



# Sharing the Wellsprings of Wisdom Conference 2004

## What is a strand?

A strand is a group of workshops related to a theme and developed to be sequential, building knowledge for the participants on the topic, while developing a community of learners who can continue to support each other after the conference. There is one coordinator for each strand who puts the strand together, but multiple presenters. Each workshop is from 9 a.m. to 12 noon Monday through Friday.

### **Why strands?**

Each year women tell us that the conference is meaningful for them, supporting their leadership and learning. This year, we wanted to “connect the dots” even more. The strands give women a chance to learn about a topic in-depth and in the community of other interested women.

### **Who can participate in a strand? Is there a selection process?**

Under each strand there is a section describing who should consider attending. Each strand will have between 20 and 30 women and we are looking for diversity of participants from a variety of backgrounds. The Women Navigating Different Cultures in the US is geared toward social workers, teachers and other professionals. The Director of Community Connections along with the coordinator will select the participants. There will be a rolling acceptance process, so get your application in as soon as possible.

### **What are my commitments to being part of a strand?**

***Strand members must commit to actively participating in all five workshops. There will also be a mandatory preparation meeting and two follow-up meetings.*** Each participant will develop a plan for what they personally want to achieve for themselves. Strand members commit to building positive community and conversation with the other members of their strand.

### **Can I attend afternoon workshops as well?**

Absolutely! The afternoon workshops are open to anyone.

### **Can I stay on campus?**

Yes, only women who are strand participants are eligible for housing. It is on a first come basis. Housing is not air conditioned.

### **How many strands are there?**

There are seven strands, and they are:

1. Women in the Arts: Developing Your Creative Talents
2. Women's Lives, Women's Legacies
3. Women in the Political Process for Community Change
4. Study Circle on Race
5. Women as Entrepreneurs: What it Takes to Get Started
6. Women Exploring Spirituality in Our Lives
7. Women Navigating Different Cultures in the US (for professionals)

### **How do I apply?**

Just complete a registration form and answer the additional questions below. You can get the registration online at [www.saintmarys.edu/~community](http://www.saintmarys.edu/~community) or call us at 284-4180.

#### **Additional Questions:**

1. Why do you want to participate in this strand? What do you hope to gain?
2. How can you imagine applying this experience in your life after the conference?
3. Are there any obstacles to your full participation every day?

You can type or carefully handwrite your responses. They do not need to be long. Please make sure your name and contact information is on your answers.

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## **Women as Entrepreneurs: What It Takes to Get Started**

### **What we will accomplish:**

Many of us dream of owning our own business, but we don't know what it takes to get started and stay on track. These workshops will give you the nuts and bolt information along with the inspiration to get started. Each workshop is led by experts in the field.

### **Who should attend:**

Women who are interested in starting their own business, and women business owners who are in 12 months or less.

**Coordinator:** Sheila Smith is a consultant focused on business counseling and technical assistance to minorities and women in business or who are aspiring entrepreneurs.

### **Day 1: You Need a Plan –Sheila Smith**

We will look at the importance of a business plan, how do avoid some business pitfalls and create an image of what your business could look like.

### **Day 2: Goal Setting and Your support Team –Kim Warren**

Goal setting is important for the success of a business. You will write your goals and develop strategies to keep you going for what to do when you feel rejected and you want to throw in the towel.

### **Day 3: Financing Your Business and Pricing Your Service or Product –Kate McCahill**

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.

### **Day 4: Marketing and Advertising –Nick Farmer**

We will take a look at the differences and similarities of marketing and advertising. We will learn how to use your marketing dollars and identify who is your competition

### **Day 5: Protecting Your Business – Deb Child, Wanda Irving**

We will discuss with an attorney the various forms of business and how to protect yours. We'll be summing up the week and finalizing a successful business plan.

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## **Women's Lives, Women's Legacies™**

**This may be the most important writing you will ever do**

### **What we will accomplish:**

We will tell our life stories with the goal of preparing our unique spiritual-ethical will. The process begins with linking women to their past through discovering the legacies of feminine ancestors. We will move into the present to define who we really are and accept our unique gifts. Finally, we will gather the past and present with a focus on linking to future generations through the preparation of our spiritual-ethical will.

### **Who should attend:**

Women of every age, background and life experience – mothers and daughters, sisters, friends; women in transition, women aging.

**Coordinator:** Dona Biley-Weiler is a national facilitator for the Women's Legacy Foundation and is a trained autobiographer who consults and facilitates classes, courses and workshops in memoir writing, autobiography, and guided life review.

### **Day One: The Significance – Why Me? Why Now? – Pamela Chappell, Dona Biley-Weiler**

We begin with the background for legacy writing, considering world views of patriarchy, the traditional ethical will, and the more personal spiritual-ethical will. We will explore multi-cultural traditions of oral history and story-telling. Our preliminary goal is to explore who we are, how we've lived, and what we've contributed to the world.

### **Day Two: The Past – What's in a Name? – Pamela Chappell, Dona Biley-Weiler**

Before we can give our stories, values, and wisdom to the future, we must first gather our legacies from the past. We will explore connections to family, ancestors, and history beginning with the legacies given to us at birth and by our feminine ancestors.

### **Day Three: The Present – Who Am I, Really? – Sarah Mkhonza, Dona Biley-Weiler**

Reflecting on our personal journey, seeking connection to all women while honoring what is unique and extraordinary within us, we explore our childhood & adolescence, feelings about our body, work and play, friendships and secrets. We will examine our identity in relation to long-held notions of women as both mothers and sexual beings.

### **Day Four: The Future – How Do I Want to be Remembered? – Sarah Mkhonza, Dona Biley-Weiler**

Documenting a legacy – creating a spiritual-ethical will – is the last leg of this sacred journey. In this session, we will begin to transform the legacies of the present and the past into gifts for future generations. We will articulate our values, wisdom and sincerest hopes for loved ones and how we hope to be remembered.

### **Day Five: The Legacy – When and Where Do I Present my Legacy? – Dona Biley-Weiler**

We will review and organize all of our work and determine which writings to include in our spiritual-ethical will. We will discuss techniques for improving our writing, editing, preserving, and how this work ultimately links us to family, community and the generations to come. Finally, we will put our legacy writing together in a beautiful, handmade cover.

# Sharing the Wellsprings of Wisdom Conference 2004

## Women in Politics for Community Change

### **What we will accomplish:**

We will increase awareness of the impact of politics on our community and the importance the role women can play. We will discuss how issues relating to women and children are addressed through political mechanisms and why we must be at the table to frame the discussion and make decisions.

### **Who should attend:**

Women interested in getting involved to improve their communities and women interested in running for political office.

**Coordinator:** Gladys Muhammad is the Associate Director of the South Bend Heritage Foundation, Director of the Charles Martin Youth Center and a long time activist and community organizer.

### **Day One: Struggles for the Right to Vote** – *Dr. Monica Tetzlaff*

We will take a historical perspective of women's struggle for the right to vote. We'll take a look at the Women's Suffrage Movement and the passage of the 19<sup>th</sup> Amendment to the Constitution giving women the right to vote. Workshop will discuss the courage, foresight and leadership qualities of the women involved and we will view the film *Iron Jawed Angels*.

### **Day Two: Social Change Advocacy and Grassroots Organizing** – *Jennifer Henderson*

We will focus on strategies and techniques for empowering women for as social change agents. We look at the grassroots leadership women have provided in many times and places, particularly the Civil Rights Movement. We view the film *Standing On My Sisters' Shoulders* which documents women's leadership in the Mississippi Freedom Movement.

### **Day Three: Responsibilities and Challenges** – *Karen White, Charlotte Pfeifer, Deborah Lodyga Block*

We will look at how we can shape agendas and influence decisions. Elected officials will share their experiences, responsibilities, and challenges in the political arena and discuss ways in which we can be involved with impacting the political process at the local level.

### **Day Four: So You Want To Be A Politician?** – *Dawn Jones, Gwen O'Brien, Cynthia A. Bodle*

This is a hands-on workshop where we will investigate what it takes to run for public office, including campaigning for office, establishing a platform, selecting a slogan, connecting with voters, building a campaign committee, fund raising, marketing resources, working with the media.

### **Day Five: Women's Organizations Impacting Public Policy** – *Jean Hanrahan, Nikki Hutchinson, Dr. Ellyn Stecker*

Women's organizations are impacting public policy everyday. Learn about the strategies, approaches and impact of organizations such as the American Association of University Women, the League of Women Voters, and the National Organization of Women.

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## **Women Navigating Different Cultures in the U.S.A.**

### **What we will accomplish:**

We will explore the meaning and richness of the different cultures that surrounds us. We will discuss the different components of cultural diversity, develop some competence in dealing with multicultural issues and appreciate the richness of cultural diversity.

### **Who should attend:**

This workshop is for professionals, i.e, social workers, teachers, and others who work with diverse populations. Participants must attend the pre-conference meeting. **This strand is co-sponsord by the Social Work Department and CEUs are available.**

### **PreConference Meeting with Dr. Cora Munoz on June 7<sup>th</sup>**

This workshop will study the basic concepts for intercultural communication and competence that will lay the ground work for the rest of the strand.

**Coordinator:** Lilia Periquet is a trilingual and bicultural 23 year veteran social worker and adjunct professor.

### **Day One: Being White in America: A Misunderstood Culture –JoAnn Burke,PhD**

We will discuss how is it like to be white in America at the present time, including belief systems, norms, stereotypes, and language. This workshop will include the use of the genogram to study cultural identity.

### **Day Two: A Framework for Understanding Poverty-Phil DeVol, PhD**

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.

### **Day Three: Culture in Transition-Laura Cano, BSW and Lilia Periquet, LCSW**

We will look at the phenomena of children of immigrants and how they live between two cultures, how they develop identity, and how they respond to cultures in transition.

### **Day Four: Unlearning "isms" –Rosemarie Harris**

We will study various ways of unlearning some of the prejudicial behavior that we have.

### **Day Five: Wrap Up Session – Lilia Periquet, LCSW**

This is a fun time. It will be a "putting together" of the knowledge gained during the week about cultural competence.

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## **Women in the Arts: Developing Your Creative Talents**

### **What we will accomplish:**

Your artistic journey will be a very personalized approach where you discover what artistic vehicles you see as your most fully actualized creative persona. We will explore your creative talents through hands on activities where you may write a song, sketch a drawing, or start the first chapter of the great novel that's inside your head. You will gain working knowledge of the process or the "business" of getting your work to a larger audience through, publishers, agents, writing circles, and other artistic entities that support individual artist.

Finally, as we wrap-up on Friday we will have a Talent Showcase featuring the work developed in your week long activities and devise personal road maps for your next steps in your artistic journey.

**Coordinator:** Kareemah El-Amin is a local filmmaker, writer, poet and community activist.

### **Who Should Attend:**

Whether you want to become a writer, poet, filmmaker, visual artist, musician, songwriter or any other artistic discipline. Or, if you want to, for the first time, tap into that creative energy you've always known you've had just did not know how to go about accessing it on a tangible level.

### **Day One: Discovering the Creative Genius in You – Neema Barnette**

Discover how to determine your best artistic strengths by assessing the things you love to do the most and the things you're best at. Evaluate your talents and learn how they can be tapped to their fullest potential.

### **Day Two: The Art of Mind, Body and Soul –Judith Hizer**

Once you discover your strongest artistic discipline, you will learn through hands-on activities how you can utilize different levels of your being; physically, emotionally, and spiritually to access and develop the unique layers of your creative persona.

### **Day Three: Arts for Social Change –Mary Kate Goodwin Kelly**

Learn how your work and your artistic abilities can be used for social change in your community. Learn about pioneers and people of today who are taking the arts into every area in mainstream society to affect change in our world.

### **Day Four: Honing your Craft: It Really Is Work – 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.

### **Day Five: Where Do We Go Next? -Kareemah El-Amin**

As we wrap-up the week, everyone will plan where do we go next, and showcase an example of the creative work produced during the week. Special guests will attend from local theatres, and artists associations.

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## **Women Exploring Spirituality In Our Lives**

### **What we will accomplish:**

We will gain a more conscious understanding of where we have come from and where we stand as spiritual women, clarify for ourselves how choices we make impact our spiritual selves and reconsider and re/commit to our goals, dreams and gifts.

### **Who should attend:**

This workshop is designed for any woman wishing to better understand or clarify her spiritual life. Attendance is open to all women from the professional clergywoman to the merely curious.

**Coordinator:** Rev. Dr.Carolyn Call is an instructor in psychology and ordained minister in the United Church of Christ.

### **Day One: Roots - Sr. Kathleen Dolphin, Ph.D.**

This workshop will delve into the roots of who we are as spiritual women. How have we come to be who and where we are in our spiritual lives? We will create a spiritual/religious family tree to clarify for ourselves who has mentored, guided, pushed or encouraged us in our journey. We will also create spiritual landscapes to illustrate our journeys thus far. This is a time for reflection on where we have been and who has guided us thus far.

### **Day Two: Trunk – Dr. Stephanie Mitchem**

Now is the time to discern for ourselves what constitutes our core values, beliefs and commitments. We will use various creative methods to determine what values are closest to our hearts and we will create visual means for sharing them with others.

### **Day Three: Soil – Rev. Lucia Guzman**

What nurtures us in our spiritual journeys and in our private lives? In this time we will explore the role of spiritual practices, focusing on the ancient discipline of the labyrinth.

### **Day Four: Branches –Patsy Clark**

This is a time to explore the experiences of breakage, pruning, and grafting on our spiritual lives. Have there been breaks in our lives (such as divorce, deaths, or suffering) that have impacted who we are as spiritual persons? Can we also discern what might need to be pruned from our lives to become healthier, more whole people? Finally, for some, our spiritual lives have been impacted through the bringing in of new life (birth, adoption, remarriage). How do these various changes, both voluntary and involuntary, shape us spiritually?

### **Day Five: Fruit –Sr. Judith Beattie**

Finally, as a culmination to our week of exploration, we will explore our own hopes, dreams and gifts and what it would mean to bring these to the world at large. We will close with a creative project that will allow you to reflect on your own gifts and what goals or dreams you wish to re/commit to in the weeks, months and years to come.

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## **Study Circles on Race**

### **What we will accomplish:**

We will have honest, respectful and open discussion on race and racism its impact on our lives. Study Circles are done throughout the US and South Bend to bring people from throughout our community together to better understand each other and build constructive solutions for improving our community. The process is supported by a trained facilitator using video and discussion questions.

### **Who should attend:**

This workshop is women from all backgrounds who are interested in having a respectful, productive discussion on this critical issue.

### **Coordinator:**

Glenda Rae Hernandez, a member of the South Bend Human Rights Commission who coordinates the study circles and an activist committed to justice and equality.

### **Questions?**

**check out our website at**

**[www.saintmarys.edu/~community](http://www.saintmarys.edu/~community) or call us at**

**(574) 284-4180**