



IN Our Circle

www.inourcircle.org

DISEMPOWER THE PAIN AND EMBRACE THE JOY!



How can it be, that 2003 is halfway over? Hmm, one day at a time, I suppose. And how is that like my life? I can so easily project into the next week, month, or year. In those moments, I disconnect from the present. A double-edged sword, as unconsciously, I escape..... Yet, if consciously, I connect with my wise woman, I find my inner knowing. As well as re-scripting when I check in with my inner child- the wounded one, or the joyful, un-stoppable one. Remarkably, also a gift of inner knowing.

I wonder, how my life might be without these tools of empowerment, and exploration. Yuck! I don't have to wonder long, simply remember..... I am grateful for the woman who handed me several brochures over 3-4 years, invited me to open circles, shared bits about what this work had created in her life, and how the other women supported her. She trusted the process, and I chose my timing.

When I did my weekend, and even the first year, here, I thought women were just lined up, ready to go, or that "somehow" - "someone" magically produced the participants! What really works *more than anything, is you!* The changes, the discoveries, even the baby steps, are noticeable, worth honoring and sharing. I've heard many say "Wow, what if every woman could do this?!"

You know what I mean, you've been there, too. What I've discovered is that it doesn't matter if I've known someone for years, or just a few hours. I can simply put it out there, & she'll eventually ask for more, if she's interested. My thought here, is to share with you the importance of inviting new women to the weekend. And what kind of mind games do we play in our heads to hinder that?

I don't even need to assess whether it is "right" for someone else, that's her part. However, she won't have a chance, if she never hears about Woman Within. I recently heard the weekend described as a place of unconditional love..... yeah, I think she was right.

No, it's not about sales, it is about getting the word out that this exists. Honestly, nobody's getting rich off all of this volunteer time! True, we can't have more weekends without more women, and it takes action to get it to happen. When I get weary, I recall my own changes, and that new, unfamiliar concept-empowerment. I recall the new faces, and their joy that they reclaim. After all, that's what the goal is- to dig through the muck, sort it out, dis-empower the pain, and embrace the joy! When I remember that, how can I not tell women about it?

Continued on Page 2

SUMMER BRIDGE CIRCLES

Many times, women so busy over the summer with vacations, childcare concerns, odd work schedules, etc., that finding time to attend their regular Empowerment Circle meeting is difficult. Your sisters want to offer you the opportunity to stay connected during these busy summer months so we are bringing back the Bridge Circles. Bridge circles are designed to fill the gap when a woman doesn't have a circle to go to or when she is unable to attend her own circle. We have a couple of concepts to offer.

First, currently existing Empowerment Circles can open their Circle to visitors at designated times and call these Bridge Circles. You might choose a time once a month or once over the summer when your Circle would be open to a woman dropping in and maybe even doing some work. Two groups have already committed to holding a Bridge Circle once per month...Badass Butterflies will hold a Bridge Circle the last Tuesday of each month, and Sisters in Spirit will hold a Bridge Circle the second Thursday of each month.

Continued on Page 2

WHAT'S INSIDE

Community Mentoring, Woman to Woman	2
Men's Speaker Series	2
Comunity Quilt Project Pictures	3
Community Connection Circle Calendar	3
Running with Iron John	4
SCAT Team Info	4
Drum Wash	5
Survey about Community Connection Circles	6



EMBRACE THE JOY CONTINUED

The good news is that we now have PLENTY of brochures to share. Just contact Marcia Stone, at (317) 259-8373 or freerange@ameritech.net

Kentucky is having a weekend in October.

And just like this year, the time will fly by! Please look at your calendars, and plan your Visitor's Circles. Be open to possibilities, inviting gets easier and easier! We need to publish the dates on the E-Mail list, and in the next newsletter.

You are all wonderful women, I have been blessed to be the president this year, and to have been involved with the evolution of IN Our Circle. I am amazed at the work I've witnessed, and my own work that I've been supported in. My only sadness is that I don't get to see many of you as often as I'd like. I hope the new Community Connection Circles will become just that- a place to see you and hear about the cool things you're doing. A place to learn, grow, and feel a continuation of that unconditional love.

Embrace the Journey!!!

Joyce Bailey-Pendleton

SUMMER BRIDGE CIRCLES CONTINUED

Another idea is to have a woman or two offer to just hold a Bridge Circle. Maybe this would be once a month or once or twice over the summer, and would be designed to just be a place where women could gather in circle and do whatever needed to be done.

If you or your Circle are interested in the idea of a Bridge Circle, please call Cheri Goll for more details. If you are interested in attending a Bridge Circle, please consult the listserve or the website for posted dates and times along with contact information.

In the meantime, how might your life be different if you took a risk and invited a woman you know to Circle...

COMMUNITY MENTORING Woman to Woman



While there are many opportunities for a woman to stay connected once she has completed her Woman Within Weekend, the women in IN Our Circle feel that there is more we could do as a community to help women stay connected and mentor them into the community. We have much written communication in multiple formats...a community newsletter, a community website, a community listserve, postcard reminders of events, a phone tree which we use at times... and we have our Community Circles, special events, and, of course, our Empowerment Circles. And still, there is room for more connection.

So, one woman at the Community Meeting this May had an idea. What if we set up a mentoring program for women once they completed the weekend. Our idea is that a woman who is new to the community could sign up to have a mentor, someone who was active and knew the ropes, so to speak. Experienced women would also sign up to mentor the new women. And, this experienced woman would have the opportunity to welcome a new woman into the community, meet with and talk to her every so often, and make sure she was invited to our community events and had the opportunity to make stronger connections if she chose.

This mentoring program is currently being discussed by the IOC Board and we would be delighted if you would be part of that discussion and development. If you have ideas, thoughts, visions of what this could look like, we invite you to call Joyce Pendleton (317-255-3277) or Cheri Goll (317-925-7612), or any other Board Member, to discuss them. As we develop and finalize the plan, look for more information about the mentoring program in the next newsletter. In the meantime, invite a newly initiated woman to come with you to the next community event.

MEN'S SPEAKER SERIES

The Men's Speaker Series is a forum to explore, in a community setting, a path towards a balanced and spiritual life. The talks, all by men with a passion to share, will examine a broad range of issues intended to stir the soul, engage the intellect, and perhaps spark debate. The presentations will be informal; discussion and questions will be welcome.

The talks are open to the entire community. Men and women are invited. ASL interpretation for the hearing impaired, provided by Chuck Daube.

Doors open at 7 PM for coffee, light snacks, and fellowship. Lectures start promptly at 7:30 PM, and will last about an hour; socializing to follow, till the doors close at about 9:15 PM. There is no charge, but donations are welcome.

Contact Info:

Lara Coutinho (317) 859-0644 and orange@indy.net

July 17 talk by Wayne Pribble, PhD.

"GroupHeart: an intensive group process"

Wayne Pribble, PhD, is a psychologist, personal coach and internationally certified leader in the ManKind Project. He is widely known as a dynamic speaker, process leader and teacher. Wayne was a co-founder and the first president of the Indiana ManKind Project and originated (with Tom Stoll) the Whatever-It-Takes (WIT) program. Wayne's topic is GroupHeart, a proven method for creating and maintaining change using a committed group process.

Based on the highly successful "Whatever-It-Takes" program developed for men, GroupHeart will present the principles of successful group formation, why groups work and don't work, and strategies for creating contracts for change. GroupHeart is not psychotherapy. It is a values-based, focused program that is fully adaptable to business and community groups. Men who have participated in the program have called it, "truly powerful", and have reported, "I have been able to reach goals that I've never before been able to accomplish". This presentation is directed both to individuals and to leaders/managers seeking to improve their skills with groups.



LISTEN TO
CAROL THE COACH SHOW
on
Sundays at 12:00PM
on WXNT 1430AM

Call Carol Juergensen Sheets
on the air at (317) 239-1430
to comment about the topic
or to ask
questions about your life

There will only be one of you
at all times
Fearlessly be yourself!!!!!!

Community Quilt Project in Progress

at the
Community
Connection Circle
on June 9, 2003



COMMUNITY
CONNECTION CIRCLE August 9
CALENDAR October 13 Drum Wash
"Freeing the Writer Within"

November 10
Birthday/Holiday Celebration

We currently schedule Community Connection Circles on Monday nights. Does that work for you? If not, what night would be better? I'd like to see improved attendance at our community gatherings, so I want to hear from EACH OF YOU!!! You can reach me at (317) 890-9015 or emlucas98@yahoo.com

Hugs to you all,
Liz Lucas - CCC Coordinator

WHERE YA GONNA GO? www.inourcircle.org

Want to know what's going on....
where ya gonna go? - www.Inourcircle.org

Want to know - what ya need to do to staff?
Where ya gonna go? - www.Inourcircle.org

Want to know - who to call....??
Where ya gonna go? - www.inourcircle.org

Lost that newsletter - can I see one somewhere?
Where ya gonna go? - www.inourcircle.org

Feeling like a workshop - what's going on out there?
Where ya gonna go? - www.inourcircle.org

Want to find that link to MKP?
Where ya gonna go? - www.inourcircle.org

Someone new? Where do you point them to?
www.inourcircle.org

Add it to your favorites!!! Find out about what's goin
on in our community... www.inourcircle.org



RUNNING WITH IRON JOHN is coming soon!

The work that we do on the Woman Within Weekend and in E-Circles, and staffing weekends, etc, etc, is important and transformative. AND, if our intention is to integrate this work into our daily lives, doesn't it make sense to focus on – perhaps even start with - our primary relationship with the man in our lives?

The *Running With Iron John* weekend is a residential weekend experience, intended to help couples in committed relationships step deeper into their life together and explore their mission as a couple. The weekend is conducted in a relaxed and loving environment without in-depth processing or therapy.

Men and women who have attended the *Running With Iron John* weekend report powerful transformations in their relationships. In their own words:

- “*Our weekend made me feel more a part of my (partner's) life and more connected... It taught us how to communicate without blame or attacking.*”
- “*...(we) established a ... mission statement that reflected where my partner and I wanted to take our relationship. We have this point on our compass now to see how we are doing.*”
- “*My partner and I were at a juncture where one direction led to divorce and the other to the unknown. RWIJ helped clear the unknown path.*”

We invite you to ask yourself:

- Ø Is now the time for us to take the next step in *our* relationship?
- Ø Is now the time for us to take some time together to reconnect, to revitalize the energy we had when we first got together, and bring it forward to enrich our lives today?
- Ø Is now the time for us to move toward a more intentional, connected and mission-driven life together?

The next *Running With Iron John* weekend in Indiana will be held the weekend of October 3-5, 2003, in Bedford, Indiana. There is also a *Running With Iron John* weekend in Traverse City, Michigan, the weekend of November 7-9, 2003.

Registrations are filling fast and we are anticipating there may be a waiting list.

For more information, and to register for the weekend, see our website at www.RunningWithIronJohn.com or call Cheri Goll at 317-925-7612.

Running With Iron John is a powerful, deeply connecting experience

and we are inviting **you** to join us in Bedford in October. If this idea is appealing, intriguing or even a bit frightening, talk to your partner about it tonight.

S.C.A.T.

Special Carpet Action Team

If you have some work to do which requires carpet work, you might consider calling for a SCAT team. With your input, Ruth McClellan can put together a team of facilitators, while you call together 6 or more women as your support. Some have done this on their Empowerment Circle night; others set up a special evening.

Regardless of whether or not you are in a circle, this is an opportunity to address your issues with additional support. You may invite any woman who has been to the Woman Within Weekend.

Contact Ruth Mc Clellan at (317) 253-7286 or rmccle7777@comcast.net.

CONNECTING ONE WOMAN
AT A TIME!

WOMAN TO WOMAN PROGRAM

What if:

your life is currently too busy, your circle has disbanded, you never got around to joining a circle, or you've just been out of the loop.....? Perhaps you live in a remote area, or you are a recent initiate, and would like more info about this community. *And you still see value in connecting with another initiated woman, who is also dedicated to self-growth.*

**We are developing a
WOMAN to WOMAN Program**

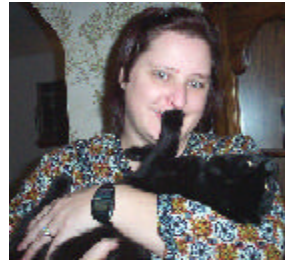
and you are invited to become part of the action!

This concept evolved at our Community's Annual Gathering on May 3rd, due to the discussion of the above-mentioned situations and how personal phone calls, and on-going affiliations are so deeply valued by women.

This program is a way to give and receive support, as you create a one-on-one relationship with another woman. Some of you may be in the "veteran" category, and can offer much to new women. Possibly you will discover various levels of empowerment. It can be in addition to your Empowerment Circle, as well.

Once you are matched up, you create your own "contract" of how often you commit to making and receiving your "Check-In" phone calls. Once a week? Once a month? "What does support look like?" From being heard, to being challenged? Right now, the idea is that this could be a one-year partnership. Whether you get together in person, or have all phone/email contact is up to you. (A perfect chance to see each other would be the Community Connection Circles.) If you're interested, in *any* aspect of this program, call Joyce Pendleton at (317) 257-6753.

Drum Wash to honor Judy Donovan at the end of her term as IOC President in 2001.



PAGE 5



INVITATION TO STRETCH

"There's time. I can pull the weeds later. Then, I look out the window one day and find that my indifference has led to a garden overflowing with weeds." --Cheri Goll

I invite each of you to look at how this may be like your life. In what ways do you put important projects aside, only to find that weeds have overtaken your enthusiasm later? How many times have you decided to work an extra hour, rather than spend time with a loved one? How did that affect your relationship?

I encourage each one of us to make a stretch this month. Define a project or relationship that you've put aside, thinking that there will always be time later. Then, make a conscious effort to give value to that project or relationship for the next month.

Write to me and let me know how you did. The next IOC newsletter will contain updates on how women did - and ways women's lives were improved through this simple exercise.

Blessed Be, Jana Lovick - Treasurer

DRUM WASH

Date: August 9th - Time: 4pm - 7pm

Location: Sue Daniel's home,
9770 Highland Springs Drive, McCordsville IN

Call Sue for directions: 317-335-2120

Call Liz for any other questions: 317-890-9015

All women in the IN Our Circle Community are invited to share in the passing of energy from our outgoing president, Joyce Pendleton to our incoming president, Cheri Goll. After the ceremony we will enjoy a pitch-in dinner, swimming, drumming and conversation. A firepit will be available for a release of energy.

Please bring:
a dish to share
drums/noisemakers
swimsuit/towel
lawn chair

WHAT DO YOU WANT TO HAPPEN IN CIRCLES?

Please fill out all or parts of this small survey,
and return it via e-mail or postal mail by August 1st, 2003 to:
Joyce Pendleton OR Cheri Goll
3254 Van Tassel Drive cgoll@indy.rr.com
Indianapolis, IN 46240

1. What is your preferred way of getting information about
Community activities? (number them in order, if more than one)
___ Word of mouth ___ Postcards ___ Newsletters
___ E-mail List ___ E-Council Rep
___ Other _____

2. What hinders your participation in community events?

3. Meeting location—

A. Does the Irvington Methodist Church work for you?
Please explain.

B. Do you know of an alternate that works better for you?
Please explain.

4. What night of the week is most available for you?
(For Community Circles, and/or Honoring Ceremonies)

5. What would bring you to a Community Connection Circle?
Do you want speakers, activities, play? Chocolate? Celery?
New processes? Let your imagination go!

6. Would you be interested in:

___ A Daytime E-Circle?
___ A Mothers of Small Children Circle?
___ A Co-Ed Circle with MKP?
___ Other _____

7. Anything else you'd like the Board to know?

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

PHONE(S) _____

EMAIL _____

WOMEN EMPOWERING WOMEN (WEW)

Friday, August 22 (7PM) through
Sunday, August 24 (2PM)
Courtyard by Marriott in Louisville, KY
(Exit 15 off I64 Hurstbourne Parkway)

This seminar will be led by Sheri
Zuccato. While it is required for staffing WWI
weekends, it also has lots of other benefits.
Communication skills are discussed, group
dynamics are explained, and support skills are
examined.

Fee: \$ 295 (which includes a non-
refundable \$100 deposit). Visa, MasterCard and
American Express accepted. Meals and lodging
not included - you may sleep at home and
commute to the workshop or accommodation
suggestions will be provided.

To register, contact Woman Within
International, Ltd., (800) 732-0890; Fax: 519-
728-3264 or email: wwithin@aol.com or you can
visit the website at www.womanwithin.org to
print an application.



**BOARD
MEETING
NOTES**
from
Marcia Stone
Secretary

- Efforts continue to support the new Ohio community, both through connection and being available to answer questions.
- We are stepping up our connection and communication with the MKP community so that we may learn from their success and model for them how empowered women look.
- 51% of our income last year came from fundraising and 60% of our expenses are in giving financial assistance.
- Sandy Ernst is putting together a Fundraising Committee. Anyone interested in getting more information may reach her at (317) 862-3385.
- Our recent fundraiser (dinner at Bucca di Beppo restaurant) netted \$375! Great job!
- A new community necklace was begun at the Community Gathering in May. It will be on display for all IOC activities.
- A community quilt began taking shape at the Community Connection Circle in June.

CALENDAR OF EVENTS

July 2003

8 Tuesday 6-9PM
Board Meeting
Cheri Goll's home
Open to WWI community

10 Thursday 7-9PM
Bridge Circle hosted by
Sisters in Spirit
Open to community

11-13 Friday - Sunday
WWI / MKP Summer
Conference
Evanston, IL (Chicago)
Open to WWI and MKP

11-13 Friday - Sunday
Taking It Lightly
Milwaukee, WI
Open to public
(Must Register)

17 Thursday 7PM
MKP Men's Speaker Series
Speaker: Wayne Pribble
Topic: "GroupHeart: an
intensive group process"
St. Luke's Meth. Church
Open to Public

29 Tuesday 5:30-7:30
Bridge Circle hosted by
Badass Butterflies
Open to community

August 2003

1 Friday
Return Surveys
(See previous page
of this newsletter)

9 Saturday 4-7PM
Drum Wash for President
Sue Daniel's home
Open to community

14 Thursday 7-9PM
Bridge Circle hosted by
Sisters in Spirit
Open to community

22-24 Friday-Sunday
Women Empowering
Women (WEW)
Louisville, KY
Open to WWI community
(Must register)

22-24 Friday-Sunday
New Warrior Training
Weekend (MKP)
Open to all men
(Must register)

26 Tuesday 5:30-7:30
Bridge Circle hosted by
Badass Butterflies
Open to community

28 Thursday 7-9PM
MKP Graduation
Church of the Savior
Open to public

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

COMMUNITY CONTACTS

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dayze@earthling.net

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freerange@ameritech.net

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rmccle7777@home.com

President, IN Board
Joyce Pendleton, 255-3277
joycek-artist@att.net

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

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

Financial Assistance
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

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

TRUST your
inner knowing.
QUESTION
your beliefs.
--Wayne Dyer

EMPOWERMENT CIRCLE INFO

EMPOWERMENT CIRCLE COORDINATOR

Badass Butterflies - OPEN

Contact: Jana Lovick, (c) 317-797-7848, dayze@earthling.net
Meets Tuesday evenings, Downtown. BRIDGE CIRCLES: July 29, August 26, September 30 from 5:30-7:30PM.

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: Marcia Stone, (h) 317-259-8373,
freerange@ameritech.net
Meets Thursday evenings, near Northside Indianapolis.
BRIDGE CIRCLES: July 10, Aug. 14, Sep. 11 from 7-9PM.

South E-Group - OPEN

Contact: Judy Stasek, 317-889-0565, jmc5@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.

Newest Empowerment Circle - OPEN

Contact: Cindy Mikeworth, (h) 317-885-9796
(w) 317-885-0716, cindy@tas-in.com
Meets Monday 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