



Sharing the Wellsprings of Wisdom Conference



AFTERNOON WORKSHOPS

MONDAY, JUNE 14TH (2P.M. TO 5P.M.)

**TURNING VIOLENCE AROUND IN OUR COMMUNITY
THROUGH RESTORATIVE JUSTICE**

Heather Mehring, Jessica McManus

Restorative justice is a new vision; a new way of seeing criminal offenders, victims, and their communities. Locally the Youth Justice Project (YJP), a program of Restorative is a way to reduce crime in our communities, while attempting to offer healing to all parties involved, and aiming to positively redirect the youth of our communities. To learn more about the YJP and ways you might become involved, attend this presentation and meet others who are committed to working towards creating safer communities and empowering youth through opportunities.

**LEARNING TO WORK WITH SCHOOLS &
SCHOOL BOARDS**

Jennie Campos

This participatory workshop will bring participants together to learn about how school boards work, and how we can make a positive impact on education. Led by an international trainer and educator, we will join with school board members and community members to create an effective plan for improving education for our children.

LISTENING AS A TOOL FOR LEADERSHIP

Bea Lumma

We will explore how our culture discourages listening and other reasons why we may not listen effectively. We will learn and practice strategies for improving listening, and explore how listening skills are effective tools for conflict resolution.

WRITING DOWN THE BONES

Jacquee Dickey

How do you find that raw hungry source of your creative power? Once you find it, how do you help it find expression, develop and maintain a commitment to it? In this experientially based workshop we will learn about journaling using Natalie Goldberg's bones method. We will engage in word play, with various activities including poetry poker and poetry tattoos! If you have ever dreamed of being a writer, that is the first step. Fly through the obstacles and court your imaginative life! For beginner through experienced writers. Bring a notebook and pen.

CREATING A QUALITY COMMUNITY: HOW BUSINESS

Sharon Kendall

AND COMMUNITY DEVELOPMENT CAN WORK TOGETHER **CANCELLED**

How can we support strong, thriving businesses that help create positive community development? Come and learn with Sharon Kendall. An expert in economic development Sharon will talk with us about how business and community development efforts can create an improved quality of life for everyone in the community. Sharon just took the position as Director of Community and Economic Development for South Bend, leaving her position as Region 2 Director for the State Department of Commerce.

LIVING AN ORGANIZED LIFE (Presented in Spanish.)

Maria C. Ruvalcaba

Learn how to de-clutter and organize your life using the tried and true model from Home Management Resources (HMR). Develop a plan to bring order to your physical surroundings and discover tools to maintain order once clutter is gone. Getting organized is a real stress-buster. HMR has some of the best strategies in the country!

INTERPLAY: DANCING OUR COMMUNITY INTO BEING

Indi Dieckgrafe

Come for a refreshing experience in artfulness, community and fun. Interplay's step-by-step improvisational forms let us dance our own dances, tell our stories and sing songs with grace, spirit and ease. Discover the philosophy and techniques that teach us about having a body, spirit, mind and heart together in one place. Recover the wisdom of the body spirit! Please wear comfortable clothing that you can move in (sweatpants, t-shirts, sweatshirts, sox, etc.)

WOMEN'S HEALTH & NUTRITION

Nancy Benkhe Stauser

Hippocrates said: "Let food be thy medicine..." Nancy brings 25 years experience of cutting edge nutritional experience. In her presentation, she will focus on ways to treat and prevent disease through nutrition. Many of the symptoms women experience in differing life stages can be self-managed when empowered with the right information. Nancy has extensive experience working with diabetes, cancer, osteoporosis, cardiac care and other medical conditions. She also works with those wishing to achieve a higher level of wellness. This workshop will include recipes and cooking demonstrations. Come ready to taste new and fun foods!



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AFTERNOON WORKSHOPS

TUESDAY, JUNE 15TH (2 P.M. TO 5 P.M.)

INTRODUCING WOMANIST THEOLOGY

Stephanie Mitchem

How is our religious self understanding shaped by our identity as women? How is it influenced and informed by our cultural context? Among emerging feminist thinkers the model of "Womanist theology" articulates what it means to examine the stories of faith through the lenses of African-American women's experience. Stephanie Mitchem, chair of Religious Studies at University of Detroit Mercy teaches women's studies and Catholic Studies.

A VISIT WITH WOMEN FROM THE MIDDLE EAST

Rihab Quddoura, Lina Kawar

Join women from the Middle East to learn about their culture through visiting and participating in a bridal shower party. This workshop allows you to explore the Middle Eastern culture. Participants will be engaged in activities to promote: (a) develop a common understanding of the Middle East, (b) understand the similarities and differences among the different Middle Eastern cultures, and (c) explore various arts such folklore dance, songs, Henna, and the authentic food. Come learn and have fun!

WHAT EVERY WOMAN SHOULD KNOW ABOUT CAR MAINTENANCE

Joan Addison

You will learn how simple it is to do basic maintenance like checking oil, battery, fluids, spark plugs, and when and how to seek professional help. Receive basic tools and get hands on experience. This is always one of our most popular workshops!

TURNING ANGER INTO ACTION Part 1

Andrea Johnson

Traditionally women have been taught to mask their anger and pretend it doesn't exist. Can you admit your anger, even to yourself? Is your body expressing anger you are keeping inside? In this no-nonsense, experiential workshop, we will explore some practical techniques to heal the anger in you.

RESUMES: PALEOLITHIC TO THE FUTURE

Lynn Patrick

We will briefly examine resumes through the ages as well as review letters of recommendation written by luminaries of history. Then we will apply these principles to ourselves. Bring your resume and be prepared to explore and evaluate how you present yourself.

FRAMEWORK FOR UNDERSTANDING POVERTY

Phil DeVol

We will discuss how individuals in poverty have different social cues or hidden rules than those people in the middle and upper economic classes, and how those norms affect our interactions and expectations. This workshop will be led by an expert with years of research and experience in social services using a nationally recognized model.

INTERPLAY: DANCING OUR COMMUNITY INTO BEING

Indi Dieckgrafe

See description under Monday

GROWING MEDICINE IN YOUR OWN BACKYARD

Candace Corson, M.D.

Learn about the healing power of plants and garden weeds by reconnecting with the lost world of the Medicine garden. In these hands- on Workshop we will make a healing ointment from dried yarrow for use on cuts, scrapes, and minor burns. This is one of our most popular workshops, so sign-up fast!

WOMEN LEADING ORGANIZATIONS

Jennifer Henderson

This is an exciting and challenging time to lead an organization. There are multiple and often conflicting expectations that must be met by the successful executive director: developing a shared vision of the community and complimentary mission for the organization; creating a set of programs or services that reflects that vision; raising the necessary dollars in tight economic times; recruiting and maintaining a talented and committed staff team; consistently engaging the organization's constituency; building appropriate strategic and tactical allies; all well trying to maintain the personal and professional boundaries needed to ensure one's own physical and emotional health! This workshop will explore strategies, tools and models that women can employ to build upon their personal and professional assets, establish respectful partnerships with others and create the effective organizations needed to build strong, thriving communities.



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AFTERNOON WORKSHOPS

WEDNESDAY, JUNE 16TH (2 P.M. TO 5 P.M.)

NATIVE WAY: SPIRITUALITY

Patsy Clark

Learn to approach your daily life with an attitude of simplicity. Learn with Patsy Clark, of Shawnee Descent and co-founder of Bittersweet Cultural Center to not only think out of the box but explore ways to get out of the box. We will work on prioritizing our issues and our work, so that we've made room for peace, joy, balance.

THE CHALLENGE OF HOPE: WOMEN & SOCIAL CHANGE

Rev. Lucia Guzman

Reflect on the connections between spirituality and a commitment to social change with Rev. Guzman, Executive Director of the Agency for Human Rights and Community Relations in Denver and the first Mexican to serve as the Executive Director of the Colorado Council of Churches. A lifetime advocate for equality and human rights, Rev. Guzman brings both wisdom and humor to this important work.

BOOKMAKING: COVER TO COVER

Susan Hoffman

Create a personal work of art. Learn techniques for making beautiful books and book bound journals that you will treasure for a lifetime. This is always one of our most popular workshops!

EFFECTIVE STRATEGIES FOR BUILDING HEALTHY COMMUNITIES

Marilyn Eber

I am Woman, I am Strong...I am Building a Healthy Community! We will learn about effective ways that women can make a difference in personal health and quality of life for their community. This is an interactive workshop where we will explore and experience various styles of decision making, consensus building and changing the community culture.

FREEING YOUR INNER DIVA

Randie Flaig

We'll expose Hidden Beliefs that keep the Diva imprisoned, the Gremlins that embody these beliefs, how to tame the beasts and have fun with the whole process. Come prepared to play with some Serious Stuff! Warning! Inner Diva work is highly contagious and can be passed from human to human!

HOME BUYING BASICS

Marion Fulce

Learn the basics for buying a home including a discussion on borrowing basics, how to shop for a mortgage, making home repairs, and how to avoid predatory lenders. You'll learn about programs that can help first time home buyers.

ENTREPRENEURS: FINANCING YOUR BUSINESS

Carolyn Anderson

We will start to work on the core elements of financing your business, finding out what your customers are willing to pay for your product or service, and developing a budget that will ensure create a cash flow.

PARTICIPATORY LEADERSHIP

14 Empowered Local Women!

Learn about an emerging model for women's intercultural leadership that explores a process that honors our differences and builds commonality around our common purpose to shape and improve our communities.

YOGA FOR HEALING AND HEALTH

Helen Townsend

When we can sustain a relationship to anything in our lives without distraction, we are in a state of yoga. Different yoga practices help us develop attentive relationships with our bodies, our breathing, our thoughts, emotions, and behavioral patterns. Following these practices can lead to a strong, relaxed body; deep, fluid breathing; and a calm, centered mind. This workshop will be experiential and informational. Dress comfortably.

ETHNIC FESTIVAL

Lilia Periquet

This is a demonstration of the different cultures that have been represented in the Wellsprings of Wisdom conference using food, crafts, and music. Come and share, enjoy and celebrate our unique heritages and histories!



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AFTERNOON WORKSHOPS

THURSDAY, JUNE 17TH (2 P.M. TO 5 P.M.)

ISSUES FACING YOUNG WOMEN IN THE 21ST CENTURY

Crescent Muhammad

Young women face a wide variety of issues and choices. Come and have an open honest discussion on topics such as: Playing the dating game. - How to protect both your heart and your health when dating. Too many choices, too few? - How to figure out what to do with your life. Have a social life or a successful career? - Suggestions for obtaining both a successful career and love life. Feeling miserable and don't know why? -How to recognize the signs of depression and how to seek help. Friend - The benefits of establishing a supportive peer group. The presentation of self - What you put out to the world is what you receive.

STRESS REDUCTION SEMINAR

Candace Corson, Akila Karanja, Debra Shehan

The Stress Reduction Seminar will be presented in three phases. Techniques will be offered to teach participants how to 1) make a nutritional shield for the body by protecting it at the cell level; 2) listen to the language of the body, realizing that much of what we need to reduce stress is in our very own nervous system and muscles and other areas of the physical body; and 3) maintain holistic health through the integration of the physical, mental, emotional, social and spiritual aspects of ourselves and through the use of natural remedies. Through its lecture, visual aids, hand-out information, and hands-on stress relieving activities, this seminar will provide participants with stress reduction techniques that, if applied, will yield results.

WOMEN IN THE ARTS: HONING YOUR CRAFT

Zina Brown

Learn how to create a personal road map, find your best teacher, locate available resources, and continually educate yourself about your talents, and develop contacts and networks that will help you hone your craft and market your abilities.

DIVERSITY: UNLEARNING ISMS

Rosemarie Harris

We will study various ways of unlearning some of the prejudicial behavior that we have. This is a creative, friendly process led by an experienced diversity trainer.

TURNING ANGER INTO ACTION Part 2

Andrea Johnson

You've tapped into practical techniques to heal anger in you in Anger Part I, now in this no-nonsense experiential workshop we step it up--the stakes are higher; you will delve deeper as you implement even greater techniques healing anger. Prerequisite: Turning Anger into Action Part I -- no exceptions.

EIGHT WAYS OF KNOWING

Rosemary Cox

There are many ways by which we know, understand and learn about our world. Intelligence is not fixed at birth, and limits to our intelligence are related to beliefs about what is possible. This work shop will show people how to access all eight intelligences to improve their effectiveness in dealing with challenges and to develop their potential as a human being.

LIVING AN ORGANIZED LIFE (ENGLISH)

Dorothy Clark

See Living an Organized Life description on Monday

THE SPIRITUALITY OF DIVORCE

Rev. Carolyne Call

Divorce can be a devastating personal experience but it can also lead to spiritual insights and wisdom. We will discuss how to frame your divorce in spiritual terms, how we heal from divorce, and how to seek the gifts amidst the pain. Bring a notebook and pencil.

For more information or Registration forms
Check out our website at: www.saintmarys.edu/~community
Or call us at 574-284-4180