



Women's Spirituality Circle

Exploring Difference, Discovering Connection

and the Canadian Mental Health Association CCB Multiculturalism

Program present the second annual gathering

'Making Peace'

April 17 & 18 2015



Mission Statement

The Women's Spirituality Circle is a group of women in and around Williams Lake, BC, that are engaged in respectful dialogue and learning about the spiritual traditions and practices that offer us meaning, direction, and hope.

- We come from different backgrounds and find spiritual nurture and connection in various places, such as temples, churches, nature, and through community.
- We are supported by many faith organizations and community agencies.
- We seek to create a safe and welcoming place for sharing our own journeys and for learning about the spiritual journeys of others.
- We aspire to build a movement that reduces attitudes and incidences of racism, violence and intolerance in our world by nurturing and supporting peaceful relationships in our community.

Friday, April 17

Time

Agenda

5:30 REGISTRATION and PEACE CRANE ACTIVITY

Music by Angie Holdal

6:00

WELCOMING

Secwepemc Welcome from Texelc

6:05 LIGHT SUPPER & INTRODUCTION

7:00 MULTI-FAITH PANEL

Buddhism	Venerable Tenzin Chogyi
Christianity	Captain Isobel Lippers
Eclectic Spirituality	Thea Fast
First Nations Spirituality	Cindy M. Charleyboy
Islam	Shabnam Shayla
Messianic Judaism	Shannon Wedel
Sikhism	Ranie Lehal
Yasodhara Yoga	Jo Ann Hamm

8:30 PERFORMANCE OF SPIRITUAL MUSIC AND DANCE

Into the Sacred Garden – A
Harmonic Sound Meditation

Chanti

Singing Her Peace

Ciel Patenaude

Sharing Songs of Peace

Williams Lake Senior Choir

Poetry Reading

Jenny Noble

9:00

CLOSING

Saturday, April 18

Time

8:30—9:00

9:00—9:35

9:35—9:40

9:45—10:45

10:45—11:00

11:00—12:00

12:00—12:10

12:10— 1:30

1:30—1:35

1:35—2:35

2:35—2:50

2:50—3:50

3:50—4:30

Agenda

Registration and Refreshments

Music by Jean Wellburn and Jola Jarecki

OPENING THE CIRCLE

Secwpemc Welcome

Circle Dance

Rejuvenation

WORKSHOP 1- Making Peace Mini Panels

(see description page 4 & 7)

BREAK—Music by Roberta Froese

WORKSHOP 2 - Making Peace Sharing

Circles

Rejuvenation

LUNCH-Music by Yasodhara Yoga Group,

Sharon Taylor & Christine Constable

Kate Lines

Rejuvenation

WORKSHOP 3 or HaikuTree/Shared Mandala

BREAK— Music by Angie Holdal

WORKSHOP 4 HaikuTree/Shared Mandala

CLOSING THE CIRCLE

Circle Dance and Door Prizes

Schedule of Workshops

9:45—10:45		
Room	Workshop Mini-Panels	Facilitator
311	Making Peace in a Time of War	Shabnam Shayla-Muslim Rev. Kris Dobyns-Christian Kusum Wijesekera—Buddhist
312	Women Making Peace	Carolyn Charleyboy-First Nations Maggie Ranger-Eclectic Kate Lines-Kundalini Yoga
313	Forgiveness as a Way of Making Peace	Dora Foote-Spiritual Seeker Angie Holdal-Muslim Shannon Wedel-Messianic Jewish
314	Making Peace with the Darkness	Margaret-Anne Enders-Christian Ciel Patenaude-Shamanic Dianne Noort - Buddhist
315	Making Peace Within: Peace-giving Spiritual Practices	Jo Ann Hamm-Yasodhara Yoga Kate McDonough-Eclectic Spirituality Dina O'Connor-Baha'i
316	Making Peace through the Charter for Compassion	Sharon Taylor-Christian Ven. Tenzin Chogyki-Buddhist
304	Making Peace with the Environment	Claire West Mattson-Christian Cindy Charleyboy-First Nations Roberta Froese-Messianic Jewish

11:00—12:00		
Room	Workshop 2 Sharing Circles	Facilitator
311	Making Peace in a Time of War	Margaret Ann, Kate M, Kris
312	Women Making Peace	Thea, Dianne
313	Forgiveness as a Way of Making Peace	Cindy, Carolyn, Eva
314	Making Peace with the Darkness	Jenny, Kate

11:00-12:00 Continued		
315	Making Peace Within: Peace-giving Spiritual Practices	Dina, Jo Ann
316	Making Peace through the Charter for Compassion	Tenzin, Sharon
304	Making Peace with the Environment	Ciel, Maggie
GYM	Tai Chi	Denise Deschene

1:35—2:35		
Room	Workshop 3	Facilitator
GYM	Walking the Labyrinth	Chanti
311	Transforming Yourself through Visualization	Ven. Tenzin Chogyi
313	Embodied Spirit	Sophia Schneider
403	Spiritual Medicine and Smudge Ceremony	Maggie Ranger
314	“I’ve Got the Music in Me...”	Angie Holdal
315	The Path of the Master Herder	Thea Fast
Stage	Yoga: Forgiveness Series	Tricia Ramier
316	Voicing Your Dreams	Jenny Noble

2:50—3:50		
Room	Workshop 4	Facilitator
Stage	Iyengar Yoga	Katalin Szauer
311	Songs of Peace	Sharon Taylor and LeRae Haynes
Gym	Dancing the Divine	Claire West Mattson
312	The Yoga of Inner Peace	Jo Ann Hamm
313	Healing Dreams	Cindy M. Charleyboy
314	Moving into Harmony	Chanti
315	Mandala Drawing	Cat Prevette

Women's Spirituality Circle

Saturday Morning Workshops

Making Peace in a Time of War

Religions have a long history, both of creating conflict and leading peace-making efforts. The facilitators will share and discuss the role that their traditions play in promoting peace in our world.

Women Making Peace

Women are powerful forces for peace in many aspects of their lives: in their families, their communities, their workplaces, their places of worship, and in the political arena. The facilitators will share how they have juggled the task and call of peace-making in their lives.

Forgiveness as a Way of Making Peace

"With each act of forgiveness, whether small or great, we move toward wholeness." Such are the wise words of Bishop Desmond and Mpho Tutu. Forgiveness, of both self and others, is a tangible way of moving towards peace. The facilitators will explore how forgiveness is defined and practiced in their spiritual traditions.

Making Peace through the Charter for Compassion

Inspired in 2008 by former Catholic nun and religious scholar Karen Armstrong with leaders of many faith tradition, the Charter for Compassion is a statement of principles which invites people of all religions, nationalities, and belief systems (as well as those who might say they have no belief system) to join together, to act with kindness, to treat others as they themselves would like to be treated, and to strive to eliminate suffering for all people. Join the facilitators as they discuss the history, meaning, and potential of this powerful movement.

Making Peace with the Darkness

In civil society, pop culture, and many religious traditions, darkness is associated with the bad side of life: sin, uncertainty, evil, "the bogeyman". If however, we consider that the physical darkness of night comprises fully half of our lives, we can begin to open up to the richness and treasures that darkness can bring. Join the facilitators as they explore the gifts and dispel at least some of the fear of the darkness.

Making Peace Within: Peace-giving Spiritual Practices

Many spiritual traditions have strong histories of practices that help achieve inner peace: meditation, prayer, use of rosaries or beads, drumming, chanting, music, dance, and creativity. The facilitators will share some of the practices from their own traditions.

Making Peace with the Environment

The destruction of our environment is a real threat in this day and age. What do spiritual traditions have to offer during this time of change and adaptation? How are they hindering? How are they helping? The facilitators will share how they and their spiritual tradition are coming to terms with the issues of our environment.

Sharing Circles

This set of workshops will seek to honour and draw out the wisdom that each woman carries within. The same topics featured in the first set of workshops will be offered again in a small group sharing circle format with a facilitator. Participants may choose to go to the same topic as in the first session or they may choose a different topic.

Tai Chi

Tai Chi combines breath and movement. Through the awareness of your body, Tai Chi will give you an awareness of the whole universe as a part of you. Tai chi's slow, graceful movements can be used as meditation to provide relaxed focus, to quiet the monkey mind and to engender a deep sense of relaxation that helps release inner tensions.



Afternoon Workshops



Labyrinth Walk: A Moving Meditation - Chanti

The Journey into our self.... Take a contemplative walk into your centre as we work with the classical tradition of walking the labyrinth as pathway to the Sacred and going within.

Transforming Yourself through Visualization - Ven. Tenzin Chogyi

Recent scientific studies have demonstrated the power of visualization in transformation and healing. In the Buddhist tradition, visualization has been used as a transformative practice for thousands of years. Explore this powerful meditation technique, and learn how to create the life you want through visualization.

Embodied Spirit – Sophia Schneider

We will spend an hour together exploring sensation, image, and memories of In Spirited moments when we fully felt filled with our Spiritual BEING in Creation.

Spiritual Medicine and Smudge Ceremony - Maggie Ranger

Maggie will be introducing her Medicine Bundle and will speak about how she utilizes the tools to help herself, her family, Mother Earth, and the First Nations Healings animals and people. She combines her Celtic and Christian teachings. She will speak about this spiritual practice and how this practice helps keep her focused and grounded. There will be an opportunity to ask questions and to participate in a smudging ceremony.

"I've got the music in me" - Angie Holdal

Come and find the musician within during an upbeat, fun session as we create music as in nature. Make peace with any fears of not being able to keep a beat, being tone-deaf, or collaborating with others to "play" music. Here is your chance to "play" with others like the birds and the animals of the forest, to make a beautiful, or crazy sound. Come and strum, drum, rattle or hum. A variety of instruments will be available.

The Path of the Master Herder: Evolving Leadership through Ancient Wisdom – Thea Fast

This is a PowerPoint created by Linda Kohanov, founder of Eponaquest LLC supporting peace through developing our social and emotional intelligence.

Forgiveness Asana Series (asana translation is postures) – Tricia Ramier**

Remove the obstacles to peace through a deeply intentional ritual asana series designed by master yogi Sri Baba Hari Dass, founding inspiration for Mount Madonna Center in the Santa Cruz mountains, as well as the Salt Spring Yoga Center, located in British Columbia. In this soulful, richly personal, devotional namaskar we'll offer a tight tapestry of specific affirmations linked to flowing poses. Surrendering fear, anger, frustration, greed, lust, and more, we will burn away qualities that keep us at bay from our true Self and real peace.

Voicing your Dreams – Jenny Noble

Description: Dreaming as a spiritual practice encourages us to manifest the soul's energy and wisdom in our waking lives. We'll explore some ways to create vivid images and personal poetry as tools for honouring and manifesting the guidance that's gifted to us in the night. It would be good to bring along a dream that feels meaningful for you.

Iyengar Yoga: A Gem for Women - Katalin Szauer

In Iyengar Yoga, we use the body as our instrument for our spiritual development. This process begins with the practice of asanas (yoga postures). Today we'll do some simple postures to align the body and still the mind. We'll incorporate postures important for women's well-being, and finish with a quiet relaxation.

"Songs of Peace" - Sharon Taylor and LeRae Haynes

Sharon Taylor and LeRae Haynes will voice-lead peace songs from folk, religious, and protest traditions, songs like *Dona Nobis Pacem*, *Shalom Chaverim*, *Hymn to Joy*, *Imagine*, and *Peace will come*. Participants are invited to share the songs that speak peace to them from their own traditions.

Dancing the Divine - Claire West Mattson

The “turn”, the moving meditation done by Mevlevi dervishes, originated with the Sufi poet and mystic, Rumi. The story goes that he was walking in the gold-smithing section of Konya when he heard a beautiful music in their hammering. He began turning in harmony with it, an ecstatic dance of surrender and yet with centred discipline. Using Rumi’s poem, “The Guest House” for inspiration and reflection, and tapping into the universal gift of sacred movement and dance, this workshop facilitates an opportunity to dive deep in our meditation and resurface “grateful for whatever comes”.

The Yoga of Inner Peace – Jo Ann Hamm

Take time for reflection, relaxation and spiritual renewal through breath awareness, writing and deep relaxation to bring a sense of inner peace.

Healing Dreams – Cindy M. Charleyboy

There’s no question that some dreams seem very disturbing while some are uplifting. In some cases we may not remember our dreams, or they may get stuck on replay. Learn how to roll out the red carpet as a welcome for Healing Dreams to come through, and to work with and interpret the guidance you are receiving in your dreams to enhance your spiritual health and wellness.

Moving into Harmony ~ A Rhythmic Meditation - Chanti

Experience a deeply relaxing Harmonic Sound Healing meditation with a didjeridu & crystal bowls. We will also explore our inner & outer world thru dance as a meditation.

Pursuing Peace through Mandala Drawing – Cat Prevetie

This workshop will be hands on drawing while covering several theories behind mandala making.



**In your spare time join our group creations:
The HaikuTree & Shared Mandala**

Our Facilitators

Chanti “To feel music deeply is to know the Sacred... My journey has taken me far and wide across many diverse realities...yet the one thread that has woven thru it all is a deep and profound connection to the Sacred thru Sound and movement....It is a thread that I love to share and weave into others stories...”

Carolyn Charleyboy is a member of the Tsilhqot’in (Chilcotin) Nation and grew up in the First Nations community of Tsi Deldel (Redstone). She is an experienced trainer and facilitator in both the Peacemaking Circle and Community Justice Forum processes, and has been involved in Restorative/Aboriginal Justice for the last 8 years. She believes strongly in the healing, and relationship and community building that result from circle processes. She is committed to assisting the broader community as well as First Nations to develop their capacity to resolve conflict and address harm in ways consistent with restorative practices.

Cindy M. Charleyboy First Nations from the interior of BC, Cindy M. Charleyboy is Tsilhqot’in, Secwepemc and Norwegian. She has always been an avid dreamer and some of her first memories are of dreams. She began actively working with her dreams as part of her spiritual practice in 2011 and has since become a Dream Ambassador through training with Robert Moss. Her passions include sharing her knowledge of Spirituality, including First Nations Spirituality, and facilitating Dream Workshops, focusing on the creative energy and inspiration that can be gained from all dreams. Cindy is a Usui/Karuna Reiki Master/Teacher and provides intuitive coaching at events and in small groups or one-on-one settings regarding embracing your personal gifts and stepping into your purpose.

Christine Constabel

Christine Constabel is a gifted musician who has performed in ensembles for over 30 in the Williams Lake area. As the founder of Opus Musicum, she has developed ensembles of chamber musicians playing everything from jazz to baroque music, with instrumentation ranging from two flautists to up to eight woodwind, string, and brass players. A skilled choral director and singer, Christine has led local organizations such as the Community Arts Council, the Girl Guides, and the Cariboo Festival society. She received the Citizen of the Year Award in 2005 for her many contributions to the Williams Lake community.

Ven. Tenzin Chogyi began meditating as a hippie teenager in the early 70's, and was ordained as a Buddhist nun in 2003. She has done several long solitary meditation retreats, and has been the resident teacher at Gendun Drubpa Buddhist Centre here in Williams Lake for the last two years.

Denise Deschene has been practicing Tai Chi for thirty years and welcomes the opportunity to share this art with you.

The Rev. Kristen Dobyns is an Anglican priest co-serving St. Peter's Anglican Church Williams Lake, St. Timothy's Anglican Church 100 Mile House, and St. Luke's Anglican Church in Alexis Creek with her husband. She came to the Anglican Church of Canada and to BC from the Episcopal Church in the United States. She received her Master of Divinity from Earlham School of Religion in 1997 (a Quaker Institution) and her Certificate of Anglican Studies from Bexley Hall Anglican Seminary in 2006, in Columbus, Ohio.

Margaret-Anne Enders is one of the coordinators of the Women's Spirituality Circle. She is a Christian who benefits greatly from the more mystical teachings in Christianity as well as from Buddhist and yoga practices.

Thea Fast is a life long horse woman and experienced Equine Facilitated Wellness Practitioner. She is an Approved Eponaquest Instructor. Eponaquest, LLC is a multi-disciplinary educational organization where humans, horses and other animals are supported in co-creating a new way of being, one that emphasizes authenticity, collaboration, and experimentation.

Dora Foote is originally from Northern Ireland, but is very happy now to live in Canada and to have Canadian citizenship. She works in healthcare and has 2 grown children. Forgiveness has been a struggle for her.

Roberta Froese was born and raised in Williams Lake and in a Christian/Messianic Jewish home since childhood. Her exploration of faith and religion became her own at a very young age. She is always seeking to learn and asking questions along the way in life and faith.

Jo Ann Hamm has been a student of Yasodhara Ashram for over 20 years. She has taken the intensive 3 month Yoga Development Course twice now and is a certified Yasodhara Ashram teacher.

LeRae Haynes is a performer, composer and lyricist, who performs at dance and community gatherings with Cindy Nadeau as *Perfect Match*. She directed the children's music group, *Borderline*, for more than 20 years, and continues to sing and play with children at family-friendly events as the local *Success by 6* coordinator.

Angie Holdal is a local artist and musician. She is a self-taught guzheng (Chinese harp) musician and she believes in the joy of musical expression. Angie derives inspiration from nature and spiritual guidance from the Qur'an.

Jola Jarecki and Jean Wellburn play the Celtic Harp. "We met and became friends at the International Harp School held in Wells B.C. each summer. Now we enjoy sharing our music with others, knowing that music is healing in many ways."

Ranie Lehal is a lifelong practitioner of Sikhism. Her participation in the Women's Spirituality Circle last year and this, has motivated her to look at her spirituality with new eyes, a deepened curiosity toward and appreciation for her spiritual heritage.

Kate Lines is a Kundalini Yoga teacher, Steps to Leadership Facilitator, and Reconnective Healing Practitioner. She and her husband and two young children are homesteading in 150 Mile House, and loving it. She believes we have one choice, which we make in every moment of every day: "Surrender to what is or Defend against what is," This choice, she believes, is what creates for us the experience of either peace or discord.

Captain Isobel Lippers, originally from Northern Ireland, settled in Williams Lake January of 2014. She was called to serve God through a confluence of events she shared with her husband and family, including a near death experience. They have since both become Ordained Pastors. She enjoys sharing God's Love with all people, in any way she can.

Marilyn Livingston is Canadian Mental Health Association Cariboo Chilcotin Multiculturalism Coordinator. This program encompasses the wide diversity of cultures in Williams Lake and area. She has facilitated the Twin Schools program with urban elementary schools and rural First Nations schools, initiated the *Spicing Up the Cariboo* community cookbook, and coordinated the ongoing Walk for Harmony. Marilyn is a core member of the Women's Spirituality Circle planning group.

Kate McDonough has practiced several forms of meditation for the past 50 years. Her spiritual journey has been varied and enlightening, and nature has always been a part of it.

Jenny Noble has many years of experience as an Astrologer and Tarot Reader, and after training as a Dream Teacher with Robert Moss, she leads classes and workshops on the exciting possibilities of dreams.

Dianne Noort has retired her family counselling practice and now devotes her time to studying Mahayana Buddhism. She also continues to train in Iyengar Yoga, teaching in her community of Horsefly.

Dina O'Connor is a member of Baha'i Community of Williams Lake. World Peace is a goal for the whole of humanity and Baha'is believe it is attainable.

Ciel Patenaude is an Integrative Shamanic Practitioner, artist, educator, and registered Yoga teacher. Ciel works primarily within the Shamanic traditions, though incorporates multiple modalities from integrative medicine (TCM, ayurveda, Functional Medicine and more) in her healing and teaching work. She runs healing workshops and courses both locally and afar, and teaches self awareness and mindfulness-based activities to children within the local school system. All that and a musician, artist and songwriter as well. She currently has an art show hanging at the Station House Gallery called, "The Knowing".

Cat Prevette has drawn mandalas for over 40 years. "They started to emerge in my personal art work when I was in an extremely stressful time and I vaguely considered them `stress-release`. As I continued doing them spontaneously, I realized they were very relaxing and centering. This was confirmed by the reading I did and continue to do on the psychological effects of meditation, which drawing them is for most people, certainly for me. I have been an artist for 65 years and continue to find drawing mandalas soothing, revealing and integrating."

Tricia Ramier is a Registered Yoga Teacher and Co-Owner/Operator for Satya Yoga Studio in Williams Lake, BC. She is an RYT200 graduate of Salt Spring Yoga Centre , RYT500 at Mount Madonna Yoga Centre in California and is continuing her education as a certified Yoga Therapist at Kripalu Yoga Centre in Boston. She is trained in classical ashtanga & hatha yoga systems, yin yoga, yoga nidra, meditation, ayurveda, reiki, and has earned a Diploma in Human Kinetics. In her yoga classes, Tricia weaves together mindfulness, alignment, strength and softness in a flow style practice. She guides students in a rhythm that allows them to move in harmony with their breath and to discover the obstacles / opportunities that are waiting to be met. The word Satya means truth and she invites you to discover your truth.

Maggie Ranger is a herbalist, farmer, and Grandmother who has been working with the First Nations, women, and medicinal plants and learning and growing with the seasons of Mother Earth.

Katalin Szauer has been teaching Iyengar Yoga for 20 years. She is certified by the Iyengar Yoga Association of Canada.



Sophia Schneider is an Art Therapist and a Feldenkrais Practitioner living and working in Williams Lake and surrounding area for many years. Her work has been an extension of her personal spiritual journey and both methods used professionally have been personally effective tools for personal growth and development.

Claire West Mattson The gift of dance has at once lifted and deepened Claire West Mattson's life. She put on her first pair of ballet shoes at the age 4 and discovered the joy of dance. Later in life she took her ballet shoes off, and discovered the transformative power of dance, through such forms as Modern and African dance. She has also been influenced by the wonderful work of such master dancers as Gabrielle Roth (Sweat Your Prayers) and Anna Halprin (Dance As a Healing Art). Claire has been a teacher of children and adults for the past 20 years, is looking forward to sharing and learning at this Conference, and invites you to "Come Join the Dance".

Williams Lake Senior Choir

The Williams Lake Senior Choir performs at local community events such as the annual Memory Tree Celebration for the Central Cariboo Hospice Palliative Care Society, as well as at Deni House and the Williams Lake Seniors Village. While membership goes up and down, there is a solid core of women who have been singing since Marty Simon, founded and directed the choir in the 1980s. Sharon Taylor took over as director in 2013 after then director Georgina Lazzarotto retired.

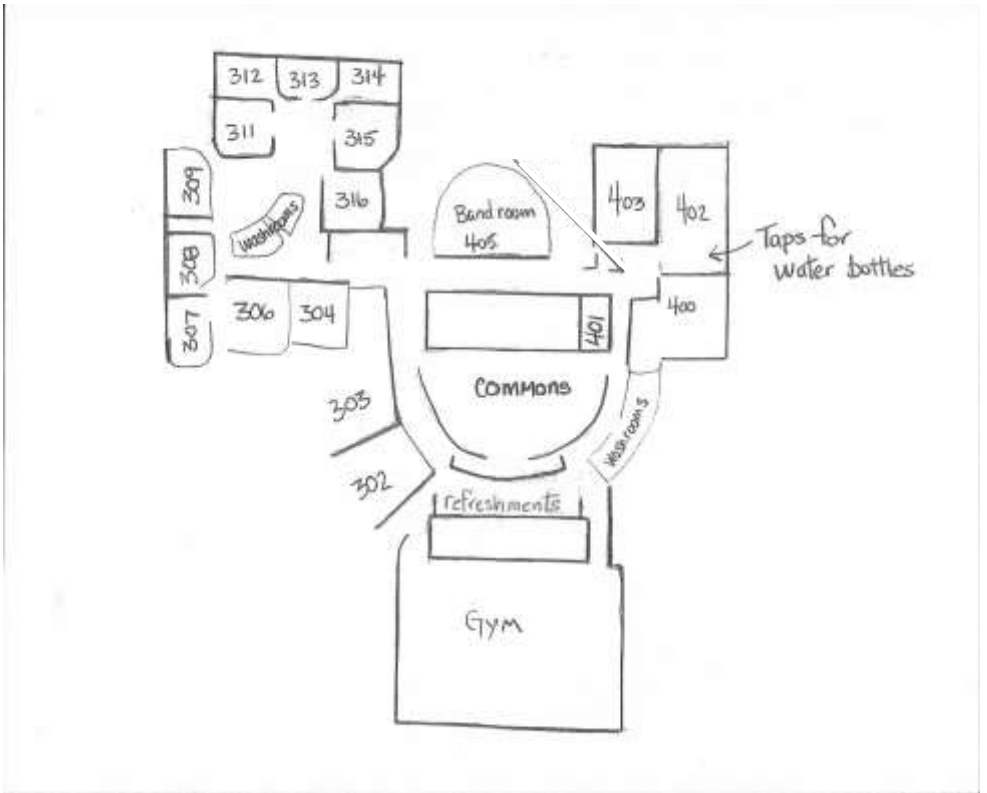
Kusum Wijsekera was born and grew up in Sri Lanka. She retired after working 20 years as a science and math teacher in Sri Lanka. Kusum has been living in Canada for nearly 8 years, nearly 6 of those in Williams Lake.

Shabnam Shayla is a Muslim from Bangladesh. She has lived in Williams Lake for the last 15 years and has three beautiful children.

Sharon Taylor has been a choir member and director in Victoria, Vancouver and Williams Lake most of her life, participating in and leading choirs of all ages and musical styles. She most recently sang with the Good Noise Vancouver Gospel Choir, and presently directs the Williams Lake Seniors Choir.

Shannon Wedel practices her Messianic Judaism with deep conviction. She has learned Hebrew in order to ground those practices in the original texts sages. She lives it out in meaningful celebration of ancient knowing in the present day.

Lake City Secondary



Williams Lake Campus

Many thanks to the Women's Spirituality Circles core organizing committee. These women have put in hours of hard work creating this event and have truly brought forth the spirit of the circle with their open-hearted sharing and collaboration:

Angie Holdal, Carol Thiessen, Dina O'Connor, Dianne Noort, Eva Navrot, Kate McDonough, Kris Dobyns, Kusum Wijesekera, Maggie Ranger, Marilyn Livingston, Margaret-Anne Enders, Patti Joyce, Sharon Taylor, Tenzin Chogyi and Thea Fast.

Thank you also to Bettina Egert, the program manager for the Multiculturalism Program at the Canadian Mental Health Association Cariboo Chilcotin Branch. CMHA is an organization that has a committed belief in community health, anti racism, and celebration of

Thank you



Canadian Mental
Health Association
Cariboo Chilcotin
Mental health for all

Gendun Drubpa
BUDDHIST CENTER



Sharing

Multi-faith dialogue
Creating a spirit heart



Women's Contact Society