



IN OUR CIRCLE

Issue 32
April
May
June
2005

IOC DONORS

A huge THANK-YOU goes out to the following folks who have donated money or services over the past year.

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When you think about the woman you want to become, are you able to visualize YOU living that life? Can you see the path to get there? Or is that vision some far-off dream that you may never attain?

When you have a vision of WHO you want to become, then you can figure out HOW to get there. If you know you want to be a loving woman, then you can easily see that loving yourself more will help you get there. If you want to be less perfectionistic, then you can imagine that letting go of tiny aggravations over the exact placement of the utensils on the dinner table would be helpful.

**If you saw yourself
through the eyes of
the person you want
to become, would
you be pleased?**

Take a few minutes today to see yourself living the life you want as the woman you want to be. Don't worry about how to make it happen...just visualize. Experience yourself BEING the woman you want to be...loving the way you want...living without fear...knowing your Truth. Envision your wonderful life, being fulfilled, living with ease.

Now, through those eyes, look at the woman you are today. Notice the changes you will make on the path to becoming who you want to be. Realize that you are SO CLOSE to being that woman already! See the adjustments you'll need to make to become a loving, open-hearted, trusting woman who lives and loves and laughs every day of her life.

**“I think of life itself
now as a wonderful
play that I’ve written
for myself...and so
my purpose is to have
the utmost fun
playing my part.”
Shirley MacLaine**

CONTINUED ON PG. 5



THE MANKIND PROJECT AND WOMAN WITHIN INTERNATIONAL ANNOUNCE THE JULY CONFERENCE

July 15 – 17, 2005 in the Milwaukee area
CELEBRATING THE 20TH ANNIVERSARY
of the first weekend initiation of men into The ManKind Project

Men and Women Coming Together: Honoring our Beginnings, Celebrating our Present, Embracing our Future!

The roots of the ManKind Project were planted in the Milwaukee area with the very first weekend designed to initiate men occurring in January 1985 at a former nunnery called Haimowoods. Did you know that the work spread from that first weekend to include over 40 centers all around the world now? Did you know that we are approaching 35,000 initiated men worldwide?

Friday Evening:

Kick off the Conference Celebration with opening ceremonies, an awesome outdoor drumming, entertainment and a Wisconsin Fish Fry and Brat Fest.

Saturday:

Saturday will feature two nationally known speakers. We are currently in negotiations with **Jean Shinoda Bolen, MD and John Lee** and numerous workshops of interest to people on a personal growth path-especially those interested in bringing male and female energy together- in concert with our theme, the awards luncheon and vendors. Enjoy the various CD's, drums, clothing, sacred items and other goods being sold at the Vendor's Fair, on Saturday.

Saturday Evening:

The "Gift of the Play" will be presented following evening dinner!

The Late Saturday Night Adventure:

Haimowoods in Kenosha

It will be possible to visit the place in the country, scene of the first Warrior Weekends and the first Woman Within Trainings!

Come along with Rich & Char Tosi and Bill Kauth to hear stories of the early days of our work and to SEE fabled Haimowoods and enjoy drumming on the sacred grounds.

Sunday Morning:

More breakout sessions, a buffet luncheon and a joint closing keynote talk with Jean Shinoda Bolen, MD and John Lee. Finally, we will bring the Conference Celebration to an end with a powerful closing ceremony.

Please consider this announcement an open invitation to you, your family, your friends, your Empowerment Circles and I-Groups to attend this fun and entertaining Conference 2005!

FOR FURTHER INFO:

www.mkp.org and www.womanwithin.org

Room for Everything

by Ralph Marston

Where there is nothing, there is room for everything. When all is lost, there is no limit to what can be gained.

When little is known, there is much that can be learned. When nothing has been done, there is much that can be accomplished.

Emptiness is an opportunity to be filled. Limitation is an opportunity to grow stronger and more capable.

When there is overwhelming despair, there is also enormous space for love to abound. When there is darkness, there is also the potential to be filled with light.

When you are down as low as you can go, you have the opportunity to be the best that you can be. When you're surrounded by emptiness, there is unlimited space available for real fulfillment.

When the world seems dark, cold and empty, there is plenty for which to be thankful. For you can fill it with warmth, with light, with meaning, and with life.

Eatin' Here is *Good* for the Neighborhood!



Present this flyer to your server on **(May 3, 2005)**
During lunch, dinner or any Carside To Go order

1072 Broad Ripple Avenue,
Indianapolis, IN
317-255-4839

and Applebee's will donate 15% of your purchase* to:

**IN OUR CIRCLE, the Indiana community
of Woman Within International**

*Tax & Tip not included. Not valid with other discounts or promotions. Must present flyer at time of visit. Flyers are not to be distributed in the restaurant or within perimeter of the parking lot. Dining to Donate Nights are limited to Tuesday & Wednesday and subject to availability. Applebee's reserves the right to accept or reject requests from organizations at its own discretion.





for all of these seminars at

www.inourcircle.org

APRIL 2005

PATH TO SPIRIT – Elgin, IL – April 15-17

Would you appreciate some new tools to live your life more fully? Do love and joy somehow escape your moment-to-moment experience? Contact: David Lindgren at 312 415-7455 or email at mandavidl@aol.com.

TRANSFORMING YOUR INNER CRITIC: FROM ABUSER TO ALLY – Chicago, IL – April 16

In a safe environment, through experiential exercises this weekend will provide you tools to...Explore your inner critic and its role in your life....Discover where it came from....Uncover the hidden value it brings to you. Contact: Sheri Zuccato (630) 675-7544 or email zuccato-associates@comcast.net.

HEALING THE CHILD WITHIN – Indpls, IN – April 16

Discover the relationship between your Inner Child's core belief system and your Adult's current life choices. Contact: Marlene Nappa at 519-966-9676 or mnappa@earthlink.net

LIVING IN PERSONAL MASTERY – Indy – April 17

Mastery is doing what you can do well with the tools you have gathered, knowledge you have acquired and experiences you have lived. Contact: Marlene Nappa at 519-966-9676 or mnappa@earthlink.net

WOMAN WITHIN - LEVEL 2: DEVELOPING YOUR LEADER WITHIN – Racine, WI – April 21-25

This training is based on five archetypes of women and how both the shadow and the light side can affect your leadership abilities in your home, your work, and all areas of your life. Info: www.womanwithin.org

CIRCLES OF WOMEN: CREATING DYNAMIC EMPOWERMENT CIRCLES

St. Louis, MO – Apr 30-May 1

Louisville, KY – Jul 23-24

Explore many ways to do work in Empowerment Circles as well as experience skills to empower yourself. Contact: Sheri Zuccato (630) 675-7544 or email zuccato-associates@comcast.net.

MAY 2005

PARENTS AS GUIDES – Indianapolis, IN – May 7

The parent we think we should be may not be the parent our child needs us to be. Contact: Pam Turner, 856-0261 or Marsha Marsh, 847-537-7691.

THE WARRIOR MONK TRAINING – Lexington, KY – May 18-22

The Warrior knows outer strength. The Monk knows inner peace. Live your balance. Contact: Michelle at 314-368-9521 or wariormonk.org

WILDLY ALIVE - A PRACTICAL GUIDE TO INSPIRED LIVING – Indianapolis, IN – May 19

An evening filled with experiential activities designed to encourage participants to reflect upon their life's purpose and to create more meaning, passion and intention. Contact: Darrin Gray, (317) 850-5233, darrin@brandirect.com.

JUNE 2005

WOMEN EMPOWERING WOMEN (WEW) – Fort Wayne, IN – June 3-5

You will learn leadership skills, which serve you in your relationships, personal life, and professional endeavors. Info: www.womanwithin.org

JULY 2005

MAIDEN'S JOURNEY – Delevan – July 8-10

Maiden's Journey is a dynamic weekend program for girls ages 12-16 focused on supporting transition from adolescence to young womanhood. Contact: Carol Kahn at ckahn@wi.rr.com or 414-774-6063

MKP / WWI CONFERENCE – Milwaukee, WI –

July 15-17 Theme: "Honoring Our Beginnings, Celebrating the Present, Embracing the Future"

For further info: www.mkp.org and www.womanwithin.org

THE ABSENT FATHER – Indpls, IN – July 21

Phil's lecture is a product of growing up with a father who was physically present but emotionally absent. He will address the father-out-of-the-home through abandonment, divorce or death, and the father-present-in-the-home but emotionally absent. Contact: Darrin Gray, (317) 850-5233, darrin@brandirect.com.

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DO YOU "BAIL OUT" YOUR CHILDREN?

When your daughter forgets her lunch for the third day in a row, do you run it to school? When your teenager drives like a maniac, then wrecks the car, do you pay for the repairs? When they say their homework is "too hard" do you do it for them? Many loving parents with good intentions intervene between irresponsible behavior and its consequences. But overprotection can develop lasting dependency and perpetual adolescence. You can be there for your child, but let him experience a little pain when he makes bad choices. Remember, your family first, Mark Merrill
www.familyfirst.net

VISUALIZE THE WOMAN YOU WANT TO BE (Continued from Pg. 1)

Now, your path is clear and easy. All that is required is that you make choices that will get you where you want to go. If you want to be more loving, then choose love in all your activities. Instead of yelling at the driver who cut you off in traffic, send that person love. Rather than telling your child he/she is stupid, hug your child, thank him/her for doing the best he/she could, then make a commitment to work with your child on homework every night.

Make choices. It's that simple. CHOOSE who you will BE, and the things you want to HAVE will follow.

Blessings to you. Safe journey. Make love guide your steps.

Jana Lovick, President, IN Our Circle

Let Go of Fear

from *More Language of Letting Go* by Melody Beattie

Sometimes, we say we want to go to the next level in our lives — in work, in play, or in love. But it feels like the door is shut. Fear can disguise itself behind many different faces: we want to do it our way; we're not interested; it's just not time. What we're coming up against isn't a closed door, it's the fear we're repressing and holding inside.

If you're confused about why you're not moving forward naturally in some area of your life, take a closer look. See if you've got some hidden fears that might be holding you back. If you're blocked and trying to move forward, remember to feel and release your fear first. Then see if that wasn't just the key you needed to unlock and open that door.

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KEEP YOURSELF UPDATED

The quickest and easiest way to get information about what's going on in the community is to make sure we have your email address. We send out notices on last-minute schedule changes, updates on community members, and special events.

Send an email to Jana at dayze@cheerful.com to make sure you're kept in the loop!

**DON'T HAVE
EMAIL?** No problem! Just make sure that Jana has your most updated address and she'll send you postcards, newsletters and various other notices. Give her a call at (317) 797-7848.

To love yourself
right now, just as
you are, is to give
yourself heaven.

—Alan Cohen

EMPOWERMENT CIRCLE INFO

EMPOWERMENT CIRCLE COORDINATOR

Olivia Jones

jones_massage@yahoo.com

Butterflies - OPEN

Contact Susan Jo Thomas, sthomas@hhcorp.org.
Meets Thursday evenings downtown.

Diamond Girls - OPEN

Contact Sylvia Gray, 317-896-3575, sylv0701@yahoo.com.
Meets Sunday evenings on the North side.

Pro-Active Empowerment Circle - OPEN

Contact: Nora Mitchell, 317-862-5775, nmitchell100@yahoo.com.
Meets the 1st and 3rd Mondays of each month on the South side.

Sisters in Spirit - CLOSED

Contact: Tricia O'Connor, 317-257-2749,
toconnor@eiteljorg.com.
Meets Thursday evenings on the near North side.

Freedom Seekers - CLOSED

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

New Empowerment Circle - CLOSED

Contact: na Y. Lovick, 317-797-7848,
dayze@cheerful.com. Meets alternate Thursday
evenings in Broad Ripple.

White Buffalo - OPEN

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

Bloomington Empowerment Circle - OPEN

Contact: Mary McInerney, 812-331-6765,
vivamary47403@yahoo.com.
Meets alternate Thursday evenings in Bloomington.

Michiana Empowerment Circle - OPEN

Contact: Tammy Looney, tmmylooney@yahoo.com



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2253 Bernie Drive
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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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