



GRANDMOTHERS CIRCLE OF NEWS



A Quarterly Newsletter

WISDOM KEEPER

Volume 20: Number 4

WISDOM KEEPER is the Clan Mother of February. She is the Historian of all Earth Records, Keeper of the Stone Libraries ... The Protectress of Sacred Tradition and the Guardian of Remembering the Planetary Memory.

Wisdom Keeper Honors the Truth as it is seen by each person's *Sacred Point of View* because all individuals experience life's events in a different manner. In her wisdom, this Clan Mother understands that there is truth in every life form's journey. In our arrogance, human beings are the only part of the Earth Tribe to insist that their particular religion, philosophy, or tradition holds the only truth or path to wisdom and understanding.

For this reason, Wisdom Keeper is also the Mother of Friendship, showing us how to be a friend and how to have friends.

Wisdom Keeper teaches us that knowledge of the expansive view of the Planetary Family is the key to self-development. She shows us how to **Honor the Truth** in every race, creed, culture, life form, tribe, and tradition through seeing the similarities in all.



OPEN HEART BY MARA FRIEDMAN

This Clan Mother represents friendship. She 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.

Every new understanding of the truths that others carry adds to our personal wisdom and knowledge, creating further development of right relationship to All Our Relations as it is experienced within the Self.

Wisdom Keeper pays attention to detail and shows us how those remembered details can be used as guidelines to hone our awareness skills into the *medicine of being totally present* in any given moment.

When we are paying attention to the details of the here and now, we are not lost in worrying about the past or the future and can be fully present in the power of now.

The 13 Original Clan Mothers

by Jamie Sams

NOTES FROM THE EDITOR:

WINTER 2014/2015

Dear Grandmothers, friends and relatives ... Here we are once again, thanking everyone for their support and interest in the Newsletter. The Arizona Council of Grandmothers had a wonderful 21st Gathering last November, at Kenyon Ranch southwest of Tucson.

We were 37 Grandmothers this year, and it was a wonderful number. We saw old friends and many new faces; and then of course we missed more than a few Grandmothers who usually attend and grace us with their wisdom, laughter, beauty, poetry and more. We are sending our love and support to those Grandmothers who are being challenged with health issues or suffering in any way ... and holding them and their caregivers deeply in our hearts and prayers.

During this Gathering I felt calm and centered as we truly went deep into ourselves to answer the questions about possibilities imaginable and un-imaginable. How would we paint the future if the un-imaginable was possible? Through our days together we practiced the Way of the Circle and were guided by skillful Grandmother facilitators to get in touch with that stillness inside of us which opened a space to listening with our whole beings to our sisters as they expressed themselves. Again and again, I recognized them in me and me

in them. The actions of our Grandmothers spoke louder than their words. They carry deep concern for the suffering in the world and the devastating impact of our actions upon all living beings, upon the next seven generations, upon our Mother the Earth. All the same, these Grandmothers inspired us as we heard their stories of courage and vision.

It was an honor to have had Anishinabe Grandmother Water Walker Josephine Mandamin amongst us. During Open Space she shared a detailed account of how an idea came into her sister's head at the kitchen table, and how they had laughed about it but soon realized that they needed to make this prayer ... for the Water and for the People. Slowly and facing many obstacles, they completed their Walks around the five Great Lakes. The first days and weeks were very hard, a number of times they were ridiculed, but they kept on going and then ... other people started getting involved and helping. They followed this Water Trail ... praying, carrying a copper pail of Sacred Lake Water, feeling the oneness with the Water, praying ... sometimes with few resources, sometimes with none ... they walked and walked, and walked the Water.

"Our Ancestors left something for us. They left us this Water Trail. What are you leaving for your children?"



Grandmothers Robbie Lapp and Josephine Mandamin

Now many people all over the world are prayerfully walking their rivers and their lakes ... protecting them, showing them respect, love and apology.

"Sit quietly
Four times a year
For four days and four nights,
No food no water ...
Oh, how lovely ... a drop of water
Hmm, that first bite of a strawberry
You really appreciate and feel thankful."

Thank you, Grandmother Josephine for offering to help start and guide any Walks that people might feel inspired to do for our rivers here in Arizona. We are spreading the word and will see what emerges.

Prayers gathered at the Moon Ceremony were danced with the Fire and with each other ... as the smoke carried them to Great Spirit with joy and faith. We also remembered our Ancestors, for we are not alone on this path. We acknowledged their courage, their wisdom, what they taught us, their beauty and their flaws; for all that we see is an illusion ... a reflection of ourselves, our thoughts, endless possibilities. We planted a tree surrounded with small stones inscribed with their names.



Ah ... so good to meditate and chant together in the mornings ... to welcome the Sun with the Dance of the Directions from the Cherokee tradition of Dhyani Ywahoo ... mingling the energy of the Earth and the Sky through our bodies as we "cut through illusion ... protect our Hearts ... call on our Ancestors ... Thank them."

Hmm, so good to offer songs and prayers, to enjoy delicious food, to be able to share and listen to stories and teachings surrounded by our beloved Sonoran Desert ... how very precious!



Can't forget our lively Ceilidh ... we always delight in this part of our Gathering!

During the whole Gathering I felt a wave of connection with the Grandmothers at the Heart level, which I personally think is what the world needs now. That heart connection is at the core of our being. As core and as whole as the feeling we experience when we lovingly hold a baby in our arms. To look at that tiny little face and eyes that look back at you from their newborn perspective ... they are so vulnerable, yet they smile at you and your heart just melts and you allow yourself to simply be. And this is who you really are. And who you really are is a beautiful **Light Being** shining out of a darkness.

Light Beings are emerging all over the world right now. It is our collective awakened consciousness that is illuminating our obscure spaces and all the dark places in the world, reminding us that we are making choices every moment and that our choices have a global impact.

From the stillness within, a path shining forward ... how can I make a difference? The silence found in my spiritual practice ... meditation, walking quietly through the forest, and praying ... is opening my consciousness so that I am more receptive to listen at each moment ... What is it that I need to do now to make a difference in the world?

I see the possible path the world can take as women and men open their hearts to compassion, love, and acceptance ... and continue to listen, love and give thanks for each other and for the lessons. It is through the heart connection that we can truly support each other as we walk our individual paths.

As Givers of Life, women connect with the Power of Creation in an ancient yet very present way ... as their babies grow inside their watery wombs.

It is said that Grandmother Moon holds hands once a month with all the women in the world as they go through their cycles of creation. No matter their color, nationality, race, class, where they live, what they do, how they think ... the Moon will pull their waters and the waters of the world will sway with them.

I feel the pull of the water within each and everyone of us as a wave of love that promotes understanding and standing together in order to bring back the feminine qualities that the world needs so much right now: deep listening, empathy, the capacity to be inclusive, loving kindness, and willingness to share our stories so that others can see clearly our visions.

Women all over the world are rising and sharing their stories ... we are all listening. They are breaking our hearts as we see where they are coming from ... as we see our contribution to their situation with a clarity that moves us to act. We need to protect our women and children by changing our ways of destruction, by ceasing to support the perpetrators of violence, by connecting through our hearts and minds ... realizing that we can't go along with the status quo, we can't continue to hurt ourselves and each other, we can't take away our children's future.

We must get together, listen to each other, and see what it is that is breaking our hearts. How can we contribute to restoring the balance of this beautiful blue planet spinning in this vast universe, keeping the next seven generations in mind as we make our choices.

The Kogi Indians in Colombia always ask ... without anger, and with immense curiosity: "O Younger Brother, how can we say it in a way that you will hear it ... and understand how you are destroying Creation."

In that way I often think: how can we bring back the Deep Feminine in all of

us, men and women? We know that the Way of the Circle allows us to communicate with empathy and inclusivity, and the hearts of the Grandmothers are leading the way by calling us to this very evolutionary practice.

I feel grateful and could see after attending our Gathering and going on our big road trip through Mexico that our children and grandchildren are standing up and questioning this society. They are asking themselves **WHAT CAN I GIVE?** instead of last century's question **WHAT CAN I GET?** They are paying attention to the answers so that they can use their gifts, talents and skills more effectively. And as humanity asks itself that question, the many young change-makers of the world are creating projects very close to their hearts that are affecting hundreds of thousands of people!

We can see the power of our stories and the necessity of deep listening to help our relationships with others. We now must to pass on confidence to our young women and men: how to see their sacredness, how to deal with their inner critic and the outer world, how to keep their eyes focused on their vision of the future and proceed to take flight into an elevated consciousness ... with the certainty that they have our support and blessings ... that they are not alone!

This is what I think we can leave to our children: the truth of our mistakes and how to deal responsibly with the consequences ... remembering to always love, honor and respect each other, Mother Earth and All Our Relations.

May we walk together with LOVE, forgiveness, integrity, kindness and thankfulness.

All my Relations,
Margarita



FROM THE GRANDMOTHERS ...

Thank you, Grandmother Shirley Tassencourt, for sharing this bit of wisdom with us from a writing by Religious Studies scholar Huston Smith after a month-long Zen Buddhist retreat at Myoshinji Sodo ...

" ... When I had been sitting contorted for hours in the lotus position, that month seemed to drag on forever; now all too quickly it was over. It was time to say goodbye. Ritual governed all aspects of life at Myoshinji Sodo, so I knew my farewell interview with Goto Roshi would be a ceremonious and formal affair. I was wrong. Roshi met me at the doorway to his tiny house, not in his usual priestly robes, but dressed casually. He could have been anybody and I somebody who just chanced to drop by. In his miniature living room he pulled back a short hanging curtain and introduced me to a shriveled-up woman working at a tiny stove. "This is Oksan, who takes care of my food." Then through another sawed-off curtain, he gestured to a futon on which a thin coverlet was spread. "This is my bedroom, and this is my television where I watch sumo wrestling. Do you watch sumo wrestling? Oh, too bad. It's wonderful. He led me out the back door where empty beer bottles were stacked. "And here are the remnants of the beer I drink while watching sumo wrestling." I got it: he was knocking the teacher off his pedestal.

But then he proceeded to knock Zen off its pedestal. "Koans can be a useful exercise," he said, "but they are not Zen." "And sitting in meditation," he went on -- "that is not Zen." Then why had I been torturing myself with koans and body

aerobatics, I wondered, and what the hell, then, was Zen?

"You will be flying home tomorrow," he said.

"Don't overlook how many people will help you to get home ... ticketing agents, pilots, cabin attendants, those who prepare your meals."

He bowed and placed his palms together, demonstrating

Gassho,

the gesture for gratitude.

Straightening up, he pointed to the beam that supported the corner of the house.

Another Gassho.

He glanced up at the ceiling that kept the house dry, and executed yet another

Gassho.

Then he did Gassho to me.

"Make your whole life unceasing gratitude," he said.

**"What is Zen?
Simple, simple, so simple ...**

**Infinite gratitude
toward all things past;**

**Infinite service
to all things present;**

**Infinite responsibility
to all things future. "**

"Have a safe journey home."

And he gave me a wonderful smile.

"I am glad you came." Such was my initiation into Buddhism ..."



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:

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Dear Friends in the Dharma,

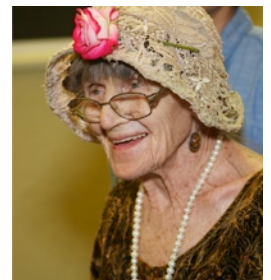
I listened last night to a dharma talk in the early hours of insomnia. The teacher, Steve Stuckey at Tassajara, said, 'We are living in troubled times.' He was speaking in 2009. Previously I had seen a video of riots in Chicago in the 1960s where the narrator had said the same thing. We do live in troubled times, whenever and wherever we live.

I opened my Facebook page this morning and it showed me different pictures as a review of 2014. As I consider this year and my ongoing health challenges, the impact of racial and sexual violence and of war, what shimmers through it all is how much my practice has navigated these challenges and continues to bless me.

What a gift then to have come across the dharma.

I feel an immeasurable appreciation for this gift, for my teacher Ruth Denison, and for you all.

Thank you,
Arinna Weisman



Ruth Denison, at 91 yrs. old

GRANDCHILDREN'S CIRCLE OF NEWS



EARTH GUARDIANS

"A lot of people think that the power in this world — the power to make a difference, the power to change the world — comes from political leaders, comes from presidents, from congressmen, but they're wrong. Because the power comes from the people — US — every single person in this audience has that power."

- Xiutezcatl Martinez, Earth Guardians
13-year-old indigenous activist



Our children and grandchildren all over the world are standing up for the Earth, the Humans, and All other Living Creatures ... for their future and our redemption!



Earth Guardians is an organization of dedicated youth from around the world. They are committed to standing up to protect the Earth, Water, Air and Atmosphere so their generation, and those to follow, will inherit a healthy, just and sustainable planet.

They are focusing on weaving together the synergy of individual grassroots youth driven projects around the globe, to create one international, intergenerational movement for effective change.

These are a few of the children who actively participate as youth leaders in this organization ...

WILL

I am Will. I am 8 years old and I homeschool. I love the Earth and that is why I am an Earth Guardian. My special INTERESTS are in plants, worms, and other insects. I want to protect them and their home so I am going to fight for them with all the other Earth Guardians.



because I care about the plants and the animals. I hope the effort that I am making can change how much they are suffering and how much we are disrespecting them. I want to make a difference!

ITZCUAHUHTLI

Hi, my name is Itzcuahtli. I am 9 years old and I go to Crestview Elementary School. I am an Earth Guardian because I care about the Earth. I am very sad about what people have done to jeopardize our future. I want to teach everyone to take better care of the earth NOW so that we aren't left with such a big mess to clean up. I am especially worried what is happening in our oceans, and want to focus on being a voice to help protect them.



SOFIA

Hi, my name is Sofia, I am 11, and I go to Foothill Elementary. I chose to be involved in Earth Guardians because I saw the opportunity to make a difference in my life and for those around me. We work very hard and there are so many serious issues to change, so by working together in a group we can make these changes faster. We need you all to help get this done.



On Oct. 27, 2014, Itzcuahtli went on a 45-day silence strike for climate action. What came next was a digital tidal wave of hope and support. People all over the world joined in and pledged to be climate leaders.

QUETZAL

My name is Quetzal Suriano. I am 10 years old. I am a home schooler. I am an Earth Guardian



WHY ANIMALS?

Animals, Aborigines, Ancestors, Angels Well, how do animals help us?

I liked the unexpected answer Martín, the Jaguar priest gave: "Don't think **you** are going to save the jaguar from extinction; just hope he doesn't leave and won't be able to save you."

The horse whisperer tells us our animals are in service to us all the time. Their unconditional love knows when we are leaving home and when we are coming home. I know a cat that dropped all her hair when the family was away a week for the first time. The vet says: "it happens." Love for an animal keeps us younger, healthier. Often the pet absorbs the stress and takes on our damage. We can show, activate, our love without embarrassment or hooks.

James Hillman reminds us that Native Americans knew their core vision belonged as much to the totem animals and the ancestors as it did to them. He suggests that we thank them ... shouting! Martín said that there was only one word you have to know in Mayan: Thank you! Would anyone like to do a **13 Thank You's Dance?** (Anyone who doesn't dance, line up and throw thank you's to the Four Directions, like the javelinas.)

When we hear of the sonar trials in the ocean breaking the ear drums of the sea world, driving disoriented whales to the beaches, the shooting of fragile wolf packs trying to re-establish a viable species, as caribou breeding grounds became oil sites and salmon cut off from spawning by dams, etc, etc, etc ... in our limbic most primitive brain, we know the terrible loss. A great rolling compassion that we all carry. Deep inside something is being torn out (we don't even know what). I think inside us this is creating a new organ of compassion in greater depth. We will need it for what is coming down the pike.

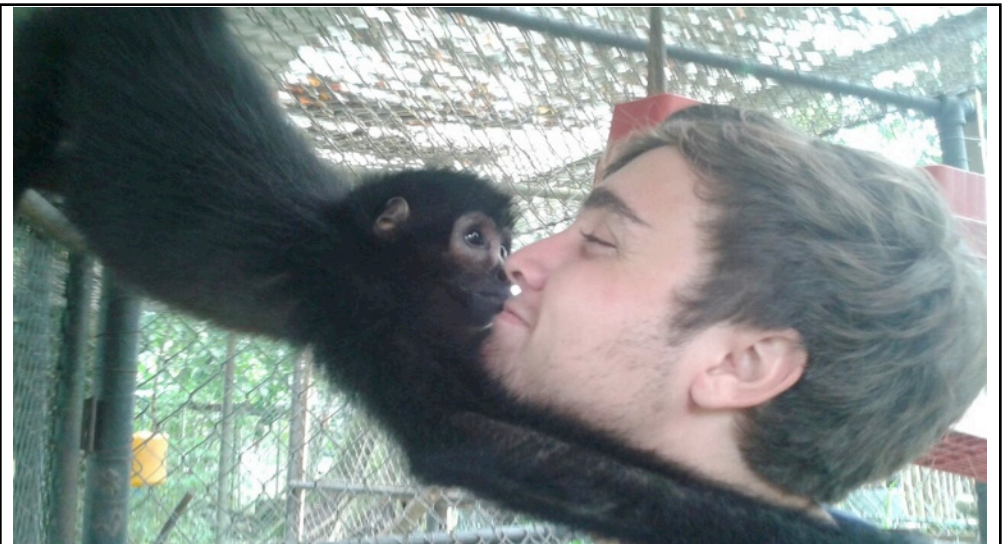
The animals, all the younger brothers are sorcerers, magicians at skillfully using, not misusing, habitat. We, like



Aborigines know that animals pass their quiet hours viewing the subtle energy fields that surround all living things, just as aborigines do. They say each animal has its own dreaming and is equally honored. An aborigine woman stated, "white fellas may have evolved from monkeys but we have not. We come from Universal Spirit." And so have monkeys in a different way!

Grandmother Shirley Tassencourt

drunken louts, are wildly destroying all our life systems. Oh, yes! They surely are our teachers. This is **"Why Animals."** In our lifetime, and because of our lifetime, we are terminating thousands of a different way! species. These four legged who delight us with their superior speed and agility, their specialization of senses, their truth, no criticism, no ego baggage, their mystical nowness, their virtuoso simplicity, their wisdom.



The Children are stepping up with purpose and love for All our Relations all over the world. They are awake and bringing awareness into the world. This is Pablo Restrepo Vasquez and his friend, a howling monkey at the Summit in Panama. "She hadn't seen me for a while so we both got really excited. At the Summit I was learning how to take care of wild animals that are being trafficked. Some of the animals are brought in by people who thought they could handle wildlife as pets. Some of them can be reintroduced into the jungle, but many can't adjust anymore and the Summit has to take care and feed these animals in order for them to survive. I want to study Wildlife Conservation or Veterinary so I can protect them. I hope this picture makes you understand that this little monkey has feelings just like you and me and deserves to live her life with her family in their habitat. I am presently going to college in Gainesville,

Florida." Pablo previously attended high school in Magdalena, Sonora, Mexico.



Below, Pablo's sister Maya Luna and their parents Ana Maria Vasquez and Richard Boren, activists who have dedicated their lives to work for peace and justice. They are bringing awareness and support to the victims of acts of violence by U.S. Border Patrol agents along the Mexican border.

From Connie and Bob Spittler

A peanut isn't a nut. It's a legume. A Douglas Fir isn't a fir, but a pine. A firefly isn't a fly. It's a beetle. Which only goes to show things are not always what they seem. But I'm not disheartened, because of all those things that are exactly what they seem and remain forever special. A la Oscar Hammerstein II, below is my short list of sentimental favorites:

Hugs from kids, Full Moons, purring of cats, tail wagging dogs. Mozart. Spring violets. Reading a good book that should never end. The hoot of an owl and a meadowlark's song. The fire dancing while the blizzard rages. Happy trips to offbeat locations, by plane, car or RV: a trip in a Winnebago with our kids singing "where are we going? We don't know." The high in the sky Catalina airport. The vain peacock at the Benedictine Monastery in St. David, AZ. Meals together starring any of the following: cheese, eggs, soup, salad, meat, veggies, dumplings, pasta, fruit &/or nuts.

What a long parade of good times with family and friends, filled with fun, love, camaraderie, and laughter after silliness. So what if a horned toad is a lizard. The Bald Eagle is not bald. An English horn is a French alto oboe, and Dresden china comes from Meissen. I'm concentrating on things that are what they seem. And this year sending the list to family and friends, in gratitude for every day the sun comes up. If you have the inclination, make your own list and share it. We wish you a year filled with bright moments and interesting things, like Douglas Pine, fire beetles and horned lizards.

You can check out Grandmother Connie's new website www.conniepittler.com

Congratulations Grandmother Connie, on your novel coming out this spring, [The Erotica Bookclub for Nice Ladies](#). Can't wait to read it!



The Heart Was Made For Other Things: A Reflection on the practice of Heart Coherence, by Mary Brown

I want to offer a different perspective to the heart coherence idea. Energetics are one of the ways that we as human beings communicate and listen, to our selves, and to each other. Energetics are a way of transferring intent to our environment and to each other. By learning to feel, or gauge Energetics, we are able to determine the positivity, or negativity, of the intent of those with whom we interact on a daily basis as well as during times of ceremony.

The heart is powerful. It is also personal. It is private and in more than one human being who is walking around, the heart is often physically compromised or weak. It is no secret or illusion that great energy can change, move, harm or heal the physical, emotional, and cognitive capacity of a physical being. Please do not ask me to align my heart with yours energetically. Please recognize rather, from my individuality and my active attentiveness, that I am present and I want you also to be present. I do not want to be you or for you to be me, I want us to BE together, we already are, One, and it is here, as singularities, that I get to see myself in you as the beauty that in this time and space I cannot be or see when we are not here. My heart is mine, yours belongs to you.

Our Dantian, however is something else altogether. In tai-chi and in qigong, in ceremony, the flow and exchange of energy is one of the core principles of the movement and power or strength of the practice. In tai-chi, ceremony, and qigong, energy may pass through our entire being including our heart, but we do not hold it there or move from the heart in our practice. We do not use our heart as the focus or receptacle of energy flow, chi, around or through or from us. To do so is considered dangerous. We use the Dantian for energy exchange precisely because it is not emotional or controlled by our thoughts. We use it so that we do not overwhelm another with our own thoughts or emotions or allow another to overwhelm us. Moving from the Dantian, connecting to the energetics that flow between us through the Dantian, is connecting through the higher states of awareness rather than through the

physical and emotional and mental mechanism of the heart.

The heart is a muscle that can be damaged, overwhelmed, and sometimes destroyed actually very easily by energy. The Dantian however, is a place that exists inside us without existing in one of our physical organs. It is therefore capable of being used as an energy exchange center, without risk of a heart attack and is quite useful as a defense against a body or energy attack. The Dantian is capable of being everything all together all at once (Takucnascnan) without harming us physically or depending on someone else to manage or control it. It is not controllable by another in us, which is quite cool, and yet it is very capable of connecting to all that is.

Many of us have forgotten that we have a private garden in our heart and we also have a universal spiritual hub, so to speak, in our Dantian. They are two different places in our bodies. My heart is the place in me that gets to remain gentle and soft, protected by skill, experience, and the sacred space that is my one and true place in this physical world that is part of the great circle of life. My heart is my place. It belongs to me and it is where I sit in council with myself. So with all respect to the other side of the mirror and its practices and practitioners, rather than using my heart to give, receive, or send energy and coherence to any other, I choose to use my Dantian, my core of chi, my gut. It is the place where my sense of restraint and deflection and thoughtfulness and understanding is not controlled by my head or by my emotion or colored by my fantasy or past. It is the place that is impervious to harm, which is quite nice, frankly. It is the place where I know that no harm will come to you from me or to me from you. And so with this letter/blog I stand in my place in the circle and add a voice of perspective and perhaps balance to our Gathering. Thanx for letting me be present and I hope you enjoy the present of this.

love ya, mean it ...

Hehaka Win Wicakpi Zi



Thank you Grandmother Irene Walden for keeping us informed ...

Mary Lundin's son from Green Valley called -- at Mary's request -- to let the Assisi Group know of her condition. I've added a few Grandmothers who I think may know her as well. She has gangrene in her toes which will spread throughout her body. This is a terminal condition, anywhere from a few weeks to several months. She will stay in her home and hospice will come to the house. She's on strong pain medication because this condition is very painful. Her son said he thought she would like visits from her friends.

Love you all, Irene



Grandmothers Allegra Ahlquist, Robbie Lapp and Marion Sinclair

Grandmother Robbie Lapp wrote:

I appreciate being in the circle with Mary Lundeen. I hope you have relaxing, meditative music with loon calls to enjoy. Awe! I need to share that is what I want, when that time comes, with my kindred and friends.

I have been watching and listening to this meditative 17 minutes with song, story and scenery of the marsh by Carolyn McDavid. I was in Meditative Circle Singing with her for the first time last week. She was born in 1935 and has been writing meditative and activist songs with the Earth for five decades. The sound of the red-winged blackbirds brings/takes me back to Minnesota!

[youtube.com/watch?v=fc7A2ZLteso](https://www.youtube.com/watch?v=fc7A2ZLteso)

I highly recommend the following movie from the Canadian Film Board, GRIEFWALKER, about the work of an Ojibwa healer, and hospice convener.

<http://orphanwisdom.com/griefwalker/>

Visiting with Marion after the 21st Arizona Gathering was such a gift to me. Marion is being greatly helped by one drop of medical marijuana concentrate every 6 hours.

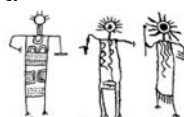
I hope Mary can use it. My aunt died with gangrene of the toes and feet. My husband died of congestive heart failure and gangrene had set in to his toes. Hospice was with us for four days as he died. I would like to say that one of the clear draws for me in moving to Oregon was the medical marijuana and the legal ability to decide when to actively die. After I made my move, one of the Grandmothers told me of her work training nursing home staff across the country to meet the Medicare and each state's requirements for staff. She asked me if I had moved to Oregon because it required the most comprehensive and complete training of any state.

The gift of Mary Lundin and Mary Diamond balancing each other and holding the vision is a profound gift to the Grandmothers, the world we have created, and the Earth our Mother planet! "REMEMBERING MARY" by Mary Lundin and her husband is one of the gospels of the Grandmother Movement. I hope there are other longtime Grandmothers who write, paint, sculpt, draw, color, and/or sing their gospels. Forgive me Mary Diamond, for as you know your "disciples" are dying, and I feel the need for their words of wisdom. Barrie Ryan's poem of Mary D's dying needs to be in "The Big Book" of Arizona Grandmothers.

PS: Would the Arizona Grandmothers consider a name that is not political, meaning Arizona is considered a name of one of the "states" of the USA. It's state borders were shaped by THE FOUR CORNERS of the ancient people and the railroad land grabs of two treaties as I recall to build the southern route from California to the Gulf Coast.

Enjoy the EARTH !

Robbie Lapp



Thank you Grandmother JudyO, for keeping us informed about our Grandmothers health and adventures ...

Lovely Grandmothers, 2/06/14

Recently I connected, contacted or received the following information:

REBECCA REDELSHEIMER had a stroke while on a silent retreat in Tucson. She was taken to the Veterans Hospital for care. She was able to go home but now we hear she is back in the hospital. Sending our love and prayers to her and Nancy.



Rebecca Redelsheimer and Nancy Masland at the Ceilidh

KIT WILSON suffered pneumonia and bronchitis which landed her in the hospital for two weeks between the holidays last year. She came back from her annual women's group that has been meeting for over 20 years, on Whidbey Island and sounded great on the phone. She is still getting needle shots in her eye to hopefully stop the progress of macular degeneration. Her beloved dog Copper, after a week plus of coughing, was diagnosed with Valley Fever. It has been a long recovery and Copper has lost his umph ... which is so much of his personality.

MARION SINCLAIR was gifted a light weight wheel chair before Christmas which she is loving and is letting her move again. She hauled it herself to the car, took off the foot rests, put it in the trunk, and drove off to have her blood check and go shopping. Her friends were too busy and she did not want to wait! Her friends were too

busy because they were helping to move KATHERINE LOHR about five doors down from Marion in the same building in Bisbee, AZ. Katherine is almost totally settled and says it will be good for her and Marion.

HER NEW ADDRESS IS :
100 Navajo Drive #205, Bisbee, AZ 85603



Grandmothers Judy O'Leary, Barb Nelson, Nancy Masland, and Katherine Lohr

If you have information of one of our dear Grandmothers, I will do my best to share it. Blessings on all and Joy in this awesome 2015 of 'everything is new'!

JudyO

Thank you JudyO for sending us this poem:

THE WISEWOMAN

*She is wise in the seasons of living
She does not need to cling to
what she has outlasted
She knows what to keep
what to give away
What memories to store
She harvests the riches of her life
She goes down to her own dark center
She plants seeds for the future.*

Donna Fontanarose Rabuck

Here is Paula Olch's contact information as of 1/ 28/15:
102 S. Sherwood Village Dr.
2202, Tucson, AZ 85710.
Phone: 520-885-8689



Paula found this assisted living facility that has a separate memory care. She is looking forward to a better year with friends, playing scrabble and pinochle, and living with other folks who are dealing with Parkinson's. It is not a lock down facility, so she will no longer feel 'imprisoned.' (from Paula's daughter Karen)

Invoking The Sacred Feminine (With Music by Velma Frye)

Please join us in welcoming the Sacred Feminine into our Grandmothers Gathering. We invite you to sit in circle with us and to explore your wisdom, creativity and power in workshops, meditation, music, creative arts, drumming and more.

The **GULF COAST COUNCIL OF GRANDMOTHERS** is an all-volunteer, non-denominational group of wisdom-seeking women who gather yearly, embodying unconditional acceptance, to explore and fulfill the ancient prophecy:

"When the Grandmothers speak, the Earth will heal"

The 16th annual Gathering of the Gulf Coast Grandmothers will be held at Camp Beckwith in Fairhope, Alabama
Registration is at 3 p.m. Sunday, March 1, 2015
Closing is at 3 p.m. on Wednesday, March 4, 2015



Questions? Contact Stevi Gaston (Weaver) at 251-432-7162 or barrygaston@juno.com
Camp Beckwith website: www.beckwithal.com



21st Arizona Grandmother's Gathering
November, 2014



STATISTICS OF HOPE

Every seven minutes
somewhere in the world,
someone is falling in love.

Every six minutes
two women pour tea and
sit down for a good talk.

Every five minutes someone,
somewhere is doing a good deed.

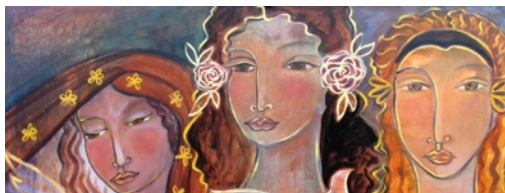
Every four minutes someone
stops and says,
"Thanks, I needed that."

Every three minutes
someone hugs
someone else in need.

Every two minutes
someone comforts a crying child.

And every minute
of the day and night,
someone,
somewhere in the world,
someone is at prayer saying
"Thank you ..."
to the sacred Mystery
which sustains us all.

Christina Baldwin, 1996



Herstory from Judy O

Heard at the Az Gathering in 2009

"Yes ... to the younger ones guiding
me to dinner.

Please ask them not to expect
pearls of wisdom
to drip from my lips
as this oyster is still working with
life's grit.

There is so much more
I wish I knew ... "



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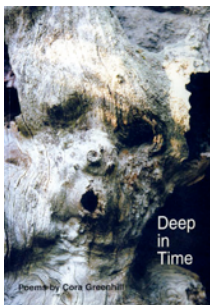
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Breathdance



He breathes
his songs through a
short reed pipe.
There is no knowing
What is his voice,
and what the sound
of the pipe.

"We don't have a word

for music in our language.

Music is the same as life.

*We don't speak of playing the mbira,"
(stroking the silver keys as voices fill the air)*

"We touch its sounds.

Now, I like you to sing with me.

Na tonde wa.

It means I love you.

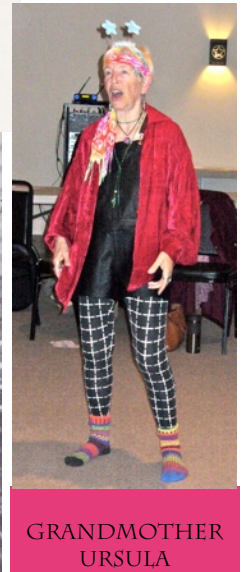
We sing it to our children.

No, not like that. We sing it with a smile."

He does not smile, he is smiled,
and the light shines from us all.

I am drawn to a space on the ground
danced by the songs
and the big moving airs of morning.

Cora Greenhill



**GRANDMOTHER
URSULA**

**In the sweetness of
friendship let there be
laughter, and sharing of
pleasures. For in the dew
of little things the heart
finds its morning and is
refreshed.**

Khalil Gibran