



# IN Our Circle

Issue 30  
October  
November  
December  
2004

"IN Our Circle" Presents the

## 2nd Annual Masquerade Ball

~ October 23, 2004 ~ 7 pm to 11pm

Universalist Unitarian Church of Indianapolis  
615 West 43<sup>rd</sup> Street (just South of Butler University)

Adults \$5.00 Children 2-12 \$3.00 (Costumes Optional)

**All proceeds go to support  
our scholarship program.**

### Yummy Dinner Choices !

Soups, Stews, Pasta Bar, Chilis of all kinds! Hot Dogs, Salads! Cider, & Sweets!

### Silent Auction !

More Fabulous & Fun Items for all ages than you can imagine !!

### Music & Entertainment !

Costume Contests for the Adults and surprises for the kids !

This year, we'll be dancing, too!

### Great Raffle Items !

Color TV, Dinner for two, and Theatre Tickets  
**Tickets are only \$1.00 each or 6 for \$5.00! Wow!**  
(one free raffle ticket with dinner ticket purchase)

**For information: Sandy Ernst 862- 3385 or Joyce Pendleton 255-3277**

IN Our Circle is an Indiana Not For Profit Organization - Hosting the Woman Within Training Weekend™ and an on-going variety of personal growth opportunities for women. Visit our website at [www.INOurCircle.org](http://www.INOurCircle.org)

## BRIDGE CIRCLES Everyone is invited

Several Empowerment Circles are hosting Bridge Circles during October. If you are looking to join an Empowerment Circle...or change to a different one...please take this opportunity to visit with us.

EVERY WOMAN is invited, whether or not she has been through the Woman Within Weekend. We especially encourage women who haven't yet joined an Empowerment Circle to see if one of these Circles might be a "fit" for you.

If you have any questions, or would like to get more information, please contact our Empowerment Circle Coordinator, Olivia Jones. Her phone number is (317) 370-9890 and her email is [ojbiggirl2550@aol.com](mailto:ojbiggirl2550@aol.com).

### **Sisters in Spirit**

**Thursday, October 21 at 7 p.m.**

Meets on the near North side. (Call for specific address and directions.)  
Contact: Tricia O'Connor, 317-257-2749, [toconnor@eiteljorg.com](mailto:toconnor@eiteljorg.com)

### **Diamond Girls**

**Sunday, October 24 at 6:30 p.m.**

Meets at McCall Wirth's home (13788 Flintridge Pass). Contact Sylvia Gray, 317-896-3575, [sylv0701@yahoo.com](mailto:sylv0701@yahoo.com)

### **Heart and Soul**

**Tuesday, October 26 at 7 p.m.**

Meets at Irvington United Methodist Church (30 North Audubon). Contact Pam Nickell, 317-402-6568, [pamrncpnp@hotmail.com](mailto:pamrncpnp@hotmail.com)



## ROPES COURSES Challenge Education

We are presenting a one-day Low Ropes and High Ropes Course on Saturday, October 30 from 9am to 4pm. The very low cost of this program (\$20 per person) reflects Butler University's commitment to supporting non-profit agencies throughout Indiana.

You can sign up for either the Low Ropes Course, the High Ropes Course, or both.

If you to sign up or get more information, please contact Tahnea Jafari at (317) 259-8005.

### LOW ROPES - SIMPLE TO COMPLEX ELEMENTS

Each problem requires a new set of thought processes to arrive at a solution. Simple Initiatives are used to "set the stage" for later, more complex elements and problem solving activities. Spotters are used during complex elements to ensure safety.

### HIGH ROPES-ABOVE GROUND

These elements are done above the ground, with all safety equipment used the entire time, as you can see in the picture. Everyone is encouraged to go past their fears, and no one is pushed further than he/she wants to go.

All activities are done safely, and with supervision.



"Employ the power of positive quitting. Most of us view quitting as something negative, but...winners quit all the time."  
— Jim Allen

## HOW CAN YOU BEGIN IF YOU'RE NOT WILLING TO QUIT?

by **Jana Y. Lovick**

You can begin a new life of empowerment and personal growth only after you quit your old life...old habits...old beliefs. Quitting means choosing to STOP doing things that hinder your growth, allowing you time and energy to START doing things that create the results you want in your life. Quitting means recognizing what's not working and giving yourself permission to let those things go. Quitting is the quintessential act of a WINNER in life, because winners know that when you quit living in the negative attitudes that hold you back, you create space in your life for positive actions...results...attitudes.

One huge way to WIN in life is to quit resenting others. An old saying goes, "Resentment is like swallowing poison and waiting for the other person to die." Resentment is poison to your positive thoughts...to the cells in your body...to an empowered life. Quit resenting others for having what you want. Instead, share in other peoples' joy.

"Resentment is the projection we make when action is what we need to take." This was said to me by a preacher some time ago. I've carried it with me, not really understanding it until recently. Now I understand that when I spend time resenting my neighbor for having a fancy new car, I'm not spending time thanking the Universe for MY new car that I know is coming soon. Feeling resentment will remind me of everything that is wrong in my life, bringing me down even further. Having a positive attitude will improve my life today...whether or not I ever get a new car.

Today is unofficially declared International Quitting Day. Find one thing in your life that you need to quit and QUIT TODAY. Quit smoking. Quit overeating. Quit resenting others. Quit living a lie. Quit a bad relationship. Quit living in victimhood. Quit having negative thoughts about your employer. Quit hating the world. Quit spewing negativity into the Universe. Quit expecting the world to take care of you. Quit quitting on yourself.

"And we have another choice – to accept what we didn't get to choose."  
—Amish Saying



# ENERGY CIRCLE GATHERINGS

## Revitalizing our Empowerment Circles

Come and join with other IN Our Circle women who live on the south side of the Indianapolis area to discuss what makes an Empowerment Circle meaningful to its members. We'll talk about what each of us would like to see in our Empowerment Circles and discuss options to bring about healing and personal growth.

We'll start the evening with a ritual and drumming, continue with discussion, and end the evening with time to socialize and get to know one another. Come add energy to our circle!

Life is a journey . . . come join your sisters in Empowerment Circle to enhance our journey together.

### SOUTH SIDE - EVENING

DATE: Monday, October 18, 2004  
6:30 – 8:30 p.m.  
WHERE: Home of Nora Mitchell,  
8693 Shelbyville Road, Indianapolis  
CONTACT: Nora Mitchell  
317-862-5775

### NORTH SIDE - DAYTIME

DATE: Wednesday, Nov. 10, 2004  
9:00 – 10:30 a.m.  
WHERE: Home of Tahnea Jafari,  
5226 N. Central Avenue, Indianapolis  
CONTACT: Tahnea Jafari  
317-259-8005

**NORTH EAST - WEEKEND**  
DATE: Sunday, Nov. 14, 2004  
4:00 – 5:30 p.m.  
WHERE: All Souls Unitarian Church,  
5805 East 56th Street, Indianapolis  
CONTACT: Jana Lovick  
317-891-0665

**EAST SIDE - EVENING**  
DATE: Tuesday, Nov. 23, 2004  
7:00 – 8:30 p.m.  
WHERE: Home of Olivia Jones,  
10142 Peartree Road, Indianapolis  
CONTACT: Olivia Jones  
317-370-9890

## Meet our New Webmistress, Mary Walilko

For many years, I had longed for independence, freedom and a way to use my visually creative gifts. Developing my own Web Design business has been a creative endeavor that has been fulfilling, as well as very challenging.

If you would like to see some of my work, there are a number of links to sites built or in process at <http://www.wingsdove.com/webdesign.htm>. Creating sketch and oil portraits has been a life-long love, which I continue to work on as well. There are a few samples of my sketch portraits to view at <http://www.wingsdove.com/portraits.htm>.

Giving back to the Woman Within community for me these days takes some form of doing what I truly love to do — create visual images. This includes maintaining community Web sites.

**“Mary has found her groove.”**  
WingsDove Creative Source  
847.302.0720 Phone  
[www.wingsdove.com](http://www.wingsdove.com)  
“It takes a lot of courage to grow up and become who you really are.”

If your heart  
is broken,  
let it be  
broken open.  
—Alan Cohen

## Super Empowerment Circle Evening

Start the New Year with an opportunity for all IN Our Circle members to join together for a Super Empowerment Circle 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  
Time: 7:00 – 9:30 pm  
Where: Home of Nora Mitchell  
8693 Shelbyville Road  
Indianapolis, IN 46259  
Ph: 317-862-5775

# EMPOWERMENT CIRCLE INFO

## EMPOWERMENT CIRCLE COORDINATOR

Olivia Jones

ojbiggirl2550@aol.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.

### **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.

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

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

### **Bloomington Empowerment Circle - OPEN**

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

### **Michiana Empowerment Circle- OPEN**

Contact: Melissa 269-687-7172  
Meets alternate Sunday afternoons in Northern IN.



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,  
Indianapolis, IN 46229 \* dayze@earthling.net