drive toward excellence is the way to succeed. However, intention is viewed very differently in this book. Dr. Wayne Dyer has researched intention as a force in the universe that allows the act of creation to take place. This book explores intention not as something you do but as an energy you are a part of. We are all intended here through the invisible intention. This is the first book to look at intention as a field of energy that you can access to begin co-creating your life with the power of intention."

—www.drwaynedyer.com/home/index.cfm

REMEMBER SAHALE

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- Relax & reflect in the natural world
- Space for 35
- Healthy, home-cooked meals
- Cedar hot tub

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For a list of workshops and retreats call 206.323.6782 or visit our website at goodenough.org/sahale.htm

Sahale Retreat

Thank You Long Dancers for dancing Spirit on our land! I look forward to seeing you again. Please remember Sahale for your other sacred events throughout the year...
- Blessings, Collette

PLEASE... CONTRIBUTE TO THE NEXT eNEWS!

COME...ADVERTISE WITH US!

We don't get much of a chance to chat at Long Dance about our lives "outside the woods". It is often a blessing to discover one another's work/creative world. Do you have a business that other LD Women might like to frequent? Do you sell your artwork, textiles, designs, pottery? Do you have healing skills/services or remedies?

WWRL fully embraces LD Women supporting LD Women. It is our intention to serve as a vehicle for sharing information inside of the community.

If you would like to place an advertisement in WWRL eNEWS - MARKETPLACE, please contact Draï at goddessdrai@earthlink.net or call 303.733.6890. As part of this service, Draï can design your ad, either quarter page, half page or full page. Ads range from \$50 to \$200.

All proceeds from ad sales return to the WWRL account for future Woman's Way projects. For example, ad sales from this issue paid, in part, for the WWRL Wisdom Council mailing.

BOOK LOOK

From one sister to another..." Oh, you've GOT to read this book!" With the intention of sharing information and also making eNEWS juicy and even more enjoyable, we have now added "Book Look", fantastic book recommendations from within our LD community. From humor to horror, spirit to sport... if you think it is a must for the community, please share it with us and tell us why!

Send your book recommendations to Draï at goddessdrai@earthlink.net. Include name and author as a minimum. If you wish, you are also welcome to write the review - 130 words or less! (optional)

SISTER'S SOUL FOOD

When women gather, three things are guaranteed to happen

1. Talking/sharing
2. Laughing
3. FOOD - Lots and lots of food!

We always enjoy one another's culinary treats and beg "please, you've gotta give me that recipe!"

Here is our chance: winter feasting, vegan creations, organic options or sheer chocolate paradise, "Sisters Soul Food" is a special reserve space in eNEWS to share our yummiest recipes. Mmmmmmm!

We may not always commune in person at each other's hearths, but we can certainly delight in the sharing of family favorite recipes.

e-mail recipes to goddessdrai@earthlink.net