

WW Central USA Gathering 2021
Self-Care Together: Growing Stronger through
Healing, Compassion and Social Justice

To Register: https://womanwithincentralusa.org/gathering_of_women_2021/

Our Purpose: Welcoming and building the Woman Within Central USA community; Offering self-care together; offering a social justice lens of Racial Equity/ Social Justice / Racial Disparity/ Diversity and Inclusion

Friday 5/21 7-9 pm CDT/8-10 pm EDT - Cafe Central USA

7:00 pm CDT/8:00 pm EDT

**Welcome and Introduction of Poet E'mon
Lauren**

***A sharing of original poetry by E'mon
Lauren***



E'mon Lauren is a blk queer Scorpio, from the Wes and Souf side of Chicago, whose work unpacks her coined philosophy of “hood-womanism”. She was named Chicago’s first Youth Poet Laureate. She has been featured in Chicago Magazine, The Chicago Tribune, and Vogue Magazine, while her work has appeared in the BreakBeat Poets Anthology series, Volumes 1 & 2, Poetry Foundation Magazine, and elsewhere. She is host of her hit podcast, “The Real Hoodwives of Chicago”. Her first chapbook of poems, COMMANDO, was published by Haymarket Books, Fall of 2017.



7:35 pm CDT/8:35 pm EDT

Introduction of Dr. Arlene Q. Allen

***Self Care: The First Dance to Partnering Well
and Wisely***

**Dr. Arlene Q. Allen, DHS
(Hawaii)**

Dr. ARLENE Q. ALLEN, DHS
Doctor of Human Sexuality

For the past five+ decades, Dr. Arlene Q. has developed & shared skills around touch and communication, around integrating thinking and emotion, & around the power of mentoring others & their visions.

Dr. Arlene Q. has worked with individuals, couples, households, front-line employees, managers, executives, staff and students from the private, public, academic and non-profit sectors. During more than fifty years of coaching, training and mentoring throughout the United States, she has worked with individual sessions, intensives, classes, speeches, presentations, workshops and in facilitating conferences and retreats.

🌸 It's been a blast 🙌

8:20 pm CDT/9:20 pm EDT - Breakout Circles for women to connect and share

8:45 pm CDT/9:45 pm EDT - Re-Gather after Breakouts and share Aha's

9:00 pm CDT/10:00 pm EDT - Good Night!

Saturday 5/22

9:00-9:30 am CDT/10:00-10:30 am EDT

**Morning Offering - Honoring our Sacred Earth
with Joanne Mahler**

Before our Saturday Gathering program begins, Joanne Mahler will lead us in a Sacred Connection to the Earth. When we have gathered in person in the past, this time of sacred connection has often included Greeting the Sun. You are invited to come and experience this time to honor and remember our connections to the Earth that sustains and nourishes us.

PLEASE NOTE: This is an optional session. You will receive a a separate Zoom to join this Morning Offering Session



Joanne Mahler
(Missouri)

Saturday Sessions begin at 10:00 am CDT/11:00 am EDT

10:00-10:05 am CDT/11:00-11:05 am EDT

Opening Ceremony with Joanne Mahler

Joanne Mahler enjoys creating and performing rituals for individuals and groups, as well as performing house blessings and clearings. She is active in her sweat lodge community, where she has been a water-pourer for many years. She also loves to design and make jewelry and spirit pieces. She is a retired RN, and has been active in her local WW community since 1992.



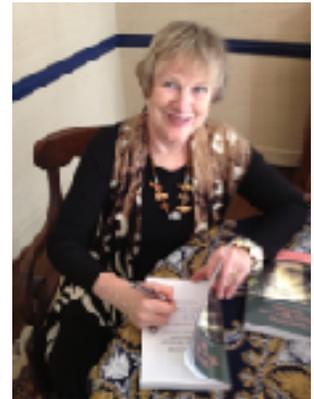
10:05-10:10 am CDT/11:05-11:10 am EDT
**Welcome and Introduction of
Keynote Speaker Char Tosi**

Joan Naughton
President - Woman Within Central USA

10:10-10:45 am CDT/11:10-11:45 am EDT

***Compassion: The Magic that Heals
Ourselves and Others***

Char Tosi



Char's passion and mission are to provide opportunities for people to discover the power of who they are. She has done this by founding and helping to sustain the Woman Within programs since 1985. She also authored the "Mother's Shadow" workshop for men and coauthored the Couples Weekend with her husband, Rich Tosi, cofounder of ManKind Project. Even though she is 'retired' she still loves to offer online programs and coaching. Char is the author of *Discover Your Woman Within: Journey to Wholeness*.

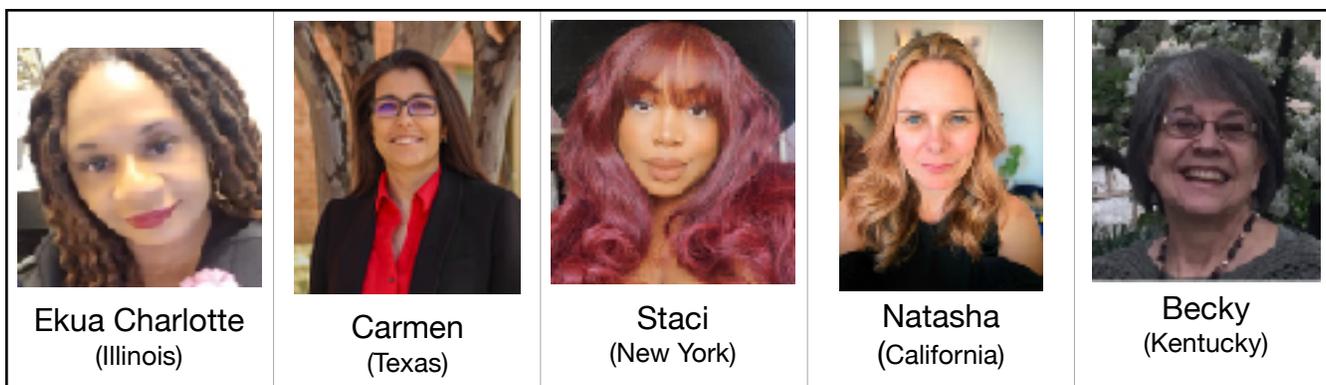
Char holds a BS in Nursing from Vanderbilt University, a MS in Educational Psychology from the University of Wisconsin, doctoral work from Marquette University in Educational Psychology and a certificate from the Jung Center in Chicago.

10:45-10:50 am CDT/11:45-11:50 am EDT - Break (5 minutes)

10:50-11:30 am CDT/11:50 am-12:30 pm EDT

**Claiming Our Place: Women's Role in the Social Justice
Movement. A Panel of WOC and Allies**

**Panel members: Ekuia Charlotte Williams, Carmen Arrata, Staci Ivori,
Natasha Taylor, Becky Schupbach**



Ekoa Charlotte Williams is a compassionate Servant Leader with more than many years of Multicultural, Cross Cultural, and Anti-Racism training, education and facilitation. She is a facilitator for Unpacking Power, Privilege and Difference (UPPD) trainings, a facilitator for Woman Within weekends, and a member of the WWI D&I committee. She is a Director-at-large for the Woman Within Central USA Board and is the recent past Vice-President. Previous leadership in and Directorship in Community Organizing, Women's Leadership Development, dismantling the Prison Industrial Complex, and Food Justice. She is a Certified facilitator with Woman Within International and member of the AAFANTE community supporting and facilitating personal work towards truth and authenticity. With a Master of Social Work from Jane Addams College of Social Work, University of Illinois at Chicago she is a Licensed Clinical Social Worker.

Carmen Arrata: Originally from Ecuador, I did my weekend in Texas July 2005. Soon after that I joined the Board of Directors Board of the South Central Chapter and I served for 7+years including the last 3 years as president of the board. For the last 6 years I have been a member of the WWI D&I committee. I am very passionate about Diversity and Inclusion, women's issues, LGBTQ+ issues, social justice, equity and equality.

Staci Ivori

Staci Ivori is a facilitator, tarot and reiki practitioner, herbalist, maker and witch. She embodies divine feminine energy with an innate relationship with ritual. Her mission has been to create brave and sacred spaces that foster growth and re-connection. She resides in Brooklyn, NY and lives as an empathetic creatrix. You can regularly find her holding space in workshops, circles and healing retreats both virtual and in person. The past several years she has been a pioneer for racial equity within her spiritual wellness communities and a celebrated instructor at various women's gatherings around the world.

Staci Ivori has not only founded Women of Color circles in the Woman Within organization, but has also been a steadfast advocate for inclusivity and excellence while expanding our perspectives on integrous practices. She is deeply committed to the work, and her gifts offer the ability to see the shadows of the organization more clearly for opportunities of healing and growth. She serves the community, and the individual women she touches as a Facilitator in Training, Circle Leader, and Community Activist.

Natasha Taylor

Natasha is a Woman Within facilitator, trainer and leader. She has been sitting in circles for over 20 years, facilitating deep healing and transformation for hundreds of women, and more recently, men. Through this experience, she has learnt that powerful sustainable change naturally flows when people show up in their authentic selves, with all their strength and vulnerability. In her facilitation she walks beside people, listening closely to their deepest struggles and gently shining light into the dark corners so that they can see themselves and their lives clearly.

Becky Schupbach

Becky is a facilitator for Woman Within and Unpacking Power Privilege and Difference (UPPD). She is also a Shadow Work facilitator and coach. She is a member of the WWI D&I committee and a Circle Training Guide for the Woman To Woman Kentuckiana community. She has served on the Board of Woman To Woman Midwest) and on the Leadership Circle of Woman To Woman Kentuckiana.

11:30-11:50 am CDT/12:30-12:50 pm EDT - Breakout Rooms

11:50 am-12 noon CDT/12:50-1:00 pm EDT - Break (10 minutes)

**12:00 noon-12:45 pm CDT/1:00-1:45 pm EDT - Lunch together and
Town Hall with Woman Within Central USA Board of Directors**

**12:45-1:00 pm CDT/1:45-2:00 pm EDT - Break (15 minutes) to
allow women to enter individual sessions**

**1:00-1:30 pm CDT/2:00-2:30 pm EDT
Afternoon Sessions - TRACK ONE**

Room A

UPPD...The Little Training that Could...!

**Meg McClelland
(Missouri)**



Unpacking Power Privilege and Difference (UPPD) is an 8-week training that seeks to help registrants build intercultural competency skills, gain deeper self-awareness, and build broader compassion and connection with others. It uses a model of multicultural awareness and provides a common language and common ground for multicultural dialog and relationships through a deep exploration of allyship, classism, racism, sexism, heterosexism, and cisgenderism. Meg is part of the original Design Team for UPPD.

Awareness, or rather the lack thereof, is usually the reason for disconnection between people with privilege and those who are oppressed. Meg will share ideas for building...and group participation in an exercise designed to show how **honest expression** can be the road to connection.

Meg McClelland has been a member of the St. Louis Woman Within community since she did her Woman Within weekend in 2006. Meg is a Woman Within Facilitator-in-Training. She is a co-designer of the UPPD training and a certified UPPD Facilitator. ***My Mission: To heal myself & others offering safety with no judgment by listening fully and speaking truth.***



Room B

Loving the Unloved

Carol Kahn
(Wisconsin)

Witness one woman's story of unraveling the knots of deep hurt, grief, and shame amidst a pandemic, discovering the surprising gold in the journey. Become aware of your patterns of protection and make space for your unloved ones to be known.

Carol Kahn, RN is a Woman Within Weekend Leader, Certified Internal Family Systems Practitioner and Brainspotter in private practice.

Room C

Healing the Womb: The Intersection between Womanhood and Motherhood

Ana'Neicia Williams
(Kentucky)



During this presentation, participants will explore the transmission of trauma through the womb and how it persists through generations. Participants will also analyze how they can show up as an advocate within maternal health to amplify the voices of women and mothers from marginalized groups.

Ana'Neicia Williams is a Licensed Clinical Social Worker who assists women and mothers in exploring their identity and unlocking their inner child wounds through partnering to create a self-liberating narrative in a therapeutic setting. Ana'Neicia enjoys serving her community to amplify the voices of women through advocacy and research as a current doctoral student in Social Work at Spalding University.



Room D

From Political Intolerance to Inclusivity

Julie Mandarinino
(Iowa)

Many of us have a harder time embracing people with different political views than welcoming people of a different race, creed, sexual orientation or identity. The result is a divided nation, incapable of providing true social justice for all.

This workshop is for anyone who seeks to expand our capacity for inclusivity to encompass people who differ from us politically. We will NOT be dealing with political issues, but instead we will take a gentle, Braver Angels* approach toward accepting people with political differences. We will also learn a few simple tools to help us have civil conversations about politics with them.

Julia (Julie) Mandarinino, Ph.D. is a retired psychology professor. She has been involved with Women Within since 2007 and is also a Certified Shadow Work facilitator and coach as well as a trained Braver Angels moderator.

*Braver Angels is a grassroots organization dedicated to depolarizing America by bringing together people with diverse political perspectives to talk politics in a structured format, using specific tools

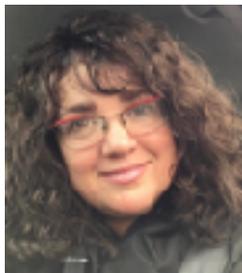
1:30-1:45 pm CDT/2:30-2:45 pm EDT - Break (15 minutes) to allow women to enter Track Two

1:45-2:15 pm CDT/2:45-3:15 pm EDT
Afternoon Sessions - TRACK TWO

Room A

Circle of Compassion through Radical Inclusion

Jointly led by Hilda Raisner, Elizabeth Thomas, Heidi Winn



Hilda Raisner
(Illinois)



Elizabeth Thomas
(Illinois)



Heidi Winn
(Iowa)

Are you curious on how to bring compassion to the social injustices that people experience? Perhaps you want to build compassion and connection with women from all walks of life? Compassion and radical inclusion assist and encourage awareness and connection to others and ourselves. Finding and using our radical voice can often be overwhelming while staying curious removes judgment so others can be seen and heard.

Through modeling circle connection exercises, including Visual Compassion check-ins, Roses and Thorns rounds, and Reflective Challenge queries, we hope to start a journey towards openness with curiosity. Indeed, curiosity may just lead us all along a new pathway, perhaps even a radical shift in our compassion and inclusivity of others and ourselves. Join us in this exploration!

Hilda Raisner is an educator, activist, and paper artist. Her experiences with educating teenagers for 35 years, her participation in Restorative Justice Circles and training with NARM (NeuroAffective Relational Model) along with extensive travel with students and social service programs galvanize her deep commitment to social justice through an anti-racist lens. As an active member of Woman Within International in the Central USA region since 2014 Hilda staffs and serves in numerous WW programs in a variety of roles. Hilda injects her enthusiastic embrace of the healing power of compassionate and inclusive circles.

Elizabeth Thomas attended numerous Women Within events as a participant and as a volunteer since 2015. She is currently in training co-leading an open-circle and is one of the founding members of the Black Women of Color. Ms. Thomas is a social justice advocate having worked in the non-for-profit sector and as a Peace Corps volunteer in Yemen and in Morocco with focus on maternal child health. For her contributions nationally and internationally, she was the recipient of the Distinguish Alumni Award from National Louis University of which she is a graduate.

Heidi Winn has a Master's Degree in Counseling and is a Licensed Mental Health Counselor with a private practice in Fairfield, Iowa. Heidi is a trauma informed therapist utilizing the NeuroAffective Relational Model. She is committed to hold a sacred listening space and support people in uncovering barriers to fully experiencing their aliveness and truth. Heidi completed her Woman Within Weekend in November 2016 at the DeKoven Center in Wisconsin and is currently on the facilitation track as a FIT1.

Room B

The Fattening Room

Dr. Ekaette Joseph-Isang
(Kentucky)



Among the Ibibios of Southern Nigeria, initiation into womanhood starts in the fattening room, *ufok nkugho*. Here, the rites of passage into womanhood, led by older women take the girl child, who is now on the brink of womanhood, on an inner journey to light the fire within.

Come share in these sacred lessons which are passed down by oral tradition. Learn some Ibibio words while you are at it and connect with some of the traditions of these people, who are the oldest settlers in modern day Nigeria.

Dr. Ekaette Joseph-Isang promotes health as a complete state of physical, mental, and social wellbeing and supports women embarking on inner work via The Center for Self-Discovery.



Room C

The Art Of Embodiment

Narayani Om
(Iowa)

This experiential journey of Self-awareness will use breath and simple movement to gently energise & relax you. It will create a deeper sense of openness and acceptance, so you can honor yourself more fully - just as you are. Through guided Heartfulness & Mindfulness practices, we'll evoke connection, groundedness and compassion. The journey to a happier, healthier and more balanced world, begins within.

Narayani Om is a professional certified Bodyworker, Reiki Healer, Trauma Informed Yoga & Meditation Teacher and Remedial Health & Wellness Coach. She has been facilitating Women's circles, teaching courses and leading retreats around the world for the past 20 years.

Room D

When Our Bodies Talk, What Are They Really Saying? A One Step Behind Circle Training Sneak Peek

<https://womanwithincentralusa.org/one-step-behind-training/>

Marcia Stone

(Indiana)



Ever wonder why some women know just the right thing to say or do in Circle? This incredible tool will help get you there: learn about the most commonly - experienced body / emotion connections* to watch for, both in your Circle and in your life. As co-creator Marcia Stone shares a part of Central USA's exciting new One Step Behind Circle Training with you, you'll also get to see what being 'one step behind' is all about – and why it's so vital to healthy, vibrant Circles, families and friendships. Check out the One Step Behind Circle Trainings scheduled for this summer and fall, either in-person or on Zoom.

**based on the work of Louise Hay and on Marcia's experiences as a facilitator at over 75 Woman Within Weekends around the world*

Marcia Stone has served as President of Woman Within International and helped to develop Woman Within's branding look and feel. She is also a Woman Within® facilitator, avid volunteer and fiber artist. Marcia lives in Indianapolis.

2:15-2:25 pm CDT/3:15-3:30 pm EDT - Break (10 minutes) to allow women to return to the Main Zoom Room



2:25-2:55 pm CDT/3:25-3:55 pm EDT
Closing Remarks and A Call to Action

The legacy within your constellation!
A Call to Act

Rhonda Schladand
(Kentucky)

Journey to find the mantra that will call you to action.

As you honor all who came before you, who were entangled in grief and pain.

Be the ancestor who gives the descendants the woman who shifted the trajectory of the family fate and became a beacon for change.

Rhonda Schladand: I am a life coach, body worker, workshop developer and facilitator. I facilitate Family Constellation trainings and workshops, with emphasis on entanglements and blocked insights that want to be expressed and healed for our descendants. I am a FIT for UPPD which helped me to release the trauma of being black in America. I completed my weekend in Delavan, Wisconsin in 1994 and a co-founder of our local Woman to Woman Kentuckiana. I have been devoted these past 27 years to training women for empowerment circles, one of the many legacies I feel will resonate after my name will be forgotten.

2:55-3:00 pm CDT/3:55-4:00 pm EDT

Closing Ceremony - Joanne Mahler

