



# GRANDMOTHERS CIRCLE OF NEWS



A Loving Newsletter

Volume 21: Number 2 Summer 2015

*Laughing with Spirit: Dance Yourself Silly ... Cha, cha, cha!*

is the 2015 theme for the 22nd Gathering of  
the Arizona Council of Grandmothers



THALIA

daily life. They initiate us into the mystery of who we are, and are models of healthy feminine.

The Muses' names are given to us by Greek Mythology. Many cultures have their equivalent, although the Greek forms are the most widely known. **Thalia** is the Muse of comedy, the bringer of celebrations and festivities through the spirit of joy, laughter and play. She points the way to the joyful expression and unfolding of our gifts and talents. Shakespeare revealed the gift of vision that is often found in comedy when he wrote: "Jesters do oft prove prophets."

**Thalia** is committed to infusing us with insight and unexpected vision

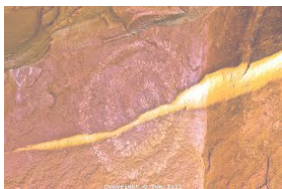
so that we can create the experience of delight and happiness in our lives by developing and enhancing our sense of humor and our instinct for play.

She announces her presence when we laugh, play, celebrate, and create good mischief together. **Thalia** unifies, includes, reconciles, surprises and delights. She brings comfort and emotional release when there is tension, misunderstanding and hardship. When we are amused, we have been touched by **Thalia**, who reassures us that our concerns are temporary or can be handled with more humor and curiosity."

(Excerpts from: **The Nine Muses: A Mythological Path to Creativity** by Angeles Arrien)

## Dear Grandmothers, Friends and Relatives ...

We have been blessed with a cool, wet, and breezy spring this year here in the Cochise Stronghold in southeast Arizona. A few days ago the temperatures started rising here in the desert, and I already feel this very dry heat taking all the water from my cells. I have to remember what they say about drinking at least 8 glasses of water a day! Remember this is The Summer Solstice time of the year, and there is a great potential for dancing, singing, praying and celebrating!



In the Fall of 2012 Joanne and I accepted to be the Weavers of the Newsletter, and since then we have published nine issues. The Grandmothers Circle of News has been the web that has kept the Grandmothers connected for twenty-one years. Everyone who has published the Newsletter during this time has done so on a volunteer basis. We, too, are honored to be able to serve the web of Grandmothers in this way.

At this time I would like to say that everything that has appeared in the Newsletter ... articles, images, quotes, etc. ... have been totally selected by me, as the editor.

Sometimes Grandmothers send notes, commending the Newsletter or thanking us; and sometimes they send letters, articles, updates, poems, photographs, artwork ...

We are thankful to Grandmothers Judy-O, Robbie Lapp, Irene Walden, B. Campbell and others who keep all of us informed about the health, lives, and projects of our greater Grandmothers Community; I always try to include that information in the Newsletter, even

though many Grandmothers receive this information via e-mail as well.

Personally, I wish to say, I have been sharing information that I thought was interesting, valuable and meaningful to include in the Newsletter.

When editing material for the Newsletter, I like to use the "Four Way Test" that the Rotarians ask us to consider regarding the things we think, say, or do.

Is it True? Is it Kind?

Is it Necessary?

Will it be Beneficial to all concerned?

I also ask myself, in a very subjective way, if what I'm going to share contributes to the wholeness and happiness of our community.

Last November Grandmother Mary Brown sent in an eight-page article, entitled "*The Heart Was Made For Other Things: A Reflection on the Practice of Heart Coherence.*" She requested that it be included in the Winter/Spring edition of the Newsletter. Besides being very lengthy, I didn't view a considerable portion of the content as being appropriate for the Newsletter. So I edited her piece by following the thread of her title.

I am sincerely sorry that I edited her piece without first communicating to her my editorial perspective.

I apologized to her for this and, as an amateur editor, I will strive not to make this mistake again.

I would like to thank Mary Brown for bringing this issue to our attention, and please if you are so inclined, visit Mary's blog ([eastcenterwest.blogspot.com/](http://eastcenterwest.blogspot.com/)) where you can read the whole article.

I also wish to extend my apologies to any other Grandmothers whose submissions I may have edited without first communicating with them.

This situation, however, brought us to question ... What is the real purpose of the Newsletter? What do the

Grandmothers want to see in the Newsletter? How can we preserve and continue to cultivate the interconnectedness that we create as we participate together in the Grandmothers Gatherings? What is pertinent and appropriate to put in the Newsletter and what is not?

So we reached out to the Grandmothers with some questions via e-mail, and we got some answers. One main focus of the responses was the desire of the Grandmothers to hear more about each other's lives ... and encouraging Grandmothers to share their wisdom, spirit, stories, health, play, art, music ... and more!

Another wonderful idea that came through many responses was to interview the Council of Elders from our 2014 Arizona Grandmothers Gathering. With the help of Allegra, Nancy Masland, Judy-O, we came up with a few questions that our lovely Grandmothers were so graceful to answer. We couldn't get in touch with Grandmother Fran Abbot ... perhaps we'll have her answers in the next issue. However ... Irene, Nancy, Barb, and Ursula shared a bit of their wisdom and humor, and we are very grateful to them for taking the time to do so!

So, right now we would like to invite you ALL to send responses to the questions posed to the Elders in this issue, or perhaps you would like to share a good question? Also, on page 11 there are a few questions that you might want to consider answering for publication in future issues of the Newsletter. Remember that your words have power and will make a difference in people's lives. Answers to questions such as these are definitely what our Grandmothers have expressed they want to hear.

On another note ... I would like to share our experience at the

Eagle/Quetzal/Condor Gathering where Indigenous Elders from North, Central, and South America united with Wisdom Keepers and Planetary Advocates from around the world for a historic event in Sedona, Arizona, April 17-19.

The Gathering was inspired by Adam Yellow Bird, son of Arizona Grandmother Shayna Tovah DeArmon. Shayna played a major role in organizing the Gathering, and we are so grateful to her for pouring her heart and soul into making this event a great success.

Yellow Bird has walked the Earth, praying for Unity and Understanding. Eighteen years ago, with the support of Grandmother Laura Espinosa and others in Baja California, he brought to life his vision of the "Earth Dance," a beautiful Ceremony that is still taking place today. For the past two years this Dance has been held in a new sacred space on land donated by Mexican Abuela Margarita Nuñez in Tapalpa, near Guadalajara. La Abuela Margarita, descendant and healer from the Maya and Chichimeca people, brings a message of love and spirituality linked to the Earth through the Divine Feminine. Known and respected among Indigenous Circles around the world, Abuela Margarita has become a strong voice for the women, as she promotes their value as generators and transformers of society. The Earth Dance is now taking place twice a year because of the enormous interest that the Mexican people have had in joining together in Ceremony. The next International Earth Dance will be held in October, 2015. Grandmother Laura and her assistant Lupita Acuña shared with us some of the songs and prayers that are offered during this Ceremony for the healing of the Earth and for the healing of our hearts and for the recognition that We are One ... that we are all Family ... and that we are here to take care of one another. We often recognized songs that Laura and Lupita sang in Spanish, that we actually know and sing in English!

Grandmother Laura conducts "Bio-Dance" (healing through dance) -- as well as "Dream Blanket" -- workshops, and we are inspired to bring her to our little community here, hopefully sometime in September. If you are interested, please let us know and will share the details of the workshops she will be offering.



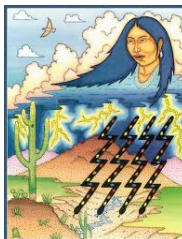
Lupita Acuña, Katherine Brando, Margarita Acosta, Carolyn Putman, Abuela Laura Espinoza, our hostess that evening - Judy Maloney, Abuela Margarita Nuñez, Shayna Tovah, Gabriela, and Joanne Weiner

At the Eagle/Quetzal/Condor Gathering I was so happy to hear the words of two Native American Grandmothers ... who will, in our next issue, share some of their wisdom. They called their presentation "Clearing the Path of Peace." They shared ancestral knowledge and stories carried in their beautiful Wampum Belts. Grandmother Gail Whitlow and Grandmother Renee Thomas are Haudenosaunee - People of the Lighthouse - the Iroquois Confederacy, comprised of Six Nations. Grandmother Gail is Mohawk, and Grandmother Renee is Cayuga; and their tribes inhabit the Eastern part of Canada and the USA. Both Grandmothers live on the Six Nations Reserve near Toronto, Ontario, Canada.



Thank you so much Grandmothers for your patience, your support, and for bearing with me as we Walk This Trail of Beauty together ...

With Great Love and Respect,



Margarita

**THE ARIZONA COUNCIL OF GRANDMOTHERS**

**Would like to thank you for your contributions to this Newsletter.**

Please send your responses, stories, poems, photographs, artwork ... to:

**GRANDMOTHERS CIRCLE OF NEWS**

Margarita Acosta and Joanne Weiner

[cochisestronghold@gmail.com](mailto:cochisestronghold@gmail.com)

P.O. Box 808, Pearce, AZ 85625

Margarita Acosta: Editor

Joanne Weiner: Editorial Consultant, Proofreader, and Photographic Editor

Allegra Ahlquist: Editorial Advisor



Standing: Grandmother Judy-O. Seated Council of Elders: Nancy Masland, Ursula Gurau, Fran Abbot, Barb Nelson (Grandma Baba) and Irene Walden.

*I was raised in a loving, religious family and attended daily vacation bible school, sunday school -- we had family devotions and easily spoke of God's leading our lives ...*

*I was confirmed Lutheran (old Augustana {Swedish} synod) and committed my life to loving and serving God, (and prayed ALL my life that HE would not send me to Africa!! - which HE didn't!!) I have served Him as best I could all my life.*

**Grandma Baba**

There's a part of me that says we are all here because we've evolved in order to live on this planet. However I have too many questions to completely believe that.

I have applied for, and hope to be included in, a spiritual direction program that many of the Grandmothers have completed. It's interdenominational, which I really like. I am eager to see the "me" who emerges from this two-year program.

**Irene Walden**

**What are you ready to renounce in your life now?**

*I am so blessed, I have NOT renounced ANYTHING in my life yet ... (except sex!! as I don't have a willing/attractive/interested partner!!)*

*I still play 18 holes of golf each week and even shot one less than my AGE not too long ago ... and I even have a JOB!! I work 3 days a week, 4 hours a day, caregiving a man living with Parkinson's ...*

*I took the job mainly because my dear sister has Parkinson's and I thought this way I could learn more about what SHE is going thru!!! I usher at about 5 different venues so*

**Words from our Grandmothers**

Our Grandmother subscribers want to hear more from our 2014 Council of Elders. Grandmothers Judy-O and Allegra came up with a few questions.

We would like to thank the Grandmothers for taking time to answer these questions and for their willingness to share their experiences and thoughts. These are the responses we got:

**What would you like to say about your spiritual life?**

My spiritual life took on intensity in 1992 when I was diagnosed with breast cancer: I was 58; since then it is primary: over mental, physical or any other well-being. Before my feet touch the ground, anytime between 2-5 a.m. I do my prayers, visualizations, meditations & know that I am embraced & at peace, come what may.

**Nancy Masland**

My names are Uschi, Ursel Marianne, Skippy, Ursela, Mom, Nana, Doma and Mima Mosheim Gurau. I like all those names because they tell me

something about all the lives I have lived these past 84 years. It feels funny to me to be called an "elder," because it's difficult for me to see myself that way. I'm too silly to be an elder, too ridiculous in my dress to feel like an elder. Only my years are proof that I am an older persona.

Basically, I am of the opinion that we live on - opening the door to another realm after our "supposed" death. Although I have no fear of dying because of this belief system, I am not ready to depart from this world yet. I haven't completed this journey on our earth plane - and still have a few mismatched clothes to wear, and lessons to learn.

Sometimes I wonder what people think when they see me.

"Why doesn't she act her age?"

"What a show-off (true!),"

"Who is she kidding?" - and then

I think - **So What?!**

It's not important what others think or how they judge you. It's only important to be who you are! And besides, it's none of my business. So, that's my spiritual belief system.

**It's okay to be me.**

**Ursula Gurau**

*see LOTS of musicals and dramas. I am liaison person for St. Francis (my faith community) and TIHAN (Tucson Interfaith Hiv/Aids Network ... I am a Stephen's Minister, I am social/welcome/welfare on the board of my Townhouse development, Spanish Village Townhomes. I volunteer for the Peace Library and the Reconciling Ministries Network at St. Francis.*

*I attend Sophia, a women's spiritual breakfast that I organized with Patrika Murphy 14 years ago!!!*

*I have attended Grandmothers Gatherings for about 10 years now and LOVE it!!!*

**Grandma Baba**

Renounce ... to all material goods ... in fact, I am downsizing to 500 square feet, 1 bedroom on a rustic Ranch ... & sending all my goods & chattels to my daughter in Omaha for her 3 daughters: 22, 20 & 16. This will happen before the September Gathering.

**Nancy Masland**

**How have the Grandmothers Gatherings impacted your life?**

I have loved having so many powerful, incredible and interesting women in my life.

**Irene Walden**

*Made deeper friendships and become more satisfied with MY gifts and confident of my ability to speak, and serve women.*

**Grandma Baba**

Gatherings have been my 'release' from intense caregiving for my daughter & husband & professional travel & work since '93.

**Nancy Masland**

**What inspires you at this time in your life?**

I am inspired by art and writing for my great grandchildren.

**Irene Walden**

*My garden ... my home ... my friends ... my job ... my successful children and grandchildren!!!*

**Grandma Baba**

I am inspired to write my book: House of Heart & Heartbreak on Mental illness; dedicated to my late daughter Betsy & to continue my mission of 'releasing potential' in all beings.

**Nancy Masland**

I am inspired by those who are able to resist complaining, those who find every day a thing of beauty, who are able to see that beauty in everything and everyone. I met a woman the other day - who was in the process of losing her eyesight. What a joyous soul she was. She now wants to have all the experiences that may elude her with failing sight ... not complaining, being a victim, but looking at all the possibilities in her life NOW. I am inspired by people like that!

I am inspired by those who can be at peace in a world of chaos.

I am inspired by those who begin anew when faced with the impossible.

I am inspired by the creators of this world - who see things out of the box - and who laugh a lot.

I am inspired by those who live "in" love.

My friend Harriette was like that. Her life was given to love, laughter and serving others. She was a wise woman, who, way past her retirement, still had tons of people visiting, asking her for advice, and finally ... at the end ... endeared us all when

she placed a Groucho Marx mask on every chair of her Memorial service. Can we ever forget her ... never!

So that's enough - probably too much of my ramblings.

On my nonexistent tombstone or possibly on the box which will hold my ashes for a little while - I would like to leave this inscription:

"LIFE IS A BUBBLE, AND DEATH IS THE PRICK THAT DONE ME IN!"

**Ursula Gurau**

**What would you like to tell young women and men?**

*WE are ALL one ... life offers us TWO choices when we make decisions ... and we can make those decisions either out of LOVE or FEAR!!! I chose LOVE!!!*

**Grandma Baba**

I would tell them to be lifelong investors in a no-load mutual fund using dollar cost averaging. This is being taught in some of the high schools today.

Also ...

*I already know what I know but I don't know*

*what other people know.*

*It's much more interesting to listen than to talk.*

Looking back on my life, I would tell everyone to work hard, play hard, get only as much sleep as you need, keep trying new things and allow yourself to be vulnerable. I believe we miss out on a lot of life if we don't allow ourselves to be vulnerable.

**Irene Walden**

I want to tell the younger ones to look ahead & have a sense of purpose, to keep revisiting it, modifying it, and sharing it. Always remembering not to take oneself too seriously.

Nancy Masland

the 50's on, with the development of ease of mentioning it, discussing it, sharing with others.

Nancy Masland

**What would you like to say to younger women (people) about your experience with pain, aging, and death?**

About pain and aging, I would tell younger people to exercise, use hypnosis, acupuncture, massage therapy, Feldenkrais, and to eat organic foods in order to keep the mind and body healthy.

And about Death ...

When I send a sympathy card I often write "I wonder what wonderful experience \_\_\_\_\_ is having right now."

I suspect we're all in for a big surprise.

Irene Walden

*It is ALL about ATTITUDE ... and I chose LOVE, not FEAR which I think BRINGS pain and death! Be POSITIVE!!! God is in charge ... NOT YOU!!!*

**Grandma Baba**

My experience with pain began early: back & neck surgery because as an athlete, I did not listen to my body, would play without warming up, not stretch afterwards. I would urge conscious exercise, nutrition, rest. Aging has been a blast for me: my 70's was my best decade ever. So many less things to have to deal with, worry about, solve. Death needs to be 'studied' from at least

**What has changed for you this past year?**

My body has always functioned for me, and my knees are not doing that very well now. Oh well!

Irene Walden

**What defining moment or moments deeply affected your spiritual life?**

*Like I previously mentioned ... my confirmation was a very important time in my teenage life ... and I took it seriously ... my church was always a very important community, with most of my friends there ... also, during the years I have taken classes and attended seminars which all have been influential in my life ... for about 6 years now, I have been a student of the Course in Miracles which is PURE spirituality (in my opinion).*

**Grandma Baba**

Deaths of pets, family, friends deeply affected my spiritual life: I am 'researching' end of life paths, & looking at lessons I have learned. Also, leading a house for women over 50 struggling with mental illness, with all the pitfalls inherent in the job.

Nancy Masland

Although I have only come to this conclusion a few years ago, my biggest spiritual "aha" was when we left Germany in June, 1939, and lived happily in Consdorf, Luxembourg until June, 1941. The Germans had invaded Luxembourg in 1940, and in

June, 1941, we Jews (there were only 4 of us in Consdorf) were told to get ready to go to a Concentration Camp in the next two days. A Guardian Angel, in the form of a Doctor of Medicine, advised us that we had to leave the little town of Consdorf, and that he would bring us across the border. And so we departed - in the middle of the night, on our magical journey from Belgium to France to Spain ... meeting Nazis on the train -- who didn't stop us -- and finally getting a passage on the last boat out of Spain - called the Villa De Madrid. And so it was that my mother, father, sister and I were on our way to the Land of Milk and Honey - where the streets were paved with gold ... America ... and my first spiritual experience.

I have called myself "lucky" all my life - and "blessed" after I learned more about spirituality. That was the hand of God, for sure. So now I am a true-blue Jewish, Unitarian, Spiritualist. What's in a name - it's all the same!

So what's the most important thing at this time of life?

Of course, that

which has always been the most important thing -- to live in the moment and to live with joy ... and to see everyone as a being of light, love and possibility.

Does that sound airy fairy?

Can I always accomplish that goal?

Of course not!!!

**Bright blessings to you all,**

**Ursula Gurau**



## THE GRANDMOTHERS SPEAK

A few weeks ago we e-mailed out a few questions asking for the Grandmothers to give us feedback regarding the purpose of the Newsletter and what they would like to see in the Newsletter. Thank you to the Grandmothers who responded.

Most of the Grandmothers expressed that they really want to be connected with each other and know what is happening in each others lives ... deaths, challenges, breakthroughs, their voices of wisdom and experience.

**Grandmothers B. Campbell and Judy-O** reminded us of the intention of the Council of Grandmothers, which is ... "to create time and place for elder women to come together to recognize their wisdom and find their voices."

**Judy-O** added: "It is for and of the Grandmothers expression. This intention is carried out in Arizona, along with similar intentions from the sister Councils, and through connections in the Circle of Grandmothers Newsletter."

\*\*\*\*\*

"At the onset of the Newsletter when Ruth Gardner was the first Weaver/ editor, it was called **Grandmothers of Cielo**. Next with GM Kit Wilson as Weaver/editor for the next 10 years, the title was expanded to **Circle of Grandmothers** and remained the same for the interim team headed up by GM Robbie Lapp; this team produced one edition, after which the Newsletter hung in the balance. Spirit called and I answered; after some trying times, the

Newsletter went forward, with a new name: **Grandmothers Circle of News**.

I share this herstory with you Margarita, Chica so dear to my heart, to say that I went forward with the Newsletter with the same vision, premise and purpose as Mary Diamond: to keep Grandmothers connected.

I also saw it as a way for Grandmothers to share their stories and wisdom and to find their voice through writing. I began an expansion on some level that YOU have taken on to the next to include things from the "outside." There are still some primary Councils that continue to meet and some that have come and gone and new ones forming - some that are in no direct way offspring of the AZ Council.

I believe we can all be connected through this Newsletter.

I would like to see more stories from, as well as life events and information about, the Grandmothers of the various Councils (and I know how hard it is to obtain these stories, having been in your shoes in the past - constant outreach - grooming, phone calls, and e-mails). Other than that - I am so happy with the presentation of the Newsletter, the outreach, the inclusion of so much more - it is wonderful. The attention to the children has been a wonderful addition, and I think something that many of the GM's can share with their own and other grandchildren.

What a great idea to send out the survey. I hope you receive plentiful responses!

~Blessings~ Much love and appreciation for all you do -

Peace and Harmony, **B. Campbell**

I would like to see more writings by & about ordinary Grandmothers, especially those who have been involved in the

Gatherings. Interviews and reports from ALL the Councils that have sprung from the original. Personal news of the Grandmothers...

**Eleanor**

Hi ... So sorry it has taken me this long to respond. I have dealt with pneumonia, bronchitis and food poisoning from ice cream since March.

I deeply appreciate you both taking on the responsibility of the newsletter for the Grandmothers. You have done beautiful work on the publication and the envelopes.

For me, the purpose of the newsletter was to keep me informed about the other Arizona Grandmothers, including those from other states who attended our Gathering, and a little about what others are or have been doing with their groups. I did not expect to have extensive articles about the other groups, as my understanding when I became part of the Grandmothers was that the newsletter was to help keep me informed about the other Grandmothers. I like the frequency of the newsletter, and I do not desire to read a children's section or info.

I know many of us are involved with children and grandchildren, but I want to know about the other Grandmothers. I subscribe to magazines which have that kind of children's info within the pages.

I know you are aware I am deeply bothered to learn that when a Grandmother submits an article, it may be condensed or somewhat rewritten. For me, that changes the voice of the one who took their precious time to send their submission to you. I know that I sent something to you a few years back.

It was not a long article, but the wording was changed.

I do believe there should be a word limit. That is only fair to both of you and to others. If someone submits an article that bothers you, then please take the time to call them and have a discussion. Each of us have different voices and different eyes, so how I hear, see and read an article will be different from another.

Creator made us that way so we might learn from one another and see different points of view. That should not be considered wrong, just different. I liked the idea that if someone submitted an article that was long, you might run it in consecutive issues.

I hope I have been a little help for you, and I again I apologize for the length of time it has taken me to respond. My prayers for the three of you. May peace, joy and light fill your days.  
Love, **Donna Caffee**

Dear Margarita and Joanne,  
I am continually pleasantly surprised with the beauty; both in content and in design, of the Circle of News. I just **feel** the love that is put in each issue. I personally would not change anything about it. I am sorry I cannot be of more help; but, I think the two of you have done a fabulous and balanced Newsletter, as I have said before.

I have a pretty big correction to make and I hope this gets to everyone in the next issue. The booklet: **REMEMBERING MARY**" was written by **Barbara and Todd Furniss, both of whom have passed on.** They were some of my Mother's oldest and dearest friends.

Thanks ahead of time for this correction. Corrections are bound

to happen, and as long as they are reported and corrected, it is fine with me. I really don't see another way of handling errors, do you?

I hope this note finds you both healthy and happy.

With much admiration ..

Love, **Judie Garnet**

(Thank you Grandmother for pointing this out to us, I have made the correction.)

I like to see pretty much what's in the Newsletter. I want to have any updates about the local gathering and its members (which you've done) each issue. It's all good!

I would say adjust the size with the news/articles submitted ... certainly no longer, could be a little shorter. I really only want the e-mail version from now on, save the trees.

In Love, **Kathryn Twinfeathers**

**Nancy and Rebecca** sent us a few ideas for the Newsletter:

"We suggest profiles of more GM's. Beginning with interviews with the Elder Council ... and on with Our Elders from the Original Council. The Weavers for 2015 ... Lorraine from Minnesota, Nancy Garrity from Alabama, Deb Scott from Arizona: about their theme, programs, how things have changed, what drives them to offer their wisdom for guidance this year?"

**Judy-O** also wrote:

I have for almost 20 years, worked with and love many of the Grandmothers from the Minnesota, Alabama and Arizona Gatherings, etc. and often wonder about their stories ... where are they now, what are they doing, creating, speaking, writing, teaching. I am interested in hearing about the many new and exciting Blessing groups that are meeting all over the world, changing the

consciousness and awareness of the people ... There is a group meeting in Boise studying the 72 names of God - one God at a time. (Grandmother Gay Sitzler started this group.)

There is another group doing Archangel Work. Sending Angels to those who wish to host them ...

The book The Brain That Changes Itself and follow-up book, The Brain's Way of Healing, show new scientific studies proving you can cure cancer, MS, Dementia, Parkinson's, strokes, etc. Firing neutrons, create new brain cells and pathways for healing ...

"Delay the Disease" is an exercise program for people with Parkinson's, it was started in Columbus, Ohio and has have positive and amazing results ...

I am fine with the frequency and size of the Newsletter but respect the editors decision to do what works. Thank you for asking, being open, and for all you do as beings.

I am only one personal voice, and tomorrow I might change my suggestions, for nothing is permanent. Continue with your beauty .....  
Catch the hugs, **Judy-O**

\*\*\*\*

Hello Margarita,

Great timing for receiving your e-mail. I have been thinking about you and Joanne and the Grandmothers and my barn at the Christine Center since we last visited there. First, I love the newsletter just as it is. I enjoy reading every article and I delight in just looking at the layout and graphics as a work of art in itself. The entire letter is visually pleasing and attracts the attention of visitors who glance at it, pick it up and read it -- always with a comment of "this is lovely" or something like that. I'm drawn not only to the newsletters, but also to the mission of the Grandmothers, and I would like to become more involved.

**Pat Conway**



Mary Frances Broderick Lundeen, 84, died on May 18, 2015, at her home in Tucson, AZ. Mary was born in East St. Louis, IL, on December



6, 1930. After the Depression, the Broderick family moved to Fargo, ND, where Mary graduated from Sacred Heart Academy in 1948. She went on to Merryville College and in 1952 earned a bachelor's degree in English from North Dakota Agricultural College. Mary taught English in Fort Morgan, CO, for two years. She then moved to Fergus Falls, MN, where the young teacher met William Frederick Lundeen. Mary was preceded in death by her husband. A Service for Mary, beloved mother, grandmother and friend, was held in Tucson at The Tucson Botanical Gardens, Porter Hall, at 11:00 a.m. on Friday, May 22, 2015.

\*\*\*\*\*

Marion Sinclair at the ripe NEW age of 91 had her hip replaced on March 18th and is doing great ... back in Bisbee. She had her rehab at the same place that Paula Olch was, and she enjoyed the visits of several Grandmothers while there.

Judy-O

\*\*\*\*\*

Nancy Masland's husband Bill passed into the Spirit World on May 8th, and we had the opportunity to circle with a small group of Grandmothers after the beautiful Memorial Service. We brought the Sacred Grandmother Bundle that always helps us with our processes of grief and praise so that we can create the path to the stars for our dearly beloveds as they leave this Earth plane.



Rebecca Redelsheimer is out of rehab, still has problems breathing and pain from 5 broken ribs.

She is in good spirits!

You can write to her at:

**11322 Hash Knife Circle,  
Tucson, AZ 85749**

\*\*\*\*\*

Thank you Grandma B. for letting us know that Grandmother Nonine Anderson from Tucson, Arizona had a hip replacement recently at age 84 and is doing great.

\*\*\*\*\*

Connie Spittler is the Grandmother who produced and edited the original Grandmother videos with Mary Diamond, Allegra, etc. and was a Grandmother involved during those first years.

Judy-O

Dear Margarita:

I've been with the Grandmothers since Mary Diamond's first Gathering, and my interest is in keeping up and communicating with like-minded women. So I enjoy information and writing by any and all grandmothers who send in their activities and inspirations. For example, I absolutely love the decorated envelopes and have shown them to many others.

So special. So beautiful.

So Grandmother inspired.

As far as frequencies, I let that be determined by the editors and the time/energy they have to get the Newsletter out. I'm not that interested in the children

portions, but others may enjoy those segments, so that's fine. Circumstances have prevented me from attending lately, but the Newsletter keeps me involved.

In that regard, I am a published author in over 20 anthologies, with award winning nature essay books and other fiction and nonfiction volumes. See Amazon for my books. I'd love to have a review or article about my cozy mystery The Erotica Book Club for Nice Ladies (release date May 1, 2015) in the Grandmothers Newsletter. The mystery surrounds a stolen, ancient book of herbal cures, definitely inspired by the grandmothers and their herbal philosophies about healing. I rush to add that because the 3 members of the club (it's a small town) are led by a fired librarian who loves classic literature ... the erotica in the book is basically classic women authors: Emily Dickinson, Jane Austen, Elizabeth Barrett Browning. Actually those authors are in an anthology I have that is labeled erotica. So not "50 Shades of Grey." These are nice ladies. One of the members is an old gypsy farm woman who is the combination of several grandmothers I know and the favorite character of my advance readers. She has a garden of herbs, speaks to her ancestors - The Wise Women of the Past - as she mixes up her remedies. Do any of the Grandmothers write reviews? I'd send them a copy and media kit with lots of information about the book.

Let me know if review or article would be acceptable for the Newsletter.

*"As the story arc dances from one subplot to another, an underlying theme in Connie Spittler's story reminds us, we can create powerful, supportive relationships with like-minded friends."*

... from Susan Cummins Miller, author of "The Frankie McFarland Mystery Series"

My thanks to you and Joanne for your work in keeping communication among elders alive.

Connie Spittler

# NEWS FROM GRANDMOTHERS COUNCIL GATHERINGS



## GRANDMOTHERS GATHERING FOR GITCHIGAAMING (Lake Superior) August 13-16, 2015

### “Being Light ... Radiating Love”

#### Who:

Women -- especially those 45 years and older -- who may or may not have grandchildren, of all beliefs, backgrounds, races and nationalities.

GrandMothers and GrandOthers!  
Younger women are also welcome.

#### What:

Gather diverse elder women and welcome all women on a pilgrimage to Madeline Island for four days to:

- ~ Express appreciation and love to Lake Superior, (the largest body of fresh water in North America) and all water.
- ~ Gift and celebrate Lake Superior, all water, and each other as one
- ~ Create and communicate visions of Lake Superior and all waters as healthy now and for future generations.
- ~ Hold and amplify these visions into the future.

Join us for an intensive four-day retreat of small and large group circles, individual time, diverse ceremonies, laughter, deep reflection, time with the

water, healthy food, blessing and being blessed by beautiful Gitchigaaming. We are excited about our deepening awareness of the ways spirit moves through this Gathering, and it continues to inform our approach.

The theme this year is:

### “Being Light–Radiating Love”

At the Gathering, we utilize Peer Spirit Circle Process for our circle discussions from “Calling the Circle” by Christina Baldwin. We utilize “Heart Coherence Practice” from the Institute of Heart Math; we utilize the work of Dr. Masaru Emoto, “Hidden Messages in Water;” we are influenced also by Sandra Ingerman from “Walking in Light” and “Medicine for the Earth;” and we practice the Law of Attraction from Abraham–Hicks, where we focus our work on the positive aspects of appreciation and love toward the Lake and each other. Won’t you join us?

**This gathering is  
dried and alcohol free.**

#### When:

Thursday, August 13 at 12:00 p.m.  
through Sunday, August 16  
12:00–2:00 p.m.

No early arrivals please.  
Check-in begins at noon,  
you are on your own for lunch.

#### Where:

Picturesque Madeline Island Music Camp ([www.music-camp.org](http://www.music-camp.org)) on Madeline Island, the largest of 22 islands in the Apostle Island National Lakeshore Park. It is surrounded by Lake Superior and opposite of Bayfield, WI. Madeline Island is of historic, environmental, and sacred significance in this region.

#### Registration:

Your fee of \$285 covers 3 nights and 4 days of lodging (2–3 women per room), all meals and all events. **The Gathering is limited to 35 women on a first come, first serve**

**basis. Full registration must be paid with your registration information to secure a place at the Gathering.**

Space is limited so do not make travel reservations until you have received confirmation of your registration from us. Information will be sent back to you confirming your space, explaining what to bring, and other details. We expect the event to fill up very quickly and will maintain a waiting list, so please send your registration as soon as possible!

#### Cancellation Refund Policy:

Refunds will be given if requested in writing by July 15, 2015, (less a \$75 non-refundable processing fee). No refunds will be given after July 15th.

Check out our website and download your registration form at [www.grandmothersgathering.org](http://www.grandmothersgathering.org)

For more information, contact us at [info@grandmothersgathering.org](mailto:info@grandmothersgathering.org) or call Lorraine at 218-879-2288

## THE GULF COAST GRANDMOTHERS GATHERING ALABAMA, 2015

Get ready! Get set! Save the Date!  
The Gulf Coast Council of Grandmothers hopes to see you at our 17th annual

Grandmothers Gathering at Camp Beckwith in Fairhope, Alabama Sunday-Wednesday, March 20-23, 2016.

Mark your calendar and plan ahead for the joy of gathering with women of wisdom! Details will follow later this year.

*If you know of women who would be interested in our Gathering, please give them our contact information:*  
[uuruthg@gulftel.com](mailto:uuruthg@gulftel.com)

# ARIZONA COUNCIL OF GRANDMOTHERS GATHERING



22nd Annual Gathering

Sunday September 27th - Wednesday September 30th, 2015



Kenyon Ranch, near Tubac, Arizona

The Grandmother Planning Circle has been meeting and planning and we have come up with a very exciting topic for the 2015 Grandmother's Gathering  
We hope that you will join us for this joyful gathering!

Our Theme:

**“Laughing with Spirit: Dance Yourself Silly ... cha, cha, cha!”**

WHEN THE GRANDMOTHERS SPEAK, THE WORLD WILL HEAL

Once we receive your registration form we will be sending out more information.

Do let us know if you have any specific questions by emailing

[chisscott@gmail.com](mailto:chisscott@gmail.com) or [karen.eastburn56@gmail.com](mailto:karen.eastburn56@gmail.com).

Blessings,

Karen Eastburn, Registrar

## QUESTIONS FOR THE GRANDMOTHERS

O Grandmothers if you feel so inclined, please answer one or more of these or other pertinent questions so that other Grandmothers can know how you are doing and be inspired by your thoughts ... art ... prayers.

What has changed for you this past year?



Beloved Elders Marion Sinclair and Ursula Gurau

What makes you laugh, Grandma?

After living all these years ... what would you like to share with others?

Tell us about what you have learned about leaving your temporary body?

What do you hope is your legacy?

How has participation at the Gatherings changed you, your interests, views, growth?

Is there anything you would like to bring to, or change about, the Gatherings?

What are your thoughts about the future, the world?

How do you deal with grief and feelings of unworthiness?

What would you like to say to the young people? To the children? To other elders?

What event/situation/relationship has had a profound impression on your spiritual path?

Are there any regrets?

What is that simple pleasure ... that something special ...

that you quietly enjoy very much receiving ... ???

What are the Baby Grandmothers (50's- 60's) doing?

How are they being challenged?

Today, I interviewed my grandmother for part of a research paper I'm working on for my Psychology class.

When I asked her to define success in her own words, she said,

"Success is when you look back at your life and the memories make you smile."



## Who are the Grandmothers???

(Or What Did I Get Myself Into?)

We begin with a few Riddles:

We call ourselves ... THE GRANDMOTHERS,  
but some of us are Not biological Grandmothers.

We call ourselves a Council of Elder Women,

but not all of us are old;

and some of us are still working on being "Elders."

We don't have rules, but we do have some  
fiercely held traditions.

We are Not a legal entity of any sort:  
not an organization, non-profit or not-for-profit,  
although we are NOT for Profit.

There are no dues or membership cards.

So there's nothing to JOIN.

You get to be a GRANDMOTHER  
by sitting in a Circle with some of us.

Or coming to a GATHERING with a lot of us.

And you begin to feel you Belong.

(We're good at making you feel you belong.)

Our Annual Gathering fees are based solely on the cost of  
lodging, food, and incidentals.

Any extra contributions go toward scholarships.

We don't like to turn women away because of money.

In the beginning there were 16 of us.

We had a leader whose name was MARY DIAMOND



Mary was a visionary, and she had a Very Big Dream.

She heard the Native American saying:

When the Grandmothers Speak, the World Will Heal.

And she said: "I bet I can help make that happen."

Mary sent out a call to all the Elder Women  
she could think of.

She said: "Let's form a Council ... Come to my  
place: Cielo En Tierra in the desert in southern Arizona.  
Come in October for the week of the Full Moon."

Sixteen of us showed up.

We sat in a circle. We danced. We sang. We drummed.

We wove a tapestry and made poetry.

The Full Moon rose and we watched her come over the  
horizon and we created a Ceremony for her coming.

O Grandmother Moon!

We wrote a letter to the  
President of the United States.

We said: "We are a Council of Grandmothers.

We are working on Speaking Out So the  
World Will Heal."

That was 1994.

After that first year, synergy took charge. We care  
a lot about the Earth, so when we say our growing  
has been Grass Roots, we mean that quite literally.  
Even when we are in the cities, we are deeply rooted  
in Mother Earth.

Here in Arizona we have come together in Council  
every October since 1994. More and more women  
came to the Gatherings, and then more Gatherings  
were birthed. First along the Gulf Coast, and then a  
Council in the Heartland; and a Gathering in  
England, one in Texas, one in Gitchigaaming. Small  
Circles started using Grandmother Circle principles.

**Our Newsletter is part of the glue that  
holds us together.**

We have modeled ourselves on the ancient ways of  
Elders all around the world.

Sitting in a Circle,

Speaking Our Truth when we hold the Talking Piece.

This is one of our Traditions.

Early on we decided to use Christina Baldwin's  
book Calling the Circle as the blueprint for our  
Circles. For our workshops and ceremonies,  
Grandmothers who sign up for a Gathering may  
propose to lead an event. We never pay presenters.  
We want you to attend the full Gathering. Small  
Circle facilitators are Grandmothers who have  
experienced our Circles many times and trained  
themselves more deeply in Circle practices and  
principles. We rely on Spirit to guide us.  
You'll see how that works.

Our leadership rotates and emerges organically.

No elections. No Robert's Rules of Orders.

Our Planning Circle volunteers come together  
for a year.

We let Spirit and Chaos Theory

(e.g. confusion precedes integration) do the work.

If you don't understand something, just ask.

(We might not understand it either.)

If you were drawn to join us, we already love you.

**Welcome! Welcome! Welcome to the mystery and magic  
of a Grandmother Gathering.**

**Because you have chosen to join us this year,  
one more beautiful voice has been added  
to the healing of the world!**

from Grandmother Kit Wilson