

The February 17 & 18, 2007 E-Circle Intensive

We had a nice size circle of 11 amazing women for our 2nd E-Circle Intensive. Donna Miller Watelet and Barb Lucke lead this workshop as apprentices under Diane Vella, ECSC President and E-Circle Guide Extraordinary. Donna and Barb are now certified E-Circle Guides and will be able to set up these trainings locally as the need arises. We cannot recommend this weekend experience enough! If your circle is new and just forming, the skills taught will create a foundation of safety. If you are in a well-established circle, I find that brushing up on empathic listening, not rescuing each other, and clearings is like recertification for CPR. After a year or more, especially if unused, skills get a little rusty.

Here is what a couple of women had to say who were at the recent weekend.

“I attended my Woman Within weekend in 1998 and have been blessed to be active in an e-circle ever since. My circle has had its various transformations, most recently adding three new members, after a prolonged period of being only three women. This latest transformation prompted us to participate in the E-Circle Intensive, with a goal to learn common skills and tools through which to bond our circle. The weekend was wonderful! The final exercise, whereby we practiced our new skills as a functioning E-Circle, really demonstrated that we had learned a great deal. The empathic listening skills re-energized our circle and made our work much more powerful... and I can't say enough about the value of reviewing and practicing the clearings framework. Our circle, has historically, been afraid of clearings and therefore we had abandoned use of this valuable tool. I'm

excited to see our circle grow with these new tools and to see what I personally gained as a result of using these excellent tools. I would strongly recommend that established circles participate in this workshop to rejuvenate your experience!”

“What an enriching experience this was for me! I was so pleased that all of the women of our E-Circle (Keepers of the Sacred Fire) were able to attend; it was such a great way to get to know the newer members better and to both re-visit and learn new ways to communicate effectively. While I have been in Woman Within for over 10 years, staffed 15 times, and have been able to participate in several of the trainings offered, I found this 2-day session for going over how to structure the E-Circle process, especially how to

listen empathically, was an incredible resource for me. One of the processes we “practiced,” has made a significant impact on my presence at work just since that weekend.

Because of this workshop, our E-Circle has developed our own rules and agreements for our circle. I feel more committed and clear on what my responsibilities as an integral, participative circle member are. It reminds me that I always need to be willing to be a student.”

If you would like to set up an E-Circle Intensive for your existing circle or if you are not in a circle and want to be, this might be the best first step. Contact our ECSC UNY E-Circle Coordinator, Betsy Tschorke at Journeywoman1005@yahoo.com or call (585) 507-5088



May Couples Weekend

My husband Rich and I attended Rich and Char Tosi's "The Couples Weekend" 11 years ago – and consider it the weekend that "keeps on giving". We are celebrating our 20th wedding anniversary this September and I have to say that the couples weekend was a transformative experience for us that helped us get to where we are today in our relationship. The tools and skills we learned during that couples weekend are still with us because we continue to use them when we need them.

Rich and I were active in a number of "Couples Circles" for 6 years and since then have developed couples workshops and been trained by Rich and Char Tosi (the founders of MKP and Woman-Within and creators/leaders of The Couples Weekend)

to lead the weekend ourselves.

We will be leading The Couples Weekend – using the exact same protocol Rich and Char Tosi use — for the Rochester community in Silver Lake, NY, Friday May 25 – Sunday May 27 (Memorial Day Weekend). The weekend cost is \$950 including tuition, all lodging and five meals for the two of you.

The workshop focuses on communication and gives you a better understanding of the cycle of relationships, you and your partner's role in that cycle and your own relationship. The format is a mixture of experiential exercises and lecture.

This is a great opportunity to do the weekend in your local community because if you

choose to do so, you can easily join a follow-up couples circle and continue the work after the weekend. There are several couples circles going on in Rochester now and many couples have found that it helps to be in a circle with other couples you've shared your weekend experience with so you can continue to hone and use the skills you'll learn.

Please call me if you are interested in signing up or learning more about the weekend. You can reach me at 585 396 3100 or email me at laurie@riedmancomm.com. I do hope you'll join us – it will be a weekend that will keep on "giving" I'm sure!

Blessings – Laurie Riedman

East Coast Sage Circle has a new web site!

It is the same address: www.ecsagecircle.org but with a new face.

To log in: your username is the first two letters of your first name and then your last name. The password is: ECSC.

Once you have logged in, you can check out your profile and update your contact info. If your contact info changes, ECSC has no way of knowing, so please go into the web-site and update your info. If you are not receiving a "Check-it-out" email, then your contact info probably has not been updated.

If you are having trouble with it, contact Christie Miller:
Christie77@bellsouth.net
706-569-0896.

I am lovin' this site! Under the members menu you will find recent ECSC newsletters and a list of the entire membership. Under the regions menu, we have our own pages and here you can find what's going on in our area like our upcoming Welcome Celebration, our area newsletter, and a list of our council. The possibilities for these pages are greater if we had someone to update this info. If you are interested in this job, let me know.

Go now and check it out!!

–Barb Lucke

ECSC PRESENTS Women in Leadership Taking Our Place

(A One Day Workshop)

by Marlene Nappa
Friday, July 20, 2007
Holiday Inn, Arlington, VA
9:00 AM – 5:00 PM
ECSC members \$75
Non members \$125
Lunch included

Your employer may pay for you attend this workshop! Check It Out!

Call or email Christie for more information:
Christie77@bellsouth.net
706-569-0896

ECSC COMMUNITY WEEKEND "The Feminine Warrior"

April 20-22, 2007

Appel Farm, NJ

Workshops by: Marlene Nappa,
Diane Vella, and Judith Pauly

Cost is \$130 for the Weekend
Shopping Bazaar, Raffle, Silent Auction,
Pajama Party, Creative Photo
Opportunities, and Food by Flexible Feasts.
Come join the fun!

For additional information contact:
Joyce Foster at (678) 978-4614 or email
jallanfoster@mindspring.com

Looking for area Women Within women to fill a few jobs:

ECSC Web Site Contact Person:

This person will learn how to update our pages on ECSC website and be able to go in at anytime to update our info.

ECSC Upstate NY Newsletter Editor:

This person will compile all the data for our area quarterly newsletter. This job does not entail formatting the newsletter.

If you are interested in either of these jobs, please contact Barb Lucke at 585-278-7868 or email her at otter2@rochester.rr.com.

Open Circle: May 15th, Save the date!

Looking for a way to:

- introduce other women to Woman Within?
- re-connect with other women who are on this journey?
- share your energy and support with new and potential candidates for Woman Within?

Come to the Open Circle to be held on Tuesday, May 15th, at 7 p.m. at St. Mary's Hospital 89 Genesee St Rochester 14611 (corner of W. Main and Genesee). Parking is free in garage. This is an especially effective way to introduce Woman Within to women who are interested in this journey and a great way to show support for Woman Within in general.

If you would like more information, please contact Eleanor Coleman @ (585) 328-1044.

Multi Kulties:

Mixed gender groups who establish guidelines that make discussion of race, gender, class etc safe.

In January, our region was invited to attend the first "Multi-Kulti", an MKP sponsored Multi-cultural initiative. This gathering was held at the Spot Coffee House and provided a forum for men and women from Upstate New York MKP and WWI, along with their partners and friends, to discuss the topic of racism.

Exploring other multicultural issues, including meeting in mixed-gender groups under the guidelines of multicultural work in MKP, will occur at future Multi-Kulties. The Multi Kulties are what we make them. They can be a place to start a dialogue, or get "clean" on an issue, or find common ground with others. Just doing any kind of work with men and women is a big step for MKP and WWI.

For more information, or if you'd like to attend, please contact: Dan Rosen at 415-8891 or Donna Miller Watelet at 585-329-3304

If you Want to Staff the Woman Within® Training Weekend and have never staffed before, you need to take the

One Day Staff Training

Sunday April 1st, Rochester, 9am - 5pm

Fee: \$50 if paid in full at least one week prior to the training. (Checks are written to ECSC)

What to bring? A sack lunch, water, comfortable clothing, pillow if you choose, and your open heart and mind.

Who? The One Day Staff Training is now a REQUIREMENT for any woman to staff for the first time.

Why? To learn all you ever wanted to know and needed to know about staffing the Woman Within® Training Weekend. Learn what goes on behind the scenes on the weekend. Learn about the processes, how to do them, how to prepare the goal card, how

to be present and in containment with the participants and most importantly how to tap into your own wise woman to be present for the women on the weekend.

Please use the ODST Registration Form to sign up. Go to: www.ecsagecircle.org

Log in with first two initials of first name and then your last name. Password is ECSC. Under forms look for: ODST Registration Form

Fill out and mail to:

Viviane Kaneff
256 Main Street
New Canaan, Ct 06840-5607
(203)972-7712
vivianesk@aol.com

Welcoming Celebration!!!

For the WOMAN WITHIN TRAINING WEEKEND Participants

Once a year we gather to welcome our new sisters to the ECSC community and to honor them for their courage in journeying within. For those of you who have not yet been recognized in one of our area Welcoming Ceremonies, no matter when you did your weekend please contact our Celebration Leader ASAP; Donna Miller Watelet. Call (585) 329-3304 or email donna@wisdomquests.com

Come be honored by your WW sisters, the Warrior community, your families and friends!

For our Woman Within/MKP Community, please come support and honor these women and enjoy a social time together as a community.

Date: Sunday, April 29, 2007

Time: 2:00 -5:00 p.m.

Arrive between 1:30pm and 2pm, arriving in time to chat a little and settle in. We will serve snacks for hungry kids and grown-ups during the afternoon and conclude the afternoon with appetizers and desserts!

Where:

Community Center - Falls Post 65
167 North Main Street (Route 65)
Honeoye Falls NY 14472
(Honeoye Falls is 12 miles south of Rochester on Rt. 65)

What to Bring:

A kid's snack, an appetizer or a dessert to share

Needed:

One or two women to help organize and co-lead the Welcoming Celebration. Email Donna MW at donna@wisdomquests.com.

We hope everyone from our area will come support and re-connect with one another!!!

For additional information contact:

Donna Miller Watelet
(585) 329-3304 or
donna@wisdomquests.com

Friends and Family are Encouraged to Attend! Especially women friends who you think might also be interested in attending a WW training weekend!

A Visit to South Africa

(A Woman Within and Mankind Project)

This past summer, I experienced the opportunity of a lifetime – I was able to staff two Woman Within weekends in South Africa at Goedgedacht Farm, near Capetown.

Women from around the world joined the growing Women for Afrika (WFA), who have hosted four Woman Within Training Weekends (WWTW) in South Africa since November 2005. Over 100 women have attended these South African Woman Within weekends. WFA has also set up numerous ongoing empowerment circles and thirty four women have already completed the Women Empowering Women (WEW) workshop.

Out of town (country) women were graciously accommodated by South African Woman Within sisters in absolutely beautiful and inviting homes. My hosts Sue Bust and her family (Reg, Ella & Lynn), were genuine and engaging. They are also responsible for my trying “ostrich,” which is much more like beef than chicken (if you were wondering). Sue was more than willing to make the arrangements for us take advantage of the numerous cultural and historic assets of Capetown and we so appreciate the many opportunities that resulted in over 400 photos!

Two significant experiences were the visit to the prison where Mandela was held and a visit to Kayelitsha, one of the Townships in which 90% of So. Africans live. Our tour guide, Basil Brown, actually grew up in District Six, a culturally diverse area that was demolished during the time of apartheid. As we looked over the land where his home once stood, he noted that we are looking at the same type of machinery being used today to rebuild this area that was used to tear it down.

A very moving statement Basil made was when he talked about Mandela’s release from prison and how Mandela stressed the crucial need for forgiveness in order for the country to heal. Basil pointed out that, “If this man can be imprisoned for 27 years, come out and tell me to forgive, who am I to say I can’t do that.” It also made me think back to my own weekend and the importance that forgiveness played in my own healing.

A third significant experience was that I was given the role of Team Leader. Now, I’ve been Assistant Team Leader several times, but this Team Leader thing was completely new to me. And I will be the first to tell you that, while the women who were participating in the weekend were fortunately clueless, my first attempt at Team Leader can be summed up in three words: fear, doubt, and insecurity. But there were enormous gifts connected with that state of being. First, I was in a nurturing and forgiving environment, where it was okay to make mistakes, safety in taking responsibility for those mistakes, and encouragement to do better the next time ... and the next time was the next weekend!!! Yikes!

My week “off” resulted in several late nights/early mornings reviewing and rewriting my outlines so that the flow of the weekend made more sense to me. And the second time staffing as Team Leader was much better (based on the evaluations, not just my perception!). From here, it is my intention to staff with East Coast Sage Circle regularly to stay - “in the flow” - so that I can continue to grow in this fellowship.

I cannot speak of this trip without making a significant note about this trip, which is that men from the Mankind Project were responsible for helping me raise the required funds to travel to So. Africa (\$2,200).

Lastly, think about it - what a wonderful way to travel around the world - experiencing a new place and knowing that you will be in a safe and loving container, learning and growing spiritually. Although I have staffed numerous times, I (and my E-Circle sisters) plan to attend the very next workshop that goes over the content and process for weekends. My experience in South Africa showed me opportunities for growth - I am grateful to all of the women of Upstate NY East Coast Sage Circle who offer me ways to strengthen my commitment to myself and to other women, and thereby, the world.

I’m Eleanor. And I’m in.

E-Circle First Aid

Does your E-Circle need some First Aid? Are you stuck rescuing each other and need to strengthen your listening skills? Do you need to review and practice the clearing model or have you abandoned it altogether? These are just a few reasons why you might consider asking for some E-circle first aid.

There are a few women from our area who are trained thru the E-circle Intensive that are willing to visit your circle. Having someone from outside your circle with fresh eyes and an open heart often provides the clarity and empowerment to move forward on your journey together.

To schedule a visit, contact our ECSC UNY E-Circle Coordinator,

Betsy Tschorke at
Journeywoman1005@yahoo.com
or call (585) 507-5088

Upstate New York WWI® East Coast Sage Circle Council Members

Peggy Abell – Newsletter design
mbdesign@rochester.rr.com
(585) 385-2708 (h), (585) 730-0766 (m)

Candace Brown - Treasurer
annex@rochester.rr.com,
(585) 766-9158 (m)

Eleanor Coleman - Marketing
eleanor.coleman@gmail.com
(585) 328-1044 (h),
(585) 436-8210 x 1391 (w)

Barb Lucke - Regional Director
otter2@rochester.rr.com
(585) 582-1669 (h), (585) 278-7868 (m)

**Donna Miller Watelet -
Events & Celebration Coordinator**
revdonna@frontiernet.net
(585)582-1513 (h), (585) 329-3304 (m)

Allison O’Malley - Marketing
alli_omalley@marykay.com
(585) 421-0883 (h), (585) 727-7598 (m)

Pegeen Swiatek - Secretary
Pegeenswi@aol.com
(585) 217-8627 (h), (585) 259-2148 (m)

Betsy Tschorke - E-Circle Coordinator
journeywoman1005@yahoo.com
(585) 426-3527 (h), (585) 336-4854 (w),
(585) 507-5088 (m)

2007 Regional Scholarship “Bead Appeal” is coming soon!

The Upstate New York region of ECSC is proud to announce our first annual scholarship fund “Bead Appeal”. Women who feel compelled to make a financial donation of \$20 or more to our local region’s scholarship fund will be recognized with a beautiful bead to add to your Woman Within necklace. The bead will represent your desire to support other women who wish to undertake this amazing journey of self-discovery and awareness.

In addition, 100% of your tax-deductible donation will be given to the scholarship fund.

Did you know that any woman can apply for scholarship assistance for any Woman Within sponsored training event? What a wonderful gift! Consider what your weekend has meant to your life... what you have gained as a member of your E-Circle... what you have learned through participation in staffing training weekends or by taking part in other Woman Within events. If financial means are stopping someone you love from taking this leap of faith, wouldn't you want to help?

Watch your mailboxes in April/May for details on the bead appeal and for pledge forms. We are excited about launching this program and look forward to your support.

SPRING 2007 UPSTATE NY ECSC CALENDAR OF EVENTS

March

27 ECSC Upstate NY
Area Council Meeting
7-9pm

April

1 One Day Staff Training
9 am – 5 pm

20-22 ECSC Community
Weekend
Southern NJ

29 Welcoming Celebration
2pm
Honeoye Falls
Community Center

May

4-6 WW Training
Weekend
Southern NJ

15 Open Circle
7-9 pm
St. Mary's Hospital

18-20 Upstate NY MKP
Weekend

25-27 Couples Weekend
Silver Lake, NY

Paid Ads

To raise funds for our Area Scholarship Fund, we are offering our area membership the opportunity to place ads in the newsletters. If you are a member of ECSC, your fee for placing an ad is \$15. If you are not, the fee is \$25. To submit an ad for our summer newsletter send your info to Barb Lucke at otter2@rochester.rr.com by June 1.

On the Winds of Change:

*An annual women's ritual bringing
power and meaning to the passages
between the many stages of our lives.*

Friday Sept 14 - Sunday Sept 16, 2007

On the Winds of Change is a sacred ceremony designed to bring the power and meaning back to the life passages of women. This weekend-long ritual celebrates who we are, where we are in our lives, and reaffirms our connection to each other. This weekend is powerful for every woman and is especially designed to honor women as they mark a decade. So if you are turning twenty, thirty, forty, fifty, sixty, or seventy in 2007, come and bring a handful of your closest friends.

To find out more information and receive a 2007 brochure, please contact Barb Lucke at 585-278-7868 or email her at otter2@rochester.rr.com.

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Another Set of Hands:

Household Services

Do you need help with decluttering, cleaning and organizing? Are you facing a major life transition such as a move, recovering from injury or illness or having a baby? Perhaps you just can't keep up with daily or weekly tasks such as laundry, cleaning, gardening or shopping? Whatever your life circumstances, if you are in need of another set of hands, contact Barb Lucke at 585-278-7868 or otter2@rochester.rr.com for to set up a free initial consultation.

manifesting your vision

Tools for Finding and Reaching Your Goals

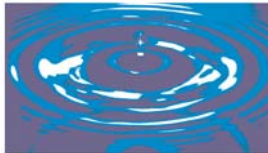
Please join us for an inspiring workshop which will cover a wide variety of spiritual and practical tools for clarifying and creating the life you want to live and the work you want to do. This experiential workshop will offer exposure to, and the practice of, powerful tools which can clarify your calling and give you the ability to bring it to fruition. This workshop will show you how to create the life you want to live.

**Saturday March 31st 2007
9:30 Am to 3:30 PM, Rochester, NY**

Suggested donation:
\$10 to \$40 based on ability to give

For information and registration, please contact:

Douglas MacIntyre
Well-Being Therapy
1269 Culver Rd Rochester, NY 14609
585.256.3221



Donna Miller Watelet

is an ordained independent minister and counselor in private practice in Honeoye Falls and with Rochester Psychotherapy. She is also co-author of the book *Mother Rising: The Blessingway Journey into Motherhood*, with Barb Lucke and Yana Cortlund as well as wrote the Whole Spirit column for Nature's Wisdom Magazine. She has over 20 years experience guiding very unique and powerful weddings, rituals and workshops, as well as offering intuitive readings.

For information on couples or private counseling sessions and phone or email consults, call or write:

585-329-3304

Rochester Psychotherapy
& Counseling Associates
1541 Monroe Avenue
revdonna@wisdomquests.com

Ritual Leader • Couples Counselor • Intraspiritual Minister

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