



IN Our Circle

Issue 28

April

May

June

2004

www.inourcircle.org

Find out what YOUR community can do for you!

Join us at Tahnea Jafari's new home to celebrate another wonderful year of connectedness through the IN Our Circle community. Learn about all the new projects your community has going...find out what your community is doing to serve you....tell your community how we can serve you better.

Share your VISION for the future.

This is the time of year when we look to the future...and bless the past. What has worked recently? What hasn't? Where are we headed? What are our priorities for the near future?

SHARE your insights, (you know you have them)

SPEAK about what changes you'd like to see. ASK about what you'd like to know. VOTE on the slate of officers for the new board members.

ANNUAL COMMUNITY GATHERING - MAY 8

Make connections with other EMPOWERED women

Get your friends together and head to Tahnea's home (522 North Central Avenue) at 10AM on Saturday, May 8. We will have an open-house approach, so come any of the time or all of the time. (We'll end around 2PM.) Bring a dish to share for the pitch-in and plan to eat well!

Don't miss another year of community love and lots of great hugs. Make plans now to attend the Annual Gathering and make a difference for yourself and others! See you there!

We're having a pitch-in with soup, salad and dessert.

Contact Cheri Goll to let her know what you will be bringing: 317-925-7612 or cgoll@indy.rr.com

DRUM WASH

Date: June 5th - 11am to 1pm
Contact: Jana Lovick, 317-797-7848
dayze@earthling.net

All women in the IN Our Circle Community are invited to share in the passing of energy from our outgoing president, Cheri Goll to our incoming president, Jana Lovick. After the ceremony we will enjoy a pitch-in dinner, drumming and conversation.

A firepit will be available for a release of energy.

Please bring:

a dish to share
drums/noisemakers
lawn chair

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Support Your Community By Eating!

Bring your family and friends to **Buca di Beppo** located downtown on Sunday, May 2, 2004. Join other community members and their families in celebrating with a great dinner of spaghetti and meatballs, Buca country style bread, and mixed green salad served family style - and there's plenty of it!

Bring as many people as you can! Seating times will begin at 12 noon. Tickets cost \$14.95 for adults and \$7.50 for children 5-12 years of age. For every adult ticket purchased, Buca di Beppo will donate \$5 to IN Our Circle and \$2 for every child's ticket purchased. What a great way to support the community and get a great meal at the same time!

To get tickets, contact one of these fantastic women:

Sandy Ernst (317) 862-3385
slernst@att.net

Joyce Pendleton (317) 255-3277
joycek-artist@att.net

Jana Lovick (317) 852-7103
dayze@earthling.net

Connection and Service

There are so many ways to continue to connect and to give back. Staffing weekends, sitting in circle, leading circles, sitting on local community councils and sitting on the Board of Directors for Woman to Woman Midwest. These positions are currently open:

Treasurer: Responsible for the funds of the Corporation and oversees its financial matters.

Director of Empowerment Circles: Serves as a resource for e-circle coordinators throughout the Midwest region.

Director of Fundraising: Directs, oversees, and coordinates all fundraising activities for the Woman to Woman Inc.

Director of Community Affairs: Supports the development of communities in the Midwest and is a liaison between the communities and the Board.

If you would like to know more about these positions, please contact Lee Kurtz @ 712-255-3627 or onepanthe@aol.com.

Email Listserv Sign-up

There are two ways to sign up for the IN Our Circle listserv. The easiest way is to send an email to Jana Lovick at dayze@earthling.net, detailing when and where you went through the Woman Within Weekend. You will then receive an invitation to join that includes all the info you need to begin posting.

The other way to join the IOC listserv is to visit yahoogroups.com, sign in with your Yahoo ID, do a search for "inourcircle," then follow the screen instructions.

You can sign up for the Woman Within Info Line by visiting <http://mailman.hens-teeth.net/mailman/listinfo/wwm-info>. Complete the subscription form (toward the bottom) and you will be sent a confirmation email. Once respond to that, you will be added to the listserv and will receive the info you need to begin posting.

Email Listserv Guidelines

Please use the subject line to be clear about the subject of your email.

When requesting feedback, please include your email address.

When replying to feedback, please use the requestor's email address.

PLEASE DO SEND THE FOLLOWING:

Announcements of activities.
Information of interest to members (such as workshops, speakers, volunteer opportunities)
Requests for support, prayers, help, information, etc.

Questions about IN Our Circle, Woman to Woman Midwest, Woman Within International, or the Mankind Project. This includes posting questions, situations, or requests for feedback, which may lead to private communication.

PLEASE DO NOT SEND THE FOLLOWING:

It is NOT a place for extended "conversations" or personal exchanges. Past experience shows that an e-mail list is NOT an effective or truly supportive place for emotional work. E-mail IS ripe for getting messages confused with projections.

To avoid overflowing email boxes, please do NOT send jokes, inspirational poems, and petitions, etc. (Use your personal email list for this type of communication.)

Connections with ManKind Project Indy

I've found that there's a lot of energy existing between MKP men and IOC women that comes from marriages, friendships, and other strong relationships. I invite all of you who have MKP men in your lives to send me their email addresses (with their permission) for an email announcements list that I will keep. Often times, it takes two or three methods of sending a message out into the community to ensure that one message gets read. This "Couples and Friends" list of mine is the method I have created for getting messages from IOC to MKP Indy.

I will continue to use this list with the same respect towards Inbox Overflowitis that I have had for my current MKP brothers list. I myself suffer from this common ailment every day, so I promise to use private email lists for only the most useful and pertinent community information.

Lara Coutinho (orange@indy.net)
MKP Liaison for IN Our Circle

Low Ropes and High Ropes Courses

Watch your mailbox or your e-mailbox for information on the Low Ropes and High Ropes courses that will be offered at Butler University.

The Low Ropes course will be offered on Saturday from 9AM to 1PM. The High Ropes course will be offered on Sunday from 9AM to 1PM. The cost is \$20 per person and everyone is invited - including family members and friends.

Keep your eye out for information on dates, location, and how to register. If you have any questions, you can contact Jana Lovick at 852-7103 or dayze@earthling.net.

Staffing Information

Staffing a Woman Within Weekend is a special and sacred experience. You have the opportunity to give to other women and gain more gold for yourself. Applications are available on the Midwest website (www.midwest.womanwithin.org). For more information or to ask that an application be mailed to you, contact Erin Farrar at (847) 487-7358 or askmywife@juno.com.

Requirements for staffing include:

1. Completion of the Woman Within Training Weekend.
2. Completion of the Empowerment Circle Series or Intensive. (This is waived if training is not available in your area.)
3. Completion of WEW (Women Empowering Women). (You may be allowed to staff if you commit to take WEW within one year.)
4. Commitment to work on your own issues in some way.
5. Attendance at the Honoring Celebration following the weekend.

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Community Builder's Tea

Join us on Sunday, April 18 at 4PM as we honor the women who did all of the work to begin the IN Our Circle community, as well as those who continued the work to build our community.

Cheri Goll is hosting a tea as a way of thanking all of the Founding Mothers. There will be culinary delights of all kinds, as well as teas to fit every taste bud.

Everyone is welcome to help us celebrate the beautiful gift that these women have given to us. They have given us a community, Empowerment Circles to continue our growth, a Board that provides services to the community, and faith in a better tomorrow for each and every one of the women in our world. Thank you, ladies!

**Cheri Goll (317) 925-7612 or
cgoll@indy.rr.com**

**Jana Lovick (317) 852-7103
dayze@earthling.net**



Sacred Path Experiential Education

Inward Journeys Through Outdoor Adventures

Tahnea Jafari (317) 259-8005

Professional Wildlife Biologist

Naturalist

Environmental Awareness Education

Challenge Education Facilitator

I provide knowledge and encouragement for those interested in deepening their understanding of and spiritual connection to themselves, to others, and to our natural world. I utilize experiential education techniques which allow participants to learn through doing while exploring, challenging and enjoying themselves.

I offer exciting opportunities, such as:

Guided Nature Hikes - The Fundamentals of Birdwatching, Advanced Birdwatching, Wildflower Walks, Nature's Pantry (edible plants and herbal medicine)

Native American Spirituality - Sacred Rituals, Animal Medicine

Challenge Education and Low/High Ropes Course Initiatives at Butler University

Contact me today to see how these programs can positively enhance your life, your team, your company.

Living with Intention

Living with Intention gives you the gift of being centered in your Self, being able to pick yourself up no matter what. It's relying on the qualities-of-being that you have claimed as your own through your understanding of the Wheel of Freedom.

With Intention, love still may not last forever, however you can now see that when you move out of judgment, there seems to be more love around you than you had previously thought.

Success is no longer a byproduct of what you do; rather it is determined by who you are.

The Couple's Path

I am delighted to announce that the name of the weekend experience formerly known as *Running With Iron John* is changing! In an effort to better communicate the intention and energy of the weekend experience, the new name of the weekend is *The Couple's Path*. The many men and women who have experienced *Running With Iron John* can testify to the deep connection and transformation of relationships that can be found through this program.

The Couple's Path weekend is an experience intended to help men and women in committed relationships to step deeper into their life together and explore their mission as a couple. The weekend is conducted in a relaxed and loving environment with no in-depth processing or therapy.

Ø Is now is the time to take the next step in your relationship?

Ø Is now the time to take the risk to ask him to join you in your quest for a more intentional, connected and mission-driven life?

Ø Is it time to take some time out together to reconnect, to revitalize the energy you had when you first got together and bring it forward to enrich your lives today?

The Couple's Path is a powerful, deeply connecting experience and we want to personally invite you and your partner to participate.

The next *Couple's Path* weekend experience will be held in Bedford, Indiana on the weekend of **May 21 thru 23, 2004**. If you have been considering attending this weekend, now is the time! The price for the weekend has increased for 2004, but there is a discount available for early registration. Register now to get the old price!

For more information, and to register for the weekend, see our website at www.CouplesPath.com or call us at 317-562-2972. If this idea is appealing, intriguing or even a bit frightening, talk about it...tonight. Start the stretch to enrich your relationship. What's at risk?

We are hoping to see you in May!

Blessings....John and Cheri Goll

CALENDAR OF EVENTS

April 2004

18 Sunday 4PM
Community Builders Tea
Cheri Goll's Home
(440 N. 44th Street)
317-925-7612 or
cgoll@indy.rr.com
WWI Community welcome

29 Thursday 7-9PM
MKP Graduation at
Church of the Savior
Contact: Lara Coutinho
872-4378 - orange@indy.net
Public welcome

May 2004

2 Sunday 12-2PM
Buca di Beppo Fundraiser
(35 North Illinois Street)
Contact: Sandy Ernst
862-3385 slernst@att.net
Public welcome
(Tickets \$15 for adults,
\$7.50 for children 5-12)

8 Saturday 10AM-2PM
Annual Community
Gathering at Tahnea Jafari's
home (522 N. Central Ave.)
Contact: Jana Lovick
317-797-7848
dayze@earthling.net
WWI community welcome

21-23 Friday-Sunday
The Couples Path
Bedford, IN
Contacts: Cheri and John
Goll 317-562-2972
Public welcome
(Must register)

June 2004

5 Saturday 11-1PM
Drum Wash
Contact: Jana Lovick
317-797-7848 or
dayze@earthling.net
WWI Community welcome

July 2004

31 Saturday 9A-1PM
Low Ropes Challenge
Course at Butler University
Contact: Cheri Goll
317-925-7612 or
cgoll@indy.rr.com
Public welcome

August 2004

1 Sunday 9A-1PM
High Ropes Challenge
Course at Butler University
Contact: Cheri Goll
317-925-7612 or
cgoll@indy.rr.com
Public welcome

13-15 Friday - Sunday
Women Empowering Women
(WEW) at Days Inn-Airport
Contact: Cheri Goll
317-925-7612 or
cgoll@indy.rr.com
WWI Community welcome
(Must register)

BABY POEM

By Nasira Alma

Babies do not have identity crises.

A baby never asks:

Who am I?

What's my meaning?

Am I worthy?

What do they think of me?

What do they expect of me?

How do I become perfect?

Babies don't have stage fright. They seem to say:

Here I am, the one you've been waiting for!

Look at me! Wow, I am great!

Everything's wow and everything's me and I am great!

Babies follow their bliss.

They don't choose security

instead of a chance to manifest their deepest being.

A baby never says:

Oops, better not do that.

Not enough insurance.

Don't have much in the bank.

Might lose my job.

What if I have an accident or the house needs a new roof?

Babies don't cling.

They let go of one toy to check out another.

They don't agonize over it:

If I go to that toy, I lose this one.

Gotta figure out how to take it with me.

Maybe I can balance it on my head.

Damn!

Tired babies don't torment themselves:

Gotta finish this tonight.

It's important.

It makes me important.

Can't go to bed till this pile of blocks is right.

Babies don't open their eyes in the morning and think:

Oh, my God! I gotta work on those blasted blocks again today!

They call for milk, the need of the moment.

They haven't heard of the future.

They don't regret the past.

The entire baby is packed into the Now.

No wonder one of our greatest teachers once taught:

If you want to taste the bliss called heaven,

Become a little child.

ADDRESS CHANGES

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

EMPOWERMENT CIRCLE INFO

EMPOWERMENT CIRCLE COORDINATOR

Butterflies - CLOSED

Meets Thursday evenings, downtown.

Diamond Girls - CLOSED

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

Sisters in Spirit - OPEN

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

Freedom Seekers - OPEN

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

White Buffalo - OPEN

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

Olivia Jones 317-370-9890

ojbiggirl@aol.com

Heart and Soul - OPEN

Contact: Pam Nickell, 317-862-2838, pamrncnp@hotmail.com. Meets 2nd and 4th Monday evenings at Church of the Savior.

Bloomington Empowerment Circle - OPEN

Contact: Mary McInerney, 812-336-5982, marybmcloughlin@yahoo.com.
Meets Thursday evenings in Bloomington.

Michiana Empowerment Circle

Contact: Melissa 269-687-7172
Meets ever other Sunday afternoon.



Sue Daniel
9770 Highland Springs Drive North
McCordsville, IN 46055

MAIL TO:

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.
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(317) 335-2120 * stdaniel@splintershop.com