

WOMYNSPACE

Community Calendar / Newsletter

Vol. V

No. 7

FEBRUARY 1988

FEBRUARY CALENDAR



Heartsong, the new women's chorus, displays great exuberance following their success as the opening act for Kate Clinton's birthday concert last November. (Photo copyright 1987, Barbara Entman) Heart will appear again at the First Unitarian Church on May 14th at 8 pm. Mark your calendars!

BENEFIT FOR WOMYNSPACE
MAIN STREET THEATER PRESENTS

PRIDE AND PREJUDICE

A New Adaptation of JANE AUSTEN'S Classic Comedy of Manners

MAIN STREET THEATER
Times at Kirby in the Village

Sunday, February 7
curtain time: 4 pm

The Main Street Theater Company creates a new adaptation of Jane Austen's classic comedy of manners. Existing adaptations, including the wonderful MGM film with Greer Garson and Laurence Olivier, emphasize the romance of the story at the expense of the keen irony and wonderful social satire.

This version, directed by Main Street Theater's Artistic Director, Rebecca Greene Udden, restores the "bite" to Austen's affectionate satire of Britain's early nineteenth century upper-middle class.

General Admission Ticket \$10

Supporter \$35

Includes Ticket, Womynspace T-Shirt, and your name listed on the program as a Supporter of Womynspace

Sugar Mama \$75

Includes 2 Tickets, Womynspace T-Shirt, and your name listed on the program as a Womynspace Sugar Mama

The Theater seats only 98, so please buy your tickets early.

Tickets available at Lucia's Garden,
2213 Portsmouth

You may purchase tickets by mail: Make your check payable to Womynspace and mail to:

Womynspace
1909 Colquitt, #4
Houston, TX, 77098
Attn: Lynda

Include your phone number, and indicate whether you wish to pick up your tickets at the theater 15 minutes before the performance begins, or whether you prefer to have them mailed to you. If you want them mailed to you, include a stamped, addressed envelope and allow time for them to reach you. All requests for tickets by mail should be mailed no later than February 1.

Planning to Move?

Don't leave WCCN behind! Send us your new address and phone number right away.

Name: _____

New Address: _____

New Phone: _____

Please return to: WOMYNSPACE, 1909 Colquitt #4, 77098

WOMYNSPACE

1909 Colquitt #4, 77098

WOMYNSPACE

Anita Louise and Rossann Daumas
Editors

WCCN-WOMYNSPACE COMMUNITY CALENDAR /NEWSLETTER is a monthly publication of WOMYNSPACE.

WOMYNSPACE is a non-profit organization designed by and for womyn, and operated by a Steering Committee comprised of the Spokeswomyn of each Womynspace Committee, and any and all interested members who have attended an Introduction to WOMYNSPACE.

Tax-exempt donations, as well as donations of time and energy to help print and distribute this calendar will make it possible to increase the information presented and to expand our circulation to reach more womyn.

Opinions expressed in articles printed herein do not necessarily reflect the views of the editors of WCCN or the Womynspace organization as a whole.

SUBMISSIONS TO THE CALENDAR:

PLEASE type or neatly print your calendar items and mail to:
WOMYNSPACE Editor, 1909 Colquitt, #4, Houston, TX 77098.
ITEMS RECEIVED BY THE 10TH OF THE MONTH WILL APPEAR IN THE FOLLOWING MONTH'S ISSUE OF WCCN.

For information about WCCN: 528-5852.

MEMBERSHIP DISCOUNTS

Your WOMYNSPACE membership entitles you to the following discounts:

- ROSSANN DAUMAS, Myotherapist, 741-4420, 15% discount.
- KATHERINE M. FERENTINI, O.D., Optometrist, 10% off initial visit.
- LUCIA'S GARDEN, 2213 Portsmouth, 10% off on purchases.
- KAREN HANSEN, A.C.S.W., 364-3843, \$15 off initial visit.
- CONNIE MOORE & ASSOCIATES, 522-4282, 10% off total legal fees.
- DR. MARYANN TOMKO, D.C., 879-5036, 20% off initial office visit.
- WIT & WISDOM, 1103 California St., 10% discount on books.

WOMYNSPACE MEMBERSHIP FORM

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- Full Service Repair
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Rossann Daumas

myotherapist

4386 Varsity Ln.
Houston, TX 77004

For appointment
Call (713) 741-4420

KPFT  Pacifica  FM 90

Mary Helen Merzbacher

ROSSANN DAUMAS, Myotherapist, 741-4420, 15% discount.
 KATHERINE M. FERENTINI, O.D., Optometrist, 10% off initial visit.
 LUCIA'S GARDEN, 2213 Portsmouth, 10% off on purchases.
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 WIT & WISDOM, 1103 California St., 10% discount on books.

WOMYNSPACE MEMBERSHIP FORM

Benefits of membership include a subscription to WCCN; discounts on WOMYNSPACE events; plus advertisers discounts listed under Membership Discounts.

PLEASE CHECK IF YOU ARE RENEWING

YES, I want to join WOMYNSPACE and become part of the dream.

I want to be a SUSTAINING MEMBER. Enclosed is my first monthly pledge of \$ ____ (\$5, \$7.50, \$10, or more).

~OR~

Enclosed is \$ ____ dues for one year.

The following suggested scale is offered on the basis of "more if you can, less if you can't." Please select the amount appropriate for you: \$20.00 or work exchange; \$31.00 (62% of the average amount a man spends on membership in an organization); or \$5.00 for each \$2500.00 of yearly income. Two or more members in the same household may combine their incomes and pay jointly. LIFE MEMBERSHIPS \$500.00.

No, I do not wish to become a member at this time, but enclosed is \$15.00 for a subscription to the Community Calendar.

I am enclosing an additional \$ ____ as a tax-exempt donation.

NAME: _____ PHONE: _____



ADDRESS: _____ CITY: _____ ST: _____ ZIP: _____

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myotherapist

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Houston, TX 77004

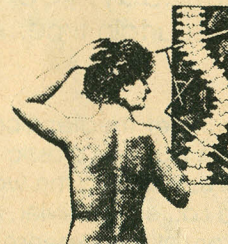
For appointment
Call (713) 741-4420

KPFT  Pacifica  FM 90

Mary Helen Merzbacher
Subscriptions Director

KPFT-FM, 419 Lovett Boulevard
Houston, Texas 77006 713/526-4000

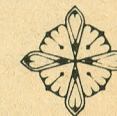
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P.O. Box 66554
Houston, Texas 77266

FEBRUARY CALENDAR

3-Wednesday

WOMEN'S NETWORK at the MONTROSE CONSELING CENTER. **CREATIVE VISUALIZATION**, presented by Angela Passaretti, MSW. Angela will discuss and demonstrate experimentally the ways that creative visualization can be used in our lives, such as stress reduction, healing/well ness, and forming and working toward goals. Sliding Scale fee (\$3-\$5) requested; however, no one will be turned away for lack of the fee. 7 pm at 900 Lovett Blvd. Suite 201. 529-0037

5-Friday

FEBRUARY BIRTHDAY CELEBRATION

at Womynspace

Come dressed as a clown for an evening of games, fun, and a costume contest. 8 pm at Glenda's 1911 Colquitt \$5.00 donation requested or a \$3.00 donation if you bring food.

HOUSTON OUTDOOR GROUP (HOG) CAMPING TRIP to Galveston Island State Park, Friday-Sunday. HOG events are open to everyone and anyone interested in this event or others should contact Bruce Reeves at 961-2905.

7-Sunday

THE WOMEN'S GROUP. **DIANE TREVINO** will give a presentation on her recent experiences in Central America. 10 am. First Unitarian Church, 5210 Fannin. For women only.

WOMYNSPACE COFFEEHOUSE presents
SUNDAY LUNCH
at the new WOMYNSPACE location:
1909 Colquitt #4

Lasagna Zucchini Salad

14-Sunday

THE WOMEN'S GROUP. **MARI HADDOX** will facilitate as the group continues its discussions on sexuality. 10 am. First Unitarian Church, 5210 Fannin. For women only.

WOMYNSPACE COFFEEHOUSE presents
SUNDAY LUNCH
at the new WOMYNSPACE location:
1909 Colquitt #4

POTLUCK

BRING FOOD

or a \$3.50 donation requested; children 7-12 half-donation; children under 6 eat free. Lunch served at 12 noon.

THE WOMEN'S READING GROUP meets to discuss a selected book from a lesbian/feminist perspective on the second Sunday of each month. The February book is LILY BRISCOE: A SELF-PORTRAIT, an autobiography of a lesbian artist. All interested women are welcome. For info call Mary Pat at 589-0005 or Cicely at 522-9837.

OWL-Older Women's League. Membership meeting at the Women's Hospital, 7600 Fannin, Rm 4D. 2 pm. Info: 524-4434.

17-Wednesday

WOMEN'S NETWORK at the MONTROSE CONSELING CENTER. **AM I GOING CRAZY, OR IS THIS A LIFE CRISIS?** Presented by Karen A. Holmes, Ph. D., ACSW-ACP. Karen will explain that often when our behavior, thoughts and feelings have gone into a tailspin, it is a signal that we are in "crisis". The Chinese symbol for "crisis" means both danger and opportunity. How we handle a crisis will determine whether its resolution results in growth or deterioration

prepared by Gloria Gonzales

\$5 donation requested; children 7-12 half-donation; children under 6 eat free. Lunch served at 12 noon.

WOMYNSPACE STEERING COMMITTEE MEETING. A discussion of Consensus Decision Making, Blocking and Finances. 1909 Colquitt #4. 2-4 pm.

24-Wednesday

VIDEO NIGHT AT DIGNITY/HOUSTON. **"Desert Hearts"** Coffee and popcorn will be provided and a \$2 donation is requested to help the chapter purchase video equipment. Dignity Center, 3217 Fannin (at Elgin). Info: Bruce Reeves-961-2905.

26-Friday

Drop-In and visit Womynspace

7:30 pm at 1090 Colquitt.

AN EVENING WITH JOANN LOUIAN. Author of "Lesbian Sex". 8 pm. Social Work Bldg, Rm 102. University of Houston University Park. (Entrance 16 off Cullen-park in 16B) Tickets: \$8.00 advance (by mail from HazelwitchProductions, or at Lucia's Garden and Wit & Wisdom) or \$10.00 at the door. Info: Hazelwitch Productions 669-1234.

27-Saturday

Community Workshop with **JOANN LOULAN** Wear comfortable clothes, bring a sack lunch. Drinks provided. Reserve early, as the space is limited! \$50.00. 10 am - 5 pm. Center for a Positive Lifestyle, 1505 Nevada (at Commonwealth). 669-1234.

28-Sunday

7-Sunday

THE WOMEN'S GROUP. **DIANE TREVINO** will give a presentation on her recent experineces in Central America. 10 am. First Unitarian Church, 5210 Fannin. For women only.

WOMYNSPACE COFFEEHOUSE presents
SUNDAY LUNCH
at the new WOMYNSPACE location:
1909 Colquitt #4

**Lasagna Zucchini Salad
Garlic Bread**

prepared by Susan Berry Dinnen
\$5 donation requested; children 7-12
half-donation; children under 6 eat free.
Lunch served at 12 noon.

THE MOTHER'S GROUP - Lesbian Mother's
Support Group. Dignity Center, 3217 Fannin (at
Elgin), 7:30-8:30 pm. Info: Linda 862-3174.

10-Wednesday

WCCN COMMITTEE MEETING. 7:30 pm. 1909
Colquitt #4.

12-Friday

ARTSY-CRAFTSY NIGHT

A decoration- making party
for the Valentina Dance.
Bring your favorite music or musical
instrument.
\$3.50 donation requested.
Munchies provided.
7:30 pm at 1909 Colquitt #4

13-Saturday

Don't Forget!!!!
The Womynspace

3rd Annual Valentina Dance

7:30 pm-1 am
Autrey House
Info: 528-5852, 880-1959 or 541-9010
See our ad in this issue

17-Wednesday

WOMEN'S NETWORK at the MONTROSE
CONSELING CENTER. **AM I GOING CRAZY, OR IS
THIS A LIFE CRISIS?** Presented by Karen A.
Holmes, Ph. D., ACSW-ACP. Karen will explain
that often when our behavior, thoughts and
feelings have gone into a tailspin, it is a signal
that we are in "crisis". The Chinese symbol for
"crisis" means both danger and opportunity.
How we handle a crisis will determine whether
its resoloution results in growth or deterioration
for us. Sliding Scale fee (\$3-\$5) requested;
however, no one will be turned away for lack
of the fee. 7 pm at 900 Lovett Blvd. Suite 201.
529-0037

19- Friday

The Traditional **Game Night**
at Womynspace
Bring your favorite game and
Join the fun.
7:30 pm at 1909 Colquitt #4
\$3.50 donation requested.

AMIGA (All Mujeres Interested in Getting
Active) will show the film "By Design," the story
of two lesbians who want to have a child. This
video night will be at 7902 Glenlea, 7:30 pm.
Bring your sweet heart. Call Dorothy at 641-1643
for more information.

21-Sunday

THE WOMEN'S GROUP. **THE JUDICIAL
ELECTIONS:** Issues and candidates in the
primaries." by Michael O'Connor. 10 am. First
Unitarian Church, 5210 Fannin. For women only.

WOMYNSPACE COFFEEHOUSE presents
SUNDAY LUNCH
at the new WOMYNSPACE location:
1909 Colquitt #4
**Eggplant Enchiladas Salad
Dessert**

and wit & wisdom) or \$10.00 at the door.
Info: Hazelwitch Productions 669-1234.

27-Saturday

Community Workshop with **JOANN LOULAN**
Wear comfortable clothes, bring a sack
lunch. Drinks provided. Reserve early, as the
space is limited! \$50.00. 10 am - 5 pm. Center
for a Positive Lifestyle, 1505 Nevada (at
Commonwealth). 669-1234.

28-Sunday

THE WOMEN'S GROUP. **"HOW TO ORGANIZE
AND WIN YOUR PRECINCT CONVENTION"**, a
presentation coordinated by Pat Gandy. 10
am. First Unitarian Church, 5210 Fannin. For
women only.

WOMYNSPACE COFFEEHOUSE presents
SUNDAY LUNCH
at the new WOMYNSPACE location:
1909 Colquitt #4
**Winter Squash Soup Sprout Salad
Dill Bread**
Homemade Walnut Cookies
*prepared by Sharon Stewart & Cindy
Freedman (on guitar)*
\$5 donation requested; children 7-12
half-donation; children under 6 eat free.
Lunch served at 12 noon.

A PROFESSIONAL WORKSHOP with **Joanne
Loulan**. \$85.00 (Friday lecture included). 10:00
am - 5:00 pm. Montrose Conseling Center, 900
Lovett Blvd. 529-3700.

WOMYNSPACE STEERING COMMITTEE
MEETING. Letter from Cindy and Bernadette
and what we do about wimmin under age 18
who are not daughters of members.

AMIGA (All Mujeres Interested in Getting
Active) will hold their new reading group at 5
pm at 3920 Dunlavy #8. Call 741-4420 for
information on the readings and 520-5667 for
location. Bring a friend.



CREATIVE WIMMIN, WE NEED YOU!

Anita's three years of excellent work has left us a wonderful newsletter and calendar. Now we need lots of wimmin to carry on and continue to publish the WCCN.

These are the areas where we need help:

- *Coordinator
- *Calendar coordinator
- *Typesetting
- *Layout
- *Mailout
- *Distribution
- *Advertising

***All interested wimmin are invited a meeting of WCCN workers WEDNESDAY, FEBRUARY 10, 7:30 pm 1909 Colquitt, #4.

NAVAJO, HOPI, AND MOTHER EARTH

The roots of the Navajo relocation program, frequently and simplistically described as a Hopi-Navajo land dispute, are more than 100 years old and buried in generations of misunderstanding.

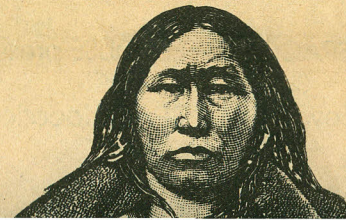
One starting point for unraveling today's complexities is 1882, when Indian agents complained to Washington, D.C., that they had no authority to keep traditional Hopi and Navajo uniting against both councils and the federal government, although with little effect.

to obtain 250,000 acres of federal land at government expense and giving the tribe the option of purchasing an additional 150,000 acres. The New Lands were to be used for resettling relocatees.

-- In July 1986, the deadline for relocation came and went while the number of potential relocatees was at an estimated 12,000. A House appropriations subcommittee, meanwhile, concluded that relocation will take at least until 1995 and cost an estimated \$338 million.

-- On August 5, 1987, the Navajo Tribal Council voted unanimously, 77-0, for a "comprehensive solution" to resolve both the JUA and Bennett Freeze disputes. Such a settlement would require, in part, changing the partition boundaries established by

relocation. The dichotomy of thought has produced alliances that cross tribal boundaries, with land-hungry settlers from overrunning Indian lands in northern Arizona. President Chester Arthur responded by drawing geometrically precise lines on a map, exactly one degree of latitude and one degree of longitude apart, to define an area for "the use and occupancy of the Moqui (Hopi) and such other Indians as the Secretary of the Interior may see fit to settle thereon"--wording destined to cause no end of grief.



Crys

To se
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charac
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amplif
ideas?
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jewelr
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misunderstanding.

One starting point for unraveling today's complexities is 1882, when Indian agents complained to Washington, D.C., that they had no authority to keep traditional Hopi and Navajo uniting against both councils and the federal government, although with little effect.

The Hopi Tribal Council, meanwhile, has pursued its goals in Washington, D.C. Guided for decades Salt Lake City lawyer John Boyden, the Hopi instigated a series of events that include the following milestones:

-- In 1962, a federal court reaffirmed the boundaries of an exclusive Hopi area that had been set aside in 1943, but declared that the balance of the 1882 reservation had to be shared equally. This became known as the Joint Use Area, or JUA.

-- In 1974, Congress -- responding to continued claims of Navajo abuse of Hopi rights to the JUA -- adopted Public Law 93-531, the Relocation Act. The act's proponents incorrectly estimated that 3,500 Indians would have to be moved, at a total cost of \$28 million.

-- In 1980, Congress amended its 1974 legislation with Public Law 96-305, enabling the Navajo

take at least until 1995 and cost an estimated \$338 million.

-- On August 5, 1987, the Navajo Tribal Council voted unanimously, 77-0, for a "comprehensive solution" to resolve both the JUA and Bennett Freeze disputes. Such a settlement would require, in part, changing the partition boundaries established by Congress in the Joint Use Area and ceding land outside the JUA to the Hopi. Similar proposals in the past have been rejected by the Hopi Tribal Council.



But not all Hopi agree, just as not all Hopi endorse or accept the tribal council itself, a relatively new idea foisted on the tribe by the 1934 Indian Reorganization Act. From the traditional Hopi point of view, land ownership is an alien concept that smacks of exploitation rather than reverence - a view also shared by the most traditional Navajo facing

Indians as the Secretary of the Interior may see fit to settle thereon"--wording destined to cause no end of grief.



Not only did Arthur's creation exclude traditional Hopi settlements, such as Moencopi, but it included non-Hopi. And though there were only a few hundred Navajo living within the new reservation at that time, compared with perhaps 6,000 Hopi, over the following decades the Navajo multiplied far more rapidly. Today, the number of Navajo relocatees exceeds the total Hopi population - an imbalance that has prompted the Hopi Tribal Council to complain for decades about Navajo encroachment. The Navajo, the council has argued with growing vehemence, must go.

Jill Morrison & Andy Zipser

MOTHER JONES

November 1987

Crystal Selection and Use

To select a stone that is right for you or someone else, you need to consider some basic points. Is this stone meant to help you develop a characteristic that you are missing or is it just to be used for general amplification of your thoughts and ideas? Is it a stone that you want to be mounted to wear as a piece of jewelry or one to carry in a pocket or one to have by your bedside, this would determine the cost and the size of the piece. Also, are you someone who likes to have the best of everything and only a faceted, gem quality will do, or can you find flexibility depending on your current budget and the use for which the stone is required?

To choose a stone for yourself, center yourself and feel a sense of calm and then open your eyes, which stone instantly attracts your attention? Another way is to pass your hand over a group of stones and the one that creates a sensation for you like tingling or hot or cold is probably the one for you. To choose one for someone else, you follow all

the same steps except that you have a clear picture in your mind of the person for whom the stone will be.

Placement of the stone on the body is also of importance. The right hand is the one of action and the sender of energy, the left is the receiver and sensitive to input. Wrists affect your freedom of choice and the ears affect discernment and perception. For instance, a ruby on your right hand transmits life force and energy to others and on the left, it receives those life forces and protection.

Please don't get discouraged if this seems incredibly complex at first, the use of the system and the systematic understanding can be very helpful and healing. This will be my last article for the moment, but I would like to get your input. So for this or for classes, my next classes are Feb. 21 and 28 from 6-7:30pm, please call Michele at 666-9807 or 669-9501. I am also available for private healing sessions, please see my add. Thank you for the opportunity to share some of this information with you. Blessed be.

CLASSIFIEDS

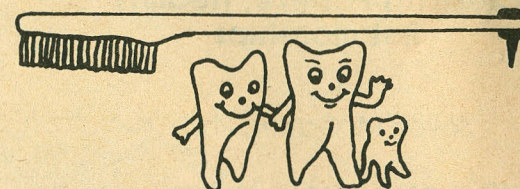
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Joyce M. Gayles, Ph.D.

your hand over a group of stones and the one that creates a sensation for you like tingling or hot or cold is probably the one for you. To choose one for someone else, you follow all

available for private healing sessions, please see my add. Thank you for the opportunity to share some of this information with you. Blessed be.

SPRING MATERIALS AID DRIVE

The traditional Hopi and Navajo who do not want to be relocated - who wish to remain living where they and their ancestors have lived need our support. At present, their needs include:

****BUILDING SUPPLIES** - especially small hand tools like hammers, screw drivers, and nails.

****SCHOOL SUPPLIES**

****MEDICAL SUPPLIES**

If you can donate any of these items, provide storage space, provide transportation, or wish to participate in this effort; please call

Jac Battise at 529-5038

or

Lynda Jones at 880-1959

or

WOMYNSPACE at 528-5852

CLASSIFIEDS

CLASSIFIED AD RATES

- * \$2 per line (30 characters). Payment must accompany ad order.
- * Type or carefully print your ad.
- * Mail or deliver to:
Womynspace Editor
1909 Colquitt #4
Houston, Tx 77098
- * Must be received by the 10th of the month preceding the month of publication.

FOR RENT: 2 Bedroom, 2 bath apartment. Security, laundry room, \$425, bills paid. Braeswood/Chimney rock area, Pets and children OK. 669-1234, Cherry.

Roses are red, violets are blue, Give a Valentine massage session and get one too! 20% discount on massage for two. Dalzenia Sams, cmt., University Vilage area. By appointment only. 665-1733.

APARTMENT FOR RENT: One bedroom, \$225 plus electric and gas bills. Located in the same all-womyn apartment complex as Womynspace, off-street covered parking and washer/dryer for tenants, cats OK. Available February 8. 524-4317

MASSAGE THERAPY: Relaxing one and a half -hour massage therapy on the weekends. 15% off during February. Gift certificates available. By appointments only, call Rossann Daumas at 741-4420.

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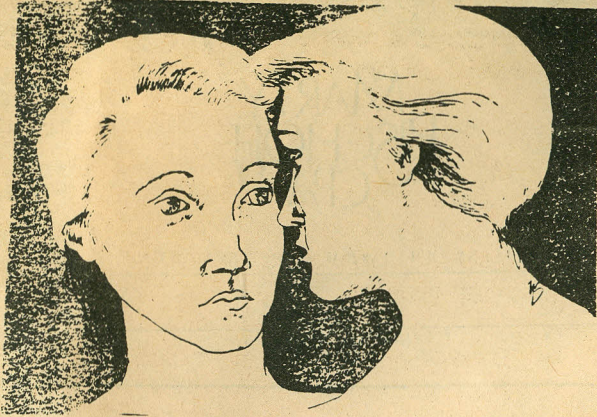
Midwifery Associates

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 - nutritional guidance
 - VBACs

*Birth Room deliveries at
St. Luke's Hospital

- *Well Woman Gynecology
 - annual Paps
 - birth control
 - mammograms

call 797-0322 ext. 312



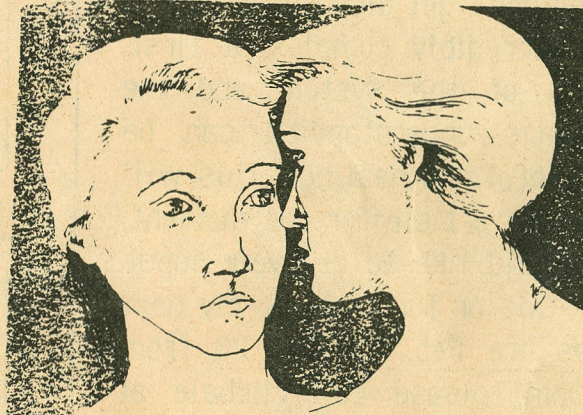
Creating Positive, Healthy Relationships

by
Joyce M. Gayles, PhD.

What does it mean to love? How do we recognize the experience that the word "love" points to? In a way it's somewhat like explaining the sensation of the color "purple" or the vision of a sunset to a blind person. If you have not experienced purple or a sunset, words are of little help. If you have experienced them, words may not be necessary. Fortunately, probably none of you are in the situation of such a blind person. Some of you may keep yourselves on a starvation diet when it comes to loving, but at some time or another you have experienced it.

One thing that complicates answering the question "what is loving" is that we mix love with many other types of human experiences. Our feelings of love may be colored by feelings of respect, envy, jealousy, insecurities, power dominance, dependency, or pride, for examples. Most often it is complicated by our fears of it. Just as water may offer us many different experiences depending on whether it is mixed with tea, bourbon, coffee, lemon and honey, or cocoa, so love may be experienced in many blended contexts. It is, nevertheless, possible to acquire a clear idea of what

Right now, however, most of you probably guard your heart. Before you open your heart to someone, she/he has to be closely investigated to "prove their intention not to hurt you", "prove they're trustworthy", "prove they'll be loyal to you and nobody else", "prove that they're not going to run away", even "prove they'll see things your way". Much has been written lately about this approach to relating, and it is often referred to as "addiction" or "co-dependency". But, regardless of the name we give it, this way of relating is rooted in emotion-backed demands and expectations, things you tell yourself you must have to be happy. If you don't have these things, you feel emotionally upset. When addictions aren't satisfied, you experience irritation, resentment, fear, anger, worry, frustration, jealousy. The



addiction makes you unhappy, but it creates feelings inside that external situations are making you unhappy. Addiction create lots of misleading illusions in life and keep things in turmoil.

When you come from preference rather than addiction it's a different story. A preference is a desire that does not elicit upset or unhappiness if it is not satisfied. The difference between an addiction and a preference has little to do with what's happening outside of you. The difference is in your internal experience. With preference, you emotionally accept what is happening in your life. With preference

those things you can change and those that are not yours to change.

Know and love you

If you addictively need a relationship, you're in trouble. It's like taking two dominoes and leaning them against each other. A highly unstable setup! If one of them moves the other falls. If you create the experience that you are only half a person and you need someone to somehow help you fill in the missing half, your relationships won't work very well. You may prefer to live in a relationship, but you'll make yourself miserable if you are addicted to it.

A part of inner growth is to develop self-acceptance, and self-confidence. This is the first step into positive, healthy relating. This inner work on yourself can be accomplished by reading self-help books, attending workshops and seminars on personal development, and dialoging with supportive friends. If you find that your self-rejection and addictive patterns run very deep, you may want to pursue therapy. Instead of jumping into an attempted involvement as a solution to your feelings of unhappiness, the suggestion is to hang out for a while and work on yourself.

Getting clear about what you want

If you want to minimize confusion and maximize satisfaction in a relationship, it is helpful to be clear on what you are seeking. Many women don't seem to have a clear notions of what motivates them to go into relationships. They seem to feel that the purpose of the relationship is the

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that we mix love with many other types of human experiences. Our feelings of love may be colored by feelings of respect, envy, jealousy, insecurities, power dominance, dependency, or pride, for examples. Most often it is complicated by our fears of it. Just as water may offer us many different experiences depending on whether it is mixed with tea, bourbon, coffee, lemon and honey, or cocoa, so love may be experienced in many blended contexts. It is, nevertheless, possible to acquire a clear idea of what water is like when it is pure. It similarly helpful to explore what loving is when it is not mixed with other human experiences.

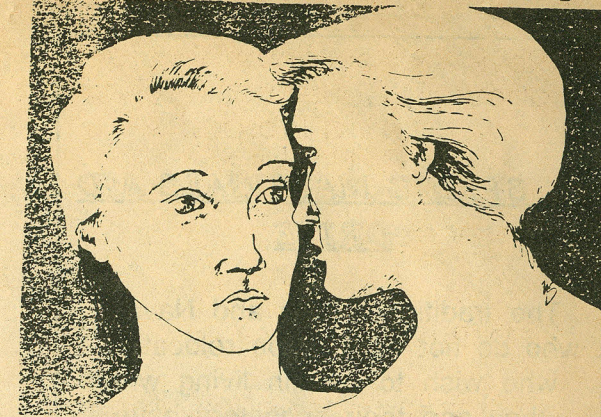
Loving is a connection of the heart.
As you grow more conscious, you experience loving in this way a lot more.

situations are making you unhappy. Addiction create lots of misleading illusions in life and keep things in turmoil.

When you come from preference rather than addiction it's a different story. A preference is a desire that does not elicit upset or unhappiness if it is not satisfied. The difference between an addiction and a preference has little to do with what's happening outside of you. The difference is in your internal experience. With preference, you emotionally accept what is happening in your life. With preference, you emotionally might still put a lot of energy into changing things, but you do not fall apart if the results do not immediately meet your expectations. As in the Serenity Verse, coming from preference allows you the clarity to see the difference between

and maximize satisfaction in a relationship, it is helpful to be clear on what you are seeking. Many women don't seem to have a clear notions of what motivates them to go into relationships. They seem to feel that the purpose of the relationship is the

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WOMEN'S ISSUES GROUP

- self-esteem
- stress reduction
- career decisions
- relationship patterns
- emotional blocks
- family concerns
- other life issues

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Creating Positive, Healthy Relationships

Continue from page 6

relationship itself. Yet most of you have a few specific things in the back of your minds as you search around for a partner. See if you can identify some of your reasons. Here are some examples:

I'd like to have a sexual partner.
I feel more financially secure in a relationship.
I want a partner so I won't be alone.
I'm tired of dating and want to settle down with one person.
I want someone to show off to my friends.
I want a relationship to support my spiritual growth.
Being honest with yourself about your reasons for wanting to be in a relationship is essential to getting what you want. Being honest with yourself helps you distinguish between reasons driven by addictive patterns and reasons coming out of healthy preferences. Being clear tunes your mind into an awareness of who likes to be with you and to share in the things you like doing.

It also helps you to look at whether you enjoy sharing in the things she/he likes doing.

Falling in love is not the basis for involvement. Although romantic love is a great feeling, building a relationship largely on this feeling is like building a house on quicksand--the foundation will not be stable. Romantic love is a strong attraction that is based on the projecting onto another person what we want to see. We don't love the individual with all her "stuff"; we are in love with an illusion. If you were to use only being in love as a basis for choosing and maintaining a relationship, it would be like using the existence of tires for deciding what car to invest in. Since all cars have tires, we need other criteria for deciding. Ultimately, choosing a partner because you are on mutually supportive life paths and are willing to work out life issues together. Put in other words, you play and work well together in the adventures of life, and are changed positively by the connections between you.

When you find yourself at the point of choosing partnership with a person, it might be helpful to set aside a few days or a weekend to go away to some place where you will not be interrupted. There you can

share your thoughts and feelings and try to understand where each of you is in life, where you want to be and where you think you are going. Allow yourself to really think about yourself and express yourself to the other. What do you want and need from your relationship with the other person and what do you want out of life. After you've gotten clear on your wants and desires, ask yourself how much does each item mean to you. Do I really need this? How long have I wanted this? What has prevented me from getting what I've wanted? Your discussion should try to bring into the open each of your needs, wishes, and goals for yourself and for the relationship. The purpose of talking in this way is to allow both of you to support the goals and concerns that you both share and agree upon and by so doing define or refine your common ground. You will also become aware of your differences and can begin to understand and, if possible, settle them.

Joyce Gayles, PhD, is a psychologist and feminist therapist in private practice. She works with individuals and couples who are experiencing a range of problems and concerns.

Steering Committee Meetings

Sunday afternoons, 2pm till 4pm

February 21 Meeting
****Proposed Agenda****

*Review or continue discussion about: 1) Consensus Decision Making Process
2) Blocking



Sunday afternoons, 2pm till 4pm

February 21 Meeting
****Proposed Agenda****

*Review or continue discussion
about: 1) Consensus Decision
Making Prosecc
2) Blocking

*Finances

February 28 Meeting
****Proposed Agenda****

*Letter from Cindy and Bernadette

*What do we do about wimmin
under ;the age of eighteen who are
not dughters of members?

****If you have any interest in any of
these issues, please come and join
in the discussion!!!**

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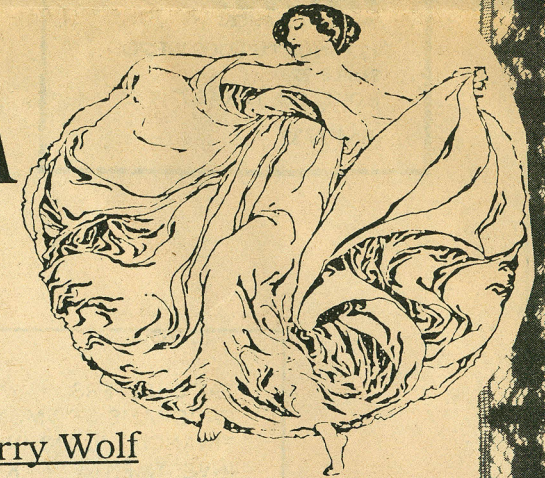
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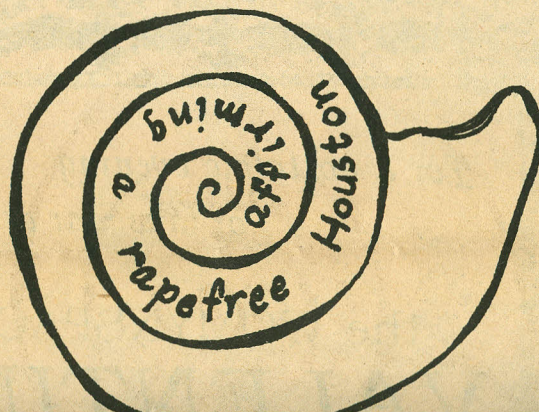
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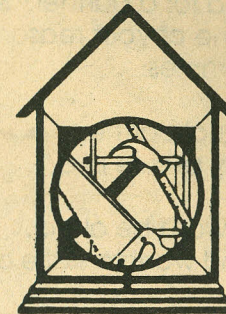
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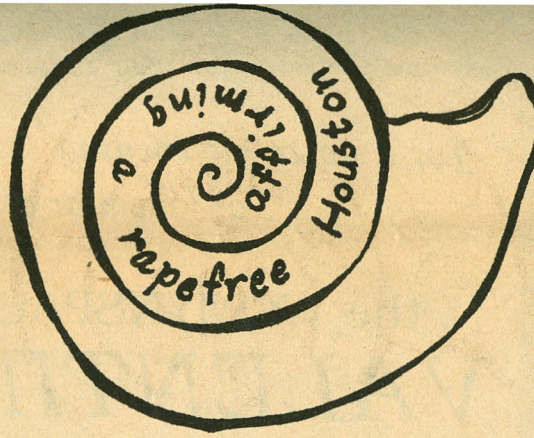
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