



IN OUR CIRCLE

Issue 31
January
February
March
2005

Are you big
enough to help our
kids lose weight?

By Marcia Stone

Recently I was asked to take part in a two-day brainstorming session to help a local communications company develop an advertising campaign to help create awareness of the problem of childhood obesity—and to create ways in which we can support our children in losing weight and taking on a healthier lifestyle. The campaign will run in Indiana and there's no doubt you'll see it eventually on TV, in print, and in the press.

The need is real. Our state is the fourth fattest in the country. And increasing all the time. Unfortunately, the hundreds of channels of cable, the multitudes of video games and snack foods available to tempt kids assure that our couch potato ways will be not only passed on to our kids but increased.

Continued on Page 2 - See HELP

SUPER EMPOWERMENT CIRCLE EVENING

Start the New Year with an opportunity to join together with other women for a Super Evening!

We will have chanting, drumming, and smaller breakout work rooms. We'll end the evening with a group re-affirming exercise to celebrate our Empowerment Circle community.

Come join together to re-affirm our individual and Empowerment Circle goals for the coming year! The Super Empowerment Circle Evening will give everyone a chance to create passion and joy to sustain our community in renewing personal empowerment and self-healing.

When: Friday, January 14, 2005, 7:00 – 9:30 pm
Where: Home of Nora Mitchell, 8693 Shelbyville Road
Phone: 317-862-5775

How To Stay Young

by George Carlin

1. Throw out nonessential numbers, like age, weight, and height. Let the doctor worry about them. That is why you pay him/her.
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, whatever. "An idle mind is the devil's workshop." And the devil's name is Alzheimer's.
4. **Enjoy the simple things.**
5. Laugh often, long and loud. Laugh until you gasp for breath.
6. The tears happen. Endure, grieve, and move on. The only person who is with us our entire life, is ourselves. Be ALIVE while you live.
7. Surround yourself with what you love: family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don't take guilt trips. Take a trip to the mall, to the next county, to a foreign country, but NOT to where the guilt is.
10. Tell the people you love that you love them, at every opportunity.

A Member Speaks

The following was written to me in an email from Karen Pedler-Buchanan, a member of IN Our Circle. It is printed here with her permission.

"It's high time I start living for REAL and achieve what is possible and THIS TIME include my own happiness."

In what areas of your life is it time for you to start including your own happiness?



SWEETIE PIE BAKE

Take a lazy Sunday afternoon in February to do what women used to do back before we all started zooming around. Get together and bake some pies. Give one to your sweetheart for Valentine's Day (the next day!) or just take it home and enjoy it yourself. Either way, you'll have fun learning the science of great crust, fillings, and anything else pie-wise.

Bring your own pie plates and ingredients for as many pies as you plan to make, along with your favorite pie recipes. We have plenty of bowls, utensils, etc. but if you need something special for your recipe please bring it with you. Others will do the same so you'll get to see lots of different types of pies. Bring a girlfriend or daughter along and share in the fun! Put this one on your calendar now!!

Sunday, February 13
1 p.m. to 5 p.m.
Marcia Stone's home
5335 N. Washington Blvd.
259-8373

LAKOTA SWEAT LODGE

The IN Our Circle community has been invited to attend a Lakota Sweat Lodge. No final dates have been set, though it will most likely be in March or April.

There are only a limited number of women who are going to be allowed to attend, so if you're interested, please let us know right away! There are several pieces of information we need to give you about this REAL Lakota Sweat Lodge.

CONTACT

Nora Mitchell at (317) 862-5775 or
nmitchell100@yahoo.com

QUIT TERRORIZING YOURSELF WITH SCARY THOUGHTS. START INSPIRING YOURSELF WITH DELIGHTFUL VISIONS.

— ALAN COHEN

HELP

I don't have children. But I am a Big Sister in the Big Sisters Program and I've watched my little sister struggle with her weight since she was 8 years old. I saw her go through the stage in which she didn't want to go to the swimming pool with me because she didn't want to be in a swimming suit in front of her peers. I've taken her for walks and watched her huffing and puffing, not able to keep up with my nearly 50-year-old body. What's wrong with this picture?

Check out her home life and the eating patterns there. There's not a lot of cooking at home. The family diet includes various snack foods, breakfast cereal, candy, deep fried or fast food. Her mother was obese and has had bariatric surgery. My Little Sister watches what her mom eats (as all kids do) and had been doing likewise.

About the age of 12, she started to realize that her mom couldn't do all the things other moms could. She also noticed that she couldn't either. Not to mention the teasing and names she heard from other kids about her weight. She was embarrassed to eat at school in front of the other kids. And she was tired of being last in track and other school sports.

My Little Sis is unusually upbeat. She decided she didn't want to be this way any more. We went to the Children's Museum and she learned how to read nutrition labels. She found out that if she went for a walk or rode her bike for an hour after school, she slept better and felt better. She wrote off fried foods for Lent and found she felt even better...so she never went back to them.

What an extraordinary thing for a 12-year-old girl to do! Now she tells her mom to stop eating all those French fries because she's afraid her stomach surgery will cause her problems. And my Little Sister has lost 20 pounds in the course of two years and kept it off.

This is an unusual story. Most kids aren't as able to do it themselves. They need the support of loving parents and understanding family and friends, not ridicule. And not another piece of candy! If there's a child in your life who is on the road to obese adulthood, ask them if they'd like help in a compassionate way. If they're open to it, go for walks with them. Teach them about healthy eating and food labels. Show them how to cook for themselves if they don't know how. And let them know that taking care of their body is one way they can love themselves—definitely a life lesson we can all use.

WOMAN WITHIN TRAINING WEEKEND ONE DAY STAFF TRAINING

PAGE 3



WHO? The One day staff training is now a REQUIREMENT for any woman to staff for the first time. It is also strongly recommended for women who may have staffed once or even twice even if they have taken WEW.

WHEN? WHERE? Saturday, Jan. 22 - 9am to 6pm
Home of Olivia Jones, 10142 Peartree Road, Indianapolis, IN

WHY? To learn all you ever wanted to know and needed to know about staffing the Woman Within weekend. Learn what goes on behind the scenes on the weekend. Learn about the processes, how to do them, how to prepare the goal card. Learn how to be present and stay in containment with the participants and most importantly how to tap into your own wise woman to be present for the women on the weekend.

I HAVE DONE WEW, DO I STILL NEED THE ODSST?

The One Day Staff Training is waived if you have completed Women Empowering Women and have staffed at least one time.

WHAT TO BRING?

A sack lunch, water, comfortable clothing, pillow if you choose, and your open heart and mind.

FEE? \$50 is charged to cover expenses and materials.

TO REGISTER CONTACT:
Erin Farrar - 262-767-8680
or askmywife@juno.com

**HOW WILL YOUR LIFE BE DIFFERENT
AS YOU REACH OUT WITH LOVE AND
COMPASSION TO OTHER WOMEN
IN CONNECTION WITH
OTHER LOVING WOMEN?**

VISITOR'S CIRCLE

**SISTERS IN SPIRIT
WILL HAVE A
VISITORS' CIRCLE AT
TAHNEA JAFARI'S
HOME ON THURSDAY,
JANUARY 13 FROM 7
TO 9 P.M. THE
ADDRESS IS 5226 N.
CENTRAL AVENUE.**

**ALL WOMEN ARE
INVITED TO ATTEND,
WHETHER OR NOT
YOU'VE BEEN TO THE
WOMAN WITHIN
TRAINING WEEKEND.**

**CALL TAHNEA JAFARI
AT (317) 259-8005
FOR INFORMATION OR
DIRECTIONS.**

**WOMAN WITHIN
TRAINING WEEKEND
Indianapolis, IN
February 18-20, 2005**

To register, contact
Gail Farbman, Registrar
Ph: 847-564-4625
Fax: 847-564-2796
email: gailfarb@comcast.net
website: midwest.womanwithin.org

Do you know a woman who would benefit from the sisterhood in our community?

Do you know someone who could use the Woman Within weekend to empower herself, to move her life ahead?

Picture her in your mind right now and give her a call. Ask her to give herself the gift of an Empowering Weekend. Call her today!



Integral Transformative Practice

The integration of body, mind, heart and soul to bring about transformation in life through the mastery of daily practice.

Based on the book "The Life You are Given" by George Leonard and Michael Murphy (Information on ITP, this book, and other resources are available at www.itp-life.com)

For further details or to register, call
Chris Bourke @ 577-0700 or
T. J. McGovern @ 294-8206.

It's an Open House and you're invited!

Friday, January 21, 4-8pm
A Peaceful Path (317) 255-8973
815 Main Street in Broad Ripple

Relax and pamper yourself after the stress of the holidays with some self-nurturing chair massage or a paraffin treatment for your hands or feet. Beverages and hors d'oeuvres will be served in a festive atmosphere. Learn more about resources available to your clients: the Woman Within Weekend retreat program and the ManKind Project Weekend. Please join us!

Terri Blake, LCSW
Michelle Crane-McCarty, LCSW, CADACII
Kindly RSVP to teeblake@aol.com

TWO COMMUNITIES - ONE GOAL PERSONAL GROWTH

by Lara Coutinho

I have served as the official liaison between the MKP Indy community and our IOC community for two years, and now I'm stepping down. The time has come for me to move on to other things.

As I leave, I ask you to hear what my reason has been for serving as MKP liaison. The healing we all seek is supported by the all-woman container the IN Our Circle community has built. The flavor of security and strength we find here makes healing possible for us. Other people who are not part of our community find other ways of healing, but for those of us who come together here, our healing is woman-based. Our support is all female, but our world is not all female. Men and boys live with us, and integration of our healing into our world will not be complete until we reach out to them. At some point, men and women need to connect in healthy, safe ways. Living with women alone just isn't possible in our world. Therefore, after a woman has reclaimed her empowerment through the Woman Within program, she's going to have to connect with a male at some point. One great option we have is trying to connect with men who have had similar training in emotional work, like the graduates of the ManKind Project Training. Our training weekends have very similar roots, we use a lot of the same language, and we share many of the same commitments as a community towards self growth. The MKP Indy men are capable of a lot of sharing and helping as long as connection is supported and trust is built over time.

I believe in building connections with the MKP Indy community because deep, honest connection with them can make a more complete integration of our new empowerment skills for us in the world. Also, I know this is a very broad-minded theory. The more practical reasons for building connection include: each community helps each other find participants for our weekends, we support each other's work just

Continued On Page 5 - See GROWTH

GROWTH

by being present, and we have lots of fun at joint events! There are many reasons for building connection between our two communities here in Indy, and I hope the IOC community continues to invest energy into that task. I ask the IOC community to show up to joint events, MKP graduation ceremonies, and every other opportunity to shake the hand of an MKP brother.

We're all on the same team. MKP Indy and IN Our Circle both exist to support personal healing. I thank each woman reading this who ever stepped up and helped connect with MKP Indy, and I ask every one of you to keep it up.

Keep in touch! orange@indy.net
With much love and many thanks,
Lara Coutinho
Former MKP Liaison for IOC

When Your Word Becomes Law

The success in our lives is in direct proportion to the level of our willingness to hold ourselves and others accountable. Increase the spontaneity and freedom in your life - be accountable! This workshop includes: Integrity; Cooperation; Accountability; Response-ability, Resistance and Revenge; Acknowledgements; Forgiveness and Make-ups; Why we aren't accountable & what to do about it.

INSTRUCTOR - Jana Y. Lovick

COST:
\$15 (cash or check) – For Graduates of the Taking It Lightly weekend, this is a FREE seminar

LOCATION:
Unity Church of Indianapolis, 907 North Delaware Street, Indianapolis

DATE/TIME:
Monday, January 31, 2005
from 6:30 p.m. to 8:30 p.m.

CONTACT:
Judy Stasek, jst5@iquest.net, 317-889-0565

HAVE A DRUM PAINTED

Joyce Pendleton is helping to raise money for the IN Our Circle community by painting drums. She will give 20% of the cost as a donation.

You can have anything you want painted on a drum. Some suggestions include:

- The IN Our Circle Logo (one color)
- The MKP Logo (one color)
- Your Spirit Animal
- Inspirational sayings
- Logos
- Names
- Designs of different varieties

You can either provide the drum to be painted, or Joyce will purchase one for you at a cost of \$30-\$50. (This would be an average 9"-12" drum.)

For \$75, you can get the MKP or IOC logos painted on a drum head. The costs for painting spirit animals and logos varies from \$75-\$150, depending on the complexity of the design. Simple names and sayings can be done for as little as \$25. If you prefer, you can have the sides of the drum painted, rather than the drum head.

If you would like to personalize a drum...and help the IN Our Circle community at the same time...contact Joyce Pendleton at (317) 255-3277 or j_pendleton@sbcglobal.net



COMMUNITY CONTACTS

**Newsletter Editor,
Mailing Lists and Roster**
Jana Lovick 317-891-0665
dayze@earthling.net

Brochures
Marcia Stone, 259-8373
freerange@ameritech.net

SCAT Team
Joyce Pendleton, 255-3277
j_pendleton@sbcglobal.net

E-Mail & Chat Lists
Lara Coutinho, 859-0644
orange@indy.net

Financial Assistance
Ann Bevilacqua, 253-7948
abevilac@mac.com

President, IN Our Circle
Jana Lovick, 317-891-0665
dayze@earthling.net

Treasurer, IN Our Circle
Cindy Mikeworth, 885-9796
cindy@tas-in.com

**Empowerment Circle
Coordinator**
Olivia Jones, 370-9890
ojbiggirl2550@aol.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

Butterflies - OPEN

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

Olivia Jones
ojbiggirl2550@aol.com

Diamond Girls - OPEN

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

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.



Jana Y. Lovick
2253 Bernie Drive
Indianapolis, IN 46229

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.
Jana Y. Lovick, 2253 Bernie Drive, Indpls., IN
(317) 891-0665 * dayze@earthling.net