



Forming an Area Council

Our big news is that we have formed an official region within Woman Within's East Coast Sage Circle. Our new name is ECSC Upstate New York. We held our first meeting Wednesday September 27th. Please feel free to review the minutes in the attachments. Seven women have stepped forward to serve on our council. They are as follows:

Regional Director

Barb Lucke

Celebration and Events Coordinator

Donna Miller Watelet

Marketing Coordinator

Eleanor Coleman

E-Circle Coordinator

Betsy Tschorke

Secretary

Pegeen Swiatek

Treasurer

Cynthia Millow

Newsletter

Peggy Abell

Area Council Meetings

We will hold council meetings each quarter or season (4 times a year). The dates are as follows: January 30th, March 27th, June 26th and September 25th. Exact time and location still to be determined. Let Barb Lucke know if you have interest in attending. Her email address is: otter2@rochester.rr.com

Open Circles

We have chosen three dates to hold open circles: Tuesdays January 16th, May 15th and October 16th. It is our hope that these circles will be a combination of women from our area circles and be available to women who are thinking of doing a weekend, for women who have already done the weekend and are looking for a circle and for women who for whatever reason have left a circle but may need occasional support or are looking to form a new circle. All women are welcome at these circles. If you think you would like to participate in the open circle, let Eleanor Coleman know. Eleanor is in charge of open circles and her email is: Eleanor.coleman@gmail.com

Your Sexual Self

A one-day workshop presented by Char Tosi, founder of Woman Within. February 4th. See attachment for flier and registration form. Please print out the flier and send your registration in to Char ASAP. We want to ensure we have enough registration to have this run. Also please print out the flier and pass out to women in your life that you think might be interested in attending. It is not exclusive to WW Women.

The Year at a Glance

Calendar dates outlined for 2007 meetings and events:

January 16th

Open Circle

January 30th, 7 pm

Area Council Meeting (location to be announced later). All welcome!

February 3rd

Local workshop for men with Char Tosi – **Mother's Shadow**

February 4th

WWI sponsored local workshop for all women – **Your Sexual Self** (Char Tosi)

February 17th/18th

E-Circle Intensive (Diane Vella)

March 27th, 7 pm

Area Council Meeting

April 29th, 2 pm

Graduation

May 15th

Open Circle

June 26th, 7 pm

Area Council Meeting

August 26th, 12 noon – 4 pm

Picnic / fundraiser

September 25th, 7 pm

Area Council Meeting

October 16th

Open Circle

OPEN POSITION!

Web Page Creator:

To develop and maintain a web page on the ECSC website for our area.

If you have any interest in this please contact Barb Lucke at otter2@rochester.rr.com

E-Circle Intensive

with Diane Vella

February 17–18th 9am-5:30pm each day

Fee is \$125.

(Location to be determined)

This workshop is given over the course of two days and prepares you to be in an e-circle. It is for women who have completed the WW training weekend and are looking to be in a circle or for women who are already in a circle but are feeling their circle needs some new energy, whether number of women or new tools. This is what Diane has to say about it:

The E-circle Intensive is NOT the 8 Week e-circle manual squeezed together!!

The E-circle Intensive is a skill-based workshop on how to create and maintain viable e-circles. The skills taught are:

1. How to maintain safety so women will open up and the circle becomes a place for women to explore their personal issues by gaining self-awareness of who they are.
2. How to maintain focus as an e-circle member
3. How listen with your eyes and body
4. How to listen with your ears and what to say when responding to a woman who is presenting an issue in circle.
5. Learn the clearing model that facilitates safety and promotes personal growth and increases chances you will get what you request.
6. What is “work” in circles?

Other issues addressed are:

What not to do in an e-circle.

Who are the women not appropriate for e-circles and why.

How and why e-circles are different from MKP I groups.

The learning model is: the guides will teach the skills, model the skills and then participants will practice the skills. I would like us to have women come at 9 am to get settled, begin at 9:30, have an hour for lunch (so women can go outside) and finish by 5 – 5:50 each day. This workshop is appropriate and enriching for new circle members and for woman who are in established circles.

We held the E-Circle Intensive last year and I have to say it seems to have prepared two strong groups of women in forming circles. I highly recommend doing it!! If you know you want to attend, please contact Barb Lucke.

Mother's Shadow

A one-day workshop for men presented by Char Tosi, founder of Women Within. February 3rd. See attachment for flier and registration form. Please print out the flier and encourage the men in your life to attend.

Fundraising

We are looking to continue to feed our scholarship fund. If you have any great fundraiser ideas that we can include at our graduations or our annual picnic, let Donna Miller Watelet know. Her email is: donna@wisdomquests.com. Also please consider donating money to our to be added to the scholarship fund: send checks to our Treasurer:

Cynthia Millow
17 Laburnam Crescent
Rochester, NY 14620

From Our New E-Circle Coordinator: Betsy Tschorke

STAYING CONNECTED...

To our area:

It is important to stay connected by contacting the E-Circle coordinator with any changes to your personal contact information, especially e-mail addresses and any changes in your circles (i.e. women who have left, been added, a change in day or time and/ or a change in your E-Circle contact person). Our new E-Circle coordinator is Betsy Tschorke and her email is: betsy.tschorke@lifetimehealth.org, or journeywoman1005@yahoo.com. Barb and Betsy are in the process of transferring our area E-Circle database.

To East Coast Sage Circle:

If you are not currently receiving “Check-In” from East Coast Sage Circle and would like to contact Christie Miller at Christie77@bellsouth.net. You can also check out all sorts of info on East Coast Sage Circles website: ecsagecircle.org. If you are having trouble with the website, let Betsy or Christie know.

CONSENT FORMS

Each circle has been asked to have their members complete a consent form. This form is in place to protect circle members, our area and ECSC. This demonstrates that we all agree on what an E-Circle is and does.

The consent form is included here as an attachment. If your circle has not sent in a consent form for each circle member, please download the attached form and have your circle members each sign a copy and mail it back to:

Betsy Tschorke
46 Pinewood Knoll
Rochester, NY 14624

**Woman Within
East Coast Sage Circle
First Western New York Area Council Meeting
9/27/2006**

Present: Barb Lucke, Donna Miller Watelet, Betsy Tschorke

Quarterly Board Meeting Format discussion - all present agreed that each board meeting will follow a basic format including:

Candle lighting
Smudging
Reading/Meditation
Short Check-In
Accountability Round
Clearing Round
Business
Check-Out

Defining Our Region – Barb Lucke opened the business portion of the meeting by announcing that we have officially been declared a region within ECSC.

All present were in agreement that our currently defined region (Western New York – Buffalo and Rochester) also include Syracuse, Utica and Albany as well as Ithaca and Corning.

Naming Our Region – unanimous decision to call our region: **ECSC UPSTATE NEW YORK.**

Board Positions – Barb reviewed ECSC Local Regional Council positions and their corresponding role descriptions. Roles to be somewhat “customized” for our region. Board positions finalized on 10/8/06 as follows:

Regional Director – Barb Lucke
Celebration and Events Coordinator – Donna Miller Watelet
Marketing Coordinator – Eleanor Coleman
E-Circle Coordinator – Betsy Tschorke
Secretary – Pegeen Swiatek
Treasurer – Cynthia Millow
Newsletter – Peggy Abell

****Open Position**** - Web page creator (to develop and maintain a web page on the ECSC website for our area).

Calendar dates outlined for 2007 meetings and events:

January 30th – 7 pm Board Meeting (location to be announced later). All welcome!
February 4th – WWI sponsored local workshop for all women – Your Sexual Self (Char Tosi)
(February 3rd –Local workshop for men with Char Tosi – Mother’s Shadow)
February 17th / 18th – E-Circle Intensive (Diane Vella)
March 27th – 7 pm Board Meeting
2007 Calendar of Events/Meetings continued):

April 29th – 2 pm – Graduation

June 26th – 7 pm Board Meeting
August 26th – 12 noon – 4 pm: picnic / fundraiser
September 25th – 7 pm Board Meeting
October – tentatively hold a workshop

Holding a WW Weekend - agreed that our intention is holding a space for July training weekend as soon as possible. This is a long-term goal (possibly 2008) and a minimum of 20 women from our area are needed to volunteer to search for location, planning and creating.

Holding Open Circles – discussion regarding holding regional open circles three times a year with dates of January 16th, May 15th and October 16th. Possible location at The Mill in Honeoye Falls (central location for our region)

Meeting adjourned after Check-Out.

Minutes respectfully submitted by:

Betsy Tschorke

Following additional information to be communicated in newsletter:

Staying connected - it is important to stay connected by contacting the E-Circle coordinator with any changes to your personal contact information, especially e-mail addresses and any changes in your circles (i.e. women who have left, been added, a change in day or time and/ or a change in your E-Circle contact person).

Consent forms – each circle has been asked to have their members complete a consent form. This form is in place to protect circle members, our area and ECSC. This demonstrates that we all agree on what an E-Circle is and does.

The consent form can be downloaded. If your circle has not sent in a consent form for each circle member, please download the attached form and have your circle members each sign a copy and mail it back to: (Barb? Betsy)

Fundraising – money is primarily used towards scholarships for women to attend the WW Training. To donate money to our area: send checks to our Treasurer:

Cynthia Millow
17 Laburnam Crescent
Rochester, NY 14620

ECSC Website – if you are not currently receiving “Check-In”, contact Christie. Also, information on how to use the ECSC website.

Woman Within, International presents:

YOUR SEXUAL SELF: Exploring the Essence of Femininity
Rochester, NY – Sunday, February 4, 2007
A Workshop for ALL WOMEN with Char Tosi

Have you ever felt that old beliefs and patterns of behavior are getting in your way of being the fully sexual, magnificent woman you are?

Have you ever feared that you will be less beautiful and desirable as you grow older?

Do you have issues asking for what you need and want sexually?

Do you feel the need to recharge your sexual energy and expand your sexual awareness?

This workshop will provide you a gentle, supportive, safe environment to transform old sexual messages and reclaim the sacredness of your sexuality. This will be done by using guided imagery, small group discussions, and personal work. You do NOT have to be a Woman Within graduate to attend. ALL Women are invited.

Facilitator: Char Tosi, RN, MS, has touched the lives of thousands of men and women around the world over the past 25 years through her work as founder of Woman Within®, co-author of *Your Mother's Pillow Workshop*, and presenter of *Couples Weekend* with her husband, Rich Tosi. She has two grown sons and is passionate about creating spaces for men and women to examine archetypal energy in their lives.

WHEN: Sunday, February 4, 2007 from 9:00 a.m. to 7 p.m.

WHERE: Cobblestone House, Mendon Ponds Park, 95 Douglas Rd, Honeoye Falls, NY, 14472.

For directions, go to <http://www.monroecounty.gov/parks-mendonponds.php>

FEE: \$150.00. Please bring your lunch and an object that represents how you block your sexuality.

Your Sexual Self Workshop – Sunday, February 4, 2007 – Rochester NY

Make check payable to **Woman Within International Ltd.** and mail to: WWIL, PO Box 441494, Detroit, MI, 48244-1494; *or*, fax form to 1-519-728-3264 with credit card information. Visa, MasterCard and American Express accepted. Space is limited – **register NOW** to avoid disappointment!!! Should you need to cancel your enrollment, \$75.00 is non-refundable and non-transferable.

Name	Email
Address	Cell #
	Home #
City, State, Zip	Work #
Payment Information - \$150.00 paid in full at time of registration	
Check #	CC#
Date	Expiration Date
	Signature

EMPOWERMENT CIRCLE PARTICIPANT – INFORMED CONSENT

I commit to arriving on time and prepared to begin at the appointed time.

I commit to arrive free from the influence of alcohol or recreational drugs.

All work done in this circle is CONFIDENTIAL and stays within the group. I agree to respect the confidentiality of all the women in this circle; their names and their comments.

I commit to the group and to myself to speak my feelings.

I will deal openly and honestly with judgments and negative feedback, both my own and others'.

I commit to respect the other women in the circle; to deal with issues of trust, feelings of betrayal, or any other feelings within group time, and not outside this circle. I commit to "bring it back to the circle."

If I need to leave the circle I will process out during the group session and not over the phone or through another member of the circle.

I commit not to use any and all materials provided by me in the context of this Empowerment Circle for any other purpose unless mutually agreed by both parties.

I voluntarily commit to attend the sessions of the Empowerment Circle. I am participating of my own choice and not as a result of coercion, pressure or to satisfy anyone other than myself.

I understand that Empowerment Circles are an educational forum and for support and connection, and not a substitute for psychotherapy. I understand that sessions may be conducted by guides who have completed the Woman Within Training Weekend

I take responsibility for consulting with a medical doctor and/or therapist concerning any known or potential physical or mental conditions which I have or may have, for the purpose of getting medical permission to participate in this Empowerment Circle. I assume the risk, by this consent, of any illness during the sessions and hereby release East Coast Sage Circle, the local region, staff and volunteers from any liability there from.

I am not having suicidal thoughts at this time. In the event that I have suicidal thoughts I will inform the Empowerment Circle guides and/or circle members, seek medical assistance, and withdraw from this circle.

I understand that in addition to the benefit, there is always the risk of emotional and/or medical contingencies in such a group experience. I hereby authorize the responsible persons to take any reasonable steps on my behalf in the case of an accident, injury or illness, including, but not limited to, emergency first aid, doctor, nurse and/or ambulance services, etc. I agree to be liable for the cost of any such action taken on my behalf, and hereby release East Coast Sage Circle, the local region, staff and volunteers from liability.

I understand that guides are not permitted to engage in any new formal or informal contractual agreements with me for a minimum period of 3 months following the completion of the guided circle or longer as determined by the local center.

I understand that guides are not permitted to initiate or participate in a new sexual relationship with me for a period of one year following the completion of the guided circle.

I hereby agree to the above:

Signature

Date



Are you still under the spell of your **MOTHER'S SHADOW?**

**Workshop FOR MEN with Char Tosi February 3 '07
Rochester, New York**

Have you ever felt there is something left unfinished between you and your mother? Do you want to learn how this powerful energy of 'mother' can be harnessed in a good way? Do you want to step into the fullness of your Inner King?

Come learn how your *Mother's Shadow* may be casting a spell on your:

LOVER—By examining what your mother taught you about love and women and by exploring the difference between nurturing and sex.

WARRIOR—By understanding how to set boundaries with your eyes and body using an inner image of a sword and a shield.

MAGICIAN—By becoming aware of messages from your mother, how they create emotional abuse in your life and learning how to transform them.

KING—By exploring how putting you on a pedestal, being a surrogate partner and not receiving your mother's blessings keeps you stuck.

Facilitator: Char Tosi, RN, MS, has touched the lives of thousands of men and women around the world over the past 25 years through her work as founder of *Woman Within*®, co-author of *Your Mother's Pillow Workshop* and presenter of *Couples Weekend* with her husband, Rich Tosi. She has two grown sons and is passionate about creating spaces for men and women to examine archetypal energy in their lives.

WHEN: Saturday, February 3, 2007 from 9 a.m. to 7 p.m. (Please arrive by 8:45 a.m.)

WHERE: Cobblestone House, Mendon Ponds Park, 95 Douglas Road, Honeoye Falls, NY. For directions go to www.monroecounty.gov.

TO BRING: Bring either an 8x10 picture of your Mother or an object that symbolizes her energy. **Please bring your Lunch.** For workshop questions all Char at 810-750-7227 or e-mail her char@tosi.biz or visit the website www.tosi.biz.

Rochester -- Mother's Shadow Workshop – February 3, 2007

FEE for Workshop: \$150.00 Make checks/money orders payable to Tosi and Associates, Inc. and **mail** to: 7161 Driftwood Drive; Fenton, MI. 48430. **OR** Fax this

completed registration form to **810-750-8386**. **PRINT Clearly** VISA MasterCard

_____ Amount \$ _____ Expiration Date: ____ / ____

Name on card: _____ Signature: _____

Three numbers on back of card _____

Name: _____

Address _____

Cell Phone Number: _____ **Email** _____

Cancellation Policy: If cancellation is made more than 14 days prior to the workshop, all but \$50 is refundable. If cancellation is made less than 14 days prior to the workshop, fee is non-refundable.