



# IN Our Circle

[www.inourcircle.org](http://www.inourcircle.org)

AAAHHHHH, here it is. My familiar friend. Here on the air. The warmth of the sun on my face yet the cool of the breeze in my hair. There is the crispness now, a foretelling, a forecasting of change. Autumn. I love this time of year – “sweater weather” we call it in my home. We bundle up at sunset pledging to NOT turn on the furnace until at least October. We rejoice in the first fire of the season,

sitting quietly and contemplating...staring at the images jumping in the flames, feeling snug and warm, content, dreaming our dreams.

Always when I feel this first crisp rush of Fall I remember back to my school girl days. I loved the start of school...new shoes, new supplies...the Nifty Notebook! The one that had the cover that opened from the top and that I could fold back under itself. I had to buy special paper with two holes punched in the top...that was the only kind that would fit in the notebook! It had a built-in pencil holder with the magnetic cover that kept it tightly closed ensuring that my newly sharpened pencils would be there when I needed them. And no nasty rings impeding my writing...just a flat, open, accessible blank slate, ready to accept what my mind had to offer. Oh, I still remember my first Nifty - tan cover, white box, pure beauty!

Although I oozed excitement about getting back to school and thrilled at the ritual of getting new supplies, I also cried when I saw those first back-to-school commercials on television. I actually cried and if I were to tell you my truth, I still get weepy to this day when I see back-to-school commercials on television! I didn't understand this paradox as a child...it confused me to be excited and sad over the same event. I mean, I loved my Nifty, I loved school, I was excited to get back with all my friends...why was I sad?

What I know now is that this is a common paradox for me when I experience change. The joy I feel at getting a new job and the sadness and fear I feel that I am not and will not be enough. The joy and anticipation and pride I feel sending my precious Jenny off to college and the anxiety and sadness I feel at her leaving home and moving her life into the broader

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## PRESIDENT'S CORNER

*President Cheri Goll and her wonderful husband, John Goll*



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context of the world outside of our home. All these emotions are part of my paradox of change.

Autumn is a time of change, the season of preparing, the time of year when we harvest our crops and store food away for winter. I tend my garden beds, removing the dying vegetation, preparing the tender plants for wintering over, and wistfully dream and plan for what I might do differently in the garden next year. Move this plant to a spot better suited to its particular needs, take out this shrub that has outlived its usefulness in the landscape, and maybe fill in this space with a new plant I think will compliment the beauty of my garden.

As it is in my garden, so it is in my life. Autumn is a season of preparing in my soul.

I was given a gift this week of an invitation to sit in Circle with a group of women who were honoring the Autumnal Equinox through a ceremony of ritual and celebration. I was touched in my heart and moved in my soul at the power of the ritual and the joy in the celebration. The room the women had prepared for the ceremony was earthly and grounded. There were candles and soft light, comfortable chairs and welcoming songs. The altars held stones and flowers of the season, candles and water, prayer ties and other symbols of seasonal honoring. The women were active and alive.

As we shared in Circle, I was moved by our vulnerability. Women, some who had never met, sitting together in Circle, sharing their power and their vulnerability as we each

moved into the season of our preparing. I thought about my sisters and my mothers and grandmothers and all my women ancestors, and wondered what their rituals might have been like. How did they move into their seasons of preparing and how did they witness each other in their power and their vulnerability? What was their paradox of change?

And, I counted my blessings. That I have a place to go, a place of women who witness and support me. A place of women who open their hearts and receive the gift of my witnessing. I have a place rich with the magic of ritual and ceremony and celebration. And I am transformed through this experience. Every day, I am transformed.

The Direction of Autumn in the Medicine Wheel is the West. It is the direction from which darkness comes, the unknown, of going within, of dreams, prayer, and meditation. The West is the place of testing, of will and perseverance. The Animal of the West is Bear, whose gift is introspection and great strength, a strength that will come from deep within. Like Bear who retires to a dark, private place in the face of winter's cold, woman's insight is gained by shutting out the clamor of

the world and by going within, alone, to pray and to be tested. The West is the place of magic, transformation, and healing.

As we move into our season of change, as we tend to our garden and prepare to go within and test our strength and gain our insight, we ask for blessings of healing and transformation, that we may embrace the gift of perseverance.

Take very special care,  
Cheri



## WELCOMING CIRCLE FOR NEW WWI GRADUATES

**Wednesday, October 22 7-9PM**

Join the Indianapolis community as we welcome new WWI Graduates into the community.

LOCATION: Cheri Goll's Home

440 West 44th Street - Indianapolis

CONTACT: Cheri Goll (317) 965-7612

cgoll@indy.rr.com

## GRADUATION CEREMONY FOR NEW WARRIORS

**Thursday, October 23 7-9PM**

Join the Indianapolis community as we welcome new Warriors into the community.

LOCATION: Church of the Savior

CONTACT: Lara Coutinho (317) 859-0644

# MASQUERADE BALL

SATURDAY, NOVEMBER 8, 2003

**ALL PROCEEDS go to the Scholarship Fund, which supports women going through the weekend, AS WELL AS women doing additional workshops**

Yummy soups, stews, chilis of all kinds! Salads! Crackers! Cider! And Sweets! You can partake of this marvelous fare for just \$5 for adults and \$3 for children 2-12. (Children under 2 are free.) EVERYONE IS INVITED! Tell your family, friends, co-workers, elves, caretakers, and aliens!

Join the Indiana Community as we celebrate **HOLIDAYS THROUGHOUT THE YEAR**. Wear a costume that represents your favorite holiday – or just wear a silly hat.

**BELLY DANCERS, musicians, actors will join us to provide entertainment.**

A silent auction will include items such as: artwork, massage therapy, oil changes for your car, restaurant gift certificates, theatre tickets, sports items, books, wine and gourmet food baskets, photo prints, greeting cards, jazzercise sessions, and much more!

**RAFFLE TICKETS!** For just \$1 per ticket (6 tickets for \$5), you have a chance to win a color TV, sports items, or a \$50 dinner for two!

**WHO:** Everyone in the world is invited

**WHAT:** Masquerade Ball to raise Scholarship Funds

**WHERE:** Starlite Ballroom located at  
5720 Guion Road, Indianapolis, IN

**WHEN:** November 8, 2003 7PM to Midnight

**WHY:** To raise money for the scholarship fund

**HOW:** By the efforts of MANY volunteers!

**FOR MORE INFO:** Joyce Pendleton at  
255-3277 or joycek-artist@att.net

and Sandy Ernst at 862-3385 or slernst@att.net



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## Empowerment Circle Council

Your Empowerment Circle Council accepts as its mission: "To be a reservoir of energy for Empowerment Circles."

We meet quarterly to discuss business that impacts the Empowerment Circles and to share ideas with the Board and ideas with each other to take back to our individual Circles. Each Circle has a representative on the Council and this representative carries information back and forth, between the Circle and the Council.

Please take this opportunity to review with your representative what role you want them to take in representing you at E-Circle Council. Representatives, please take this opportunity to recommit to represent your Circle at Council meetings. Let this Council indeed be a "Reservoir of Energy" for you and your E-Circle and let the Empowerment Circles be a reservoir of energy for this Community of Women.

We are strong, committed, and inspiring...together we can make a difference.

## MKP Liaison Report

Greetings Sisters from your liaison to the ManKind Project!

The ManKind Project is our brother group for men who come together for the same personal growth desires that we do. My job is to facilitate communications between the two groups. To that end, please contact me if you have any questions about MKP in Indy or would like to promote an event or workshop that would be of interest to men in this work. I am posting event information on the [inourcircle@yahoogroups.com](mailto:inourcircle@yahoogroups.com) email list, so if you need help getting connected with that list, please let me know.

The activities that regularly occur in the MKP Indy community which are open to the public are the Graduation Ceremonies for after their weekends, and the Men's Speaker Series organized by Elliot Berger. The next graduation will be Thursday, Oct. 23rd (7:00 at the Church of the Savior). The next Speaker Series event will be November 11 when Bob Sander will talk on "Fathers and Sons." I strongly encourage everyone to attend these public events in order to meet our brothers in an enriching and supportive environment.

Please watch out on the email list for more MKP events!

With love, Lara Coutinho, MKP Indy Liaison for IN Our Circle (317) 859-0644 [orange@indy.net](mailto:orange@indy.net)



## PATH TO SPIRIT TRAINING October 10-12, 2003

A weekend for women staffed by men...

Supportive Safe Connected Loving Powerful

The challenge is for each pilgrim to fiercely love herself in the moment. There is a focus on developing new, deeper self-care rituals and habits. The container is loving and supportive of you being in a meditative and curative space. The method is to work through your burdens (strategies we develop to deal with our shadow) through surrender, acceptance, forgiveness and thankfulness. The “carpet” work is extensive and deep. The work on mission is practical, spirituality based on the “call of Spirit.”

Give yourself a gift...Knowing you will die, how do you want to live? What is Spirit calling you to be?

For more information contact Dave Lindgren at (312) 415-7455 OR Mandavidl@aol.com  
website: [www.pathtospirit.com](http://www.pathtospirit.com)

**Cost:** \$650 Includes food, lodging and materials

**Location:** Camp Pottawatomie (near Lake Geneva, WI)

**Time:** From Friday 1:00 pm through Sunday 4:30 pm

## THE CHILD WITHIN CALLS OUT Saturday, November 29 (9A-5P)

Through dialogue and experiential exercises, Marlene Nappa invites you to:

- Make a connection with your Inner Child.
- Discover the relationship between you and him/her.
- Consider how “living small” weakens healthy adult relationships.
- Uncover how repeating childhood conflicts affects the maturity of your life.
- Learn the difference between “expressing” a feeling and “acting out” a feeling.

Marlene is a workshop leader, personal coach and consultant, as well as a crone for Woman Within.

For more information contact Marlene Nappa at (519) 566-6445 or [mnappa@earthlink.net](mailto:mnappa@earthlink.net)

**Cost:** \$125 (does not include meals)

**Location:** Windsor, Ontario



## Awakening The Writer Within

Wednesday, October 15, 7-9PM  
NO COST!

The Indianapolis Community invites everyone to attend this action-packed one-evening seminar to Awaken The Writer Within each one of us. Linda Lee will be sharing her skills and techniques around keeping a daily or weekly journal, how to get started in journal-writing, different types of journals that can be kept, and how to find gold in your writing.

Never can figure out what to write? Can't “make” yourself write daily? Not a good writer? This workshop is definitely for you!

Linda has many ideas around how to make your writing work for YOU. She will share with us individual ideas, individual goals, and many unique tips to help each one of us achieve our personal best.

**LOCATION:** Church of the Savior

**CONTACT:** Liz Lucas (317) 890-9015 or [emlucas98@yahoo.com](mailto:emlucas98@yahoo.com)

## Men's Speaker Series

Hosted by ManKind Project

**LOCATION:** Church of the Savior

**TIME:** 7PM - 9PM

**COST:** None!

Nov. 11 - “Fathers and Sons” by Bob Sander

January 22 - “The Impact of Homophobia on Men's Friendships” by Burrton Woodruff, Joe Shoemaker, and Ed Morris

March 23 - “A Spiritual Journey” by Kent Millard

# What is Work in E-Circles

December 6 & 7, 2003

A weekend workshop to explore the many different ways to do work in Empowerment Circles or to gain skills for your own personal work.

## This weekend workshop is recommended for:

- Existing circles wanting to add new skills.
- New circles wanting to know what to do.
- Women wanting skills to use in their lives.
- Women wanting to experience different types of work.
- Women wanting a weekend of personal growth and experiential exercises.

## What you will learn:

- The cycles of an e-circle and the importance of clearing.
- What is work and the many ways it can look.
- Tools for working to take back into your circle.

## What will happen:

- We will address specific issues you are running into in your circles.
- We will discuss places you are 'stuck' in your circle.
- We will introduce 'work' options and practice them in groups.
- We will provide skills to enhance the intimacy within your e-circle.
- Through exercises, each woman will do her own work.

## What other women have said following this weekend:

*"It broadened my knowledge and gave me the freedom I needed to do my work. It empowered me to speak my truth and deepened my clearing ability and gave me the resources to support the women in my circle"*

*"Great opportunity to learn and practise hands on methods to enliven and enrich e-circle experience."*

**The Facilitator: Sheri Zuccato** is a Crone with Woman Within International and co-founder of Women Worldwide-West Coast. She has had over 10 years experience in empowerment circles. Sheri is a personal success coach who is dedicated to helping women empower themselves in every area of their lives. Please note: This is an independent weekend and not a Woman Within International weekend.

**Where:** Irvington United Methodist Church, 30 North Audubon  
**Fee:** \$75.00 (includes \$25 non-refundable, non-transferable deposit)  
**Register:** Send your credit card information, check or money order payable to "Zuccato & Associates" to:

Sheri Zuccato - What is Work – Indy  
P.O. Box 323, Streamwood, IL 60107

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## JOB OPENING

### Position: Mom

**JOB DESCRIPTION:** Long-term team players needed for challenging permanent work in an often chaotic environment. Candidates must possess excellent communication and organizational skills and be willing to work various hours, which will include evenings and weekends and frequent 24 hour shifts on call. Some overnight travel required, including trips to primitive camping sites on rainy weekends and endless sports tournaments in faraway cities. Travel expenses not reimbursed. Extensive courier duties also required.

**RESPONSIBILITIES:** This is for the rest of your life. Must be willing to be hated at least temporarily, until someone needs \$5 to go skating. Must be willing to bite tongue repeatedly. Also, must possess the physical stamina of a pack mule and be able to go from zero to 60 mph in three seconds flat in case, this time, the screams from the backyard are not someone just crying wolf. Must be willing to be indispensable one minute, and embarrassed the next. Must always hope for the best but be prepared for the worst.

### **POSSIBILITY FOR ADVANCEMENT AND PROMOTION:**

Virtually none. Your job is to remain in the same position for years, without complaining, constantly retraining and updating your skills, so that those in your charge can ultimately surpass you.

**WAGES AND COMPENSATION:** You pay THEM, offering frequent raises and bonuses. A balloon payment is due when they turn 18 because of the assumption that college will help them become financially independent. When you die, you give them whatever is left. The oddest thing about this reverse-salary scheme is that you actually enjoy it and wish you could only do more.

**BENEFITS:** While no health or dental insurance, no pension, no tuition reimbursement, no paid holidays and no stock options are offered, job supplies limitless opportunities for personal growth and free hugs for life if you play your cards right.



## EMBRACING YOUR CRONE

### Living and Loving the Wise Woman in You

**Saturday, November 1 (9A-5P)**

This workshop is intended for women 50 or older who seek to live with wisdom, clarity, dignity and grace. Explore with other “croness” how to live and love the wise woman in you. This workshop will include opportunities to connect with your crone and invite that part of you to guide your journey, now and as you get older. COST \$125

## PATH TO CRONE Discovering the Wise Woman In You

**Sunday, November 2 (9A-5P)**

This workshop is offered for women under 50 years of age who want to grow old with wisdom, clarity, dignity and grace. Explore with other women how your fears and concerns of aging have the power to create a self-fulfilling prophecy. Through discovering and befriending the crone in you, learn to create a future grounded both in reality and dreams. COST \$95

## BOTH CRONE WORKSHOPS

Mary Ann Armour offers many years of experience and wisdom. Esther Robertson brings her intuitive wisdom and compassion to this workshop.

For more information on either of these, contact Esther Robertson at (847) 662-3451 [morningwoman@mailstation.com](mailto:morningwoman@mailstation.com)

**Location:** Wadsworth, IL

## A MAN AND HIS DOG

A man and his dog were walking along a road. The man was enjoying the scenery, when it suddenly occurred to him that he was dead. He remembered dying, and that the dog walking beside him had been dead for years. He wondered where the road was leading them.

After a while, they came to a high, white stone wall along one side of the road. It looked like fine marble. At the top of a long hill it was broken by a tall arch that glowed in the sunlight. When he was standing before it, he saw a magnificent gate in the arch that looked like Mother of Pearl, and the street that led to the gate looked like pure gold.

He and the dog walked toward the gate, and as he got closer, he saw a man at a desk to one side. When he was close enough, he called out, “Excuse me, where are we?”

“This is Heaven, sir,” the man answered.

“Wow! Would you happen to have some water?” the man asked.

“Of course, sir. Come right in, and I’ll have some ice water brought right up.” The man gestured, and the gate began to open.

“Can my friend,” gesturing toward his dog, “come in, too?” the traveler asked.

“I’m sorry, sir, but we don’t accept pets.”

The man thought a moment and then turned back toward the road and continued the way he had been going with his dog.

After another long walk, and at the top of another long hill, he came to a dirt road, which led through a farm gate that looked as if it had never been closed. There was no fence. As he approached the gate, he saw a man inside, leaning against a tree and reading a book.

“Excuse me!” he called to the reader. “Do you have any water?”

“Yeah, sure, there’s a pump over there”.

The man pointed to a place that couldn’t be seen from outside the gate, “Come on in.”

“How about my friend here?” the traveler gestured to the dog.

“There should be a bowl by the pump.” They went through the gate, and sure enough, there was an old fashioned hand pump with a bowl beside it.

The traveler filled the bowl and took a long drink himself, then he gave some to the dog. When they were full, he and the dog walked back toward the man who was standing by the tree waiting for them.

“What do you call this place?” the traveler asked.

“This is Heaven,” he answered.

“Well, that’s confusing,” the traveler said. “The man down the road said that was Heaven, too.”

“Oh, you mean the place with the gold street and pearly gates? Nope. That’s Hell.”

“Doesn’t it make you mad for them to use your name like that?”

“No. I can see how you might think so, but we’re just happy that they screen out the folks who’ll leave their best friends behind.”

# CALENDAR OF EVENTS

## October 2003

**7 Tuesday 7-9P**  
Board Meeting  
Irvington U.M. Church  
WWI Community Welcome

**15 Wednesday 7-9P**  
Freeing the Writer Within  
Community Connection Circle  
Church of the Savior  
WWI Community Welcome

**22 Wednesday 7-9P**  
Welcoming Circle for  
WWI Graduates at  
Cheri Goll's Home  
Public Welcome

**23 Thursday 7-9P**  
Graduation Ceremony for  
MKP Graduates  
Church of the Savior  
Public Welcome

**29 Wednesday 7-9P**  
Empowerment Circle  
Council Meeting  
Cheri Goll's Home  
WWI Community welcome

## Novembr 2003

**1 Saturday 9A-5P**  
Embracing Your Crone  
Wadsworth, IL  
Public Welcome  
(Must Register)

**2 Sunday 9A-5P**  
Path To Crone  
Wadsworth, IL  
Public Welcome  
(Must Register)

**4 Tuesday 7-9P**  
Board Meeting  
Irvington U.M. Church  
WWI Community Welcome

**8 Saturday 7P-Midnight**  
Masquerade Ball  
Starlite Ballroom  
Public Welcome

**11 Tuesday 7-9P**  
MKP Men's Speaker Series  
"Fathers and Sons" by Bob  
Sander  
Church of the Savior  
Public Welcome

**29 Saturday 9A-5P**  
The Child Within Calls Out  
Windsor, Canada  
Public Welcome  
(Must Register)

## Decembr 2003

**2 Tuesday 7-9P**  
Board Meeting  
Irvington U.M. Church  
WWI Community Welcome

## January 2004

**6 Tuesday 7-9P**  
Board Meeting  
Irvington U.M. Church  
WWI Community Welcome

**22 Tuesday 7-9P**  
MKP Men's Speaker Series  
"The Impact of  
Homophobia" by Woodruff,  
Shoemaker and Morris  
Church of the Savior  
Public Welcome

## February 2004

**7 Saturday 10A-1P**  
Pouch-Making Party at  
Joyce Pendleton's Home  
WWI Community Welcome

**20-22 Fri-Sun**  
WWI Training Weekend  
Indianapolis, IN  
Public Welcome

## WORKSHOP CONTACTS

**Woman Within  
Weekend Training**  
Gail Farbman 847-564-4625  
www.womanwithin.org

**New Warrior Training**  
David Bird 317-293-8044  
www.mkp.org

**Running With Iron John**  
Cheri Goll 317-925-7612  
cgoll@indy.rr.com

**Women Empowering  
Women (WEW)  
Woman Within Level 2**  
Registrar 800-732-0890  
wwwithin@aol.com

**A Couple's Weekend and  
Advanced Couples Wknd**  
Char Tosi 810-750-7227  
richtosi@att.net

**Warrior Monk**  
Jodi 909-659-0445  
jodi@starcoyote.net

**Taking It Lightly**  
Patricia Clasen  
414-374-5433  
patricia@lightly.com

## ADDRESS CHANGES

If your name/address/phone/  
email have changed, contact:  
Sue Daniel  
9770 Highland Springs Dr. N.,  
McCordsville, Indiana 46055  
(317) 335-2120  
stdaniel@splintershop.com

## COMMUNITY CONTACTS

**Newsletter Editor**  
Jana Lovick 317-797-7848  
dayze@earthling.net

**Brochures**  
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freerange@ameritech.net

**SCAT Team**  
Ruth McClellan, 253-7286  
rmccle7777@home.com

**President, IN Board and  
E-Group Coordinator**  
Cheri Goll, 317-925-7612  
cgoll@indy.rr.com

**President-Elect and  
Treasurer**  
Jana Lovick, 317-852-7103  
dayze@earthling.net

**MKP Liaison and  
E-Mail & Chat Lists**  
Lara Coutinho, 872-4378  
orange@indy.net

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Ann Bevilacqua, 253-7948  
abevilacqua@imcpl.lib.in.us

**Mailing Lists and Roster**  
Sue Daniel 317-335-2120  
stdaniel@splintershop.com

**Louisville Community**  
Dale Herink 502-228-4959

**Mailing Lists, Roster  
and Staffing for Midwest**  
Erin Farrar 847-487-7358  
askmywife@juno.com

# EMPOWERMENT CIRCLE INFO

## EMPOWERMENT CIRCLE COORDINATOR

### **Badass Butterflies - CLOSED**

Meets Tuesday evenings, downtown.

### **Diamond Girls - CLOSED**

Contact Sylvia Gray, (h) 317-896-3575, sylv0701@yahoo.com

### **Rose Within - OPEN**

Contact Kathy Bourus, (c) 317-796-3499 (w) 317-243-1150  
Meets alternate Tuesday evenings, Central Christian Church.

### **Sisters in Spirit - OPEN**

Contact: Tricia O'Connor, (h) 317-257-2749,  
toconnor@eiteljorg.com. Meets Thursday evenings, near  
Northside Indianapolis.

### **South E-Group - OPEN**

Contact: Judy Stasek, 317-889-0565, jst5@iquest.net  
Meets alternate Monday evenings, Unity Church.

Cheri Goll (h) 317 925-7612

(w) 317-338-5368

cgoll@indy.rr.com

### **White Buffalo - OPEN**

Contact: Betty Seno, (h) 317-574-1929,  
bseno@iquest.net. Meets alternate Monday evenings,  
near Broad Ripple.

### **Heart and Soul - OPEN**

Contact: Cindy Mikeworth, (h) 317-885-9796  
(w) 317-885-0716, cindy@tas-in.com  
Meets alternating Monday and Wednesday evenings at  
Church of the Savior.

### **Bloomington Empowerment Circle - OPEN**

Contact: Mary McInerney, (h) 812-336-5982  
(w) 812-855-1331, marybmcloughlin@yahoo.com  
Meets Thursday evenings in Bloomington.



Sue Daniel  
9770 Highland Springs Drive North  
McCordsville, IN 46055

We would like to keep you up-to-date about our events and activities. However, if you prefer not to receive mail from IN Our Circle or Woman to Woman Midwest, contact us and your name will be removed from our list.  
Sue Daniel - 9770 Highland Springs Dr. N.,  
McCordsville, Indiana 46055  
(317) 335-2120 \* stdaniel@splintershop.com