

# THE CONNECTION: A WOMEN'S SPACE

E-Newsletter: Events at the center

November 17, 2007

Located at: 100 E. Maple Street

(corner of E. Maple and Cornwall)

email: [info@connectionaws.org](mailto:info@connectionaws.org)

## Website

Check out our new website [www.connectionaws.org](http://www.connectionaws.org). All the flyers for the events listed below are posted on the website. We are still creating it but if you have some ideas, please let us know via the email address on the website ([info@connectionaws.org](mailto:info@connectionaws.org)).

## DROP-IN HOURS

Due to low turn-out and the upcoming holidays, we are postponing regular drop-in times until after the new year.

We will let you know when hours will resume. This does not apply to mothers and children's drop-in times on Friday mornings.

# **NURTURING MOTHERHOOD THROUGH COMMUNITY**

The center is open on FRIDAYS from 11:00 - 12:00 for mothers and children. We hope to see you.

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## *Upcoming Events*

### **WOMEN'S SPIRITUALITY GROUP INFORMATION NIGHT, NOVEMBER 20TH, 7:00 pm**

A Women's Spirituality Group will be forming in January. This group is for ALL women, all ages. Spirituality is a communal search and that is the intent of the group, to explore our deeper story, together. The program was developed and will be led by Colette Spring.

Some of the topics we will explore are:

- \* What is spirituality and how do I get it?
- \* Finding our innermost essence in the here and now.
- \* Our ego and other blocks that keep us unaware.

\* The Divine Feminine.

\* Our spiritual connectedness with Mother Earth and Women's justice issues.

Our group will meet ten times, on Tuesday evenings, beginning January 22nd and ending May 20th.

If you have questions or want more information, you are welcome to come to an information night, held November 20th at The Connection at 7pm.

"WE ARE NOT HUMAN BEINGS THAT HAVE OCCASIONAL SPIRITUAL EXPERIENCES, BUT WE ARE SPIRITUAL BEINGS THAT HAVE OCCASIONAL HUMAN EXPERIENCES.- Deepak Chopka

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## **EMBODIED COMPASSION: COMMUNICATING FROM YOUR HEART**

An Introductory Workshop in Nonviolent Communication™ offered by Cat J. Zavis, Counselor at Law, Collaborative Professional, Mediator and Community Educator

**Sunday, December 9th**

**10:00am - 5:00pm**

**Conflicts are as inevitable as waves on an ocean.** In our families, workplaces, and communities we struggle with how to communicate effectively and resolve problems. **Communicating successfully starts with adequate training in both listening and self-expression.**

Join this day-long workshop in Nonviolent Communication<sup>sm</sup> to explore how to:

- \* Listen to ourselves to understand our own needs behind our behavior.
  
- \* Listen to others to hear their needs.
  
- \* Transform power struggles and conflicts into opportunities for building connection and trust.
  
- \* Arrive at solutions that include everyone's needs

Please register on or before Wednesday, Dec. 6th

For information and to register, contact:

Cat Zavis, 360-820-9955, [catzavis@comcast.net](mailto:catzavis@comcast.net)

Requested Contribution: \$50.00 - \$100.00 (4th corner

time dollars accepted and other arrangements can be made based on individuals' needs and requests; please ask).

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## *Ongoing Events*

### **SINGING GROUPS**

**Every Tuesday from 6:30 - 8:00**, local folk singer and performer Linda Allen leads us in singing circles. All singing abilities welcome.

**First and third Tuesdays: COWS circle** - a circle of women singing. Its purpose is for women to find their voice through song.

**Second and fourth Tuesdays: Threshold Choir**. The purpose is to learn songs to support people as they transition through death and dying.

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### **MOTHER AND CHILD DANCE HOUR**

Creative movement for Mothers and Children, mixed with belly dance for Mom while Children free play. Mothers, bring your children to this unique , two-in-one dance class. The first portion will focus on creative movement for Mothers and Children. Together we will use simple stories, movements, and games that stretch our bodies and

imagination. Then, we move into free-play in the second half, where mothers will enjoy learning beginning belly dance techniques. We will provide some toys, balls, and activities for playtime. (Please note that mothers will still need to keep an eye on the little ones during their time to dance.)

### **~Thursdays~**

Moms and Babies (birth to 2)

10:30 ~ 11:30 AM

Moms and Children (3 to 5)

1:00 ~ 2:00 PM

\$10 Drop-in (\$2 each additional sibling)

\$35 for a 4 Week Class Card

\*Women receiving DSHS or WIC are given a 50% discount

For more information, please contact Erika  
at [mamablisse@yahoo.com](mailto:mamablisse@yahoo.com).

(Check website for flyer - flyers can be found in the  
newsletter link)

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## **WOMEN'S SACRED DANCE**

Sacred dance is one of the oldest forms of

spiritual expression. Its roots trace back to when matriarchal societies worshipped the Goddess and The Great Earth Mother. Women would come together and dance in preparation for childbirth, as healing rituals, and to experience ecstasy through movement. This is a safe and supportive space that will help you connect with your true feminine nature. We will use belly dance, movement meditation, and free-form expression to help you discover and honor your own sacred dance.

No dance experience needed.

### **A Monthly Workshop**

**Monday Evenings 6:30 ~ 8:30 PM**

**December 17th**

\$7.00 per class

Erika Chambliss facilitates Women's Sacred Dance workshops, classes and retreats throughout the Northwest. For more information, please contact Erika at [mamablisse@yahoo.com](mailto:mamablisse@yahoo.com).

**(Check website for flyer - click on newsletter link)**

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## **WOMEN'S FOLKDANCE CLASSES**

**Every Thursday from 6:30 - 7:30pm, join April**

Goodwin, an experienced dancer who has studied women's folk dances from around the world in this FREE class for women of all ages in our community. The class will focus on elements of folk dance from around the world, which relate to women's lives and women's journeys. It is April's intention to develop a community of women through dance, fostering healing and self-trust, and developing an empowered and grounded image of womanhood through movement.

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## HOMEOPATHIC WELLNESS

We are excited to announce that local homeopathic consultant, **Carolyn Hallett**, will be offering low-cost, sliding fee homeopathic wellness services to women in our community through The Connection. Homeopathy treats all illnesses, including mental and emotional imbalances and is safe, non-toxic, and has no side effects. With homeopathy we will get you well, keep you well and go to BEYOND well.

**If you would like to schedule an appointment with Carolyn, please call her at 752-2111.**

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## LENDING LIBRARY

We have books you are welcome to browse and read while

here or borrow and return. If you are interested in having your book in our library and would enjoy doing a reading at the center, please contact us.

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## **WISH LIST - ways you can nurture and contribute to our space**

Space heater

Cleaning

Soap and Cleaning Supplies

clock - We received a clock. Thank you!

Volunteer time in whatever way you'd enjoy

Art supplies

Paper products for the bathroom

Office supplies