



Womenspace news

**Edition 1, 2007
January – April**

All events listed in this newsletter are at Womenspace unless stated otherwise.

OPENING TO ABUNDANCE

Womenspace is “Opening to Abundance” in love, gratitude and generosity in 2007.

As part of our theme, Womenspace will create a verdant, lush space for “**Greening the Spirit**” over the first half of the year. Hildegard links greening with a moist and nourished soul. Green is also commonly associated with the 4th chakra or spiritual heart centre. New creations and fruitfulness emerge when we green our spirit, celebrating life with joy and enthusiasm. The key message we wish to focus on is "I give. I care. I receive. I love." Last year we decorated our seeds and remembered the power of women. Now a rich diversity of green sprouts and leaves are unravelling. It is time to nourish and give thanks for what we have created and what we have yet to create.

Then in the second half of the year, just before the jacarandas get ready to bloom we will be “**Purpling the Heart.**” Purple, green and white are women’s colours. Purple represents royal and imperial, elaborate and ornate and is also linked to the 7th chakra where the focus is on the spiritual meaning of life and opens our way to becoming a bearer of light to the world. Purple can also evoke sadness or a bruising. The Colour Purple by Alice Walker is a story of struggle and survival with the central character, Celie gradually learning what it means to become an empowered woman in her own right, through both sexual and financial emancipation. For Womenspace **Purpling the Heart** will focus on loving **all** that is within us including that with which we struggle. By the time October is with us and the Jacarandas are blossoming, we will be showing ourselves in all our finery, being generous with all aspects of ourselves, and others.

Throughout the year our core activities will reflect abundance: Rituals will celebrate and attract abundance and give thanks for whatever we receive, Conversation Circles and Reflection Evenings (a new initiative) will nurture and explore abundance of heart and spirit and what this means to you. Our wonderful art projects will continue to create a space alive with love and generosity. Workshops will focus on abundance and creativity. We will continue to take time to thank all the women who contribute to this organization and acknowledge in particular our members through our annual members’ dinner.

Abundance extends to attracting financial and other resources to keep Womenspace alive and fertile. We will also attract new, diverse women to join and participate in the organization. We are at a critical point in Womenspace’s continued operation. We must find an additional \$30,000 over the next twelve months. We are meeting this challenge like Celie, learning to be empowered and self sufficient. In March we will hold our annual open day where we showcase our organization and all it has to offer. In abundant April we will hold our first monster garage sale to raise funds for Womenspace. Other fundraising activities will be developed with your help and our Direct Dreaming campaign is being reenergized.

2007 will be an abundant year in so many ways. Let’s open our heart and spirit and give thanks for all that is yet to come.

Thank you goddess and we look forward to the surprise!

Womenspace

Womenspace - a place of Beauty, Earthiness and Sacredness – A soul-space for women where we can share and reverence our life’s stories in order to shape and challenge our society

Womenspace is a place of community for women and continues to change and to grow as new women discover what Womenspace offers. It is a place where women may nurture their spirituality in a holistic way. This may be through participating in rituals, attending workshops, joining a group, meeting women from their own and other cultures or through any of the other activities and experiences of Womenspace.

Telephone: 07 3357 7444

Address: 12-14 Homebush Rd, Kedron 4031

Email: coordinator@womenspace.org.au

Web: www.womenspace.org.au

Coordinator: Glenys McChesney-Clark

Office and Library Opening Hours:

Tuesdays to Fridays: 10 am - 4 pm

ABN: 67 387 585 817



Spirituality

DRAWN FROM THE HEART

In 2007 the Drawn from the Heart project promises to be exciting and rewarding on many levels. Every year the key component of this aspect of the Core Spirituality program is the Installation in the Bakery, or in other words the interesting and provocative artwork that you see at Womenspace.

The installation in the Bakery represents a creative/artistic response and exploration of the core theme for the year. Why have a creative response? This was a question that I was asking myself the other day. For me, creating is a way of honoring my soul, my spirit. A way of being in the world that takes me away from the soulless consumerism and keeps me lush and green inside. This is something I try to share with and ignite within the women who participate in the art events at Womenspace. **Opening to Abundance** is the theme that we will be exploring throughout 2007 and there are a number of events, related to the art program, that you are invited to play a part in.

In response to our first sub-theme of **Greening the Spirit** we will come together on Saturday the 17th February to create a 'verdant greening' of the Bakery. This will be the first of two group project days offered at Womenspace this year. All women are warmly encouraged to attend and participate, no specific skills are required and previous group project days have been deeply pleasurable and rewarding events for the women who attended. The day begins at 9am and continues throughout the day in a relaxed, yet highly productive mode with an estimated finishing time of 5pm. Women may come for all or part of the day and are asked to bring food to share. In order to create a 'greening' of the Bakery you are asked to bring along any 'green stuff' that we could make leaves out of. There is no cost involved, however women are always encouraged to make a donation to Womenspace so that it can continue to be the wonderful, unique place that it is.

As well as our 'verdant greening' of the Bakery we will explore our ideas of abundance through the medium of photography. Women are invited to get snapping and submit your images for display in the Bakery give your photo a title and include your name if you wish. Leave your photos at the office with your contact details.

Following the pattern of previous years there will be an artist book that goes with the theme and this will be on display to look through and to contribute to as well. All past books are displayed in the Bakery and all visitors to Womenspace are most welcome to look at the books and to add to them with writings or artwork. This year, for the first time, there are two evenings scheduled that will offer a time to reflect upon the ideas that have been explored in relation to the theme. This reflection may take the form of a written or drawn piece and these works may be added to the artist book if women wish to do so. The Reflection evening for '**Greening the Spirit**' is on Friday 11th May at 7pm.

Other planned events include a special Children's Art Day - "Girls, Girls, Girls" and a unique workshop offered by Jen Barrkman and Cathy Miles. There will also be opportunities to contribute to the installation in the Bakery at the Open House on 4th March. Details for all these events are given in this newsletter. It is also recommended that you keep up to date with other events via the email updates.

DATES TO REMEMBER

February 17th – Group Art Making Day

March 4th – Open House

April 12th – "Girls, Girls, Girls" - Children's Art Day

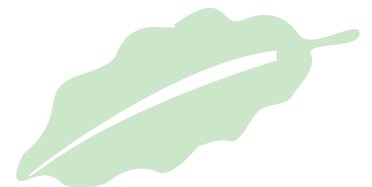
May 11th – Reflection on "Greening the Spirit"

May 19th – Colour Me Rainbow – Workshop with Cathy & Jen

If you have ideas for the Drawn from the Heart Project please feel free to contact me. New ideas are always encouraged. I look forward to a lush year of green and purple.

Yours in abundant creativity,
Cathy Miles

Email cmt215@hotmail.com
Ph: 38623120 or 0421400279



SOUL TIME

Soul Time is just that time to pay attention to your soul, your spirit, your inner life. The bakery is a beautiful place to be still and present and Soul Time, which this year will be held on the 1st Wednesday evening of the month, offers a range of gentle experiences that focus on just being. What mostly happens during this time is a sharing of things that women have found helpful in exploring their inner lives. Sometimes we watch DVD's of spiritual teachers, such as Eckhart Tolle or Carolyn Myss or we may do a drawing meditation that explores the year's core theme. All are welcome; check email updates for more information regarding the specifics of what will be offered each time.

Dates: 7th Feb, 7th March, and 4th April

Time: 7.00 – approx 8.15pm

Gold coin donation to Womenspace

For more information regarding Soul Time and to confirm date, please contact Cathy Miles on ph: 38623120 or 0421400279 or email cmt215@hotmail.com

CONVERSATION CIRCLE - "GREENING THE SPIRIT"

Once again this year, we will be having Conversation Circles at the start of each theme and prior to the Group Art Project. Discussing the theme is a valuable way to explore the many perspectives of the theme.

Our first Conversation Circle is about "Greening the Spirit". What does this mean to you as an individual woman and what might it mean to women collectively?

Come along and participate in the conversation over dinner.

Date: Fri 9th February

Time: 6.30 – 9.30pm

Cost: Gold coin donation to Womenspace

Please bring dinner to share.

Bookings: Womenspace 3357 7444 or email coordinator@womenspace.org.au

The other 2007 Conversation Circle date for your diary, "Purpling the Heart" will be

Date: Fri 6th July

Time: 6.30 – 9.30pm

Cost: Gold coin donation to Womenspace

Please bring dinner to share

Bookings: Womenspace 3357 7444 or email coordinator@womenspace.org.au

SACRED HOUR

Every Friday afternoon, Womenspace offers Sacred Hour. This is a time of reflection which may include readings, meditation and music. Sometimes Sacred Hour is centred around one of the main spiritual traditions and at other times, other traditions are used.

On the first Friday of the month, Mary Long will facilitate a dream group as part of Sacred Hour. (See "Dreamwork" item under Regular Activities)

Sacred Hour runs for about an hour, sometimes a little longer and you are welcome to stay on for a chat and a cuppa.

Date: Fridays

Time: 1.30 – 2.30pm approx

Gold coin donation to

Womenspace please.

AUTUMN EQUINOX

Womenspace celebrates the Autumn Equinox, a time of equal day and night, which signals the move towards Winter, in the southern hemisphere..

You are warmly invited to gather with us for this time of celebration!

Date: Sun 18th March

Time: 2pm – 4pm

No charge. Please bring a plate to share

Enquiries to Womenspace on 3357 7444

Later Seasonal Ritual dates for your diary:

Winter Solstice – Sun 17th June

Spring Equinox – Sun 23rd September

Summer Solstice – Sun 16th December

CELTIC GUIDANCE

The ancient Celts saw all of life as holy. They developed ways to guide us on our spiritual journeying or to help us resolve a particular problem. Contemporary Celtic practitioners are reviving some of these ways.

If you would like some help in mapping out a personal journey or working through some issue in your life, Anne McLay offers spiritual direction structured around ancient Celtic tools. These are suitable for all spiritual traditions.

One hour session: \$40/25 donation to Womenspace.

Book with Anne 3355 7502.



The poster features a black background with white text and graphics. At the top, there are two white birds in flight. Below them, the word "yoga" is written in a large, white, lowercase sans-serif font, with "for women" in a smaller font underneath. A quote reads "Feel energised yet relaxed Expanding body & mind". The event details are listed as "Friday am Womenspace 12-14 Homebush Rd Kedron". At the bottom, there is a stylized white graphic of a plant with two leaves and two buds. Contact information is provided at the very bottom: "Livia h: 3264 7520 m: 0400 654 991" and "Contact".

Yoga
for women

Feel energised yet relaxed
Expanding body & mind

Friday am
Womenspace
12-14 Homebush Rd
Kedron

Livia
h: 3264 7520
m: 0400 654 991

Contact

Special Events

W OPEN HOUSE AT WOMENSPACE

On the afternoon /twilight of Sunday 4th March, 2007, Womenspace will be open for exploration – come and see why we are here, what we do, the other activities we promote, the riches of spirit, soul, and body we can offer you.

Come and see also what we have done to reduce Womenspace's use of water, with the help of a grant from the Federal Government through their Community Water Grants Programme. There will also be some presentations around Water – its sacredness, its essential role in our lives, the urgency now in this long period of drought to use it wisely and well.

Regular Womenspace presenters will be there and will explain how they contribute to our basic programme. Explore with them our core spirituality theme for 2007. Meet the coordinators of our art group, our Sacred Hour and Soul Time facilitators, the facilitators of our Seasonal Rituals, our librarians who provide appropriate reading material, our spiritual guidance, dream work and holistic counselling practitioners, our workshop presenters on the chosen theme – this year that of *Opening to Abundance*. Something we might all aspire to!

Our spirituality is inclusive – you may find a Priestess offering a Goddess based workshop. Or an Ananda Marga facilitator at Sacred Hour. Or a Christian based Creation Spirituality workshop presenter. Or someone teaching Buddhist techniques of mindfulness and meditation. We also have a singing group and a breaking the silence (re abuse) group.

We have a very holistic and grounded view of spirituality and so we welcome bodywork practitioners. Perhaps you may like a taste of Yoga Chi Gung, Feldenkrais Awareness through Movement, Hot Stone Therapy Massage, or other body-centred healing modalities. Then there are the other workshops that are largely energy based, such as Dowsing, Healing Touch or Reiki, Pellowah Healing and the like.

Watch our weekly email updates or ring us for more exact details closer to the time. All in all – a fabulous visit at Womenspace on a pleasant Twilight and Evening. We hope to see you there!

Date: Sunday 4th March, 2007
Time: 2.30 – 6.30pm **Cost:** Free entry

W GIRLS, GIRLS, GIRLS

Early in April, we expect Womenspace to be bursting with the energy of lots of little girls, visiting for an exciting Arts Day flowing from our 2007 theme - *Opening to Abundance*.

On Thursday 12th April, during the school holidays, we extend a warm invitation for girls up to the age of 8 to participate in an integrated program of story, music, drama and art. It will be an abundant morning of fun and creativity for young and old, as each child who attends needs to be accompanied by a mother, grandmother or aunt who will be encouraged to join in as well. Bookings are required and we have an upper limit of 15 girls and 15 adults plus the facilitators. Cost is \$10 per family, with all materials supplied. We suggest you bring lunch to make a picnic in the grounds afterwards.

Enjoy yourself - find joy in your young one's creativity - enrich Womenspace with your presence.

Date: Thursday, 12th April
Time : 9.30am - 12.30pm
Venue: Womenspace
Cost: \$10 per family
Bookings essential:
33577444
Enquiries: 38623120 or
33594640



W WOMENSPACE WANDERERS MAGICAL CRYSTAL TOUR

Let's play for a day - enjoy a bus trip together

Our comfortable bus will leave WS and take us on a lovely journey to

The Crystal Castle, a Place of Magic and Wonder Set amongst acres of lush gardens with panoramic views, The Crystal Castle features extraordinary statues, amazing natural crystals, exquisite jewellery, and much more. Come and stroll the Buddha Walk, and see Australia's biggest stone-carved Blessing Buddha, a 15 tonne, awe-inspiring masterpiece, rising almost 4 metres high, from his pond.

\$70/\$65 (Return bus trip, entry Crystal Castle, delicious lunch, Crystal Bowls Meditation)

Be at WS at 7.15am bus departs 7.30am precisely.

Crystal Singing Bowls Meditation to tantalise your eardrums with beautiful sound vibrations with toning and mantra to create inner peace and harmony presented by Camilla Nova – Sound therapist, Yoga teacher and registered Psychologist.

This will be a fabulous day of fun and relaxation. Watch for brochures and regular email updates more detailed information in the New Year.

Sunday 1st April 2007
Departing WS at 7.30am



GARDENING FOR ABUNDANCE

If you want to find out more about water-wise gardening for abundance, you will be interested to know that the Water Circle has been negotiating to host an afternoon at Northey Street Farm on just that topic. This will incorporate a guided walk through the farm which is surprisingly vast, during which much information will be shared. We also expect some formal input from one of the "experts" at the farm whose name is unfortunately not known to us at present. The nursery should be open for you to purchase plants. The organic markets are now being held on Sundays instead of Saturdays, so you can make a whole day of it, if you wish, by arriving early for the markets, having an early lunch at the Chai Cafe or bring your own and sit out under the shady trees. It is an abundantly beautiful place to sit and relax before the afternoon's activities as guests both of Northey Street Farm and the Water Circle of Womenspace. The workshop will be free, courtesy of the Federal Government Water Grant and men are certainly welcome. To find out if the proposal is a goer, either check the email updates for WS / ring enquiries below.

Proposed Date : Sunday, 1st April

Time: 1.30 - 3.30

Venue: Northey Street City Farm, 16 Victoria St., Windsor

Enquiries: 33594640

WOMEN'S GARAGE SALE

On 21st April Womenspace will have another first – our own Garage Sale! Here is a reason to clean out your cupboards and get rid of clutter and stuff! Collect your unwanted items for Womenspace to sell to raise some funds.

Appliances, baby gear, bikes, books, crockery, DVDs, furniture, games, garden tools, glassware, jewellery, musical instruments, pot plants, silverware, sporting equipment, tools, toys, utensils, videos etc.

No clothing please!

A good idea when clearing out is to ask yourself if you've used the item in the last two years. If you haven't, do you really need it?

Watch the email updates for more details about when to bring in items for the garage sale.

Date: Sat 21st April

Time: 7.00 – 11.00am

Venue: Womenspace

LIBRARY BOOKS

Here are some suggested titles in our library to support the "Opening to Abundance" theme:

Adams, Patch M.D.
Gesundheit! - His vision of patient-centred health care

O'Leary, Daniel
Travelling Light- Do you feel the call to deepen your life, to live more freely, to be more happy

Allenbaugh, Kay
Chocolate for a Woman's Soul - 77 stories to feed your spirit and warm your heart

Oliver, Patrick
Drinking Deeply - Learning to listen to the song of the soul

Altea, Rosemary
Proud Spirit - Lessons, insights and healing from "The Voice of the Spirit World"

Richardson, Cheryl
Life Makeovers - 52 practical and inspiring ways to improve your life a week at a time

Beckett, Wendy Sr
Meditations on Joy – She shares with us the insight gained from years of contemplation
Chilson, Richard
All Will Be Well - Let Julian of Norwich be your guide for 30 days

Stockton, Eugene
Wonder : A Way To God - Exploring Australian spirituality through nature and society
Sark
Succulent Wild Woman - Dancing with your wonder-full self

Chittister, Joan
In a High Spiritual Season -A life of value is a series of small things consciously done

Virtue, Doreen
Healing with the Fairies – She shares what the dolphins, mermaids, dragonflies and other members of the elemental kingdom taught about her how to manifest miracles

Chopra, Deepak
The Seven Laws of Success- A practical guide to the fulfilment of your dreams

Webb, Aliske
Twelve Golden Threads - Lessons for successful living from Grama's quilt
Williamson, Marianne
Illuminata - Thoughts, prayers and rituals for everyday life

Hay, Louise
You Can Heal Your Life - If we are willing to do the mental work, almost anything can be healed

Moran, Victoria
Creating a Charmed Life - Sensible, spiritual secrets every woman should know

Houston, Jean
The Search for The Beloved - Journeys in Mythology and Sacred Psychology

O'Donouhe, John
Anam Cara- Spiritual Wisdom from the Celtic World

Workshops



REIKI WORKSHOPS

with Reiki Master Catherine Aitken B.N.
Registered Master/Teacher with the Australian Reiki Connection

Reiki is a powerful healing method that has been traced back to ancient Tibet over 2,500 years ago. Reiki healing balances the physical, emotional and spiritual bodies to give you back the connection to your innermost self. Once attuned to Reiki you will be able to channel healing for your self or loved ones simply by laying your hands on them. Reiki Workshops can have a powerful impact on your spiritual development and can create wonderful changes in your life.

There is no prior knowledge or experience in any healing modalities required. Catherine Aitken has been a Reiki Master since 1999 and has studied many modalities of healing. She is dedicated to empowering people to heal themselves and their lives, and as such offers comprehensive training at a very low price.

Dates: Sun 21st Jan or Sun 25th Feb
(Beginners - Reiki 1)
Time: 9am to 5pm
Cost: \$75 includes manual and certificate

For Reiki One graduates, Reiki Two workshops are offered in the same one day format, dates to be advised.

Registration / information contact:
Catherine Aitken Ph: 0416 257 770 or
email: the_soul_garden@yahoo.com.au

MOONTREE ANCIENT HISTORY SEMINAR WORKSHOPS

Facilitated by Alicia Sherwood, these are unique one-day teachings that combine informational aspects with practical, workshop style components to ensure our new found wisdom is embodied in a nurturing, joyful and sacred way!

Prehistoric European Matrifocal Religion

3 February 10am - 4pm

A powerfully visual sacred seminar that explores the Great Goddess and Her zoomorphic forms; bee, fish, frog, snake and bird. Be moved by these old, elemental representations of Goddess that speak to us from a place of truth, honour and simplicity.

The Language of Symbol in Ancient Religion

7 April, 10am - 4pm

This sacred seminar delves into the use of a wide range of sacred symbols in the art and religion of ancient cultures, from Old Europe, the Mediterranean and the East. Experience the significance of sacred motifs as opportunities for worship and vehicles for transformation.

Each day costs \$120 per person and includes all materials and vegetarian refreshments. Just bring your gorgeous self! Because of the nature of the workshop, numbers are limited to nine, so please book early.

Contact Alicia to register:
alicia.sherwood@bigpond.com ph: 0402 656 243.
www.moontree.net

NATUROPATH - Series of Three Talks

Vicky Maxwell is a Naturopath and Personal trainer with a passion in helping others achieve their ultimate in health. She has been in the industry for over twenty years, overcoming her own severe health problems, then studying Naturopathy. She found there are many ways to make changes in your life. Vicky explains information you need to know in a format that is easily understood, enabling you take control of your own health.

1. "Understanding Menopause" - Tues 6th February

Are you confused about your options with hormonal support? Would you like to know how you can reverse or prevent Osteoporosis? Would you like to reduce hot flushes?

Would you like to find ways to reduce your weight? If you answered yes to any of these questions, you need to attend this talk. You will walk away with knowledge and be able to make informed choices on your hormonal health. Herbal and Nutritional options will be discussed, plus a clear definition of what happening in a woman's body at the time of Pre and Menopausal years.

2. "Understanding how hormones affect our weight" - Tues 6th March

Would you like to know how hormones affect your weight?

Find out the essential nutrients that slow ageing and protect the body.

Why is it so important to look after our adrenal glands?

Why is it important to find the right exercise for you?

Why is it you are doing all the right things still cannot lose weight?

Information every woman needs to know how to look after her body. Find out how, what and when you eat affects your weight and your moods. Learn how to look after our adrenal glands to prevent thyroid problems, weight gain, low energy, premature ageing and mood swings. Find out solutions you can put to action immediately, enabling you to take control of your health and fluctuating hormones.

3. "Creating Amazing energy in your body" - Tues 3rd April

Do you know the three simple steps that will guarantee great energy?

Do you find you are constantly tired?

Are you continually getting colds or low grade illnesses? Would you like to know after you have eaten why you feel so tired?

Are there days where you struggle getting out of bed? Did you know that Iridology can reveal your true energy potential?

Many times in our lives, it seems to all get too hard. You will gain an understanding how your body creates energy and how vital it is we ensure our digestion is working at its best and why taking care of our individual body chemistry is so important. In this talk you will learn how Iridology can give you a greater appreciation of how your body works.

Each talk begins at 6.30pm and runs to 9.00 pm

Investment: \$15.00 per evening
Bookings and enquiries:

Vicky 3345 4572 or 0406 991444

THE GIFT INTRODUCTORY WOMEN'S SHARING CIRCLES

All women are most welcome to attend this free introductory circle for The Gift.

Come along and sit in sacred space and share from your depth. Invite a friend or two. It can bring about a whole new level of depth in the friendship. We'd love to have you join us and look forward to seeing you soon at Womenspace.

Please bring a cushion, a small plate of food to share and gold coin.

Date: Fri 9th February Time: 6.30pm for 7.00pm start
RSVP to Rose Weaver 3357 7903 or 0408 199 687 or email roseweaver9@hotmail.com or Sheila 3357 9291 or 0421 318 575 or email sheilaheartsoul2004@yahoo.com.au
Shematrix website: www.shematrix.com

DEVELOP YOUR INTUITION: LEARN TO CHANNEL

This one day workshop is designed to enhance your ability to contact "the other side". Throughout the session you will be in-touch with your angel guides, and develop your intuition. You will have fun learning to do readings, and will be given some take-home exercises for continuing your skill building. You will know what your strongest psychic sense is and how to utilise it successfully. A great start to understanding the unseen world around us.

Date: Sunday Feb 18th Time: 9.30am – 4.30pm
Cost: \$75 per person. BYO lunch and a pack of Doreen Virtue cards for basic reading. Enquiries welcome and bookings to Elise Clancy 38011448 or 0414 528 613

METAPHYSICAL HEALING: TOOLS & PRACTICES

Learn to become a healer or expand your skills! A complete course in understanding principles of energy field healing and intuitive channeling. Powerful and gentle using the chakra system; clear old energy patterns; understand the power of sound therapy; use colour therapy; crystals and more. Find out about current earth changes, your direction and your part to play. This comprehensive ONE DAY course will give you deepened insights into the human and earth condition, offering ways to help and heal.

Date: Sunday March 11th Time: 9.00am – 5.00pm
Cost: \$150 per person. Folder & all notes are included. BYO lunch.
Enquiries welcome and bookings to Elise Clancy 38011448 or 0414 528 613

ENABLING SPIRITUAL AWARENESS & SUPPORT

For more information about this workshop, please contact Jen Barrkman.

Date: Saturday 31st March Time: 9.30am – 3.30pm
Phone Jen 3358 5453 Email jbarrkmanj1@optusnet.com.au

Ready To Make Changes ...

- Sad or lonely?
- Hurt?
- Unhappy?
- Lost?
- Emotionally blocked?

Don't put it off -
do it today!

For specialised personal &
relationship solutions,
contact

Carole Harvey
0421 348 472

cjharvey@bigpond.com

Activities

YOGA

Feel peaceful, relaxed and energized as you gently journey within to re-connect with self on many levels. Limited numbers – please book early.

Date: Starting Fri 2nd Feb till 30th March (final session is not at Womenspace)

Time: 9.15 -10.45am

Cost: \$12 perm \$15 casual

Bookings and enquiries: Livia 3264 7520 or 0400 654991 or livia10@bigpond.com.au

SUPPORT GROUP – BREAKING THE SILENCE

A support group for women who have experienced sexual violence and abuse meets at Womenspace on the first Friday of each month.

Date: Starts Fri 2nd February

Time: 11.00 am – 12.30pm

Gold coin donation. Bookings not necessary.

DREAMWORK

Dreams are agents of change. When we listen to dreams, they lead us into our deeper, interior, undiscovered world. "Deeper means that a stronger and more enriching bond has been forged between our inner and outer life" David Richo in "Letting the Light Through".

Individual dreamwork with an experienced facilitator, continues to be available at Womenspace. This is an opportunity to share your dream in a safe and private place and to use some processes that could open out the dream for your personal enrichment.

All enquires to Mary Long on 33594640.

The fee is \$30 or a donation. All money goes to Womenspace.

Mary is also planning to start a Dream Group this year. It will require a commitment of 6 months regular attendance at Sacred Hour on the first Friday of every month. Sacred Hour is held between 1.30 -2.30 every Friday. The Dream Group may go half an hour longer, depending on the group's agreement. Enquiries to Mary on 33594640. A gold coin is the usual donation after Sacred Hour.

Welcome your dreams AND record them.

TAROT PLAY

Megan Williams is a trained Counsellor, Human Resources Consultant and Tarot enthusiast who has studied under tarot masters both in Australia and overseas. Megan uses the tarot as a tool for personal growth and integrates tarot readings into her counselling work.

Whether we read the cards for others or for ourselves, playing with the cards through games and activities can be an excellent way to deepen our experience of the cards and develop our interpretative skills. Whether you are an experienced reader or starting out, join us for an afternoon of tarot play and meet other tarot enthusiasts.

Bring your tarot deck and some afternoon tea to share.

Fee: \$5

(as a donation to Womenspace).

Dates 2 – 4pm, Saturdays 17th Feb, 10th March, 14th April

Enquiries to Megan Williams

0411 510 676.

EXPLORING MOVEMENT

This group gives an opportunity for any woman, regardless of age, to take time out to connect more deeply with herself. We give encouragement to our body to explore in space, using dance, movement, and music in the beautiful setting of Womenspace.

By nurturing body and soul together comes new delight in the senses as well as finding a release from too much thinking. There is fun in discovering dance movement therapy.

We can activate our own healing process through the inner wisdom held in our body, and recognise our own creativity in movement. It gives us a new practice of self

discovery and awareness. Try *Exploring Movement* in February.

Dates: Wed 28th Feb

(Introductory Session)

Wednesdays - 21st March, 28th

March, 4th April, 11th April

Time: 10 – 11.30am

Cost: \$5 or donation

(Proceeds to Womenspace)

Enquiries: Christine Fensham

3392 1246

PERSONAL DOWSING

Are you seeking a feeling of well-being, inner peace and balance in your life? Would the qualities of clear thinking, focus and discernment benefit you? Do you want to feel more relaxed and experience a renewed zest for life? This is what DOWSING offers.

Dowsing is a powerful gift of the Universe. It is a modality that allows us to connect to the energy vibration that is all around us with amazing accuracy and results. Using intent, our minds connect to a Higher Source and we become conduits that allow energy to flow. Negative experiences throughout our life leave imprints or blockages in the energy fields that surround our physical body. These blockages will eventually attack our physical body and inhibit healthy and balanced development. Through dowsing, the imprints can be located and cleared, allowing positive energy to again flow throughout the fields. There are many energy field levels that can be cleared, including the 20 basic fields, the 20 higher fields, the outer fields, and the chakras. The body is now able to do what it does best, that is, to heal itself.

To experience this amazing healing modality or for more information about dowsing,

Contact: Di Gamble 33554126.

Your investment: \$60 for 1 hour

General info

FINANCIAL SUPPORT

Have you considered making a regular contribution in support and appreciation of Womenspace? Direct debit is an easy way to do this. Phone and ask for a form to be sent to you or pick one up when you're next at Womenspace. Your financial support is very important to help ensure that Womenspace continues to provide a safe and sacred place for women.

If you are not able to make a regular financial contribution, you could consider becoming a member. Your annual membership fee of \$30 /\$10 will assist in maintaining Womenspace.

LIBRARY

The library continues to be a vibrant place. Books cover subjects relevant to our members.

We have titles on - *Women's issues, Religion - women's issues, Ritual & Meditation, Feminism, Spirituality, Feminist spirituality, Health & healing, Self-help & personal growth, Relationships & sexuality, Biography, Fiction.*

There is a limited number of tapes, CDs and videos on the above topics. Donations of suitable material are always welcome. All women may use the library. Borrowing is also available to members of Womenspace.

VOLUNTEERS

Volunteers are always needed to ensure the efficient running and maintenance of Womenspace. If you would like to assist in some way, please contact coordinator@womenspace.org.au or phone 3357 7444.

Assistance is needed in areas of

- Office administration • Event organisation
- Publicity & promotions • Fundraising
- Hospitality & catering • Networking
- Gardening • Cleaning •

Maintenance/handywoman

ROOM HIRE

Womenspace is an ideal venue for your workshops, meetings, training and seminars. For more information and details of room hire fees, please request a brochure from coordinator@womenspace.org.au or 3357 7444.

EMAIL UPDATES

This newsletter is produced three times a year. If you are a member of Womenspace, the newsletters will be posted to you free of charge if you request them. Non-members may have newsletters posted to them for \$10 per year. The newsletter is also emailed to those who request electronic newsletters only and to all on the weekly email update list. Other events and information frequently come in between newsletters and so we also produce a weekly email update.

If you would like to receive this free of charge, please email coordinator@womenspace.org.au requesting your name be added to the list.

WS CONSULTING

WS Consulting is a professional team offering spiritually based skills to organisations and communities

WORKSHOPS/ TRAINING DAYS

- Finding Spirit in your workplace
- Leadership as a spiritual task
- Values clarification
- Building connected teams
- Development of strategic plans, mission statements, vision and goals
- Creating spiritually healthy organisations.

PROFESSIONAL SKILLS

- Mentoring and professional supervision
- Coaching for leaders and managers
- Counselling and spiritual guidance.

RITUALS FOR SIGNIFICANT EVENTS

- We can help you design your own rituals to bring meaning into your life and work.

PAMPER DAYS FOR MANAGEMENT AND STAFF

- Massage, relaxation techniques
- Other holistic therapies

For further information

Contact: Glenys McChesney-Clark at Womenspace Phone: 3357 7444

coordinator@womenspace.org.au

Programme in Brief

Date	Activity	Page
January		
21	Reiki Workshop	6
February		
02	Yoga	8
02	Sexual Abuse Support Group	8
02	Sacred Hour	3
03	Prehistoric European Matrifocal Religion	6
06	Understanding Menopause	6
07	Soul Time	3
09	Yoga	8
09	Sacred Hour	3
09	Conversation Circle	3
09	The Gift Introductory Circle	7
16	Yoga	8
16	Sacred Hour	3
17	Group Art Making	2
17	Tarot Play	8
18	Develop Your Intuition	7
23	Yoga	8
23	Sacred Hour	3
25	Reiki 1	6
28	Exploring Movement (Intro)	8
March		
02	Yoga	8
02	Sexual Abuse Support Group	8
02	Sacred Hour	3
04	Open House	2
06	Understanding Hormones & Weight	6
07	Soul Time	3
09	Yoga	8
09	Sacred Hour	3
10	Tarot Play	8
11	Metaphysical Healing	7
16	Yoga	8
16	Sacred Hour	3
18	Autumn Equinox Ritual	3
21	Exploring Movement	8
23	Yoga	8
23	Sacred Hour	3
28	Exploring Movement	8
30	Sacred Hour	3
31	Enabling Spiritual Awareness	7
April		
01	WS Wanderers' Bus Trip	4
03	Creating amazing energy in your body	7
04	Exploring Movement	8
04	Soul Time	3
07	Language of Symbol in Ancient Religion	6
11	Exploring Movement	8
12	Girls, Girls, Girls	2
13	Sacred Hour	3
14	Tarot Play	8
21	Women's Garage Sale	5
27	Yoga	8

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Stirling Hinchliffe MP,
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