



# GRANDMOTHERS CIRCLE OF NEWS



A Quarterly Newsletter

Volume 20: Number 1 Spring 2014

## TALKS WITH RELATIONS



Katra'Inya Yana Raven Ma Hana - Indigo Nation

Talks with Relations is the  
Clan Mother of the  
First Moon Cycle and is the Keeper of  
**Learning the Truth.**

You can understand this Moon  
through finding **kinship** with all life.  
Through Talks with Relations,  
the Mother of Nature,  
we learn that we are  
All Relatives in the Planetary Family.

The Tree People, Creature-teachers,  
Stone People, Cloud People  
and all Other Life Forms are  
our Sisters and Brothers.

Our Aunts and Uncles are the Four Clan Chiefs of  
Air, Earth, Water and Fire.

Our Mother is the Earth, Our Father is the Sky,  
and Our Grandparents are  
Grandmother Moon and Grandfather Sun.

To **Learn the Truth**, we must open ourselves to the vast worlds within worlds that make up all of the Great Mystery's Creation. Talks with Relations is the aspect of the Earth Mother that contains a seeking mind, a willingness to learn, and an understanding of the rhythm of each life form or area of Earth being viewed. When we accept that everything in our world is alive, we are able to access the parts of ourselves that have become numbed or deadened, and heal and revive our own aliveness.

**Kinship** speaks of having right relationships with the Creative Force, with the Self, with our Spiritual Essences, with our bodies, with family, friends, worthy opponents, and with All Our Relations in every part of the natural world. These relationships can become loving, productive situations that offer us opportunities to exchange ideas and to learn the lesson of sharing, with unity, in order to grow in truth.

This Clan Mother teaches us how to find our own rhythm, as well as teaching us how to respect the rhythms of all other things. In **Learning the Truth** we find that every life form has a Sacred Space and a Rhythm. To enter those Sacred Spaces, we are forced to learn the rhythm of the life form in question. If we learn that rhythm and ask permission, with respect, we can enter the world of those Sisters and Brothers without disturbing the natural order.

~ Wisdom Keeper ~  
 Mother of the  
 February Moon ...

She is the  
 Historian of all Earth Records,  
 Keeper of the Stone Libraries, the  
 Protectress of Sacred Tradition  
 and the  
 Guardian of the Remembering  
 the Planetary Memory.

**She teaches us how to  
 Develop the Self  
 through Honoring the Truth  
 in all things.**

She reminds us that all history is kept in the libraries of the Stone People. The history of all that has happened on our planet is forged in stone so that the body of the Earth Mother can offer tangible records to those willing to learn the language of the Stone People, who hold her memory.

She **Honors the Truth** as it is seen from each person's Sacred Point of View because all individuals experience life events in a different manner. She helps us understand that there is truth in every life form's journey.

She is the Mother of Friendship, showing us how to be a friend and how to have friends. Wisdom Keeper teaches us how to interact with others, always honoring their Sacred Spaces and Sacred Points of View, without feeling as if we must defend our own viewpoints.

As we honor our own truths, we develop our sense of Self and allow others to do the same.

Excerpts from: The 13 Original Clan Mothers  
 by Jamie Sams

As long as the grass shall grow  
 and the rivers flow



We will put other's need before greed  
 We will show love in the face of hatred and disdain  
 We'll stand firm as the mountain and flow like the living waters  
 We will protect this beautiful Mother Earth

**For All Our Relations**

**FAVORITE QUOTES FROM  
 OUR GRANDMOTHERS**

I decided to stick with love,  
 hate is too heavy a burden to bear.

~ Dr. Martin Luther King Jr.  
 (from Lisa Schrempp)



What if religion was each other?  
 Our life the practice?

What if prayer was our words,  
 earth the temple?

What if forests were our church,  
 rivers, lakes and oceans  
 our holy water?

What if the teacher was life and  
 wisdom self-knowledge?

What if love was  
 the center of our being?

~adapted from Ganga White



"Life is a test. It is only a test.  
 Had this been a real life you would  
 have been instructed where to go  
 and what to do."

This reminds me not to take my life  
 too seriously which I tend to do!  
 ( from Deborah Scott)

THE ARIZONA COUNCIL  
 OF GRANDMOTHERS

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

Please send your stories,  
 poems, photographs,  
 artwork and news to:

**GRANDMOTHERS  
 CIRCLE OF NEWS**

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 85625

Hi, I think of this often and especially  
 when I have a difficult situation  
 to work through:

"Watch your thoughts,  
 For they become words.

Choose your words,  
 For they become actions.

Understand your actions,  
 For they become habits.

Study your habits,  
 For they will become your character.

Develop your character,  
 For it becomes your destiny."

~ by Matahama Gandhi  
 (from Judie Garnet)

As once the winged energy of delight  
 carried you over childhood's dark abysses,  
 now beyond your own life build the great  
 arch of unimagined bridges.

Wonders happen if we can succeed  
 in passing through the harshest danger;  
 but only in a bright and purely granted  
 achievement can we realize the wonder.

To work with Things in the indescribable  
 relationship is not too hard for us;  
 the pattern grows more  
 intricate and subtle,  
 and being swept along is not enough.

Take your practiced powers and stretch them out until they span the chasm between two contradictions ... for the god wants to know [her]self in you.

~ Rainer Maria Rilke  
(from Angela Werneke)



People come into your life for a reason, a season or a lifetime.

When you know which one it is, you will know what to do for that Person.

When someone is in your life for a REASON,

it is usually to meet a need you have expressed.

They have come to assist you through a difficulty, to provide you with guidance and support,

To aid you physically, emotionally or spiritually.

They may seem like a godsend and they are.

They are there for the Reason you need them to be.

Then, without any wrongdoing on your part or at an inconvenient time, this person will say or do something to bring the relationship to an end.

Sometimes they die.

Sometimes they walk away.

Sometimes they act up and force you to take a stand.

What we must realize is that our need has been met, our desire fulfilled, their work is done.

The prayer you sent up has been answered and now it is time to move on.

Some people come into your life for a SEASON, because your turn has come to share, grow or learn. They bring you an experience of peace or make you laugh. They may teach you something you have never done.

They usually give you an unbelievable amount of joy ... Believe it, it is real.

But only for a Season.

LIFETIME relationships teach you lifetime lessons, things you must build upon in order to have a solid emotional foundation ...

Your job is to accept the lesson, love the person and put what you have learned to use in all other relationships and areas of your life.

It is said that love is blind but friendship is clairvoyant.

Thank you for being a part of my life, whether you were a Reason, a Season or a Lifetime.

(from Donna Caffee)



Hi Margarita, here's my quote:

O LET US LIVE IN JOY,  
LOVE AMONGST THOSE WHO HATE!  
AMONG THOSE WHO HATE,  
LET US LIVE IN LOVE.

O LET US LIVE IN JOY,  
IN HEALTH AMONGST THOSE WHO ARE ILL!  
AMONG MEN WHO ARE ILL,  
LET US LIVE IN HEALTH.

O LET US LIVE IN JOY,  
IN PEACE AMONGST THOSE WHO STRUGGLE!  
AMONG MEN WHO STRUGGLE,  
LET US LIVE IN PEACE.

O LET US LIVE IN JOY,  
ALTHOUGH HAVING NOTHING!  
IN JOY LET US LIVE LIKE SPIRITS OF LIGHT.

~ FROM THE DHAMAPADA  
(THE SAYINGS OF THE BUDDHA),  
TRANSLATED BY JUAN MASCARO

The Guest House

by Rumi

This being human is a guesthouse,  
Every morning a new arrival.

A joy, a depression, a meanness,  
Some momentary awareness comes  
As an unexpected visitor.

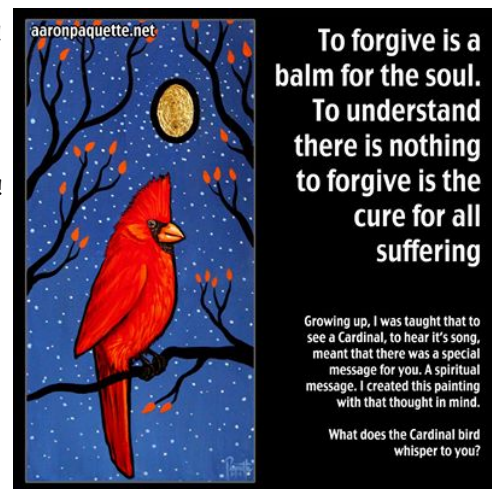
Welcome and entertain them all!  
Even if they're a crowd of sorrows,  
Who violently sweep our house  
Empty of its furniture.

Still, treat each guest honorably.  
He may be clearing you out for some  
new delight.

The dark thought, the shame,  
the malice,  
Meet them at the door laughing,  
And invite them in.

Be grateful for whoever comes,  
Because each has been sent  
As a guide from beyond.

Hugs and Blessings,  
Bobbie Goodman



To forgive is a balm for the soul. To understand there is nothing to forgive is the cure for all suffering

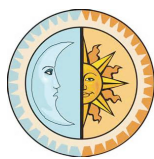
Growing up, I was taught that to see a Cardinal, to hear it's song, meant that there was a special message for you. A spiritual message. I created this painting with that thought in mind.

What does the Cardinal bird whisper to you?

NOTES FROM THE EDITOR:

SPRING 2014

Here we are, welcoming the SPRING!  
 We have been greeting  
 this new year with  
 prayers of Thanksgiving  
 for All Our Relations.



May we promote  
 understanding and peace  
 by modeling it;  
 May we recognize the abundance in our  
 lives and feel open to  
 share our gifts, talents and  
 resources freely while communicating  
 kindly and truthfully  
 within our communities,  
 with each other and with ourselves.

This SPRING has inspired us with the possibilities of creating new ways of living in this world. New educational outlooks are starting to percolate here, and I would guess that many other places in the world are experiencing this phenomenon as well.

We can see that new parents are interested in different kind of schools. They are questioning the "status quo" of oil dependency and are wanting to care for the world and for the good of the future generations of all beings that inhabit our planet. They want to know ... how can they take care of themselves, how can they be sustainable, how can they be part of a community that cares? I'm very excited because I know that this New Generation cares deeply for the Earth.

Since December 21, 2012, millions of people have been waking up to the awareness that we are much more than these bodies that carry us around. We see people everywhere who are creating and living a new paradigm. They want a different kind of world based not in fear and slavery, but in love and abundance.

We are experiencing a love frequency that is taking us, by virtue of compassion and strength, into a New World of Peace and Illumination. This reminds me of the theme of our upcoming Grandmothers Gathering in November here in Arizona:

"On the Brink of Unimaginability;  
 Questions on a Blank Canvas!"

I feel as if the world is brand new, and that there are infinite possibilities for

creating new ways of doing things that will benefit us all. And the time is now!

Last year Joanne and I made a very special journey with my two sisters and most of their families to several of the French Polynesian islands in the midst of the vast Pacific Ocean.

Tahiti and her islands had been a family dream ever since our early youth and I was so eager to go, yet ... the first day of our journey I broke my wrist! I learned many things along this fantastic journey, especially to be thankful. I was grateful that I could still walk, talk, see, smell and taste the foods and the life of the people in those beautiful islands. We will share some of our Polynesian island adventures in the next Newsletter.

Since we had already travelled so far, Joanne and I decided to extend our journey and spend a month in New Zealand. What an amazing place! You can feel the embrace of the Earth herself. She is alive and well! You can feel her smoothness under your feet, you can sense her vitality all around you. You feel Oneness. You feel the Earth holding you tight as she encounters the winds that blow in from the Pacific Ocean and the Tasman Sea, which dramatically change the weather all the time.

In Auckland, we rented a camper van, feeling a bit wary about the driving on the left side of the road! We spent our first night in the park in Puhoi, a small quaint village along a river. We woke up to the sound of birds ... and also to a bit of a commotion on the other side of the bridge by the Library. As I approached, I saw a group of Grandmothers busily bringing books out ... while others were coming from the café with trays of coffee and pastries.

They said they were getting ready to clean up after a powerful storm that had hit a couple of days before. The river had almost taken the bridge ... and had gone into the library and flooded it. We left the Grandmothers a copy of the 20th Anniversary Issue of the Newsletter and will be keeping in touch with them!

This was the beginning of a journey marked by women, by grandmothers. We would like to thank each and every one of them who guided us through spectacular Middle Earth!



The original people of New Zealand, the Maoris, still cultivate their traditions and have a strong presence in the everyday life and the decision-making in their country. They have great respect for their Ancestors, and many still see themselves not as individuals, but rather as part of the collective knowledge and experience of all their Ancestors.

We traveled all the way north to Te Rerenga-Wairua, where it is said that the souls of the departed leave this world. They leave through the roots of a lone Pohutukawa tree, which still stands there, before rejoining the Ancestral Spirits in Hawaiki. After honoring the Ancestors at Cape Renga, we left behind the heavy weight of some dynamics that were burdensome between us. This sacred act lifted us into a breathtaking hike to one of the many beautiful golden deserted beaches in New Zealand along the Tasman Sea.

In the town of Kaiokohe we met Marci, who works enthusiastically with children.



They taught us a song in Maori designed to help folks pronounce the native words correctly.

There we also met muralist Chris Wilkie, who inspired us with his paintings.



We loved the Green World Health Food Shop, where we met proprietors Mike and Shirley. Recently we heard from Mike telling us that he had "spent a fortnight with my 98 year old Mum." She still lives by herself and has all her faculties.

At the Waitangi Treaty Grounds, we met a remarkable young Maori woman, who was our very well-educated guide. She told us stories of her people. When we entered the Marae (Maori Ceremonial Community House), she sang a beautiful song for our Ancestors

and for the blessings of health and happiness for us all. It brought tears to the eyes of many in our group.



Thank you Dinnese, for your dedication and compassionate heart and for helping me with my broken wrist. It was a joy and a blessing to meet your father ... and your Uncle Leslie and Paul, who



live adjacent to a Kauri Forest where ancient, gigantic trees grow

strong, tall, and wise. We established deep connections by sharing stories about our lives and families. Thank you so much for your hospitality and friendship.

I definitely want to share with you that Mother Mary appeared to us when we were on the brink of running out of gas. She and her two children, Rutendo (Thankfulness) and Rufaro (Happiness), opened their hearts and home to us without any reservations. Mary Mupita is a midwife, originally from Zimbabwe. When we arrived at their home, she cooked us a delicious African meal. The memories we shared are still fresh in our minds!

O Mother Mary, we are so honored to have met you! You are a courageous woman, an enlightened being, full of life and love for your children and for the world.



"When I find myself in times of trouble,  
Mother Mary comes to me,  
speaking words of wisdom ...  
Let it be. "

We had an awe-inspiring experience at Te Urewera National Park, home to the Tuhoe people, or Children of the Mist. We heard from the Ranger that Lake Waikaremoana and the entire reserve was in the process of receiving legal personhood. What that means is that the land is her own entity, and that she can decide what is good for her; and that her rights will be respected by law. Later on as we were hiking through the forest, we could really feel what "being her own entity" meant. The land is alive and interacts with you. You can feel her under your feet, you can hear and smell the forest sing and grow, you can see the sky and the water ... and breathe in and out as if you yourself were a tree or a lichen ...



This is a Kauri tree, over a thousand years old. They grow high, majestically swaying as they pierce the sky.

Finally, we would like to say THANK YOU to Clester, a Maori Grandmother who inspired us with a story about a Gathering of Native Elders from around the world who came together in New Zealand to address the state of the world. They concluded that the fundamental absence in the world today is the MOTHER. Clester said:

"We need to recognize, honor, and love the Mothers of the world.

THE MOTHER IS MISSING!"

Which brings us back to the Polynesian islands. There the first question you hear from the people is: Qui est la MAMA?

WHO IS THE MOTHER?

Once the Mother is identified, everyone else is then referenced to her. So in our case, my sister was the mother, I was the sister of the mother ... Joanne was the friend of the sister of the mother ... my brother-in-law was the husband of the mother ... and so on.

We felt full of Mother Energy! Hopefully one day we will be able to go back and explore more of the immense beauty that is Ao Tearoa, New Zealand, and the loving magic of the South Pacific Islands

Upon our return, as we swirled back into our small abode in the Cochise Stronghold, we embarked upon a new adventure with the **Cochise Community Fusion Foundation**, a 501c3 organization that a group of us here created to nourish and enliven our community. We formed monthly clean-up crews (The Litter Lifters) who walk the local streets and highways picking up trash; monthly Drum Circles in the Sunsites Park; and we sponsored a wonderful Community Dance dance with Boondock Gypsy, a local band that rocked the house!! We are raising funds for community projects; and in the meantime we are getting closer to each other, learning how to work together, have fun together, and help and support one another.

The current is moving fast!!  
As we all swim along this River of Life that we have been gifted with,  
let's remember to slow down as much as possible: practice meditation,  
breathe in and out, contemplate, pray ...  
and don't forget to sing and dance!

Thank you for your support. Please stay connected so that we can continue to



spread the news ...

In Gratitude,  
Margarita Acosta



AZ Council of Grandmothers  
GRANDMOTHERS CIRCLE OF NEWS

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

**NEWS FROM THE GRANDMOTHERS**

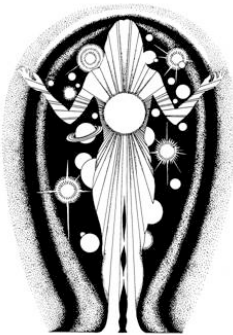
We want to offer updates about the health of some of our Grandmothers.

Our thoughts and prayers are with them as we continue to send love and light their way!

**from Grandma B Campbell**

Oh Hija de mi Corazon!  
 Muchas gracias for asking how I am doing! I am so much better, but rehabilitation is slow ... Until December I was still going to Physical Therapy twice a week. I am so grateful for my surgery, knowing that it has prevented me from needing a wheelchair or walker. It has been a Spiritual journey with myself, as well as a physical one. My beloved husband has told many people, "you don't know how much your wife does for you until you have to do it all ..." lol! Stephen is my warrior and my rock and still does all the cooking/cleaning/takes me places; however, now I am able to help him with prep!

Love you back, and Joanne also ...  
 B



and appreciated. Margaret is very centered within herself, and when we visited for two and half hours the other day, it was a very good visit. She has come to the gratitude that she prayed for at Lame Deer, and she is great! Diane is also working towards her own peace over the loss of her son and the slow process of the law. The Cheyenne are very private, and they do not speak much about their journey. They are hard on anyone who asks for change because they do not want to be misled ... and think in terms of centuries - not days or weeks.

They -- as Margaret, myself, and others have -- are relearning the practice of allowing all, especially women, to have a voice -- an equal voice.

My best to you my friend, I am grateful for your work.  
 Love, Mary  
 (Mary Lillian Brown)



Dear Margarita and Joanne,

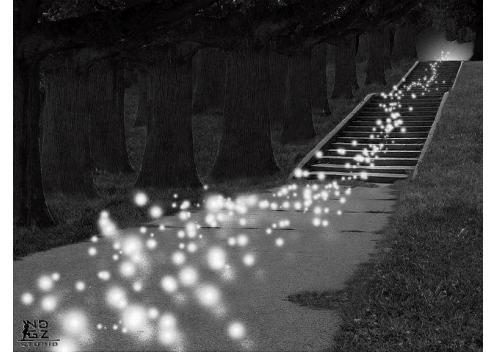
Yes, I did go to the Gathering and it was awesome! Mary Brown's Full Moon Ceremony was one of the highlights. Sharing self was also a hoot, as some of the older Grandmothers told late-night stories. Unfortunately, a number of Grandmothers weren't able to make it this year, and there was an emptiness because of so many missing. Besides you and Joanne ... Allegra and Shirley, B and Lorraine N. were all unable to come. You all contribute so much to the energy we generate there, and you were sorely missed.

I want to personally thank you for the amazing effort you put into the Newsletter. It must be a labor of love for you and Joanne. The issue you just sent me is filled with so much to absorb and ponder again and again.

Love and Blessings,  
 Becky Wilson



CONGRATULATIONS to Grandmother Diana Lampsa for passing the board exam in St. Pete's. This means that in addition to being certified by the American Board of Psychiatry and Neurology, she is now board certified in Integrative and Holistic Medicine.



"This means I get a few more initials after my name, and it's fun to explain what it means. For me it means I may get to study nutritional or "functional" medicine, homeopathy, spiritual approaches to health and healing ... all toward the prevention of "dis-ease."

For now I'm training in amazing "Continuum" and hopefully cranio-sacral. [www.continuummovement.com](http://www.continuummovement.com)

This will help me return to practice in a new way, building on all those years of Psychiatry. God is good. Much to contemplate. Thanks for your support and prayers."

Diana Lampsa, MD, ABPN, ABIHM  
 Desert House of Prayer, Tucson, AZ



Dear Margarita and Joanne

Puhoi Library Ladies wish to thank you for your gift to us. It was really great when you came to offer to help us when we had such a bad flood which entered the Library. We are all volunteers and love the Village Library. We had two weeks of really hard work, now we are all back on track and having our 100th anniversary on the 1st of November. That will be a very busy weekend! Again we would like to thank you for your generosity and wish you all Health, Wealth, and Happiness!



Kind Regards, Mary Shackleton  
 On behalf of All the Puhoi Library Ladies  
 AUCKLAND, NEW ZEALAND

Sweet Margarita, Sending you sooo much love and many hugs ... this is a poem a dear friend wrote - she is the woman who leads the dance group i have been a part of for 15 years. this poem sits on my altar right now, so it seemed the right one to send to you:

### Curling Inward

There is no sweeter sensation than the warm envelope of earth curling in to meet me as I slow to a pace of utter quiet, breath imperceptible, the promise of telling dreams palpable in the thick, dark air. This is the time when my primal roots grow uninhibited into the depths below me, thirsting for my source, connection to all beings that spiral into the womb of bark and loam cave and snow, to remember what it is to hear one's own heartbeat.

(from Kimberly Jonas)



May you awaken to new beginnings with an openness of heart and a quickening of soul.  
 May you step wholeheartedly into this new year, to appreciate its abundant sweetness and to embrace in faith its certain sadness.  
 May you re-awaken hopes and dreams which stretch your creative spirit to give them life and substance.  
 May you be for others:  
 A herald of change;  
 A respecter of fears;  
 A softener of hard edges;  
 A co-creator of yet-to-be-known meanings;

A mid-wife to healing;  
 May you discover for your Self:  
 The deepest truth of your deepest nature;  
 A resting in goodness;  
 An abiding with a peaceful heart;  
 A living into wholeness.

... by Linda Graham  
 (from Joanne Weiner)



### Happy 90th Birthday Marion Sinclair



Marion with her sons and grandsons

Marion was born on March 8th, 1924 in East Lansing, Michigan. As her father was a professor, the family had the summers free, which they spent on Mallets Bay, off lake Champlain, north of Burlington, Vermont with Marion's mother's family. This was where her mother indulged in her love of Botany.

"When I was 4 years old, I experienced severe vomiting spells. I had never known what I was trying to release. After I moved to Bisbee, one night as I prepared for bed, I was wondering if I would ever know. I woke up knowing the whole story and how it had affected my life. It was an incident in which I interpreted myself as being bad ... and enlarged it to cover many other incidents. It was an immense breakthrough. This knowledge allowed me to understand and forgive many youthful implants. My parents were gentle, unsophisticated, very private people. I treasure the values I learned from them,

the simple honest, nonjudgemental acceptance of life. The atmosphere in their home was always peaceful and accepting. They never stopped learning, and my insatiable curiosity was a gift from them. In 1969, at age 45 I had a life-changing experience that was the real beginning of my spiritual journey. I was divorced later that year and moved to Tucson, AZ. I was led to a Quaker meeting. I came to anticipate the silent service, and have meditated ever since.

In 1986, at age 62, I moved to Bisbee, AZ. There I have indulged in travel to visit my children and grandchildren; my love for knitting, felt making, painting, ceramics, reading, classical music, organic food, participation as a planning circle member and small circle facilitator for the Arizona Council of Grandmothers Gatherings.

I have attended many Grandmothers Gatherings and what is so special about them is that everyone brings spirit, shares spirit, and goes home with renewed spirit. The richness of lives, and the willingness on everyone's part to share and give support, has made it an important part of my life and the women very special friends."

Thanks to all of Marion's friends and relatives for organizing such a wonderful party to celebrate our beloved Grandmothers 90th Birthday!



And from Grandmother Robbie ...

The ripples from my years of sitting in circles at Grandmother Gatherings ... and circles formed from them ... with Arizona, Gulf Coast, Heartland and Gitchigaaming Grandmothers ... continue changing and flowing into new circles. There has not been a Grandmothers Gathering yet in the Gorge. I am a part of Mama Bears Columbia Gorge ... in circle two times a month and on facebook. We wove a Nurturing Resilience weekend of circling with Johanna Macy's works for The Great Turning, connecting our gratitude and grief with the pain and joy of being with our Mother Earth.

I have not traveled physically out of the Gorge this year. Judith Moore came to visit while on book tour with her just-published book ... and writing well into her next one. I did drive one hour into Portland for her talk and workshop. Then she came here and we held circle at the Mountain Maiden of the Birds, now called Adams. Deep and delicious!

"VISIONS OF WISDOM, Messages from the Spirit Council of the Thirteen Grandmothers" by Judith K. Moore and Sean Sands is beautifully published in English in The Netherlands by Dolphin and Whales and is available on her website, [records of creation.com](http://recordsofcreation.com)

The publisher is saying that: "VISIONS OF WISDOM is filled with Earth Wisdom and powerful messages that restore the vital connection to the natural world. This connection will empower humanity to return to balance and heal all that which would destroy our beautiful blue-green planet. Within the covers is wisdom that brings you home to a life of deeper meaning, spiritual purpose and balance."

The first "public" sharing of the then 13 pages of the "Spirit Council of Grandmothers Wisdom" was at the 2005 Arizona Grandmother Gathering in ceremony. Seven years later the book of over 113 pages has birthed. A song with a tune and words came to me:

"There is so much magnificence  
in the Universe.  
There is so much magnificence  
here on Earth.  
There is so much magnificence  
within you and me.  
There is so much  
magnificence to be."

A Truth or Dare Circle coalesces into a reflective and renewing energy for the year ahead of us.

In circle after New Year's Eve potluck supper, we co-created ...with a circle-round question and granddaughter Zan's offering of TRUTH OR DARE ... into stating what Truth had come to us in 2013 and/or and what Dare we gift ourselves with for the coming year! We enjoyed the round so much we agreed to have a second one. Then to start out on her "resolve"/Dare to have more ceremony, one asked if we would be willing to close with five minutes of toning our waters and the waters of our Earth. Zan offered to create a center altar for the waters, which we did ... including crystals and the mono mermaid fin Wes made for me! I'm planning to use the Truth Or Dare Circle again on my birthday and invite others to explore with it!

I close with a song for singing, as singing is what enlivens and enlightens my living. One can tone along and tune in with it:

"Honor The Earth As Your Mother"  
by Sarah Hopkins:

[youtube.com/watch?v=-y7ZVPx3WQY](http://youtube.com/watch?v=-y7ZVPx3WQY)

And our one hour concert with me reading poetry:



"Voci Gifts and Blessing"

[youtube.com/results?search\\_query=gifts+and+blessings+voci&sm=3](http://youtube.com/results?search_query=gifts+and+blessings+voci&sm=3)

I listened to this as I composed this news.

Love, light, and delight in the grandmothers, our news, connections and circles,  
Rob-bee Lapp

ps: your cd collection of "Songs from the Heart of Women" inspires me along a lot of the time. Granddaughter Zan's favorite is:

 "Colors of my Heart"  
by Sharon Burch 

Tadidiin bik'eh atiingo, bee naasha  
Tadidiin bik'eh atiingo, bee naasha

CHORUS: I want to draw the world  
the way that I feel,  
With corn pollen sprinkles and  
the colors of my heart ...

The orange feeling of daybreak,  
The warm red feeling of the sun,  
The cool blue mist of the ocean and  
the big blue sky,  
The black of the night  
when day is done.



Yes, (CHORUS)

The taste of brown comes from  
our Mother Earth,  
The green smell of the  
plants and trees,  
The yellow haze of the afternoon light  
Which reminds me, too,  
of the yellow moonlight.



Yes, (CHORUS)



The purple touch of the  
stormy rain showers  
And the pure white air that I breathe  
and live by.

Yes, (CHORUS)

Bee... Naasha ... Bee ... Naasha ...



**HOLDING THE FIRE AT LAME DEER BY MARY BROWN**

(Excerpt from Chapter 26)

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Grandmother Mary Brown

**Burn Baby Burn**

Reconnecting my physical life with the ethereal sacred is kind of like pushing my spiritual reset button. I think I hit that button so hard once Margaret said, "ok" about me keeping the fire, that it got stuck in the "ON" position for a few hours that day at Lame Deer.

It was a great relief to me that once I arrived for the Gathering at Lame Deer, all the things that it had cost me over the years, to be me, finally seemed irrelevant. I finally felt like I was no different than anyone else. Perhaps I had been through enough experiences that I lost my sense of fragile naivety. Perhaps I just had seen so much that I had stopped comparing myself to what I thought I needed to be. I'm not sure what it was. But to me, we all felt and appeared to be equals. An arrogant perspective I am sure to some men, heterosexuals, traditional card carrying native people, ordained spiritual masters, and possibly licensed dog trainers as well. Yet for me, my personal perspective of equality was a boon. It allowed me to enjoy myself in an otherwise rather judicious and disconnected world. It was, and remains to this day, the core of my compassion.

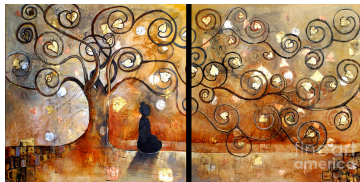
I looked around me at all the People and all their superficial differences that were worn as shields, badges of honor, invitations, and rejections. Underneath the thin layer of illusory separateness, everybody was the same. It was like we just wore outfits and attitudes that we colored and constructed, hoping our projected identities would help us make our way amongst the crowd. But underneath we were all the same. We were all human beings. Living on the earth, carrying our past around as if our present and our future were hostage to it. We were subtly, and at times overtly, whacking at each other, ourselves, and our future as if it was going to change

something about how we perceived ourselves or each other ... and thus save us from our past.

There was no one at Lame Deer who had reached the promised land. There was no one there who was going home to a perfect family or race or culture. There was no one there who had not and would not struggle with life. There was no one at that Gathering who was better, worse, more or less than anything I had been, was, or would be. Standing at the fire, looking at the heart of the moment in which fire consumed the life of the wood that was placed within it, I saw that in the moment of that sacred transformation, our history -- like whatever life the wood in the fire had lived up to that moment -- was irrelevant. No matter what we felt about it, it was over. The only thing that mattered was what would we do with the opportunity that was in our hands.

The fire teaches a simple truth over and over. Its burn baby burn. Either you are aware that you are on fire all the time, or you are not. It makes no difference to time, the Spirits, or the consumption of your chi. You are on fire. What are you going to do about it?

People talk about Mitakuye Oyasin, All My Relations. But rarely do we get it. We are all related. We are all One. It's just that we Human Beings, on more than one occasion, disconnect ourselves from a reality that never lets go of us. We live in the delusion that we are not Mitakuye Oyasin. Thus suffering. Thus the need for the spiritual reset button.



I love the Trees. They get it about Now. They get it about the fire. Wherever wood has been, whatever its life was or hoped to be, whomever were its companions, its trials by lightning, its privileges, privations or excesses; in the fire it becomes one thing and one thing only. Tender. As are we relatives. As are we.

Perhaps that was one of the things that I had in common with every person who was there at Lame Deer that July, all of us had suffered. Not only because of who we were, but because of who we wanted, desired, to be. I didn't know about anyone else, but by the time I got to the fire that night I had had enough suffering to last several lifetimes. I was overcoming it or taking it on.

I came to Lame Deer, because like my journey to the Lake to find Margaret, I recognized that it was the next place, the next part of the path towards making me. It's true that I wanted to find not only me, but some sort of a family. I wanted to belong to something human that was, according to my deepest fantasy, indestructible. And yes, it had to be a human thing. I may be an eternal being wearing a Mary suit. But that suit deserves a human connection. We all do.

I wanted to belong to a culture, a people, a way of living, thinking, and doing that would not cast me out or throw me away or persecute me for being me. Which meant that I had to believe in me. I had to change me. I had to hold me the way that Mitakuye Oyasin already held me and everyone, everything else all together all at once.

When I got to Lame Deer, what I saw was that everyone there, especially the natives who didn't want us there, pretty much wanted that same thing. The trouble was we couldn't see that the only people we could get these things from were ourselves and each other.

The only one who stood in the way of me belonging was me.



# NEWS FROM GRANDMOTHERS COUNCIL GATHERINGS

## The Gulf Coast Grandmothers

Ruth Geraci  
[uuruthg@gulftel.com](mailto:uuruthg@gulftel.com)

The 15th annual Gathering will be held  
 March 20 - 23, 2014  
 at Camp Beckwith  
 Fairhope, Alabama

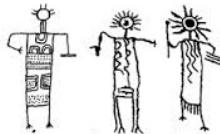
This year's Gathering has new weavers, Helen Herring and Susan Pearce.

The theme for this Gathering is:

BEAR MEDICINE -- Awakening  
 our Power and Wisdom by  
 Accessing the Stillness Within

The intention for this Gathering is that in practicing this Stillness, Grandmothers may then share their wisdom with others.

Thank you to Grandmothers Ruth Geraci, Helen Herring, and Susan Pearce for all the work you have put into this very special event!



**THE GRANDMOTHERS GATHERING  
 AT GITCHIGAAMING  
 Lake Superior, Madeline Island  
 Lapointe, WI  
 August 21-24, 2014**

Greetings Dear Ones,

It is very very cold up North and Lake Superior is completely frozen over (last time was 17 years ago). The ice caves along Lake Superior's shoreline are accessible and hundreds of people walk out on the ice to see this magnificent natural wonder. They were accessible seven years ago. Although the weather is very cold, we are having great fun: snowshoeing,

skiing, and sitting by the fire and sharing about the Grandmothers Gatherings of our four years past.

I can share with you now that we are going through an exciting process of re-imagining ourselves. We have learned so much from our past four Gatherings, and from each other in the awesome circle of our planners, that we are evolving and refining our Gathering in many many ways. There will be a Gathering August 21-24 at Madeline Island; If you would like to receive an invitation and registration form for the 2014 Gathering, please send me an email at [lnorrgard@aol.com](mailto:lnorrgard@aol.com)

Some of the practices that we have incorporated into our new way of being in the Planning Circle include: "Heart Coherence" meditations from the Heart Math Institute ([www.heartmath.com](http://www.heartmath.com)) before each activity. We have learned that when we first get into our heart space, everything goes much better from a perspective of love.

Another approach that we are practicing is visioning and intending. We are using the Intenders Circle process ([www.intenders.com](http://www.intenders.com)) for the stating of intentions as if they were already done ... and in the most positive beautiful way that we can describe. We are creating the future way forward using this intention process. Another process we are using in our planning is to sit in meditation together in circle to ask

Spirit what is our next step. Sometimes we have done a shamanic journey together to ask what is next. We have found that when we pause, ask Spirit (the center) "What now?," we are guided in a profound way.

Please take some time and see our website at:

[www.grandmothersgathering.org](http://www.grandmothersgathering.org) where we will be sharing our vision of the 2014 *Grandmothers Gathering for Gitchigaaming*. We have enjoyed sharing what the Grandmothers have spoken at our Gatherings on this site. We are learning, evolving, growing, and thrilled with the journey we have traveled, connecting with elder women as we gather to appreciate Lake Superior and all water (including our own water).

We hope you will consider coming this year, though our Gathering may be a small group, by choice.

Many blessings to you all,  
 Lorraine Norrgard



Our Grandmothers Gathering received an Environmental Stewardship Honorable Mention Award from the Binational Forum in August of 2013

Some of you may know that Paula Olch has been challenged with Parkinsons for several years. Recently, Paula fell and was taken to the hospital for observation. She was transferred to a Skilled Nursing Facility. Barrie Ryan has been able to visit her because the facility is steps away from her new home. The new surroundings and lack of family near has been difficult. Visits, calls and support would be greatly appreciated.



Contact Information: Paula Olch  
 Handmaker Golding South  
 Unit Room 138B  
 2221 N. Rosemont (& Grant)  
 Tucson, AZ 85712  
 Phone: 520-322-3890 ext 3138

We asked our Grandmothers what they had to say about the Native American expression: "All My Relations"

**Allegra** said ...

"When Native Americans say All My Relations, they are reminding themselves of their interrelatedness to all other living creations of the Universe. This was a strange idea to the Europeans who took over this country. Their self-centeredness became my heritage and upbringing. Both my parents died when i was young and i grew up with the "Lone Ranger, every man for himself" mentality. Everything and everyone was "out there" and separate from me. i had to make it on my own. Later i related to Native American spirituality and other wisdom teachings. I came to believe and echoed, "We are all One" but still thought and acted "Me, my, mine." Weren't we programmed that way in order to survive and evolve? Our basic nature seems to be self- preservation.

Now i try to think of ways in which i can actually think of and interact with another being as "another myself" ... how to realize all the magnificent creations of the Universe as "Us." How to view it as One continuously changing never- ending process.

The Universe seems to provide opportunities and glimpses to help us continue to evolve. Most of the time i don't feel alone, especially when i'm feeling loved and loving, remembering All My Relations."

**AND JUDYO** said ...

This is my answer to your question:

**Aboriginal Morning Greeting**

November 21, 2008 by [Faerie Swift](#)

A beautiful way to start the day:

**ARIZONA COUNCIL OF GRANDMOTHERS GATHERING**



21st Annual Gathering November 6th - 9th, 2014  
Kenyon Ranch, Tumacacori, AZ

Our Theme: On the Brink of Unimaginability:

Questions on a Blank Canvas!!!

**WE ARE INVITING THE FUTURE**

**TO REVEAL ITSELF TO US**

*When the Grandmothers speak, the world will heal!*

**Contact information:**

Deborah Scott is our new Weaver: [chisscott@gmail.com](mailto:chisscott@gmail.com)  
Irene Walden, Registrar. (520) 795-0400 or email at [iwalden@cox.net](mailto:iwalden@cox.net)  
~ Please put **2014 GM** or **2014 GM Gathering** in the subject line

Hello Divine Oneness.

We stand here within you,  
this special group of your Beings.

We thank you for this day.

We thank you for each other.

I thank you for me.

We dedicate our day to the honor and  
purpose of Oneness.

We ask that everything we need  
be provided for.

We ask that everything we  
do today,

say today, hear today,  
be only in the highest  
good:

in my highest good, in  
the highest good for all  
concerned, and in the  
highest good for all of life

everywhere throughout the Universe.



**And Grandmother Mary Brown** said ...

Margarita! and Joanne!! love love love ... I have been thinking of your request and this a.m. while working on the book about Lame Deer, i thought i would just send you a part of the chapter that i am working on this morning:

"to me Mitakuye Oyasin is not so much about a definition, but a perspective, a desire and an ability to understand a definition and activate it in your essence... which of course would then pervade your entire life and life force."

**children's corner**

Hello Children ...

Just wanted to let you know that the center page is for you. Cut it in half and then in half again.

You will have a beautiful little booklet with the Thanksgiving Address from the

Iroquois people.

You might want to make copies before you cut it in case you want to gift a booklet to your friends.

Life is more wonderful when we are thankful for all that is. NOW ... DO you want to participate in a MOVIE of renditions of the THANKSGIVING ADDRESS ?

Please ask your Grandma or somebody with a camera on their phone to film you, as you interpret your rendition of the Thanksgiving Address. Send it to: [cochisestronghold@gmail.com](mailto:cochisestronghold@gmail.com). We are looking forward to hearing from you!





HAPPY 90TH BIRTHDAY  
BELOVED GRANDMOTHER  
MARION SINCLAIR



**MARION SINCLAIR'S 90TH BIRTHDAY PARTY**

All together 62 friends and family members arrived for a lovely and lively 90th potluck Birthday Celebration for Marion Sinclair on March 8th, 2014, at the Covenant Presbyterian Church in Bisbee, AZ. Friends in attendance have been a part of Marion's life since the 40's and 50's, tile studio days in Tucson in the 70's, life in Bisbee beginning in the late 80's ... and the Arizona Council of Grandmothers, beginning in the 90's. The following 16 Grandmothers were in attendance:

Katherine Lohr (Grasshopper) Judy O'Leary, Nancy Masland, Rebecca Redelsheimer, Judy Atwell, Paula Olch, Judith Toone, Barbara Nelson, Irene Walden, Karleena Ravenwood, Trish Savage, Margarita Acosta, Joanne Weiner, Caroline Kane Krause, Ilse Swihart, AND MARION SINCLAIR!

Great food and toasts to the Honoree, love, laughter, music, poetry, and song filled the day! The first toast was from son Eric, who raised his glass to all those present. "Many of you know that my Mom

came to live with me in California, and it didn't work out." It didn't work out because YOU were not there, her support system."

It was a joy to meet Marion's sons, grandsons, great grandchildren, and the rest of her family and friends in attendance.

One of Marion's friends spoke words that made us all smile:

"You probably came here today thinking that you were  
Marion's best friend ....  
like me ...  
like every other person in this room!"

Great gratitude goes out to sons John and Eric, Judyo, Grasshopper, and Eleanor Gallagher for organizing this wonderful event! As well as to Judyo, Barb, Irene, and Karleena who arrived in advance to cogitate, decorate, and facilitate the Ceilidh ... and, or course, to our marvelous MC's, Nancy and Rebecca. And last but not least, to Joanne Weiner for the wonderful photos that will remind us of this delightful celebration for some time to come ... until our next 90th birthday celebration! Who's next?