

# Connections: A Womyn's Monthly

Vol 1 #9; December, 1995

Halifax, N.S.

## Women and Spirituality



### Yin and Yang

This classic Chinese emblem of conjoined female (yin) and male (yang) powers is known throughout the world and interpreted as cyclic alternation of all sorts of dualities: light and dark, summer and winter, good and evil, youth and age, earth and heaven, war and peace, sleep and walking, birth and death, and so on ad infinitum. Since each lobe contains a spot of the opposite colour, we are cleverly reminded that every half of a dualistic pair contains something of its opposite within its heart.

—From pg 17 of *The Woman's Dictionary of Symbols and Sacred Objects*  
by Barbara G. Walker.

### Table of Contents

Calendher .....	4	Festivals/Events .....	18
December .....	4	Spirituality-Paula Arsenault ....	20
In the New Year .....	6	Spirituality-Udita .....	21
Monthly/Weekly .....	8	Beauty of Silence .....	22
Might you be interested? .....	9	Role of the Snake .....	24
Women and Spirituality .....	12	Midwinter Solstice .....	24
Written/Audio/Visual .....	12	How might you... ..	26
Groups .....	17	Female Images .....	26

## Editorial:

---

Happy Holidays Everyone!!!

Before you begin to peruse your way through this month's edition of Connections: A Womyn's Monthly (I just realized that the words "A Womyn's Monthly" sounds more like were talking about menstrual cycles than a publication. Oh well!) As I was saying, before you begin to work your way through this issue I want to state up front that the information contained herein does not necessarily reflect the particular beliefs of those involved in putting it together.

This month's topic is spirituality and because there is a plethora of information on the organized religions in the world, the issue would have been enormous had we tried to include information from each of them. Therefore, in doing the research the subject title used was spirituality and not religion and so you have the results of that particular research. If you are offended or bothered feel free to let us know or if you have anything to contribute to the next issue we would love to hear from you.

As I began... Happy Holidays to all! And please take time for yourselves to feel peace and enjoy who you are and who you want to be. See you in the new year!

\*\*\*\*\*

A sincere thank you goes out to all our supporters: readers/subscribers, contributors, and advertisers. A special thanks to those companies who have donated their resources and time to help us do the research and distribution. We know we can be a nuisance when we come looking for something from you and appreciate your help.

## Subscriptions:

---

If you would like to receive this newsletter in the mail, subscriptions are ONLY \$15.00 a year - to cover shipping costs. It's costing a small fortune to ship the bulk orders around the province too, so if you'd like to send a little extra, we would not mind.

## Contacts:

---

Debbie Mathers  
5419 Roome St.  
Halifax, N.S.  
B3K 2L6

902-453-9475 (phone)

902-453-9475 (fax, but you must phone first)

E-Mail: [Debbie\\_E\\_Mathers@bbs.mmcs.com](mailto:Debbie_E_Mathers@bbs.mmcs.com)

or [ab218@ccn.cs.dal.ca](mailto:ab218@ccn.cs.dal.ca)

Kelly Dixon  
22 Canaan Ave.  
Kentville, N.S.

B4N 2A6

902-679-1051 (Call collect)

## Advertising:

---

Please support our advertisers. They're essential to the existence of this publication and help us pay photocopying costs, phone bills, travel and mailing expenses.

back cover (4 3/4 x 7 1/2) — \$100;

full page inside (4 1/2 x 7 1/2)— \$80;

half page inside (4 1/2 x 3 1/2) — \$40;

quarter page inside (4 1/2 x 1 3/4) — \$20.

## Some of the places where you can get Connections

---

all women's centres in NS

Atlantic News, Morris Street, Halifax, NS

Daily Grind, Spring Garden Road, Halifax, NS

Dalhousie Women's Centre, Dalhousie University, Halifax, NS

Eos Fine Foods, Wolfville, NS

Fresh Start Bed & Breakfast, Gottingen Street, Halifax, NS

Mary Janes Alternative Tastes, 1313 Hollis St, Halifax, NS

Murray Manor, Joan Semple, Yarmouth, NS

Nice & Natural, old Tower's Mall, New Minas, NS

Maggie's Place, Family Resource Centre, 129 Arthur St, Truro, NS

NSACSW, 202-6169 Quinpool Road, Halifax, NS

Odd Book, Wolfville, NS

Planned Parenthood, Quinpool Road, Halifax, NS

Red Herring Co-op, 1578 Argyle Street, Halifax, NS

Seekhers, 324 Main St, Wolfville, NS

Stonewall, Halifax, NS

Women Aware, Port Hawkesbury, NS

Women's Network, Charlottetown, PEI

## Next issues

---

We are currently looking for information on the following topics for the next three months.

January: Women in Business

February: Women of Colour

March: Resources for Women

If you have any information or know of any resources on any of these subjects, please contact us. We'd love to hear from you.

# CALENDHER

If you know of events of interest to womyn to be included in next month's Calendher, please let us know. We believe this could be one of the most useful sections of Connections: A Womyn's Monthly, but it will only work if you send us stuff!

## Announcements


Help Deb and Kelly plan, research, and distribute our next issue of Connections. Call Deb at 453-9475 or Kelly at 679-1051.

Since 1991, women's groups around the world have been organization public events and actions on November 25 to December 10 in observance of the 16 Days of Activism Against Gender Violence. Locally, the Women's Action Coalition of N.S. will mark this period with its sixth annual Purple Ribbon Campaign. Provincial campaign chairperson Marian McDonald is seeking volunteers to assemble and distribute ribbon displays in their local workplaces, churches, businesses, and other public meeting places. Volunteers may also help to organize observances in their communities on December 6, the National Day of Remembrance and Action on Violence Against Women. Call Marian at 673-3464 or the Advisory Council at 424-8662 or 1-800-565-8662. Please support the campaign by buying and wearing a purple ribbon in your community.

## December

**December 6:** National Day of Remembrance and Action on Violence Against Women. Commemorating the tragic deaths of 14 women on this date in Montreal in 1989.

**December 6:** Memorial service at NS College of Art and Design.



**Akala Point**

Box 1627 RR#1  
Tantallon, Nova Scotia  
B0J 3J0  
902 • 823-2160

*...offers weekends  
and holidays for  
individuals and  
groups focusing on  
Eco-awareness.*

**December 6:** Memorial service at Dalhousie University Student Union Building, Green Room. Call Susan Brasseur at 494-1137 for info.

**December 6:** A commemoration will be held at Province House at 9:00 a.m. There will be a ceremony in the foyer of Province House followed by flag-lowering on the South Lawn.

**December 7:** Nibble & Natter: Sponsored by NS Advisory Council on the Status of Women and Canadian Congress for Learning Opportunities for Women. 4 - 6 pm, Suite 202 Quinpool Centre, 6169 Quinpool Road, Halifax. RSVP to Elaine Casey at 479-0771 or Susan Jackson at 423-6815.

**December 7:** 25th Anniversary of the Report of the Royal Commission on the Status of Women. This landmark report in the history of women's equality in Canada was published in 1970.

**December 8:** Women's Future & Creativity Centre holds a Women's Great Moon Gathering at Khyber Arts Centre, Barrington St, Halifax. Call Tessa Mendel, 429-8202 for info.


**December 8, 2-6 p.m.:** Annual Open House, Society of Deaf and Hard of Hearing Nova Scotians. at 1660 Hollis St, Suite 306. RSVP 422-7130.

**December 10:** Human Rights Day. Celebrates the anniversary of the Universal Declaration of Human Rights proclaimed in 1948.

**December 12, 7:00 pm:** "Bartering in the 90's". Presenter Tasso Dikaios, InterAct Barter Exchange. At the Bedford Library, Dartmouth Rd, Bedford (between Bank of M. and the Chickenburger) Cost \$10, \$4 students. Please pre-register at 457-6449. Sponsored by the MSVU Centre for Women in Business.

**December 12-15:** Dance madness: Dance contests, prizes and fun. Stonewall, 1560 Hollis St., Halifax.

**December 17:** Xmas Belles: A Xmas show to bring on the cheer. Stonewall, 1560 Hollis St, Halifax.



**Holiday Events**

**Dec 17:** Xmas Belles: A Xmas show to bring on the cheer

**Dec 31:** "Count Down to 96" Food, Entertainment & More (\$14 advance tickets at the bar)

*"A safe place for us to meet"*

Dining Room & Lounge  
1560 Hollis Street, Halifax, N.S.  
425-2166

**December 19:** Cash Prize Trivia Night. Stonewall, 1560 Hollis St., Halifax.

**December 26:** Stonewall Boxing Day Sale. Stonewall, 1560 Hollis St., Halifax.

**December 29:** Deadline for material to be included in the next issue of Women's Writes, The Newsletter of the Nova Scotia Advisory Council on the Status of Women. If you would like to receive the newsletter in the mail, please call 424-8662 or 1-800-565-8662 or write NSACSW, PO Box 745, Halifax, N.S. B3J 2T3.

**December 31:** New Year's Eve Women's Dance at the Bullpen Lounge, 5184 Sackville St., Halifax. 8:30 pm - 3 am. Tickets \$13 advance, \$17 at the door. (See ad in this issue.)

**December 31:** Count Down to '96. Tickets \$14 advance. Stonewall, 1560 Hollis St., Halifax.

## In the New Year

**January 10:** Meeting of Lesbians in Business. 7 pm. Second Cup Coffee Shop, Spring Garden at Queen St, Halifax. Contact Andrea D'Sylva, 423-9006 for info.

**January 11:** Cat in the Hat Night: wear a smart or funny chapeau. Prizes.

## New Year's Eve Women's Dance

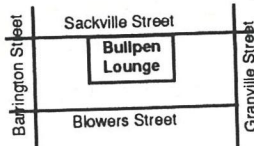
### The Bullpen Lounge

(formerly known as Secretary's Bar)  
5184 Sackville Street, Halifax

*Ours exclusively for the evening!*  
**8:30 pm - 3 am**

Special appearance by **Earthwitch!**  
9:30-10:30

- Shooter Specials
- Pool Tables
- Party Favours
- Door Prizes



#### Tickets available:

Red Herring Books  
Entitlement Books  
Stonewall Tavern

Advance: \$13  
Door: \$17  
or call 423-0264

Must be 19 years or older

10 pm. Stonewall, 1560 Hollis St., Halifax.

**January 18:** Feminism and POints of View, lecture by Kathleen Shannon, filmmaker. 7:30 pm. Auditorium D, Seaton Academic Centre, Mount St Vincent University. Halifax.

**January 21:** Red Hot and Blue Night: Wear original denims or decorate them. Prizes. Stonewall, 1560 Hollis St., Halifax.

**January 31:** Last day to get nominations in for First Annual Stonewall Cultural Awards, to be held March 10. Details at bar. Stonewall, 1560 Hollis St., Halifax.

**March 7:** Aboriginal Women in the Oral Tradition, lecture by Maria Campbell, writer/playwright. 7:30 pm. Auditorium D, Seaton Academic Centre, Mount St Vincent University. Halifax.

**April 26-28:** Body Consciousness Through Belly Dancing at Akala Point, Box 1627, RR #1, Tantallon, NS, B0J 3J0, 902-823-2160.

**May 10-12:** Mothers and Daughters at Akala Point, Box 1627, RR #1, Tantallon, NS, B0J 3J0, 902-823-2160.

**May 17-19:** Adult Survivors of Childhood Sexual Assault at Akala Point, Box 1627, RR #1, Tantallon, NS, B0J 3J0. Contact Eastwind (902) 422-3760 for info.

These are trying times for women's organizations. Often, we feel isolated and discouraged....

*Let's get together for some fun!*

The Nova Scotia Advisory Council on the Status of Women and the Canadian Congress for Learning Opportunities for Women invite you to join us to

### *Nibble and Natter*

4:00-6:00 pm, Thursday, December 7th  
Suite 202, Quinpool Centre  
6169 Quinpool Road, Halifax

RSVP to Elaine Casey at 479-0771 or Susan Jackson at 423-6815.

June 21-23: Honoring the Ripeness of Women, of Summer at Akala Point, Box 1627, RR #1, Tantallon, NS, B0J 3J0, 902-823-2160.

June 38-July 1: Lesbian Fair, live entertainment, dance, workshops & more. To get on mailing lists, send SASE with name and address to N. McNamara, RR #1, Scotsburn, N.S. B0K 1R0. (This is a drug-, alcohol-, s&m-free event.) Registration fee to be announced. (See also Might You Be Interested section.)

## Monthly/Weekly Meetings

Every Tuesday evening: Lesbian singing group near Pictou. 7-9 pm. Call 485-8526 for info.

1st Sunday of the month: Pictou County Lesbian Brunch Club. 10:30 ish at local (Pictou area) restaurants. Call 485-8526 for info.

Every Saturday. N.S. OUTLine. The toll-free queer youth line is now available from 5:30 - 9:30 p.m. at 1-800-566-2437.

2nd Sunday of each month. Juka (N.S. Black Lesbian, Gay, and Bi Association). Call 429-7922 for details.

Every Sunday. Safe Harbour MCC. 7:30 pm in the Universalist Unitarian Church, 5500 Inglis St., Hfx. Call 454-2522.

Every Sunday. Truro Lesbian Support Group. 7 pm. 897-6722 for info.

Every Monday. Halifax Gay AA. 8:30 p.m. at St. Mary's Basilica. Spring Garden Rd., Hfx. Call 461-1119 for details.

2nd and 4th Monday. Humans Against Homophobia. Meets from 5:30 - 7:00 in Rm #302 Dal Sub, University Ave, Hfx. All sexual/gender orientations welcome. Call 494-6662.

Women's Recovery Support Group meets Tuesdays 6-7:30 pm. 4th Floor Lord Nelson Bldg, Drug Dependency Office, 5675 Spring Garden Road. Hfx. Contact Kathleen Howell, 424-5920.

### Subscribe to *Wayves*

Atlantic Canada's ONLY Publication  
for lesbian, gay, bisexual and transgendered people

Subscriptions are \$20 per year, to cover first class mail in an unmarked brown envelope. Amounts in excess of the subscription cost are gratefully received as donations to Wayves. Send your check or money order to:

Subscriptions, RPO Box 34090, Halifax, NS, B3J 3S1

The Wayves mailing list is confidential and is not traded or sold.

Outlet. Lesbians, gays, and bi's meet 1st and 3rd Tuesday in Wolfville. Charlene 542-2287 Ext. 140.

Women's Group for Young Lesbian and Bisexual Women (25 & under). First & third Tuesday of the month. Drop-in/social from 6-7 pm. Meeting at 7 pm at Planned Parenthood NS offices, 6156 Quinpool Rd., Hfx. Call Maura 492-0444 for info.

North Branch Women's Group. Wednesdays at 10 am. Join us at the North Branch Library on Wednesday mornings for two hours of friendly conversation, film, and discussion on what affects you. All women welcome! For further information contact Tina Robertson at 421-6987.

FLAG general meeting. 2nd Wednesday of each month. 7 pm, Rm F108 of the Science Library Concourse, UNB campus, Fredericton. Phone 457-2156 for details.

NGALE General Meeting. 2nd Wednesday. 7:30 pm at Newfoundland and Labrador AIDS Committee offices, 347 Duckworth St, 6th floor, St. John's. Bring a friend. 579-8656.

Last Wednesday. Central Nova Lesbians and Gays Group regular meeting. Call 893-2579 for details.

GLAS (Gays and Lesbian Association for Support) every 1st and 3rd Sat. 7:30 pm in the Student Common Rm. Grenfell College, Corner Brook. 634-1066 for more info.

## Might you be interested?!

Volunteers are needed:

- to work shifts at the Red Herring Co-op Bookstore, 1578 Argyle St., Halifax. (902) 422-5087 or drop by.
- to help work in the Planned Parenthood Metro Clinic office, clinic, resource centre, education program and more. You don't need to be an expert. They need people from various backgrounds. For more

Organic Vegetarian Foods



Alternative Foods For All Dietary Needs

LAURA Bishop 860-2915 6250 Quinpool Rd, Halifax NS

info talk to the staff or call 455-9656 (Janice or Lisa)  
 - to help us plan, research, write or distribute our next issue of Connections. Call Deb at 453-9475 or Kelly at 679-1051.

Looking for Lesbian Entrepreneurs with services or wares to buy/sell/exchange at Lesbian Fair, June 29, Pictou Co. Book space by Jan 1. Apply in writing with name, address, phone number, your particular ware or service. (See also Calendher events June 28-July 1)

Looking for environmentally sensitive women-positive people for the purpose of forming a support group. Contact Johanna Cash at 7 Frederick Ave, Halifax, N.S., B3N 2K3.

A project to explore the abuse of parents by their teenage children. The aim is to find out more about parent abuse, and to collect information about what resources are needed by parents, teens, and support people in order for the abuse to end. If your willing to be interviewed about your experiences please call Barbara Cottrell, project coordinator at 454-4801.

Atlantic Women's Fishnet. Is a network of women in the Atlantic provinces concerned about the fishery and the current crises in our coastal communities. Women's voices have been excluded from government, research and planning in regard to the fishery. We operate as a collective



JEWELLRY AND GIFTABLES

Previously Imports Unlimited, we offer a great selection of jewellery from all over the world. Stirling silver & Baltic amber are our specialities!

Ten years in this same location, we travel to distant lands in search of the unusual and tasteful, and things such as metal candlestands, scented oil lamps, art nouveau lamps, glassware and pottery from Mexico, whimsical wood carvings of cats, dogs and frogs, Chinese health balls, and beautiful candles are but a few of the things that adorn our shelves!

**One location only.**

**5189 Sackville St., just below Barrington St.,  
 Downtown Halifax. 429-6693  
 A great discovery for the urban explorer!**

and would like to hear from groups and individuals who are interested in exchanging information and working together to help each coastal community weather the fisheries crisis. Contact: Brenda Morash. 40 Scott's Rd., McGrath's Cove, N.S. B0J 3L0

*Thanks, Great Ocean Natural Foods,  
 6112 Quinpool Road, Halifax,  
 for your donation.*

## Fresh Start bed & breakfast



*A comfortable, century-old house with an informal atmosphere.  
 The teapot is always on. Breakfast as you like it.*

*Situated directly across from Admiralty House Museum. Within walking distance of Citadel Hill, Fort Needham Park and the historic Halifax Waterfront. Leave your car with us and take Metro Transit to many other interesting places.*

*PLUS... Special events and theme weekends during the winter months.*

**HOSTS:** Innis & Sheila MacDonald  
 2720 Gottingen St., Halifax, B3K3C7  
 (902) 453-6616

**OPEN ALL YEAR**  
 No Smoking

**TAROT  
 READINGS**



**CHAKRA  
 READINGS**

**NADINE  
 485-8526**

**Gift  
 CERTIFICATES  
 Available**



**LINDA WEEKS B.SC., PHARM., R.M.T.  
 REGISTERED MASSAGE THERAPIST**

For appointment or inquiry please call  
 (902) 429-3443

*Treat Yourself! Bring this ad in for 20% off  
 your first 30 minute or one hour massage!*

# Women and Spirituality

## Written/Audio/Visual Material, etc.

### Books available from Red Herring Bookstore

*When God Was a Woman*, Merlin Stone \$17.95

The story of the most ancient of religions, the religion of the Goddess and the role this ancient worship played in Judeo-Christian attitudes toward women.

*Gaia and God*, Rosemary Radford Ruether \$18.00

*Gaia and God* addresses the human-centred focus of Western Christian culture and the ways in which its inter-related systems of domination imperil our planet's survival.

*Women's Spirituality, Women's Lives*, Judith Ochshorn and Ellen Cole \$22.50

A wonderful fusion of spiritual practice, psychotherapeutic insight, and feminist theologizing melded together through women's distinctive ways of experiencing the divine.

*A History of Pagan Europe*, Prudence Jones and Nigel Pennick \$33.95

*A History of Pagan Europe* is the first comprehensive study of its kind and establishes Paganism as a persistent force in European history with a profound influence on modern thinking.

*Women's Medicine Ways*, Marcia Starck \$18.95

*Women's Medicine Ways* presents material from various traditions as a way to learn about birthing, puberty, menopause, crossing over and to inspire us to create ceremonies to honour these times.

Your source of alternative reading materials



**Red Herring  
Co-op Bookstore**

1578 Argyle Street  
Halifax, N.S.

(902) 422-5087

**Come in for your holiday shopping!**

### Other materials

*Goddess Remembered, The Burning Times, Full Circle.* The Women and Spirituality Series of films are available from NFB or can be borrowed from the Nova Scotia Advisory Council on the Status of Women on Quinpool Rd in Halifax. Three excellent, must see films!!

*The Woman's Encyclopedia of Myths and Secrets and The Woman's Dictionary of Symbols and Sacred Objects*, both by Barbara G. Walker are fascinating and educational tools which can be purchased from bookstores or borrowed from The N.S. Advisory Council on the Status of Women on Quinpool Rd in Halifax.

*Circle Network News*, P.O. Box 219, Mt. Horeb, WI 53572, 608-924-2216 From Circle, a legally recognized Wiccan Church with worldwide ministry that includes networking, festivals, healing, herb-crafting, counseling, workshops, residential training programs, legal marriage ceremonies, speaking tours, other services.

*SheTotem*, a womyn's magic newsletter, P.O. Box 27465, San Antonio, TX 78227. Published by Council of the Blue Moon. Eclectic tending toward Dianic. Runs a lending library, and consider themselves service-minded to the Pagan community; womyn only.

*Of A Like Mind Newspaper*: P.O. Box 6021, Madison, WI. 53716, 608-838-8629: An International organization of spiritual womyn following positive paths to spiritual growth, provides services specially designed to network and aid communication among like-minded womyn; womyn only. Computerized bank of womyn who are community contacts for their areas, a networking hot line for quick referral, a quarterly newspaper, and a source book of contacts within the womyn's spiritual community.

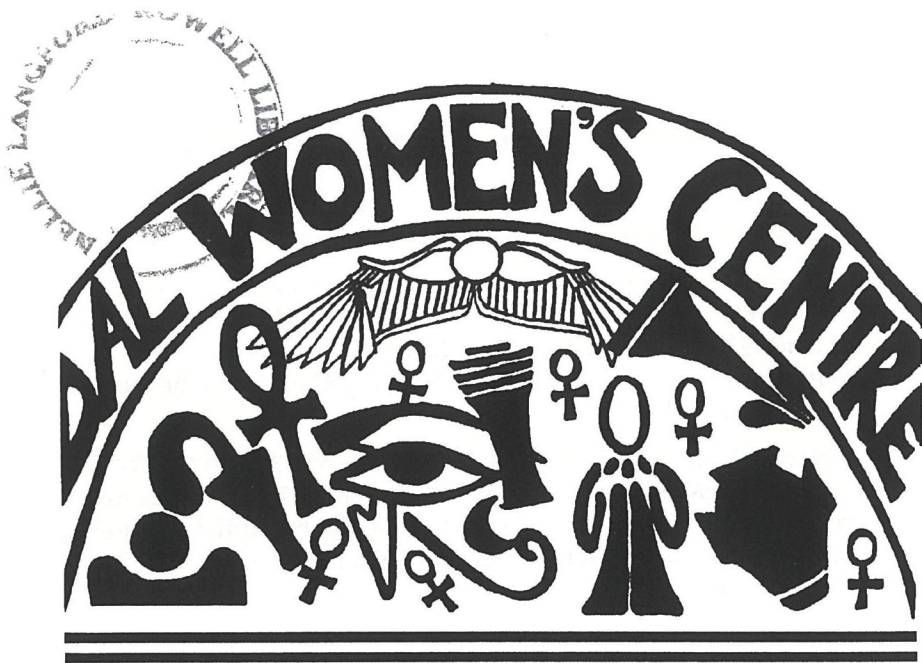
*The Gaia Catalog*: 1400 Shattuck Ave., #9, Berkeley, CA, 94709: a source for woman spirit resources and artistic creations; listings include audio tapes, bookstores, clothing and jewelry, music, tarot, and unique gifts.



**HARD TO FIND, HARDER TO LEAVE**

A specialty bookstore, small in size, big in ideas. We specialize in women's issues, gender issues, psychology and fiction. Our selection will satisfy and surprise.

5640 Spring Garden Road, 2nd floor, Spring Garden Place,  
Halifax, N.S., B3J 3M7 (1-902) 429-3318



## December 1995

December is always a slow month for the Dalhousie Women's Centre. As the term comes to a close and exams approach, the DWC takes some time to relax and reflect on the year.

In May we began negotiations for a new home for the Centre. By August we were in full transition, moving into our new location at 1229 LeMarchant Street August 28. The DWC is still settling in but all of our services have been reimplemented.

This term the Centre greeted 32 volunteers and was managed by another eight volunteers. As always, we employed two students who will continue with the DWC until May of 1996. We are very pleased, and grateful, for the support we have received over the past four months. In particular we would like to thank the Dalhousie faculty, staff, and students, and the DSU. Thank you for your support. Happy Holidays. We look forward to seeing you in the New Year.

## Schedule of Events

December 6 — Memorial Service for the 14 women who were murdered at L'Ecole Polytechnique in Montreal in 1989. For more information, please call Ms. Susan Brasseur at 494-1137

December 15 — Exams end. The DWC is closed for the holidays. We will re-open January 4, 1996.

**Happy Holidays  
from all of us  
at the  
Dalhousie Women's  
Centre!**

### **VOLUNTEERS**

If you are interested in volunteering at the DWC, please call Kelly in the New Year. The Centre will be holding a training session for all new volunteers in January. We look forward to hearing from you.

494-2432



**Thesmophoria, Susan B. Anthony Coven: #1**, P.O. Box 11363, Oakland, CA 94611: focused on feminist wicca as the new women's religion. Articles, letters, reviews, a local events calendar, ads, poetry, and graphics. Write for sample.

**Heartsong Review**: P.O. Box 1084, Cottage Grove, OR 97424: a resource guide for new age music of the spirit, written by and for consumers. Includes detailed reviews of music in many styles and spiritual orientations. \$4 for sample.

**Visionary Publishing, Inc.** To order calendars, notecards, books, portfolios and music, get a full colour catalog from P.O. Box 3285, Palm Beach, FL 33480 Phone 407-966-4190 or Fax 407-967-3694

**Magical Blend Magazine** P.O. Box 600 Chico, California 95927-0600  
Subs: 4 issues \$17, 8/\$29, 12/\$39, 20/\$49 Back issues are available. Their statement of purpose is "The transformative journey, Magical Blend accepts the premise that society is undergoing a fundamental transformation. A new world view is being born, and whether this birth is to be an easy or difficult one will depend largely upon the individual..."  
Magical Blend will follow this transformation. "We endorse no one pathway to spiritual growth, but attempt to explore many alternative possibilities to help transform the planet."

**Free Numerology/Tarot Information** SASE or \$1.00 : Numerology Etc., Box 7431-MB, Van Nuys, CA 91409.

**Wild Witches Don't Get The Blues**: Copyright 1991/92, Fiona Morgan Daughters of the Moon Publishing, P.O. Box 83, Forestville, CA 95436. (707) 829-5248

Also of the Moon Tarot Cards

**Free Brochure**. Astrology Works, P.O. Box 651, West Fargo, ND 58078

**Book Catalog**: New/Used/Rare. Esoterica. Metaphysics. Alternative Science, Survival Manuals. The space Between 1-800-887-7178 or e-mail SpaceBooks@aol.com

*seekers*  
IMPORTS

*A place to visit, browse, seek, find*  
*Birkenstocks • Clothing • Jewellery*  
*Accessories • Local Folk Art*

Box 677, 324 Main Street  
Wolfville, NS B0P 1X0  
Ph: 542-5055 Fax: 681-1579

Deb Harvey  
Joanne Garby  
Sherry Brown

**Interpret Your Own Dreams!** For a new video call for a free info package. 1-800-878-0951 or write to A K Dreamweaver. Dept M. POB 1048, Mundelein, IL 60060.

## GROUPS

**Hollyhock Seminars, Workshops, and Holidays** for the spirit, including visits from Starhawk. P.O. Box 127 Mansons Landing, Cortes Island, B.C. V0P 1K0 Fax 604-935-6424 or phone 1-800-933-6339

**Circle**: P.O. Box 219, Mt. Horeb, WI 53572; 608-924-2216: Legally recognized Wiccan Church with worldwide ministry that includes networking, festivals, healing, herb-crafting, counseling, workshops, residential training programs, legal marriage ceremonies, speaking tours, other services; publishes Circle Network News

**Circle of Aradia**: 4111 Lincoln Blvd. #211, Marina del Rey, CA 90292; A group of feminist activist women in the Dianic Tradition; open rituals several times a year for the women's community; sponsors occasional events and workshops.

**Council of the Blue Moon**: P.O. Box 27465, San Antonio, TX 78227; Eclectic tending toward Dianic; publishes SheTotem, a womyn's magic newsletter; runs a lending library, and consider themselves service-minded to the Pagan community; womyn only.

**Of A Like Mind**: P.O. Box 6021, Madison, WI 53716, 608-838-8629: An International organization of spiritual womyn following positive paths to spiritual growth, provides services specially designed to network and aid communication among like-minded womyn; publishes Of A Like Mind newspaper; womyn only. Computerized bank of womyn who are community contacts for their areas, a networking hot line for quick referral, a quarterly newspaper, and a source book of contacts within the womyn's spiritual community.

**Pagans for Peace Network**: P.O. Box 6531 Station A, Toronto, Ont. M5W

**E. Ruth Cummins, M.S.W.**

Registered Social Worker

**902-838-3352**

Box 2484, 135 Kent St., Charlottetown, P.E.I. C1A 8C2

**Counselling  
Consulting**

*Serving the  
P.E.I. Community*

1X4: A loose network of politically involved Pagans and Witches active in peace, environmental, feminist, Native, and other movements; mixed.

## FESTIVALS/EVENTS

(These dates are for 1995. Check with organizers for 1996 dates.)

### MAY

May 19-22: International Gala Festival: Celebration of goddess culture and Beltane in Santa Cruz, CA. Workshops, rituals, dances, music. Write c/o Women's Spirituality Forum PO Box 11363, Oakland, CA 94611 or call 510-444-7724.

May (TBA): Ancient Ways Festival at Harbin Hot Springs: Sponsored by Ancient Ways store. Mixed gender and orientations. Annual 4-day spring festival of pan-pagan rituals, workshops and music. Lesbian and gay campsite is available. call 510-653-3244.

TBA: Sharing Spirit/Sharing Skills: Women's spirituality conference. Also Stonehaven Goddess Program throughout the year with workshops at Stonehaven Ranch outside Austin, TX. Write Of a Like Mind, Box 6021, Madison, WI 53716 or call 608-255-5092.

### JUNE

TBA: Pagan Spirit Gathering in SW Wisconsin: Mixed gender and orientations. Week-long summer solstice celebration. Workshops, rituals,



Take a Festive Journey  
& Enjoy the Endless  
Eclectic Surroundings  
Found at "The Fish"

**Featuring:**  
Boldly Tempered Metal...  
Interesting Jewellery...  
Folk Art... Baltic Amber...  
Hilltribe Designs...



the hydrostone market • 5521 young street  
902-454-fish  
Open 7 days a week

child care, magical marketplace. Lesbian/gay lunch. Primitive camping - no electricity. Write c/o Circle Sanctuary, PO Box 219, Mt. Horeb, WI 53572 or call 608-924-2216.

### AUGUST

TBA: Elderflower Womenspirit Festival in the Mendocino Woodlands, CA: Earth-centred spirituality retreat, reasonably priced, volunteer-run. Write PO Box 31627, San Francisco, CA 94131 or call 415-285-5669.

### SEPTEMBER

Sept 3-5: Womongathering in Pocono Mts, PA: Women's spirituality fest. Write RR5, Box 185, Franklinville, NJ 08322 or call 609-694-2037/TTY: 301-598-9035

TBA: Festival of the Goddess in Monterey, CA: Speakers, workshops, rituals, performance, arts, and more. Sponsored by In the Grove of the Goddess Magazine. call 408-424-5525.

### OCTOBER

TBA: Spiritfest: 3-day women's spirituality festival. c/o Hensen Productions, 1806 Curcor Dr., Gulfport, MS 39507 or call 601-896-3196

PERIODIC EVENTS/FESTIVALS needing more information....

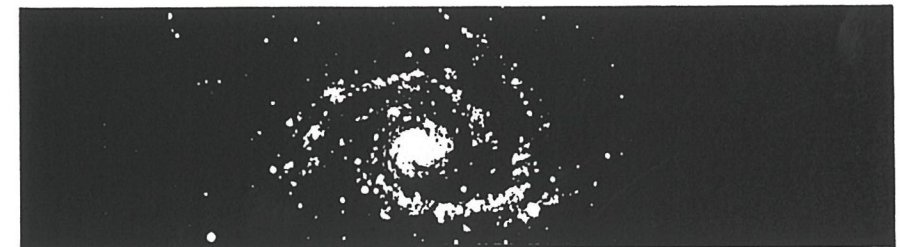
**Mankato Women's Spirituality Conference:** MSU Box 64, Mankato State U. Mankato, MN 56001

**Grandmother Moon Weekend/Sacred Earth Journeys:** Women's spirituality retreats. Box 314, Sedona AZ 86336.

**Covenant of the Goddess Grand Council and Festival:** P.O. Box 1226, Berkeley CA 94704

**Womyn and Witchcraft: Dianic Wicca Conference:** P.O. Box 6021, Madison, WI 53716

**Pagan Spirit Gathering:** P.O. Box 219, Mt. Horeb, WI 53572



**Wynne Jordan**  
Astrologer  
D.F. Astrol. S.

2450 John Street  
Halifax, N.S.  
B3K 4K7 Canada  
Tel: (902) 422-6328

## Spirituality — Paula Arsenault

These days I am re-discovering the sacred chaos; drawn to Kali, Vampires, Gypsies, and Dirt. There are no glamour queens here, and "all that glitters isn't gold". I have run screaming ahead of the angel worshipping masses, and covered my eyes as playing pagans cavorted in glee. I am busy digging out a spirituality that does not deny the dark. "We need the darkness to see the light" - a quote from a recent Star Trek show. Spirituality is tough work. It means research and understanding, digging as deep as you can go.

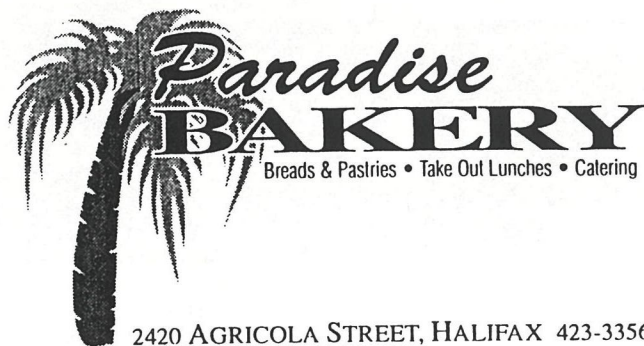
I suggest we do not lose sight of the work and cleaning we have to do in the inner and outer environment. For inspiration and an occasional lift, talk to your grannies, blood relations, spirit beings, or borrowed ones. Then talk to the girls, and really listen, they still have wisdom if the system hasn't worn them down yet.

I recommend watching the spiritual trilogy from The National Film Board. Another excellent film from NFB is "Earthwalk". You can view them with some friends to cut the cost of renting, or sit in the NFB viewing room at little or no cost.

Spiritual books are hard to find at the library; they are often out, lost or in deep space. If you can afford to buy, I recommend books by Diane Stein. Her approach is gentle and easy to understand.

There are some interesting religious organizations to check out, and I list only a few: The Quakers, Spiritual Science Fellowship, Safe Harbour Community Church... What is important to remember when checking out a group is to go with your gut feeling and if you feel weird, get out!

My deepest wish for us as women is the ability and capacity to accept each other as we are, wherever we are, supporting and encouraging each other to explore our total womanly potential.



2420 AGRICOLA STREET, HALIFAX 423-3356

"There was a time when you were not a slave, remember that. You walked alone, full of laughter, you bathed bare bellied. You say you have lost all recollection of it, remember. ... You say there are no words to describe this time, you say it does not exist. But remember. Make an effort to remember. Or, failing that, invent.

—Monique Wittig *Les Guérillères*

## Spirituality — Udita Sparks

Spirituality means many things for many different people. I do not wish to argue or convince any one as to what spirituality should or should not mean. For myself, spirituality means to have a path towards the inmost self. It is an inner passion, an inner cry which, if we follow it, changes our lives. It is a yearning to know what Truth is. Why are we here? To what purpose our existence.

To have full understanding of Truth requires more than chanting a mantra or doing invocations. The spiritual journey is just that, a journey. It's like climbing a mountain. Just because you bought the equipment and read the books doesn't qualify you as a mountain climber. I would suggest to anyone interested in spiritual truth to learn how to meditate. Meditation is a basic tool for self perception. All teachings use some method of meditation.

Through meditation we learn to clear the mind so we can listen to the "voice within". By listening to your "inner self" you will also recognize when "untruth" is present and be protected. Your inner being or soul can guide you to the books, people and teachers where you will learn what you need to. Once you know how to listen to your inner self; Trust the directions it leads you in.

Read all you can on spiritual matters. Once you have read about various approaches to spirituality you will see that there are a variety of ways of applying these truths. How do you live the truths you discover? Like anything, self-discovery is easier if you can associate with others of

**RED**  
**EARTH**  
Ceramics

2393 Agricola Street  
Halifax, Nova Scotia  
B3K 4B8  
(902) 423-0244

An Open Studio producing one of a kind  
pottery and ceramic objects. Specializing  
in handcrafted majolica earthenware.

the same inclination or have a teacher who has themselves learned the inner path. To find a teacher or "guru" can be of tremendous assistance.

A spiritual person recognizes that all true paths are equally as valid as their own, but before making your selection be informed. In my teachers words, "Not all berries are edible. Likewise not all teachers are ones for seekers to flock to."

To anyone who sincerely inquires "the way" that "way" will be shown. Sincerity is the seekers protection in the maze of "spiritual" groups.

\* \* \*

Udita Sparks has been a student of spiritual master Sri Chinmoy for over 20 years and gives classes in the practice of meditation. To anyone interested in learning how to meditate please call 453-6955. Classes are free and on-going. Udita is a freelance illustrator and graphic designer who lives and works in Halifax, N.S.

## The Beauty of Silence

Excerpts from Exploring The Beauty of Silence by Van R. Ault, an article in Magical Blend magazine Issue 44.

My friend and I were driving along in the car on day and neither of us was saying anything. As the trip lengthened to forty minutes, I commented that it was interesting how we'd not exchanged a single audible word for that duration. "That's what I really like about you," my friend responded. "We can be together and not have to say anything." It made me pay closer attention to the special beauty of silence and how unusual it is to honor it in life. I concluded that silence is every bit as potent a communication as any sound, word, or thought that is spoken aloud, and that exploring silence can be enriching in many ways.

It's not always easy just to be with another person in silence. Perhaps you've noticed the awkwardness that sometimes arises, particularly when you don't want to be there or you feel compelled to say something but don't know where to start. Silence can be almost like a vast, open, or frightening place that one could get lost in. Many people probably find that filling up that space with conversation brings a sense of security. Or they discover how constant repartee with others can help subside uncomfortable emotions so that they don't have to be felt so vividly. Silence, I have found, enables more than superficial perceptions to emerge. When fully embraced and appreciated, silence can help you to be more aware, sensitive, and a good deal more thoughtful about what you actually want to create in your life.

The culture we inhabit is challenged with issues around noise and the need for serenity in daily life. There is an overload of external stimuli to

prevent us from enjoying peace and quiet. These distractions are not only auditory, but visual and kinesthetic, too, thanks to the mass media. In urban areas, it can be almost impossible to escape such perpetual input. There's always something grabbing for your attention, so that you need never be fully present with yourself if you don't want to.

My mother showed me, by example, how television can be used that way. She had four TV's in her home, and from the time she awoke in the morning until bedtime, at least one of the sets was always on. Unless she left the house, she almost never took a moment away from the TV's incessant input. Of course, she didn't attentively watch it non-stop all day long. Indeed, I seldom saw her be entertained by television. She mainly used the TV as a companion which droned hour after hour in the background.

I often wondered what Mom's experience would have been had she shut off the TV's for one whole day ... or seven consecutive days. What would she have learned about herself, with only silence as her companion?

Would she have confronted the boredom and loneliness of her world, or the emotional conflicts within her? Would those feelings have been intolerable without TV's distracting help? I never got the chance to find out, as my mother went through most of her dying process with the televisions blaring away.

Silence can be a fertile energy field in which new possibilities take root and sprout... A deliberate time of silence before commencing work, play, study, intimacy, or travel can highlight the activity meaningfully and bring you into full engagement with it.

Quiet times, right after awakening in the morning and last thing at night, can also be valuable experiences. Upon awakening, you sit in silence for ten minutes, being with yourself consciously, before shifting into the activities awaiting you. Taking that same opportunity at bedtime can

### **Mary Janes's Alternative Tastes** **A Most Unusual Food Store**

**Fresh food to go from our own kitchen**  
**Natural Foods • Organic Produce • Coffee & Teas • Herbs & Spices**  
**Vitamins & Roger • & More & More**

**1313 Hollis St.**

**421-1313 • Open Every Day**

allow you to release the day's tension and open the gateway to more peaceful sleep.

"Silence is golden" is an old cliché, yet indicative of a deep, unifying principle that can be explored and expressed throughout daily life. Though it may seem that your busy schedule leaves little time for quiet, you can create your own ways to bring silent moments into your experience. The more deeply you explore silence, the more gifts it can give you, until you realize that its beauty is so rich and deep that mere words could never fully describe it.

## The snake in Mother Goddess religion

"It was in Crete that the snake aspect of the Mother Goddess religion reached its highest development, and there the beautiful remains of a great civilization have been unearthed. The snake in Cretan society represented the wisdom of the goddess and was associated with life, death, and regeneration. Venerated as a protector of the household, the snake was also considered the reincarnation of a dead family member. Special rooms equipped with snake tubes (which enabled snakes to travel through the house) were found in many homes."

—Judy Chicago, *The Dinner Party*  
from *Return of the Great Goddess* edited by Burleigh Mutén

## Midwinter Solstice

(December 21) From Pg 118 of *Women's Rituals a Sourcebook* by Barbara G. Walker. ©1990. This is only a part of the ritual written in her book. If you'd like to read more the book is available at the NS Advisory Council on the Status of Women on Quinpool Rd in Halifax. Above Wendy's.

This solstice is the year's shortest day and longest night, a circumstance that caused the ancients considerable anxiety. They worried each year that the sun might not be able to gain its warmth back again. (In north-



### *a rebirth of the sacred*

Goddess and Earth oriented  
books ♀ jewellery ♀ music  
tarot and runes ♀ and more

1645 Barrington St.  
Halifax, N.S., B3J 1Z9  
(902) 423-1313

ern countries, the onset of doomsday was believed to be marked by continuous winter for three full years.) Midwinter festivals therefore centered around the idea of rebirth, to assist the "newborn" sun to grow in strength when it emerged from the dark womb of night.

As for the Vernal Equinox (where reconception occurred nine months after the god's death), prepare the Antiphonal Chant:

N: What is this night?

S: It is the night of the Midwinter Solstice.

E: What is the meaning of this night?

W: It is a peak of power.

N: What is the element that rules this night?

S: Tonight the darkness reaches the limit of its power over light.

E: After this night of power, what is the element that will wane?

W: From this night forward, the darkness will wane and the light will grow.

N: How do we recognize ourselves on this night?

S: We greet the moon and glory in the darkness.

E: Who helps us?

W: Our Goddess helps us.

N: What is our Goddess?

S: She is the cold of space, the lightless womb of existence, the deepest abyss.

E: Who is our Goddess?

W: She is the Virgin of Light, the Crone of Darkness, the Mother of Time.

N: Where is our Goddess?

S: She is in our hearts in all seasons of the turning year.

E: Who is our Goddess?

W: Behold, she is ourselves.

The theme of this solstice is birth - or rather rebirth - with emphasis on the divine birthgiver rather than on the one who is born, as in the Christian revision.

It is also a good time to find ways of overcoming patriarchally instilled fears of feminine darkness, through realizing the hidden gestations necessary to all manifestations of brilliance or enlightenment. This can be symbolized in many ways: facing and dancing with one's own shadow; retiring under a covering like the Sun Maiden in order to come forth again; lighting new candles; looking "backward" through one's own legs; turning away from the circle in silence and solitude for a short space of meditation, the returning with joyful singing.

Decorating a tree, giving gifts (especially to children), burning a Yule log, harvesting mistletoe, and hanging up evergreen boughs were all purely pagan practices that came gradually into Christian tradition. Any modification of these practices could be reclaimed, therefore, in a solstice celebration.

## How might your life be different...

How might your life have been different if there had been a place for you . . . a place of women, where you were received and affirmed? A place where other women, perhaps somewhat older, had been affirmed before you, each in her time, affirmed, as she struggled to become more truly herself.

A place where, after the fires were lighted, and the drumming, and the silence, there would be a hush of expectancy filling the entire chamber . . . a knowing that each woman there was leaving old conformity to find her self . . . a sense that all of womanhood stood on a threshold.

And if, during the hush, the other women, slightly older, had helped you to trust your own becoming . . . to trust it and quietly and prayerfully to nurture it.

How might your life be different?

Judith Duerk, *Circle of Stones*  
from *Return of the Great Goddess* edited by Burleigh Mutén

## Female images in Goddess Religion

"Over the last one hundred years, some one thousand engravings, reliefs, and sculptures of female images have been found, dating from c. 30,000-9000 BC. Such figurines are found across a vast area of Europe, from Siberia and the Ukraine to Germany, France, and Italy. This means that for more than twenty thousand years, a Great Goddess existed in our mythic and religious imagination, art, rituals, and lives. What these images tell us is that in earliest periods of human consciousness, the creative impulse was imagined as female.

**A GREAT GIFT FOR YOURSELF OR SOMEONE ELSE:**

### Connections: A Womyn's Monthly

a lesbian-positive information/resource newsletter for women

**Subscriptions \$15/12 issues.**

Mail check or money order (made out to Kelly Dixon) to:

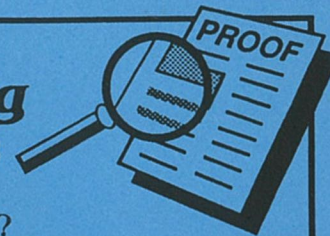
**Connections, 5419 Roome St.  
Halifax, N.S. B3K 2L6**



...In coal, bone, and stone, her body is sculpted with great egg shapes—breast, belly, and buttocks—images of fullness and potential becoming."

—Patricia Reis, *Through the Goddess: A Woman's Way of Healing*  
from *Return of the Great Goddess* edited by Burleigh Mutén

## Desktop publishing and office services



### Overwhelmed? Too much work?

A demanding workload can bog down any operation. You're getting behind. MacAmazing has the computer resources and the experience to help you when there's too much to do.

### Special project? Presentation?

Give your important documents the attention they deserve. Stay on top of what you already have to do and use our resources to complete extra tasks.

### Need print design or production?

Combining copy and graphics in a fashion that's visually appealing and easy to read is important if you are to make an impact. MacAmazing knows how to make your print look good.

### Tight budget? Cost conscious?

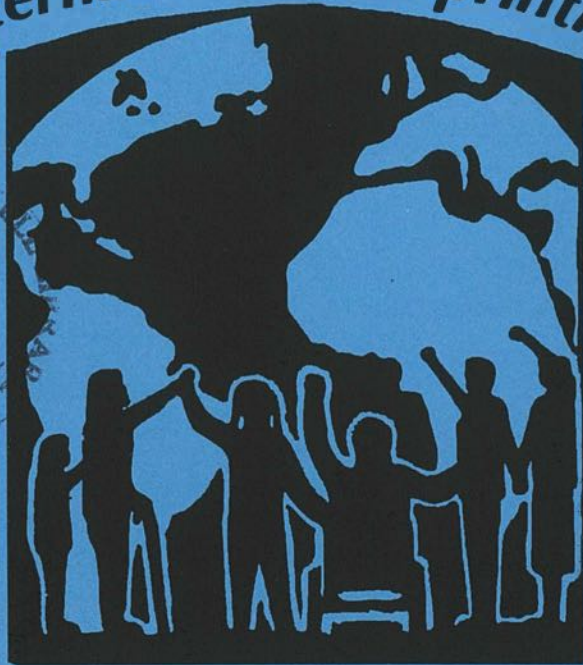
MacAmazing can save you money *and* be flexible and responsive. It's a home-based business that passes its savings on to you.

### MacAmazing can help you

- ad and page layout, business forms, book design
- conference & special event planning
- brochures, flyers, newsletters, newspaper supplements
- typing, proofreading, graphs & charts
- mailing lists, mail preparation & data entry
- writing services, office help
- Mac tutor

*Debbie Mathers*  
**902-453-9475**

# Alternative Screenprinting



## **Alternative Screenprinting**

**(902) 679-1051**

For your group, organization, team, circle of close friends, family, etc. *Alternative Screenprinting* is the choice for your T-shirt, sweat-wear, uniforms, banners, jackets, crests,

etc. In operation since February 1990, I offer high quality work with a quick completion time at competitive prices, and I do all I can to accommodate your needs, including pick-up and delivery. As a political activist screenprinter, I maintain a policy of refusing any artwork that promotes any form of hatred or bigotry or supports drug or alcohol use.

For inquiries, orders, or questions, call Kelly (collect) at 679-1051. Or stop by for a visit. Kentville is really not THAT far away!!!

**Alternative Screenprinting**  
**(902) 679-1051**