



# IN Our Circle

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

## How do I CHOOSE to spend my time?

“Not many of us would like to admit or even realize that we have based our lives on a superstition. Yet, perhaps the concept of **SECURITY** is, indeed, a culturally shared and acted upon superstition. We can’t make it happen or control it, and yet much of our time and energy is spent trying to. No wonder we feel tired sometimes.” – Ann Wilson Schaefer

How would your life be different if you could let go of the illusion of security, and simply live in the secure knowledge that everything in your life is exactly as it should be? How much of your time.....energy.....spirit do you put into buying security? Yes, buying. How many times a day do you pay for security with your thoughts, your fears, your visions of bad things to avoid? Every minute you spend wallowing in the fear of “what will be” is one less minute you can spend wallowing in joy.

How many HOURS or even DAYS have you spent trying to figure out how to do a clearing “just right” so that the woman you’re clearing with responds in the way you want her to? And how many times have you chosen to shove your concerns aside and NOT DO A CLEARING because you were afraid of losing some sense of SECURITY in your group? What if you do it wrong and the group doesn’t support you anymore? What if the other woman gets defensive or starts attacking you? What if.....what if.....what if.....

How would your life be different if you chose to believe that THERE IS NO SUCH THING AS SECURITY? That’s right, I am suggesting that security doesn’t exist.....that there is no such thing as doing a clearing “so right” that it carries no risk at all. That there is no such thing as “enough money” put away to cover the bad times. That there is no such thing as “healthy enough” to never feel pain.

And how would your life be different if you chose to believe that you don’t need that type of external security? What if you could close your eyes and find security by connecting with your Spirit? What if security wasn’t some elusive concept that you spend your whole life chasing, but became an almost-tangible cloud surrounding you always?

You may be asking, “How do I do that? How can I just choose to believe something entirely different?” My answer is, “Act as if.....” Let all of the actions in your life reflect the belief that you are secure, and you will manifest internal security in your life. Boldly go to your Empowerment Circle, feel your fear, and ACT ANYWAY by doing the clearing you’ve been avoiding. Every time you speak your truth, the fear will diminish and your own

sense of internal security will increase. Experience will teach you that YOU ARE SECURE, even if a clearing doesn’t go the way you’d hoped. Every time you choose to spend a day taking a walk at the zoo rather than working overtime to put money away for the future, your internal sense of security will deepen and grow. The amount of peace you are storing is worth far more than the dollars not earned.

It’s up to you. Do you choose to spend your life chasing external security? Or do you choose to feel secure within yourself....within your soul....within your Spirit?

Blessings from Jana Y. Lovick  
President, IN Our Circle  
[dayze@earthling.net](mailto:dayze@earthling.net)

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# Awakening the Possibilities of Coupleness

by Cheri and John Goll

(Adapted from an article published in the March/April 2004 issue of Branches Magazine)

## MKP Liaison

Greetings sisters from your liaison to the ManKind Project Indy Community!

I bring great news for this newsletter! Our two communities, the IN Our Circle community born from Woman Within, and the ManKind Project Indy community born from the New Warrior Training Adventure, are taking quantifiable steps towards closer relations! We have had a meeting of our leadership, we are joining forces on multiple outreach events, and we are exchanging information and newsletter space much more regularly than before! The MKP Indy community's new Center Director, Kent Schwob, and their new President, Ed Smith, are very enthusiastic about establishing more connection between our communities. I am grateful for their great energy, and I look forward to reporting more about our joint successes! If you'd like to contact Kent or Ed directly, please feel free to email them: Kent - [kentschwob@comcast.net](mailto:kentschwob@comcast.net)  
Ed - [smithskunk@aol.com](mailto:smithskunk@aol.com)

Please also remember that I keep an informal email list of all the MKP Indy men who have close relationships (marriages, friendships, etc) with IOC members. If you can suggest a man that you are in relationship with who would be willing to be on my informal contact list, please email me at [orange@indy.net](mailto:orange@indy.net).

Keep in touch! Love, Lara Coutinho (317) 859-0644

There is more to my partner and me than just the two of us. There is also our "coupleness," which envelops and encompasses who we are together. In my relationship, I am more than the woman I was before I met my husband. In our relationship I am all that I always have been, with my history, personality, strengths and weaknesses. Likewise, my husband brings all of who he is as a man and a human being. And yet together we are more than the sum of our parts.

Our coupleness has a life of its own. There are times when the synergy between us is so palpable that we reach what Hamilton Wright Mabie describes as "*that supreme spell which is felt only when soul speaks with soul.*" It once seemed to me that those moments happened mostly in our early years together, and it was tempting to dismiss them as just the heady romance that abounds when there is nothing in the world more enchanting and absorbing than my newfound partner. Now, however, I realize that there is more to those moments than romance and momentary passion. Such moments energize the maturing and growth of our relationship, nurture our coupleness, and allow our connection to sustain and strengthen us.

It is fascinating that we humans choose partners who bring out both the best and the worst in us. My husband is the source of both my greatest joys and my greatest fears. No one can touch me, inspire me or hurt me more deeply than he can. It is the potential fears and hurts in the face of our deepest joys and connections that call us to face the hard work within ourselves, to see and deal with issues from our past and how they impact our relationship. And yet, we must be aware that *the very process of doing our personal work can threaten our coupleness.*

It is common in couples therapy to warn that there is an increased chance of a couple splitting up if only one is in therapy or if the two are in separate therapy. One-sided work leads to one-sided change, which creates differences within the couple that, without meaning to, can push people apart. This means that if relationship partners do only separate personal work (like the woman being involved in Woman Within and IOC), each of them may grow as an individual, yet their coupleness might be left behind. Like individuals, couples together must define and explore the identity, life, and mission of their coupleness. Without this, couples may find themselves more disconnected than ever before.

Couple work requires the loving support of friends, family, therapists, and communities of committed couples. This kind of work is the intention and mission of *The Couple's Path* weekend – formerly known as *Running With Iron John*.

*The Couple's Path* is a residential weekend experience that allows couples an opportunity to reconnect with each other, to revitalize their relationship, to examine the possibilities for their future and take a look at what gets in their way.

As a woman involved in intensive personal work through Woman Within and IOC, the powerful work you do changes who you are, and thus inevitably impacts the relationships in your life. *The Couple's Path* can help you and your partner adapt to these changes. There can be a real and often unspoken danger in not including your partner in your efforts to improve your life. At best your partner may feel left out of something deeply important to you, and at worst may feel pushed away, confused and rejected. Your partner's feelings are not your responsibility. But you *are* accountable for the impact of your actions on your relationship.

I invite you to consider talking with your partner about experiencing *The Couple's Path* weekend together. The next *Couple's Path* weekend is September 24-26 in Bedford, Indiana. Registration and more information is available at [www.CouplesPath.com](http://www.CouplesPath.com) or by calling 317-562-2972.



## PARENTS AS GUIDES

Northbrook, IL

Saturday, June 26 9am-5pm

The parent we think we should be may not be the parent our child needs us to be. It is important to see our children as individuals. Believing in these statements will change our approach to parenting. Spend a day uncovering driving forces that influence your parenting. The format of experiential exercises is designed to assist you through personal discoveries to unlock the door to easier parenting and more fulfilling relationships.

**Place:** Adams Mark Hotel,  
2875 N. Milwaukee Ave.,  
Northbrook, IL

**Date:** June 26, 2004

**Cost:** \$150 Individuals,  
\$250 Two Parent Rate

**Call or e-mail Marsha Marsh for registration and any questions.**

**847-537-7691**

**mmarsh8266@aol.com**

## AN INTRO TO MULTI-CULTURAL AWARENESS

Saturday, August 7 8am-5:30pm

Sponsored by ManKind Project  
*A day of learning, reflection, and sharing about our differences*

This 1-day workshop uses didactic learning, sharing, and some experiential exercises to offer tools, a model, a roadmap of the terrain, and a shared language for exploring, without blame or shame for myself or others, these knotty issues that bedevil our culture, our communities, and our relationships.

**COST:** \$125. Lunch will be included.

**LOCATION:** All Souls Unitarian Church, 5805 East 56th Street, Indianapolis, Indiana

To Register and for all other questions, contact: Kent Schwob at [kentschwob@comcast.net](mailto:kentschwob@comcast.net) or 317-441-8703

## THE CHILD WITHIN CALLS OUT

Saturday, August 28, 2004  
Louisville, KY

Through dialogue and experiential exercises, I invite you to:

- Make a connection with your Inner Child, the one lost in the present
- Discover the relationship between your Inner Child's core belief system and your Adult's behavior
- Consider how 'living small' and 'acting out' 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

For more information or to register contact: Janet Kazimir (859-278-3565) or [janetkazimir@msn.com](mailto:janetkazimir@msn.com)

## Women Empowering Women (WEW)

August 13-15, 2004 in Indy  
Sep. 24-26 in Chicago

WEW is a three-day workshop to continue your healing as a woman, and, as this workshop is a requirement for staffing a WOMAN WITHIN Weekend Training, you will learn basic leadership skills.

- Listening from the heart
- Stages of group development
- Safety for groups
- How to speak your truth when in a conflict with a woman
- Direct, clear communication
- Theory model of *Woman Within Training Weekend*
- Ritual & ceremony
- Protection
- Owning your shadow side
- Owning your golden essence
- Anchoring

For more information, go to [www.womanwithin.org](http://www.womanwithin.org) and click on workshops or call 800-732-0890.

## LOW ROPES AND HIGH ROPES COURSES

July 31 and August 1 (9A-1P)

Join us in an incredible opportunity to share, laugh, recreate, and develop a deeper understanding of yourself and others through.....

### Challenge Education

At Butler University, Indy

Cost is \$20 per person per day  
You may choose to attend either day or both. Enjoy and learn and celebrate with others in your community.

This FunShop is facilitated by Tahnea Jafari. Call her at 317-259-8005 for further information and explanation of challenge education.

## What is Work in E-Circles?

Louisville – July 24 & 25  
Indianapolis – September 11 & 12  
What you will learn:

Processes for anger, sadness, grief, fear, inner critic, body image, shame. The messages feelings bring and how to work with creating solutions. Transforming victim thinking into empowerment action. How to fully support each other and yourself.

**COST:** \$ 85.00 (includes a \$50.00 non-refundable, non-transferable deposit)

**CONTACT:** Sheri Zuccato (630) 675-7544 or fax (630) 855-5274

# 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

ojbiggirl@aol.com

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

Contact: Pam Nickell, 317-862-2838, pamrncnp@hotmail.com. Meets 2nd and 4th Tuesday evenings at Irvington U.M. Church.

### **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.



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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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