



# MAMA BEARS

## NEWS & NOTES

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VOLUME 2 NUMBER 6

DECEMBER/JANUARY

**HAPPY HOLIDAYS**  
from the Staff of  
Mama Bears.  
Please see calendar  
on the back page for  
our special Holiday  
Hours



### NOTES & NEWS

Now Mama Bears is entering its third year of life, after 2 full years of steady, day-by-day growth. Looking around in the New Books section is pure joy... so many wonderful books, both those that have become "standards" over the past 10 years, and the new arrivals. Instead of putting out the traditional gift-buying season list of "new and exciting" titles, we invite you to come and see for yourself.

Come in, look around. One benefit of having a small but pertinent, rather than "general" selection is that it is possible to absorb what's here without getting a headache. And of course, it's easy to spend a whole day comfortably, here at Mama Bears...reading, eating, drinking, going to the bathroom (we have 2!).

By now our selection of new books is big enough to contain just about most of what you want (and still growing).

This past year has seen an amazing proliferation of books on women's spirituality and lesbian novels, especially. As well as books that deal with the different aspects of our health, physically and emotionally. This year *Our Bodies Our Selves* was republished as an enormous 600 plus page oversize paperback; remember when it cost 35 cents and was less than 100 pages? One of many books every home should have. We invite you to come browse, and familiarize yourself.

Our feminism section is a-buzz with thinking women, thinking away...rethinking us out of patriarchy and into matriarchy. Walk their paths with them—it's an exciting journey. Absorb our history under patriarchy through reading the autobiographies and biographies we carry—few reads are quite as satisfying as following with her, a woman's true life adventures.

If you haven't been to Mama Bears, the following listings give an example of range (and be prepared, every now and then, for the oddball, uncategorizable book that has caught our fancy):

On the far wall to the right, as you stand inside the door are books on:

- Woman's spirituality
- Goddess & Matriarchal History
- Women & Religion
- Metaphysics & Occult (includes Tarot, Astrology, crystals, Palmistry, dreams, consciousness, etc.)
- Psychology
- Health & healing
- Substance abuse
- Wife & child abuse
- Body image
- Death & dying
- Aging
- Cookbooks
- Parenting
- Sex & sexuality
- Animals
- Science & technology

Also on the right, against the front windows:

- Children's books
- New titles
- Feminism
- Biographies & autobiographies
- Native American
- Jewish
- Black
- Latino
- Working Women
- Anti-nuclear
- Herstory-History
- Humor
- Fiction
- Women & the arts
- Blank books
- Reference books

- Free-standing displays:
- Calendars
  - New titles
  - Records/tapes

I find the datebooks so appealing that I started working up a cunning way to "need" 4 of them: 1 for appointments, 1 for a diary, 1 to keep track of grocery purchases each day, 1 to list what I read. To see them is to want them.

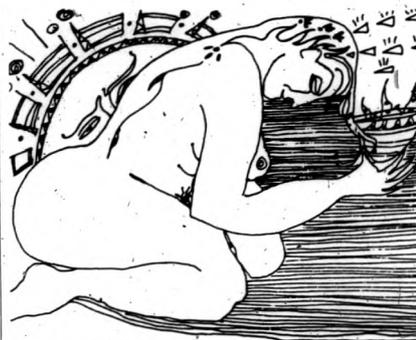
On the left wall are:

- New titles
- Magazines & Journals
- Gay men's fiction & non-fiction
- Mysteries
- Science fiction
- Lesbian & gay non-fiction
- Lesbian non-fiction
- Lesbian fiction

And, near the crafts display:

- Poetry
- Hazelden Meditation booklets
- Cassettes

(Continued on page 2)



PAULA'S HAGGLE

### Vulnerability

Good Morning...

I'm not Joyletta Alice, who was going to haggle today, but got sick, and so, I'm standing in for her. And I want to talk about vulnerability.

A workable ethics must be based on an accurate assessment of connections, which is what we've been talking about and doing, for almost a year now, here at the Gynosophic Gathering. The question of vulnerability came to my attention fairly recently. I'm in a writers' group with Sandy Boucher and she had

written a story, an article really. — I think she was 48 when she wrote it, she's 50 now, — about suddenly realizing that she wasn't young. And realizing that everyone in the room with her one particular day was a lot younger. She noticed their resilient skin, their wonderful muscle tone, and their bright eyes and shiny hair, and she noticed her own, what do you call those things, cellulose... (I always think that means Wonder Bread, you know... I like Wonder Bread, don't get me wrong)...and her own, you know, beginning lines, here and there, and her white hair, and her...cancer, at the time she was beginning to have symptoms. Later she wound up having a lump in her breast and had a biopsy, and it turned out she was fine. But of course you don't know that when you begin to think these things, you think you're not fine. And then, she talked to some elder women, women in their 60's, 70's and 80's and she was with some at one of the anti-nuclear sit-ins at Livermore Labs and a bunch of women got arrested: among them were some elder women, and she realized the amount of pain these women experienced, all the time. Having to sleep on the ground, not having enough blankets, being a little decrepit and a little arthritic, with stiff bones and stiff joints—at best, at best. At worst, with some serious physical disabilities that caused them extraordinary chronic pain the whole time, it's just what they lived with. And she also noticed their ability to bring the women together when the women got in a fight, their ability to mediate the discussion so that a satisfactory agreement was come to, their ability to keep on and keep on, their ability to think in terms of 60, 70, 80 years of history, much of which was their personal history, so that they could

(Continued on page 16)

### Astro-Logic

NEPTUNE IN CAPRICORN: SHE IS RETURNING

From beyond time, beyond oak trees and bright clear water flow, she was given the work of weaving the strands of her body, her pain, her vision into creation, and the gift of having created, to disappear.

Paula Gunn Allen  
"Grandmother"  
Coyote's Daylight Trip, 1978

In most creation myths, the Primordial Mother births the universe, including the gods, from her infinite fluid self, often described as her ocean of menstrual blood. She sacrifices her "identity," her self, her nothingness by dividing herself into heaven and earth, with the horizon dividing what was a circle of wholeness. She sacrifices darkness to make light, nothingness to make something.

Periodically, however, she devours everything she has created, and all returns to wholeness, darkness, nothingness, the womb—only to be reborn, and the cycle continues.

While many cultures, particularly ancient/tribal ones, remember the whole of this story, here in Westernized America we are trained to reinforce/recreate the horizon, the divisions. We have forgotten the Origin, the Source, the wholeness of the Mother.

About two years ago her warnings got louder: I am returning; the present order will be transcended. Kali,



Tiamat, Great Primordial Mother Chaos whom we inadequately name Neptune, the Sea-god planet, spent about 5 months fore-shadowing her entrance into the earth sign-Capricorn. Like the tide, she came in waves until this fall she made us fully aware: our castles of sand will wash away; the Mother Ocean is all-powerful. Soon there will be Nothing.

Nothing. Chaos. Limitless fluid ocean movement. The Feminine Creative Principle. The Deep. The darkness of the Womb. Formlessness. All. One. This is the domain of Neptune.

The Illusion of Reality

Capricorn, on the other hand, is the sign of form, substance, structure, foundation, stability, order, insinuations, limits, roles, rules, categories, hierarchies, authority, control, management, perfection. (More on the purpose of this life path in the Capricorn talk at Mama Bears Jan. 8). When these qualities become too crystallized, when we become blinded by them, we see only the circle divided against itself: fear, guilt, "shoulds," over-control, resistance, repression, stasis, inertia. Lifelessness. Patriarchy.

But the Mother is never truly absent. Neptune

(Continued on page 15)

NOTES & NEWS  
(Continued from page 1)

A special holiday treat is the presence of Mulberry Company's Heidi Hydusik and Elaine Blake at the jewelry counter the last 2 Sunday afternoons in December, to answer your questions about what different stones and crystals mean. (They supply us with the Jane Sipe Jewelry and Fishburn cards.) Take advantage of their knowledge as you choose. (Also note Suzanne Sunstone's list of gems and uses elsewhere in this issue.)

Mama Bears is not a money-making proposition (we're still putting \$ into expansion & things like a new tile floor...)—its (our) goal is to create energy. And each time we sell a woman a meaningful book, a book she will be energized by, we get energy from it too, and it is part of the woman-to-woman energy chain that is ever expanding. Ten years ago, we could not even have imagined some of the books we have: such as Judy Grahn's *Another Mother Tongue* (\$9.95), a ground breaking book, or *Lesbian Nuns* (\$9.95) to name only two.

While looking through the new releases to buy gifts, don't forget the older titles: if your friends, co-workers, lovers, & family haven't read them, it's still news to them, and they can be exchanged. (We do gift certificates, also.) You can also use

our mail order form to order any of the books that we carry or that we can special order for you! And don't forget our Capital Investment Donor opportunity. It costs \$20.00 for one year, and helps us raise money for capital improvements while giving you a 10 percent discount on all purchases (including crafts and jewelry) except food.

This paper, Mama Bears News and Notes is also thriving (thanks to Susan's visionary drive)—many of our advertisers are quite pleased with results they inform us, and we're building a very interested readership. And more and more, when women call Mama Bears for referrals (an unpaid part of what we do here at Mama Bears) it's Mama Bears News and Notes advertisers we turn to, to find the name they need. To make this easier, we've added an advertisers' directory (see back page).

And remember, when you buy at Mama Bears, you're supporting, keeping going, an enterprise which I can now say, after watching for 2 years, is truly a woman's center, filling a long-standing need.

Getting back to our New Book section: as the books show, we are indeed reclaiming our bodies, ourselves...the major goal of the women's movement. Reclaiming our history, our minds, our bodies, our future. These are heady thoughts; and they rest on very concrete things: the ability to have an abortion, the ability to walk away from a spouse who abuses, the ability to compete in the job market, the ability to practice our spirituality as women, the ability to pursue women's studies (our researchers are invaluable). Bearing in mind that the legal right to do these things can be challenged—as abortion rights are. Do you remember when the Supreme Court made abortion legal in 1973? I do. I was quite surprised, as were many other women. Surprised that it came so early, or at all. As Karen Ryer's article in this issue reminds us, it

can be taken away, one way or another. And as she points out, it's the women's clinics that are being attacked, not the hospitals performing abortions. And as Lenore J. Weitzman makes clear in her just-released book, *The Divorce Revolution* (\$19.95) the right to walk away from an abusing spouse is made mockery of by the no-fault divorce laws, which leave women poorer than ever. We are the poverty class in America. Catch 22.

Mama Bears welcomes new staff members Joy, Jen, and Oya. Their energy is wonderful. Thanks to Nancy, who's been quietly making improvements in the used book section, which always seems beyond our reach. Any other librarian or Virgo types who would like to volunteer energy towards organizing the used book section are more than welcome! All our used books come from women in the community—as donations, or in trade. Help us recycle important womens books—don't hoard (well, don't hoard as much—recycle some periodical!)—and others won't. Book prices being what they are, keeping used women's books moving helps all of us; and helps important ideas to circulate more freely.

Carol is still dreaming of Mexican-tile floors, especially in the coffee-house area, even though other types of flooring would be cheaper. But now we know what has to be done to lay Mexican tile, and we know crafts-women who do it—any donations, loans or ideas welcome! As we go to press, Thanksgiving is only a few days ago, and New Year's not quite here. But our next issue doesn't come out 'til February. So, here's to all of us in 1986. Mama Bears best wishes and love to all, especially those who have brightened and warmed our hearts in one way or another during the past several years—we know who you are, and that includes you, too, B. Langley, typesetter.

# Art Seen Around...



A FEW THOUGHTS ON RESPONSIBILITY AND THE ARTIST

affirms our identities, strengthens us, makes us proud to be women, and proud that our community can inspire the creation of such art.

I create Goddess imagery because it feels right, because I find it very affirming for me. As an active pagan (Wiccan), the most important part of my spiritual philosophy, and subsequently my artistic philosophy, is the immanence of the Goddess—summed up by the statements, "I am the Goddess. We are the Goddess. You are the Goddess." And when we can remember to affirm the Goddess within us, then we open ourselves to producing our best and to creating that which we all very much need in this world: an open, loving, peaceful, non-patriarchal society.

We—all of us together—are the women who create feminist culture, and we have the responsibility and, yes, the ability to change the world.

- C. Whitehorn

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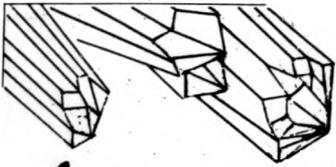
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# Crystal Vision

by Suzanne Sunstone

Crystal Vision was requested by Mama Bears to write a special article for the gift giving season. However this list's usefulness, while by no means conclusive, is designed to outlast the holiday season.

While Stonelore can be incomprehensively detailed as the layers of stone history are examined, we thought brevity would be best and the following brief overviews of the stones represent an encapsulation of historic, medical, psychic and folk traditions woven together. Their detailed examination will be part of the focus of our book "Crystal Vision"-now being anxiously typed and edited. Susanne Sunstone and Vicki Rivers are available for personal consultation and crystal sales Saturdays on Telegraph Ave, from 11 to sunset, between Bancroft and Haste with the rest of the street artisans.

THE LIST PART 1:

- AMETHYST**-for the crown chakra (knowingness). Stone of transmutation, for growth periods and change. For communicating creatively with addictive behavior.
- ROCK CRYSTAL**-for clarity. White light, for all chakras. For mental, astral, dream and meditation work (i.e. manifestations), affirmations etc. invigorating.
- ROSE QUARTZ**-calming, for heart and throat chakra. Enhances communication with your inner self and outer world.
- CITRINE**-grounding, invigorating, warming, for forward motion and positive focus of anger into activity.
- SMOKY QUARTZ**-grounding, buffering, capable of absorbing negativity.
- GARNET**-grounding, color of vitality, cleanses lower as well as upper chakras. Strengthening for the heart.

- TOPAZ**-warming and soothing. Stone for self-affinity and knowingness. Helps connect the head with the heart. Calming to the nervous system. Egyptian heal-all.
- EMERALD**-Venusian stone of female creative energy, fertility and abundance of heart. Cooling.
- RUBY**-stone for bridging the solar, plexus and the heart. Dynamic and encouraging physiologically for the cardiovascular system (as are garnets).
- SAPPHIRE**-stone of higher dedication, constancy, soothing.
- PEARL**-soothing and buffering.
- LAPIS LAZULI**-stone of universal appeal. A meeting of inspiration and grounding. A good stone for uniting the being and the body.
- AQUAMARINE**-cleansing, soothing, cooling, calming, amusing, for neutrality.
- TOURMALINE**-(in its most common colors):
  - PINK**-higher octave of rose quartz, for the 4th chakra.
  - BLUE**-centering-calming heart stone.
  - GREEN**-balancing and stabilizing.
  - WATERMELON** (Pink core with green rim). Green and red stones create cleansing, dynamic vitality which in the pastel tints translates into the impetus for spiritual forward motion.



## We Need Protection Too

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THE LIST PART 2:

The other way to organize the list is to the desired attributes and the stones that provide them.

- For depression and or heart-break:** Rose quartz and Amethyst in combination. Also pink tourmaline.
- Manifestation:** (finding a new house or car etc.) Clear Quartz.
- Spiritual Opening:** Amethyst, Rose Quartz, Opal.
- Grounding:** Citrine, Garnet, Smokey Quartz, Pyrite, Galena. Opaque stones: Turquoise, Agates, Jasper etc. Stones cause gravity by grounding people. This is what most stones do.
- Clarity:** Clear Quartz.
- Childbirth:** Turquoise, Opal, Rose Quartz, Ruby, Emerald, Citrine, Amethyst, Smoky Quartz.
- For Protection:** (self and space-home). Amethyst and Clear Quartz. Tourmaline and Ruby.
- Making Separations:** Aquamarine, Turquoise, Heliodome.
- For Devotion and Inspiration:** Sapphire, Blue Tourmaline, Amethyst.
- For Forward Motion:** Garnet, Citrine, Diamond, Ruby.

...to be continued.  
This christmas season, in celebration of serving the women's community and winter solstice, we are offering an astral coupon (just mention that you read this article in Mama Bears newsletter) -20% redeemable on any of our wonderful merchandise. Good through December 24th:

by Susanne Sunstone

come meet the girls...  
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### ANIMAL TIES

Know your ingredients. Most cosmetics contain ingredients derived from animals—even though animal derivatives have no special cosmetic qualities, not also available in animal-free products. If you do not want to support slaughter for beauty, READ LABELS. "Natural" doesn't mean non-animal. If the source isn't specified (e.g., vegetable), it's probably from the (cheapest) animal source. Some common ingredients ALWAYS derived from animals are: collagen, lanolin (from wool), tallow, elastin, mink oil, Keratin, musk. Ingredients USUALLY derived from animals include: amino acids, enzymes, glycerine, glyceryl stearate, protein, stearates, stearic acid, urea.

Lyrics SRS 1985  
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"THE LESBIAN LOTTERY LAMENT"

OH GODDESS! WON'T YOU BUY ME A LOTTERY TICKET THAT WINS MY FRIENDS ALL ARE PAUPERS AND I DON'T WANNA BE LIKE THEM SO SCRATCH ME A NUMBER WITH A TWO-MILLION-DOLLAR-SPIN ON GODDESS! WON'T YOU BUY ME A LOTTERY TICKET THAT WINS

OH GODDESS! WON'T YOU BRING ME A GIRLFRIEND WITH LUST AND BRILLIANCE AND RICHES WOULD SURE BE A BIG PLUS PROVE THAT YOU LOVE ME GOOD SEX IS A MUST OH GODDESS! WON'T YOU BRING ME A GIRLFRIEND WITH LUST

OH GODDESS! WON'T YOU GIVE ME THE POWER I NEED TO GET EVERYTHING I WANT NOW AND FULFILL MY GREED AWAKEN MY VISION AND PLANT THE RIGHT SEED OH GODDESS! WON'T YOU GIVE ME THE POWER I NEED (sung to the tune of the Mercedes Benz song)

Bay Area Career Women invite you to join them for a Benefit Holiday Party for The Larkin Street Youth Center on Sunday, the fifteenth of December Nineteen hundred and eighty-five from five to ten o'clock Sutters Mill 77 Battery Street San Francisco, California R.S.V.P. by December 10, 1985 For men and women Tickets Eighteen Dollars Red Tea Optional

Booked No Host Bar Host 2 Owners  
For reservations, send check to: Bay Area Career Women 55 New Montgomery, Suite 724, San Francisco, CA 94105

# Some B.S. from B.S....

The founding fathers of these here United States were a rather paranoid bunch of dudes. They assumed that governments were bound to grow corrupt, if given half a chance, so they designed our system with a bunch of fail-safe devices to protect the rights of all (white) (male) citizens for as long as possible. If you managed to stay awake in school you were probably told about the system of checks and balances, where the Executive Branch (read Pres.) is answerable to the Legislative (Congress) which can be overruled by the Judicial which is appointed by the President. And, no sooner did they finish the Constitution they immediately went back and amended it, adding to it what is known as the 'Bill of Rights' to protect the citizens' most basic civil rights and freedoms. Later amendments made women and non-whites citizens, too.

Our civil rights are protected by law, of course, but law is no protection unless it's respected and law isn't doing too well these days. About the only place you can be sure people aren't either above the law or outside it is in a courtroom, if you're wealthy enough to pursue your rights that far. For most of us there's no guarantee. So, what with one thing or another, the legal system just isn't what it used to be. Most of us are still pretty complacent, however. We even assume that winning a

struggle for some right means we get to keep it, as though we had special rules of fair play here. Did you know that lovely old Thurgood Marshall who refuses to die to facilitate Meese's long awaited ascendancy to the Supreme Court is probably our sole protector of abortion rights?

Then there's the weird things being done through extra-legal agencies such as insurance companies. It's certainly a high-tech concept when local government is 'driven out of business' by the so-called "deep pocket" rule which calls for a town to have enough cash on hand to cover the deductible amounts of its liability insurance. Sorry folks, your town can't be anymore because you don't have enough money to meet insurance requirements.

Or, how about the way California axed homebirths without resorting to the legal system or public forum? Changes were made to the malpractice insurance for doctors and nurses. Now, unless they pay something like \$80,000 for a special option, they're no longer covered for a homebirth. A licensed medical practitioner who isn't exorbitantly wealthy would now put his or her profession on the line attending a homebirth. Suddenly articles appear in the media denouncing homebirths. Subtle moves and media manipulations. Who'd notice except a mother who has to go to a hospital to give birth, now. Is it

about control of childbearing again, or perhaps Dr. God wants women's bodies back under his wing, who knows? Insurance companies are also pulling the rug out from under women's Health Clinics—as Karen Ryer reports elsewhere in this issue.

What's happening to the pot growers in Northern California isn't even subtle. The issue isn't really pro or con marijuana, of course, or whether the herb should be illegal in the first place. It's about power and wealth getting into the hands of a segment of the population that is, by definition, outside the system's bookkeeping and control. Insult to injury, they live on alternative energy and develop strong communities full of deviant persons.

Various State and Federal Agencies marshalled what became the largest police force marshalled against civilians in our nation's history. They raided gardens and homes in great numbers and it didn't work. The civil rights issues in their procedures were so questionable they didn't prosecute on criminal charges, so their procedures didn't get tested in court. Injunctions from Federal judges somehow don't completely bind them.

(How is a judge to stop them, threat of arrest?)

And it wasn't working, people weren't intimidated by threat of mere wipeout because these



people had communities.

So, they reached over into Title 21, U.S.C.A. §881 of Ch. 13 by which the government takes Porsches from coke smugglers and gives them to D.E.A. agents to drive. The Feds move to confiscate the land from the growers, then they file criminal charges and offer to trade the criminal charges for the land. No one's had it up to fight it, everyone's had to take the deal. No court test for the criminal action. This worked. People wouldn't put their land up, no way. Either you were intimidated or they'd take your land away from you.

Sage (Susan B.) Foster is one of the 12 landowners up for the old 1-2 punch so far this year. She's determined to fight it every step of the way. Her attorney is Susan B. Jorden, for all you congenitally legal buffs out there. It's a nice

action, I assure you.

Legal battles are expensive and any donation you would care to make to this cause would be greatly appreciated.

Checks can be made payable to:

Susan B. Jorden, Attorney  
Earmarked for:  
'The Susan B. Foster Defense Fund'

All communications sent to:  
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Is it O.K. to do this sort of thing in a column?



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**Karen Ripley's Comedy Calendar**

december

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IMPROV AT MAMA BEARS

DEC. 6 - 8 p.m.  
STAND-UP AT BAYBRICK INN

DEC. 7 - 8 p.m.  
OVER OUR HEADS ARTEMIS

DEC. 8 - 3 p.m.  
MIXED DOUBLES AT MAMA BEARS

DEC. 14 - Noon  
STAND-UP S.F. WOMENS BLDG. CRAFTS FAIR

january

JAN. 4 - 8 p.m.  
"SURPRISE" AT MAMA BEARS

JAN. 15 - 7 p.m.  
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# Reviews

**SISTER OUTSIDER**  
by Audre Lorde, \$7.95

It has taken me several months to read Audre Lorde's *SISTER OUTSIDER*. Not because of its complexity, not because of a lack of time, and certainly not because it failed to hold my sometimes waning attention. This collection of 15 of Lorde's speeches and essays is a weaving of wisdom, of outrage, of challenge and of hope. And, as with most weavings, a combination of time, thought and receptivity is needed to view the vision offered in the coming together of the threads.

As I read the book, I was inspired by Lorde's ability and willingness to go beyond the surface, that is, to dig a little deeper. For example, in "Poetry Is Not A Luxury," she invites the reader to share her vision of poetry as... "illumination, for it is through poetry that we give name to those ideas which are until the poem-nameless and formless, about to be birthed, but already felt." And with that vision, she speaks of the necessity of traveling into the dark, each of us, and finding our passion, our power and our creativity there. It has been a struggle for me to continue my work-my poetry, to nourish the dark places and to not view poetry (both my own and the work of other women) as movement toward 'real' writing. The essay affirms both the need to continue and the possibilities created by continuing.

"Transformation of Silence into Language and Action" was another piece pertinent to my life. It brought to mind Lorde's poem, "A Litany For Survival" (The Black Unicorn). Both are confrontations with the ways I have chosen silence as a response to fear-as if silence and knowledge are the same. How many of us, as frightened children do, close our eyes tightly, believing that our doing so would save us from some real or imagined monster? I did. And when the monster came, in spite of my not watching its approach, I opted for silence-refusing to speak the reality-accepting the illusion of control as power. Lorde speaks of her confrontation with the 'ultimate' monster-death, her own mortality: "I was going to die, if not sooner then later, whether or not I had ever spoken myself. My silence had not protected me. Your silence will not protect you." And fear, what of fear? Lorde puts it in perspective. We can, she says, learn to do when we are afraid.

After reading "Transformation...," I read it again, then turned to her speech entitled, "The Uses of Anger: Women Re-



smile or feel good. I am speaking of a basic and radical alteration in those assumptions underlining our lives."

-by Joyletta A. Alice

**IN OTHER WORDS**  
by Alice Molloy, \$8.50

sponding to Racism." The connection between the two seemed obvious and in need of attention in my life. This was not an easy piece to read, I felt circled by the ways we discount anger, by the costs involved in doing so. And it was a gentle circle, one of strength and hope and outrage. As I read this speech, I wept, I shouted, I remembered in spite of the fear, and then I phoned a friend and told her to read it.

"Women of Color in America have grown up within a symphony of anger, at being silenced, at being unchosen, at knowing that when we survive, it is in spite of a world that takes for granted our lack of humanness, and which hates our very existence outside of its service." And I say 'symphony' rather than cacophony because we have had to learn to orchestrate those furies so that they do not tear us apart. We have had to learn to move through them and use them for strength and force and insight within our daily lives. Those of us who did not learn this difficult lesson did not survive. And part of my anger is always libation for my fallen sisters."

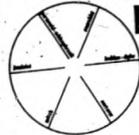
Constant throughout this book is Lorde's presence. Such a simple thing, yet again and again I have read essays and listened to speeches laced with the infamous "them" until, of course, the speaker begins to speak of her idea of solution. Then come the 'us' and the 'we'. In *SISTER OUTSIDER*, Lorde has held herself beneath the glass of introspection, and from that point offers wisdom and ways to change. The book is radical, reading it leaves me feeling both exhausted and hopeful.

*SISTER OUTSIDER* comes in a blue cover, the color blue that commands your attention, the color blue that is said to be the color associated with creativity; *SISTER OUTSIDER* comes in gold letters, the color gold is said to be a healing color; *SISTER OUTSIDER* comes like night, without the distractions of day-time business; *SISTER OUTSIDER* comes as clarity for those of us who have grown weary of living inside of our wounds.

"And when I speak of change, I do not mean a simple switch of positions or a temporary lessening of tensions, nor the ability to

A large, over-size book consisting of author's notes for several years, unedited, plus excerpts from her reading matter that tied in with her thoughts, plus, as she puts it, "a latin-root word trip." An unusual book, impossible to categorize. In a recent communication, Ms. Molloy said "I now realize, after all these years, what this book is about. It is about separatism. Self-defined separatists confusing desire with reality have uttered so much blather about separatism that it's importance has been obscured. In this book I dwell on the fact that separatism begins in the physiology: in the nervous system. Women and men are different. We are born mergers (empathic nervous systems—although you won't find that term in any medical book); men are born separators. Because under patriarchy our ability to merge (with any other) is used against us, it is our downfall, so to speak. That is why we can stay with a spouse who abuses us, for example. Our first task, barely begun, is learning where our boundaries stop and the other person's begin. That is what this book speaks to. As such, it is also a basic witchcraft primer."

## IN OTHER WORDS



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**EMPOWERING ART**

Sometimes when you walk out alone (or arm in arm with a beloved other) under the full moon, you sense something that makes all your life click into a whole. For a moment you understand the meaning behind it all. I had that experience in the middle of the night of a very violent mid-winter storm. In the eye of the storm, the clouds drew back for a while and the full moon shone down brighter than I'd ever seen her and it was very still. I walked out onto the beach and saw running across the rain-drenched, smooth, dark sand, one long line of deeply bitten horseprints. Now, I'm not trying to tell you that Herne or some other mythic being had been out riding the wild storm winds. (The neighbor had probably had the same urge as I shortly before me, only she had come to the beach on her horse.) But what I sensed inside myself was the same as if the prints had come from the last amazon centaur: I felt the presence of *Something*. All around, the world was etched with amazing clarity. I seemed to feel the balance of the world (and how it would be if the human world was in balance) for a moment or two that night.

The moments when the assumed realities of the world seem to shift and something changes deep inside are rare and vastly important to our developing strength and inner power. A moment like this might come when you're watching a movie like "One Fine Day", which shows a beautiful layout and design many of our heras. It might come to you while watching a slide show by Max Dashi; seeing the faces and dances of women shamans around the world. Or it might happen when you stand in front of a painting or a sculpture or an illustration. It might come at a concert or poetry reading, from a line in a book, the way the clouds form, a dream, something someone says or in meditation.

If my painting has this transforming quality I feel my work has succeeded. In the midst of the overwhelming barrage of images from T.V., billboards, magazines, etc., our minds fill with exactly the opposite force; the force of self-negation. We continually view energy draining images, dis-empowering images. It is difficult not to take them into ourselves, our lives and work. The images and words that mass media continually supplies us with are meant to keep us from deepening and gaining individual strength and self-autonomy. They are meant to keep us tied to a mass pattern of buy at any

cost to ourselves or nature. They keep us tied to a very narrow perception of reality-theirs (the perception of reality held by those who hold the material power.)

We all desperately need the feeding that can come only from our women imagemakers. These images have been so lost to us over the past few thousand years. It's very exciting to me that women are increasingly choosing to spend what they can, with our tight budgets and small incomes, on women-made images of empowerment. Whether it be the tiny sculptures of jewelry, or paintings and weavings and larger sculptures to have around us in our homes and workspaces, we are realizing the importance of such daily reminders to our taking control of our lives. Women are realizing that our artists can continue to create so we can all be fed with



images, songs and words that give us dignity, strength and hope. So the reminders can always be with us, like the Redwood '85 Concert, that the world can be a different place for us all. We really can transform the world.

by Cynthia Seawomyn



CYNTHIA SEAWOMYN is a painter and printmaker who has been creating her artwork for the past 15 years and has been showing in galleries for the past 3 years. Her artwork emphasizes women, nature and Goddess images.

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at Mama Bears with CAROLYN WHITEHORN, creator of the FEMINIST FORGE, a line of feminist jewelry which has been a major source of powerful images for women since 1973.

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**WHITEHORN**

Metalsmith, artist, feminist craftswoman. At other times in my life, mother, activist, business woman. And all of my life, sculptor.

I started before I can remember, carving soap, shaping clay, then, carving wood, or stone or



shaping wax, or silver, or iron. Forty-nine years of retaining (re-claiming?) my sanity by letting the creativity and communication flow out from my fingertips as it could never flow from my halting and stammering tongue.

I am a self-taught artist who cannot draw, a metalsmith and sculptor who never learned that certain techniques were "impossible", so I used them. I am a woman who had to fight my husband for my own right to work as a creative artist, a mother who raised six children by herself-as an artist-a feminist activist who supported a high level of activism through my earnings as a feminist craftswoman.

I fell into jewelry making in 1967 when I needed a gift for a friend-and decided to make a silver pendant. It seemed logical-I couldn't carve at the time because I was recovering from a serious accident which left me with a major concussion (thank

(Continued on page 13)

# AIDS

## What's the Real Story?

by Connie Arburua

Partial myths and distortions of facts regarding AIDS have created a state of anxiety in all of us. Why are we being misinformed? As a professional in the health care field, a great deal of information has come my way regarding AIDS. I have had the opportunity to reflect on this information and have come to some conclusions.

First, let me begin by exploring female to male sexual transmission of AIDS. I can find nothing to suggest that this has ever occurred. Yes, it is true that the AIDS virus has been isolated in tears, saliva and vaginal secretions. It has never, however, been demonstrated that an individual has contracted AIDS via these bodily fluids. If it is true that female to male transmission of AIDS has not occurred, then it is clear that women prostitutes are not a source of the sexual spread of this disease. Scapegoats? You bet they are!

What, then is meant by the statement that "AIDS is no longer a homosexual disease, but a heterosexual one as well?" Why are we being told that it can be passed on by heterosexual women? What does "intimate sexual contact" mean? Does it mean rubbing noses? Kissing? Why aren't we being told?

I believe that the implying of a heterosexual connection to AIDS is designed to create an anxiety state in all of us—and it has! At the same time we are told that AIDS is very difficult to contract. Confusing? Yes. But that, thank goodness appears to be true. It looks as if the AIDS virus must be directly injected into a person's circulatory system. Yes, that does mean it is POSSIBLE to contract AIDS during vaginal intercourse, although it is highly unlikely that this would occur. For a male to contract AIDS from a woman during intercourse, he would need to have an open lesion on his penis and his partner would need to be an AIDS carrier with a bleeding vaginal lesion. Since very few women have AIDS it is highly unlikely for the above scenario to take place. For a woman to contract AIDS during vaginal in-

tercourse, a similar situation is necessary. She would need to have a bleeding lesion, so that the semen would have access to her circulatory system. This makes the reference to heterosexual transmission of this disease even more obscure.

AIDS is not related to either the hetero or homo aspects of sexuality any more than hepatitis is. It appears to be an activity related disease, i.e. the sharing of contaminated needles or being the passive recipient of anal intercourse. Because the mucous membranes of the colon are quite fragile and easily damaged, there is a high likelihood of contamination during anal intercourse. These membranes are designed for absorption of fluids and, therefore, have many small blood vessels close to the surface. The vagina on the other hand, is a tough muscular organ not readily injured.

Secondly, did you know Haitians were removed from the high risk group? This move certainly came with little fan fare. They were removed, of course, because the CDC (Center for Disease Control) finally acknowledged that Haitians get AIDS the same way everyone else does. Why were they singled out to begin with? It appears we need a people of color upon which to place the blame. Since removing Haitians from the high risk group, efforts are being made to blame AIDS on Africans. With regards to the "African" connection, you may have heard that "In Africa AIDS is a heterosexual disease". It is important to state once more that AIDS has no way of knowing your sexual preference. It is a disease that is spread blood to blood (as in transfusions) or semen to blood (as in anal intercourse). In other words we all get it the same way—military personnel, hetero- and homo-sexuals, moral majority, Haitians, Danes, Africans, etc. So let's stop scapegoating prostitutes (women). They may be at risk themselves, but so far it does not appear that these women have ever given this disease to anyone...not sexually that is. Like everyone else, they can spread it by sharing infected needles.

So, why the misinformation? Well, if it is true that AIDS can only be spread by sharing infected needles and through anal intercourse (there is now a test to screen blood, so transfusions are no longer a source of infection), then who is going to vote to fund research? Remember how little money was made available when this disease was seen as the "gay plague"?

The research community then, has a vested interest in convincing the public and public officials that it can be transmitted "heterosexually". So does the military. If, as has been reported, all military personnel are to be tested for AIDS, then it is obvious why those making the decisions are attempting to imply a "heterosexual" basis for infection even if one does not exist.

As for the gay community, it seems to me that some members have been sadly quick to try to make this connection, in eagerness to remove the focus from themselves. Energies which could have been better spent making clear the dangers of anal intercourse.

Shall I point the finger at the patriarchy just because it pointed its finger at me (as a woman) and others not clearly implicated by the facts? Let it point where it belongs. The bottom line is that AIDS is passed predominantly during anal intercourse and cannot be passed that way by women. Further, it is implicit that anal intercourse is clearly a widespread practice not limited by sexual preference. Pointing a finger at the homosexual community and prostitutes has simply been a mechanism to avoid the truth. The truth is simple: if we avoid anal intercourse and contaminated needles our chance of contracting AIDS are slim.

Dr. Arburua has been working in the health care field for 25 years. She is a Registered Nurse and a Doctor of Chiropractic. Her office is located behind Mama Bears at 6536 Telegraph Ave. She especially serves women and the gay community.

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## FROM THE FRONT LINES

### One Beleaguered Lawyer's View

By Karen Ryer

In 1973, the United States Supreme Court, in a revolutionary world-changing decision, decided that a woman had the right to terminate a pregnancy. The decision to do so was deemed her private business, to be determined by her and her doctor. The legal, economic and social ramifications of the *Roe v. Wade* decision were, and are, monumental.

Women were able first, to plan children, not just react to them and as a result, were able to plan other things in their lives, such as a career, or a single life-style. Think about that-how many of us would not now be single, having to have "let a man make an honest woman" out of us through "matrimony"?

A second development is just as important. Because the women who worked toward the Supreme Court decision continued to work in the feminist movement, some women began to enter the women's health care industry themselves, and ultimately developed the women's health clinics we all have come to appreciate and rely upon for inexpensive, responsible, woman-to-woman health care. No longer did we have to go into impersonal hospitals for "female problems"; no longer were all the persons around us men; no longer did the doctor's office seem like a prison. We had our own clinics, our own friends worked there, and health care for women became humane and healing. We women gave ourselves dignity by removing the male prerogative from our health care decisions. In fact, many of these clinics are still in operation, and have been for 10-12 years. And most of them are owned and/or operated by women. The health care industry has had to deal with women taking charge of medical technology, and with women making an independent living at it. In other words, although I do not personally know a single woman, either administrative or medical, who has become rich working at a clinic, most have survived, raised children, and helped others do the same. (Many women's first jobs have been as clerks or receptionists at women's clinics.) And they have done this without much help from men. (There are always good men, and in the history of women's health in the past 12 years, there have been some very good ones. The Supreme Court in 1973 was made up of nine of them.) The point is that women's health care became her concern, her legal right, and, now, her livelihood.

Another important ramification of the *Roe v. Wade* decision was that many women began to understand medical technology and learned a good deal about reproductive health themselves. An excellent local example of women taking over medical technology and using it for themselves is the Sperm Bank of Northern California, located here in Oakland, where any woman may choose sperm of her choice, be artificially inseminated, and have a child without a man involved. The freedom NOT to bear a child has evolved into the freedom to HAVE one, without male intervention in either decision.

We are, however, not doing these things unnoticed. A growing number of individuals calling themselves by various religious-sounding names have set out to systematically, legally, and thoroughly disable, dismember, and destroy the gains women have made since the *Roe v. Wade* decision. And it is not just happening in conservative places, but right here in Alameda and Contra Costa Counties. A clear pattern is developing before our eyes, and we had better not ignore it. Women have been targeted.

For the last eight years, I have represented the Oakland Feminist Women's Health Center (four clinics-Pleasant Hill, Oakland, Santa Rosa, and Richmond). In the course of my legal work for the clinics, I have had occasion to seek relief from the courts from harassment by so-called "right to life" pickets, who have taken it upon themselves to exercise their freedom of speech and speak out against abortion at clinic sites, especially when abortion procedures are done. These groups have been made up of an assortment of Christian church groups and stray individuals. I have had a lot of success keeping these kinds of people at bay, working within the legal system to structure their activities so that there is a minimum of disturbance to the clinic and client, and so that their opinions are constitutionally protected. Until recently, this has worked in the Bay Area.

However, there is a serious problem, and his name is Joseph Scheidler, a Catholic and director of the Pro-Life Action League of Chicago. He has just released his book, *CLOSED: 99 WAYS TO STOP ABORTION*, 1985, Regnery Books, Lake Bluff, Illinois. I have just finished reading it. It is extremism at its worst-he makes fanaticism sound almost reasonable. And most of what he advocates is legal.

His tactics began surfacing in the Bay Area with a vengeance in January of this year. I was called upon to seek an injunction for Planned Parenthood of Contra Costa County because of a priest who had, in the past,

been arrested at Planned Parenthood for assault and trespass. He began systematic picketing of Planned Parenthood's clinics in Concord. He brought friends, and they brought friends. It has taken all year to get these people under control, and it has cost Planned Parenthood much time and money to do it. And for the longest time we did not really realize what these pickets were up to. They are NOT up to expressing their views. They are not merely exercising their freedom of speech. They are dedicated to closing the clinics down, first Planned Parenthood, then the Oakland Feminist Women's Health Center clinics. They are committed to Scheidler's plan-abortion must be stopped, and the easiest way to stop it is to break the clinics financially. Why clinics? Why not Kaiser? First, they couldn't break Kaiser financially. Second, Kaiser has great security systems. Third, Kaiser is staffed mostly by male doctors and staff. These people want to shut down women-operated, women-owned clinics, and if they stop the abortions there, fine too. They do not care that only 20% of the female health problems treated at women's clinics are abortions, and 80% are family planning and health care. They only care that women are working for themselves, and if abortions are done on the premises, there is a good excuse, under the guise of free speech, to go after them.

do not do the TAB (therapeutic abortion) procedure are also targeted.

Some of the tactics include: general picketing, in large numbers so as to block entrance and exit from the clinics; so-called "sidewalk counseling" of women going into the clinics, which consists of comments like "why are you killing your baby?"; or, "we'll find a home for your baby, let us have it", and some not so nice comments such as, "baby killer", "murderer"; surrounding cars as they try to park and handing out lurid literature showing full color photos of fetal parts; using bullhorns to shout the names of clinic staff and doctors while TAB procedures are being done; phoning the clinics to leave messages on tapes; sending postcards with pictures of Jesus, to the clinic staff; making fake appointments in order to get into the clinics to supposedly convince legitimate clients to leave before the procedure; repeatedly making phone calls to the clinic, trying to talk to staff, tying up valuable time; picketing the homes of doctors and landlords of clinics, leaving large signs on their lawns which say things like "abortionist", "murderer", or worse, and then leaving before police arrive. These are but a few of the tactics suggested by Joseph Scheidler which are being systematically used here in our "liberal" Bay Area. The effects of these tactics are yet to be

(Continued on page 9)

(Continued from page 8)

determined, but the cost to combat them has already become almost prohibitive for the clinics.

For example, Planned Parenthood filed a suit for injunctive relief in Contra Costa County in February 1985. It is now October, and court appearances are still required to modify the injunctions granted because of new picket tactics which circumvent old injunctions. The same group of pickets have begun to harass Oakland Feminist's Contra Costa clinics now, requiring new suits and injunctions, with filing fees; process service fees and court appearances. This group has now moved to Fremont to harass another Planned Parenthood clinic there. The legal costs to both Oakland and Planned Parenthood are escalating, even when much of the work is done at reduced cost. (It might be noted that 40% of my time is spent on picket-related work for both organizations. If the amount of legal work increases too much, I cannot afford to do it unless I give up my other clients.) The point is clear—the anti-choice forces are geared up for battle, and have the money to do it.

If that is not enough, look at the insurance industry. 41 clinics have been fire-bombed, torched, or otherwise disabled or destroyed in the last four years. Insurance has been available to cover these losses in some cases. However, today, rates for clinics have quadrupled, if the clinic can even get an insurer to cover it. If an uninsured clinic is torched, it is gone forever. Insurance companies, if they insure clinics, are not only requiring huge premiums (as much as \$30,000 per year for fire alone), but they are requiring clinics to post 24-hour security, install alarms, and bond em-

ployees (insure them).

Again in the insurance area, the anti-choice forces have managed to convince women to sue clinics for malpractice. Many clinic physicians have no personal coverage, relying upon the clinic's policy and their hospital malpractice coverage. When a woman sues a clinic, the malpractice insurer settles with the client, even if the claim is tenuous, and drops malpractice coverage. That causes physicians to refuse to do TAB procedures, not only because of nuisance lawsuits (which they, too, have to become involved with as witnesses), but because they cannot always afford huge malpractice premiums for themselves alone, assuming the clinic doesn't have any.

The result: uninsured clinics = no clients = no clinics. It is as simple as that.

And Joseph Scheidler knows this. So do the anti-choice forces in this country. And so does Ronald Reagan, and the U.S. Supreme Court, once the protector, now a very real threat.

So what do we do? What can we do? I have some ideas, none of them easy to implement, and none of them cheap. But we either pay now the cost of defending the clinics, or we will pay later when they are closed.

The first thing an individual can do is utilize the facilities of the clinics. Give them business, instead of going to a hospital clinic. Most insurance policies cover out-patient treatment that clinics provide. At the clinic, pick up pro-choice literature and distribute that literature to the pickets as you come out. Don't be afraid of them, but don't get into arguments with them. You will never win, and your blood pressure won't benefit from it. Take their literature and read it. Be informed.

Volunteer one morning a month to escort women to and from their TAB appointment, in order to guide them through pickets. Contact your local clinic or N.O.W. to volunteer.

Volunteer to serve legal process on pickets at the clinic sites. In order to bring pickets under the jurisdiction of the courts and to bind them to court orders, they must be personally served with the orders. This may entail some risk of being insulted or, at worst, having papers thrown back at you, but each time you serve, you save the clinic \$10 to \$15. And there might be as many as fifteen people to serve. Call your clinic to find out how to volunteer for process service.

Write letters to your local newspaper supporting a woman's right to choose. Your letter may spark anti-choice responses, but most likely it will provide the opportunity for others to support the clinics.

Other ways of helping are more time-consuming, and expensive, but what we spend now may save us much more later. For example, if you can type or word process, run errands, or even do legal research, help out those law firms who are handling picket control. The American Civil Liberties Union will not become involved with picket cases because the pickets' rights under the First Amendment (free speech and assembly) are as important to the ACLU as a woman's right to choose, and the ACLU feels it cannot "get in the middle" of competing Constitutional rights.

Do a fund-raiser for the clinics. Contact the clinics to coordinate rallies for choice. Most clinics are non-profit and can accept donations. Sponsor a talk by a pro-choice person, perhaps one of the local clinic directors, a local legislator, a judge, a lawyer, to air the issues.

READ THE NEWSPAPERS and keep up with anti-choice propaganda, and controvert that propaganda where ever you can.

ABOVE ALL, DO NOT TAKE THE RIGHT OF FAMILY PLANNING, PRIVACY AND CHOICE FOR GRANTED. It will disappear within a short time if efforts are not made now to stem the reactionary tide against women.

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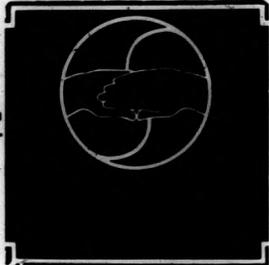
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# DECEMBER MAMA BEARS

**DAILY.**

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**SUNDAYS**



Photo by Irene Young

**GYNOSPHERIC GATHERING WOMEN CENTERED WORSHIP** - "Celebrating the bond of womanness among ourselves and in connection with our sisters on every continent, island, sea and sky" - Paula Gunn Allen

Spirituality, feasting and gossiping in the marketplace, Mama Bears, as we did in past women centered cultures.

**WOMEN ONLY**

**10:30 AM**

**THURSDAYS**

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**Saturdays**

**JENNIFER STONE'S WRITERS WORKSHOP FOR WOMEN WORKING IN POETRY AND PROSE.**



"If a thing can be done why do it," wrote Gertrude Stein. Women writers are reaching for what has never been done. "The way to recognize a dead word is that it exudes boredom," wrote Anais Nin. The way to recognize patriarchal writing is that it is boring. "Patriarchal poetry makes no mistake," wrote

Gertrude Stein. No indeedy.

In the beginning was the word/womb and the voice of the Mother was heard in the land. Re-membering the sacred text of our mothers and translating it into the language of today is a task for websters (those who weave the webs) or wise women who love a'mystery.

Saturdays beginning in January 1986. The first meeting will be Saturday, January 4, 1986. Please bring your poem or your journal. The workshop meets at the round table in the used book section from 10 a.m. until 12 noon. Fee is \$3.00

**DECEMBER 1 Sunday**



**THE GODDESS IS ALIVE- AND MAGICK IS AFOOT!**

Artists reception of our December show, featuring sculpture, metalwork, and jewelry by Carolyn Whitehorn and paintings and prints by Cynthia Seawomyn. 4 p.m.

**DECEMBER 2 Monday**



photo by Cohen Mickey

**MICHELLE CLIFF & BETH BRANT.** Book Party and readings by 2 popular and talented authors. Celebrating 2 new books: *The Land of Look Behind* by Michelle Cliff and *Mohawk Trail* by Beth Brant from a new womens Press, Firebrand Books

**WOMEN ONLY.**  
\$2.00, 7 p.m.

**DECEMBER 4 Wednesday**



Photo by Irene Young

**COMEDY IMPROV.** A benefit performance for Feminists for Animal Rights, produced by Karen Ripley.

**WOMEN ONLY.**  
\$3.00 - \$5.00, 7:30 p.m.

**DECEMBER 6 Friday**



**"AGING IS NOT FOR SISSIES"** Mama Bears is proud to present this fun and unique show by the incomparable Janny MacHarg--also appearances by Evie Turner, Shelly Mesirow, Jackie Jones, Maggie Olesen and "Talullah Bankhead"!

**WOMEN ONLY.**  
\$5.00 - \$7.00, 8:30 p.m.

**DECEMBER 7 Saturday**



Photo by Irene Young

**SILVIA KOHAN IN CONCERT WITH MIMI FOX and MELANIE MONSOUR.**

**WOMEN ONLY.**  
\$5.00 - \$7.00, 8:30 p.m.

**DECEMBER 8 Sunday**



**MIXED DOUBLES IN THE AFTERNOON** - Karen Ripley and Danny Williams bring us another afternoon of comedy and laughter...**NOT** for **WOMEN-ONLY!**

\$3.00 - \$5.00, 3 p.m.



**DECEMBER 11 Wednesday**

**SAGITTARIUS-A NEW PERSPECTIVE** - a talk by astrologer Elaine Blake - for women with sun or rising in Sagittarius (or for those of us who love a Sag.)

**WOMEN ONLY.**  
\$5.00 (\$3.00), 7:30 p.m.

**DECEMBER 13 Friday**



**MELANIE MONSOUR IN CONCERT with CHRISTY GIULLOT and JULIE BLAIR**

-a hot night in December... piano & synthesizer with the talented, witty and high energy Melanie coupled with love songs by Christy Giuliot and Julie Blair formerly of Raw Honey.

**WOMEN ONLY.**  
\$5.00 (\$3.00), 8:30 p.m.



**DECEMBER 14 Saturday**



**DEBBIE SAUNDERS IN CONCERT WITH DEJUANA & RENEE (RAW SUGAR).**

**WOMEN ONLY.**  
\$5.00 - \$7.00, 8:30 p.m.

**DECEMBER 15 Sunday**

**"MEET THE STARS"**. Having trouble deciding what to give those special women on your Holiday Gift list? Or treat yourself finally to a great new album (or tape). Linda Tillery, Sue Fink, Robin Flower, Sylvia Kohan, Debbie Saunders, Nancy Vogl and Linda Hirschorn will be signing albums all afternoon at Mama Bears reception honoring womens music! There will also be tickets on sale to these womens upcoming performances at Mama Bears!

**DECEMBER 16 Monday**



**LUISAH TEISH-BOOK PARTY and RITUAL** in celebration and honor of the arrival of her new book *Jambalaya: The Natural Womens Book of Personal Charms and Practical Rituals.*

**WOMEN ONLY.**  
\$2.00 - \$5.00, 7:30 p.m.

**DECEMBER 17 Tuesday**

**AN EVENING WITH CHERI PIES**-Author of "Considering Parenthood - A Workbook for Lesbians".

**WOMEN ONLY.**  
\$3.00 - \$5.00, 7:30 p.m.

**DECEMBER 20 Friday**



photo by Ted Sahn

**FUN, FROLIC, AND SONG!** (...or Mama Bears version of The North & South). Ary Tibby-storyteller (from Santa Rosa) and Claire Mix-singer/songwriter (from San Jose) perform together!

**WOMEN ONLY.**  
\$5.00 (\$3.00), 8 p.m.



**DECEMBER 21 Saturday**



**BROWN BAG READERS THEATRE.** A holiday performance for women only!

\$7.00 (\$5.00), 8 p.m.

**DECEMBER 22 Sunday**



Photo by Irene Young

**"MEET THE STARS"**. Having trouble deciding what to give those special women on your Holiday Gift list? Or treat yourself finally to a new album (or tape). Dieder Mc Culla, Gayle Marie, Mary Watkins and Judy Fjell will be signing albums all afternoon at Mama Bears reception honoring womens music!

There will also be tickets on sale to these womens upcoming performances at Mama Bears!

2 - 5 p.m.

**CALL 428-9684 FOR EVENT RESERVATION!**

# CALENDAR JANUARY

**JANUARY 3 Friday**



**SUE FINK in concert**— High energy pop-rock-women's new wave music! Certified-Outrageous. Her new album-*Big Promise* is available at Mama Bears (\$7.95). **WOMEN ONLY \$6-\$8, 8:30 p.m.**

**JANUARY 4 Saturday**



**"Surprise" comedy by Karen Ripley.** **WOMEN ONLY \$5-\$7, 8 p.m.**

**JANUARY 8 Wednesday**

**Elaine Blake - "Capricorn" - A New Perspective.** **WOMEN ONLY \$5 (3), 7:30 p.m.**

**JANUARY 10 Friday**



**Theresa Chandler - original songs - We keep trying to find out when she's going to do an album—after her last standing ovation—she said soon!** **WOMEN ONLY \$5-\$7; 8 p.m.**



**JANUARY 11 Saturday**  
**Nancy Vogl in Concert.** One of the great new albums on the women's music scene is Nancy's - *"Something to Go On"* (available at Mama Bears \$7.95). Come and celebrate her first solo album. **WOMEN ONLY \$5-\$7, 8 p.m.**

**JANUARY 15 Wednesday**

**Marge Gibson, Oakland Councilwoman,** will be speaking about Lesbian issues in the City of Oakland, at the first 1986 OLOC (Oakland Lesbian Organizing Committee) open meeting. **WOMEN ONLY 7:00 p.m.**

**JANUARY 17 Friday**



**Mimi Fox & Robin Flower—In concert together!** Subtle fusions—high energy from new acoustic to bluegrass! Robin's award winning album *"First Dibs"* can be heard often at Mama Bears—you can take it home with you—only \$7.95. **WOMEN ONLY \$5-\$7, 8:30 p.m.**

**JANUARY 24 Friday**



**JANUARY 18 Saturday**



**LINDA MOAKES**—San Francisco's reigning matriarch of psychic & spiritual comedy—(how's that for P.C. and contemporary consciousness...at the same time!) **WOMEN ONLY \$5-\$7, 8:00 p.m.**

**JANUARY 19 Sunday**



**COUNTRY JAM.** Bring your guitar, fiddle, harmonica etc. along with your sing along voice for an afternoon country jam—with the Mother Pluckers. \$2.00, 3:00 p.m.

**JANUARY 22 Wednesday**



**PAT NORMAN:** Lesbian Health in the 80's. S.F. Lesbian/Gay Health Services Coordinator, Pat Norman will give an update on new findings about sexually transmitted diseases among lesbians, including AIDS and chlamydia, and other lesser known diseases/conditons which may or may not be sexually transmitted such as Epstein-Barr virus. Norman will discuss how the increase in AIDS in the general population may affect our community, both in terms of federal funding for research and facilities and how the recent reaction by the insurance industry is threatening our civil rights and liberties. \*Sponsored by the Lesbian Clinic of the Berkeley Womens Health Collective. **WOMEN ONLY \$2-\$5, 7:30 p.m.**

**JANUARY 24 Friday**



**OVER OUR HEADS**—Karen Ripley, Theresa Chandler and Annie Larson are joined by Marion Damon and are at it again on the Mama Bears comedy stage! **WOMEN ONLY \$5-\$7, 8:00 p.m.**

**JANUARY 25 Saturday**



**...but I love you any way/ mothers & daughters.** Mother tongue Readers Theater presents the latest version of the Mothers and Daughters script. Another look at relationships, and living our lives. [Signing & childcare available with 48 hour notice—call 547-1479]. **WOMEN ONLY \$5-\$7, 8:30 p.m.**

**JANUARY 29 Wednesday**



**MAX DASHU**—a slide show on sacraments of conception, birth, initiation and death. From conception the increase From increase the swelling From swelling the thought From thought the remembrance, From remembrance the consciousness, the desire —Maori creation chant

**WOMEN ONLY \$5, 7:30 p.m.**

**JANUARY 31 Friday**



**JENNIFER BEREZAN and CRYSTAL REEVES** in concert together! Crystal has long been a favorite in the Bay Area—now with her is a dynamic singer from Canada—welcome to the Bay Area—Jennifer Berezan. **WOMEN ONLY \$5-\$7, 8:30 p.m.**



**FEBRUARY 1 Saturday**



**GAYLE MARIE at the Piano**—An altogether exciting performer and a definite joy to listen to!—As Jennifer (behind the counter at Mama Bears) says "Gawd, is that girl cute" (oh well, so much for P.C.) Gayle's albums—*Night Rainbow* and *Double Talk* are available at Mama Bears (\$7.95).

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**The Linda Tillery Band** in an afternoon concert—Linda's new album *Secrets* is on sale here \$7.95.

**FEBRUARY 7 Friday**



**People Speaking: Mary McLeod Bethune and Mary Harris "Mother" Jones.** "With Vision, Convictions and a Voice." Script based on the writings and speeches of Mary Bethune (1875-1955), Influential educator, civil rights and government leader, and "Mother" Jones (1830-1930) fearless organizer of coal miners and foe of child labor practices. **WOMEN ONLY \$7.00-(\$5.00), 8 p.m.**

**FEBRUARY 8 Saturday**



**LINDA HIRSHORN IN CONCERT**

**PLUS:** Art show by Lanza Ginny Foat Alix Dobkin Debbie Fier Elizabeth Nonas S. Diane Bogus ...and more!



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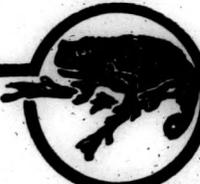
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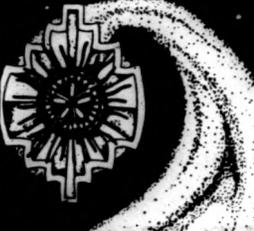
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# HER VOICE, OUR VOICES

WOMAN'S SOLSTICE CAMP,  
JUNE, 1985  
by Dianna Seagiver



photo by Pierrette Sari

As we come into the winter solstice time, I dream and remember how I spent the longest day of this year. Feeling vulnerable and alone. Straight out of the hectic city-into the world. I remember the trees. At night, lying in my cot (I was sleeping in an area of ten beds, alone. I chose that. Sometimes I was lonely but I chose to give myself the experience of being alone. Of course I wasn't alone). I looked up-the trees were looking down at me. Giant pines. They made circles wherever I look up. And there were the birds. I slept in the area called Ma Mere. She was there. And there were squirrels, woodpeckers, jays, and birds I couldn't identify (and mosquitos I could).

I knew almost no one, and it took a while to make friends. First in my small group. The groups were made up of about nine people each, with a facilitator. There were types of women there that I'm not used to relating to, so open and vulnerable. They were lesbian, straight, young, elder, middle class, working class, revolutionaries, housewives, mostly white, nuns, ministers, pagans.

So the small group was a focus, a support group, a small wheel of the machine, a microcosm wherein I could explore my feelings, thoughts and what was in my body. I didn't know what to expect at first. I felt scared that I would go deep into myself. Encounter fears and old boundaries I'd set. And my fear was also that I wouldn't do that, wouldn't grow. I don't know which was the greater fear. I was expecting a lot from camp and more from myself in the first few days, and it didn't seem to be happening. So I felt disappointed, and wretched. All my worst characteristics came out, and I hid! My group later surprised me with the feedback that when they first looked at me they were scared of me-me! I didn't show them how sad, scared and lonely I was feeling until the middle of the week.

My group leader, Anthea Francine, did a wonderful job of giving us safe space to go into our fears. Indeed-our group did a "fire walk". Not with real fire but by tackling heavy personal issues; our worst fears. For myself, a big one was vulnerability. Trying to open; to love, to accept new things; to create bridges, to the possibility of rejection and pain.

Part of the lesson was to be myself right there and then, to be "radically authentic", Anthea called it. And I, in my calm healer/wise woman guise could hardly speak for fear of sounding foolish next to her (ah: self importance strikes again, along with competition, that patriarchal stinger). And I was kicking myself for my inability to speak, feeling judged for being stupid and weak and passive (self-judgment hurts the most). And so it went for the first half of the week.

Jean Bolen, author of *Goddesses in Every Woman*, set the mood Sunday for the entire camp; speaking about the myth of Psyche; about becoming independent women, doing for ourselves, without any help and without having to help someone else (especially the nuclear family). She said we need to acknowledge our dark sides, our terror, loneliness, feelings of helplessness and self hate. To let ourselves be in these times. The times when we are pulled in, are like the rhythm of the heart. Blood must be taken in so it can be cleansed and pumped back into the body. When Psyche listened to her subconscious she learned how to get out of her bind, and part of the lesson was in waiting for her body to move-to tell her when the right time for action was. I saw it is important to be comfortable being alone, being receptive, listening to my heart. The camp experience helped me to understand this more deeply. The heartbeat became a motif: we walked to its beat in rituals, in movement, songs and dance, in the night.

I also realized that I have a tendency to feel bad, depressed during the dark phases of the moon, and

okay or even great near the full moon and sometimes after the turning to the waxing moon-especially when I have support to get through difficult times. The camp reminded me that that's what happens, and I don't have to feel defeated or powerless at the dark, but remember that it is an "inner" time and as at the winter solstice, the dormant time of the year, the dark of the moon is time to rest and reflect and take in. I got that.

It began to dawn on us around Tuesday, the dark of the moon, that the entire camp was going through their own personal hells, their dark sides. The topics of discussion were excruciatingly real and balanced, meaning as much about darkness and pain as about love and connections. Also, for most of us, it was new and scary to be in an environment which demanded, however gently, complete honesty with ourselves and each other.

We made the descent over and over, in rituals, groups, at informal gatherings, daring to face our fears and 'ugliness', not always bidden, and being supported to do whatever came-tears, craziness, despair, awe. I saw many hit their big ones, conquer and rise with beauty in spite of the scars and blotches left by their culturally ingrained feelings of self hatred, abuse and worthlessness.

One woman in my group re-enacted a fire walk by putting her worst fear out to us. We symbolically placed it as the coals in front of her, which she then walked across with us on either side. When she had crossed, her face was full of wonder and shone with recognition of herself. All week women were finding their power in similar ways. We were finding the goddess through each other's willingness to be real, and to work.

The speaker on Wednesday and the one who made the most impact on me was Joanna Macy, author of *Despair and Personal Power in the Nuclear Age*.

"As we allow ourselves to feel our pain for the world, we find our connection with each other" - Joanna Macy.

She spoke to us about our killing ourselves-and the animals and the plant life. Her poem was read-a moratorium for the extinct and soon-to-be extinct animals, which began our tears. Then she addressed our nuclear destructiveness and fears of nuclear caused death. And we cried aloud. Finally she had us all keening with our feelings of death and devastation, with the dark mother.

Then, as we held our partners hands, she led us through a meditation. We felt each other's hands, what they had done in this life, how much love and how much work and caring and creativity and healing was there. And the possibility of those hands being stopped by nuclear war. The possibility of those hands living, doing something to help create a way to work against the total destruction of the world-of our minds-of life. She pointed out that each activity-a peace march, ecology work, counseling-however big or small is an important act within the whole picture of transforming the destruction and repression to freedom and peace. Her meditations were most powerful and moving. I realized I had to take my power and do all I could to make a difference to my life and the world.

Later the same day I went to the song-writing workshop by an incredibly talented and beautiful singer, Sandy Herschman. Fraught with emotion from Joanna's meditations, the group wrote the start of a song together.

Sandy also gave us the opportunity to write our own songs in the workshop, beating out the heartbeat on her drum. What I wrote became my most powerful song: "Love is on the Other Side of Pain." It's about

(Continued on page 13)

(Continued from page 12)

fearing pain and not being able to get past it, and realizing that yes, I'm afraid but I need to feel it and go through it because I have women to support me. And in realizing that, I came up with the line which is the title. It reflects Joanna's words, and further let me love again, because in holding back the tears and the fears (for so many years) I also blocked a lot of love—self love. My firewalk was composing, rehearsing, accompanying and memorizing my song to perform in front of the camp—by the next night, which I did. It was quite an act of power. I'll tell you I certainly was shaking.

So at camp I learned about love. (I fell in love with many of the women there—gay and straight). The opening I did with my heart was the most important thing that I needed to do right then for myself. In doing "soulwork" with Anthea and tracing back the most important things that I had ever experienced in my life, I discovered that they were all related to love and spirituality. The spirituality I have always wrapped around me has love at its heart, and I am finding ways to let it show more...

Of the many leaders and women I met, Barbara Marks Hubbard was the most inspiring when she spoke to us, and grabbed all our hearts in the first minute. She spoke about how we can gather our woman power and knowledge in a very tangible way and commit to working for peace and quality living with integrity in a network of support. (Read *Quantum Leap* for more information).

As the dark of the moon turned and she began waxing, so did we. First tentative steps, falling down and getting up again, through participation and the

real love of the women around us. Beginning to voice ways for healing, and doing it. Visioning a world that reflects who we are. Energy rose, excitement, connections happened, the singing and dancing and art accelerated. We moved into the summer solstice day prepared to reveal our power, our real selves, and smash our fears, which we had manifested in masks that everyone had made during the week.

Summer solstice. The day of celebrating action, power, creativity, doing our thing out in the world. I was honored to be invited to drum with the musicians for the daylong ritual, and I participated in the ritual with everyone when there was no drumming. The day was powerful for me in a completely different way than I expected. I felt like I had grasped my power—gotten hold of myself; my purpose was reinstated, and I was loving, everything was okay. Crying, laughing, watching dancing, being scared, acting foolish, losing my mask of cucumber cook and losing myself in drumming—I wanted it not to end. I remember then that she comes in cycles. I find myself, let her go to find her again in a new perspective.

Before we left the next day, Saturday, in the closing circle I renamed myself and charged myself with learning to be compassionate. Quan Yin (whose card I "accidentally" got two of in my Daughters of the Moon tarot deck) has something to teach us all, and the first thing must be compassion for ourselves. That for me is the key to unlocking my joyfulness for living.

*Dianna will be presenting the slide show and video from Her Voice Our Voices at Mama Bears in February with special guests from the camp. Experience summer camp this winter!*

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(Continued from page 6)

Goddess on my left-brain speech center instead of on my right-brain (creativity) and with a broken right hand. Tools? I used what I could find around the house. And I gave it away, expecting nothing—certainly not the various people on my doorstep asking me to make more things for them.

I started wholesaling six weeks after that first pendant, and two months after that, my husband quit his nice steady job and I was suddenly supporting a family of eight, with 6 children ages 1 to 11. Well, no one ever said freedom was easy!

In less than a year I was juried in to the prestigious Laguna Beach Festival of the Arts and I started getting commissions for custom-designed jewelry—much better than the production

wholesale line I had been doing. In 1970 I opened a custom jewelry store in Laguna Beach. It took me, however, another couple of years to really wise up, throw out my husband (who still didn't have another job) (did he keep house and do childcare while I worked? HELL, NO!) find the women's movement, and find women.

In 1973, flushed with the glory of my first woman lover, I started making woman symbols again—yes, again, I had made them steadily in my wholesale line in 1967-1970—and I designed and produced, with my lover, a line of feminist jewelry which became an immediate success under the name Feminist Forge. National advertising in MS. brought in mail orders from all over the world. I continued, at the same time, to work in my

custom jewelry business and I got heavily involved as a feminist activist, primarily in NOW.

So, for a while I was working 70 hours a week in the business, 20 hours a week as a feminist and social activist, and still raising children—remember them?

And, of course, I burned out. In 1978, I bought undeveloped rural land in Mendocino County, and fled Laguna Beach, leaving behind my national advertising, directorship in several feminist organizations, several city council committee appointments, my well established retail store in a high traffic area, the biggest art festival in California, half of my kids—grown, thank Goddess—smog, crowds, running water, electricity, and money.

And so—living in the woods in a high poverty area—back to doing shows, wholesaling, hustling, anything to maintain a survival level of existence. I opened a shop in Willits in 1979 and managed, one way or another, to keep alive.

In late 1983 my youngest child grew up and left home, and shortly after that, my lover, frustrated by lack of employment in our depressed area, moved back to Southern California, and for the first time in almost 17 years I had no dependents, so I decided to sell my shop space and start doing, once again, what I really want to do—sculpting. That's what I'm showing here at Mama Bears this December.

I currently live not quite alone—with a wonderful, loving cat—and spend probably twenty hours a day in my studio.

My work can be seen in *Pendragon Gallery in Annapolis, MD, in Made in Mendocino and One of a Kind galleries in Mendocino Co.*, in various feminist bookstores around the country, and in the *Smithsonian Institute*, and, of course, at *Mama Bears*.

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December 5, Hertha Land	January 9, Carrie Chapman Catt
December 6, Agnes Moorhead	January 9, Joan Baéz
December 7, Willa Cather	January 10, Fran Roccoforte
December 10, Emily Dickinson	January 10, Lynne Uretsky
December 13, Bridgit O'Dowd	January 11, Alice Paul
December 14, Shirley Jackson	January 14, Mary Glass
December 16, Margaret Mead	January 17, Anne Bronte
December 16, Jane Austen	January 17, Louise Patrick
December 19, Cecily Tyson	January 19, Janis Joplin
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December 21, Chris Evert	January 22, S. Diane Bogus
December 25, Clara Barton	January 24, Edith Wharton
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This meditation was part of Carols' haggie, and is included in this issue of News and Notes because so many women have requested a copy of it:

## FORGIVENESS MEDITATION

FROM WHO DIES?  
by Stephen Levine

to be read slowly to a friend or silently to oneself

Reflect for a moment on that quality we call forgiveness. Bring into your mind, actually into your heart, the image of someone for whom you have much resentment.

Take a moment to feel that person right there at the center of your chest in the heart center.

And in your heart say to that person, "I forgive you for anything you may have done in the past, either intentionally or unintentionally, through your thoughts, words, or action that caused me pain. I forgive you."

Slowly allow that person to settle into your heart.

Don't judge yourself for how difficult it is.

No force, just opening slowly to them at your own pace.

Say to them, "I forgive you. I forgive you for the pain you caused me in the past, intentionally or unintentionally, by your thoughts, your deeds, your words. I forgive you."

Gently, gently open to them. If it hurts, let it hurt. Gradually open to that person. That resentment, that incredible anger, even if it burns, ever so gently though. Forgiveness.

"I forgive you."  
Let your heart open to them. It is so painful to hold someone out of your heart.

"I forgive you."  
Let your heart open just a bit more to them. Just a moment of opening, of forgiveness, letting go of resentment.

Allow them to be forgiven.

Now opening more to forgiveness, bring into your heart the image of someone from whom you wish to ask forgiveness.

Speak to them in your heart, "I ask forgiveness for anything I may have done in the past that caused you pain, either by my thoughts or my words. Even for those things I didn't intend to cause you pain, I ask your forgiveness."

"For all those words that were said out of forgetfulness or fear. Out of my closedness, out of my confusion. I ask your forgiveness."

Don't allow any resentment you hold for yourself to block your reception of that forgiveness. Let your heart soften to it. Allow yourself to be forgiven. Let yourself be freed.

Let that unworthiness come up, that anger at yourself—let it all fall away. Let it all go.

Open to the possibility of forgiveness.

"I ask your forgiveness for whatever I may have done in the past that caused you pain. By the way I acted or spoke or thought, I ask your forgiveness."

It is so painful to hold yourself out of your heart.

Bring yourself into your heart. Say, "I forgive you," to you. Don't reject yourself.

Using your own first name, in your heart say, "I forgive you." Open to that. Let it be. Make room in your heart for yourself.

"I forgive you."  
All those resentments, let them fall away.

Open to the self-forgiveness. Let yourself have some space.

Say, "I forgive you" to you. Let some glimmering of loving-kindness be directed toward yourself. Allow your heart to open to you. Let that light, that care for yourself grow.

Self-forgiveness.

Watch how thoughts of unworthiness and fears of being self-indulgent try to block the possibility of once and for all letting go of that hardening.

See the freedom in self-forgiveness. How can you hold to that pain even a moment longer?

Feel that place of love and enter into it.

Allow yourself the compassion, the care, of self-forgiveness. Let yourself float gently in the open heart of understanding, of forgiveness and peace.

Feel how hard it is for us to love ourselves. Feel the pain in the hearts of all those caught in confusion. Forgive them. Forgive yourself. Let go gently of the pain that hides the immensity of your love.

# REVIEWS REVIEWS



CHARLEYHORSE  
Cecil Dawkins  
Viking—\$15.95

Cecil Dawkins' earlier work, *The Quiet Enemy*, a collection of short stories, was called "strikingly original...[stories] fresh in their use of material, surprising in their depth of understanding, and remarkable in their craftsmanship" (*The Saturday Review*).

Her novel, *The Live Goat*, won the Harper Saxton Award. The *New York Times* wrote of Dawkins, "She always writes with sympathy and understanding, but almost as often with irony and tough-minded recognition of the way things are. Her prose is smooth and firmly controlled, her dialogue terse and pungent."

Now with CHARLEYHORSE, Dawkins' long-awaited second novel, the author tackles the intricacies of a troubled relationship between a mother and a daughter, set against the rough, sweeping background of the Kansas plains.

Belle Burden is an eccentric, regal matriarch "who always looked more dressed up than dressed," who describes herself as the "widow of the richest bastard in Kansas." Belle controls the purse strings and thus the movements of her tomboy daughter, Charley. And Belle has never forgiven Charley for surviving when her brother, Clay, died.

Charley knows that both she and her brother were born wanting what they weren't supposed to want: for Clay it was fast cars, cheap women, and too much liquor; for Charley it was the horses, spring calving, tending the cattle, flying the plane, driving the combine. Now Charley lives at home and runs a ranch "half the size of a township" and all she gets is room and board. If it weren't for Lady, the spunky, wise black woman who cooks and keeps the peace, Belle and Charley would never survive under the same roof.

In her inimitable meddling manner, Belle decides to take in a boarder to provide "some lively, intelligent conversation." Enter Juna, the new second-grade schoolteacher. She is earnest, intelligent, and sharp, with a "face of high color, like a particularly appealing peach." She has come to Kansas in search of something, she's not sure what

adventure? romance? a life that satisfies?

But Belle's bid to shake Charley up backfires when Charley and Juna form a relationship far beyond Belle's scope and understanding—a relationship she cannot control. Through a self-confidence and self-knowledge born of their friendship, Charley claims her place in the world and triumphs.



THE LAND OF LOOK BEHIND  
by Michelle Cliff  
Firebrand Books, \$6.95

Michelle Cliff dedicates her new work, *The Land of Look Behind* to sister "Carib" Audre Lorde, who shares the same background in the Caribbean Islands, a background that set them apart from black and white culture when they came to this country. Audre Lorde, Paula Marshall, Ntosake Shange, and Cliff all share growing up with "Afro-Saxon" Caribbean influences. As Cliff writes, "the sea is something we live with. It's around us, beneath us too." The sheer beauty of the landscapes of her beloved island of Jamaica permeates her thinking. She is deft in her book in describing this physical geography and her connection to it. She completes these scenes by bringing in the people who've inhabited her memories, combining all this with history lessons.

A powerfully written mosaic of her deepest thought, emotions and understandings on "origins, and the significance of these origins," Cliff states "when I began finally, partly through participation in the feminist movement, to approach myself as a subject, my writing was jagged, non-linear, almost shorthand." This, plus the added constraint of a forty-hour-a-week job, compelled her to evolve a "noteform" which she has divided into chapters and sub-headings. The effect of *The Land of Look Behind* is to take us on a transformative journey, "a journey into speech," illuminating for us the culture trace we inherit and the absolute need, as she has done, to study ourselves.

Michelle Cliff is also the author of *Abeng*—\$6.95, Crossing Press—also available at Mama Bears. by Maureen Farrell



YOU'D HAVE TO  
BE CRAZY  
NOT TO BE  
MAD !!

AS WE ARE NOW  
by May Sarton Norton, \$3.95

Sisters, if you are over fifty, or if you're planning to be over fifty some day, you need to read this book! From the opening line, "I am not mad, only old," until the chilling resolution, Sarton's clean prose reflects the thoughts of her narrator: sharp, aware, tender, and unarticulated.

Forced by medical problems into a convalescent home, Caro fights for control over her life, her thoughts, her person. As her experiences lead her to muse, "I wonder whether a person who has complete power over others does not always become wicked," we are led into a consideration of the nature and effects of power. The development of the secondary characters affirms the axiom that relates power to corruption. Other "patients" ("inmates" is perhaps the more appropriate word), well-meaning ministers, neglectful families and friends add to the conflict which is gradually delineated for us: to be or not to be.

The presence of a substitute attendant who is warm, friendly and uncorrupted by control over others fills Caro's life, briefly, with hope. There appears to be a chance for the future that, while still restricted as to space and mobility, will contain a positive relationship, conversation, and human understanding.

After Anna leaves, Caro writes her: "I want to tell you that you have brought me back...from... hatred and despair to love." When the letter is found, the response is immediate and total: "We'll have you in the State Hospital, if you dare send such a filthy letter."

Confined and cut off from almost all outside contact, Caro moves (and we move with her) through levels of depression and grief to a resolution that literally burns the house down. The final indignity of having her journal read arouses Caro to an intense assertion of self, and she flares to life for a last glorious action. Her rage and our empathy with her join forces to create a statement about the resiliency and independence of the spirit of a free, strong woman that surpasses anything else around. And all in 128 pages!

Read it if you haven't already done so! If you have, re-read it when you need an affirmation of the dignity and strength of yourself and your sisters!

—Barbara Glass

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namaste

(Continued from page 1)

Simultaneously, Neptune has taken up her position as the outermost (known) planet in our solar system—a 20-year term of office that repeats only every 250 years. (This is due to the erratic orbit of Pluto, who normally occupies this position and who moved inside the orbit of Neptune in 1979, remaining there until 1999).

This means that currently our universe is being defined, circumscribed, limited by the symbol of non-definition and limitlessness—Neptune!

Confused? The point is, there are no boundaries. Neptune is a bridge between ordinary reality (our known universe) and nonordinary reality, which we have ascribed to "beyond our universe." Neptune, Oneness, says we have something in common with whatever is "out there." Popular sci-fi books and films currently show extra-terrestrials as friendly, helpful folks who we can relate to, and who often come to us with crucial, earth-saving information, rather than as the threats they were to us a couple of decades ago.

As Paula Gunn Allen points out in her recent haggle on vulnerability, we children of the patriarchy go to great lengths to protect ourselves, our reality, from whatever we define as outside ourselves. We develop defense systems for our nations, our culture, our bodies: missiles, racism, inoculation, hair coloring—barriers erected against all those evils out there that are threats to our political and personal security, our immortality.

Neptune's message is: to protect ourselves against what we imagine will give us only imagined protection. "The dreadful has already happened;" we can imagine only what is in us already; there is no escape. As Bogo discovered: "We have met the enemy and it is us."

Neptune as the Mother is all-creative, all-inclusive. She is teaching us the power of nonresistance, vulnerability, compassion, balance. To our patriarchally trained ears, this sounds contradictory, impossible. But she says, the more we reinforce and identify with divisions between self and other, between physical and spiritual, the more we have to lose when she comes to dissolve and devour.

In other words, the way to immortality is the way of the Limitless Ocean: to sacrifice the individual limited entity to our commonality, our oneness, our wholeness. "I" exists beyond my physical body; "we" exist beyond our cultural, racial, national divisions, etc. The Feminine Principle is unconditional acceptance, compassion, karuna, honoring of everything in the universe, for it is all Kali, Kwan Yin, Tiamat, Great Primordial Mother. There is nothing else.

**The Reality of Illusion**

When a planet enters a sign, the synthesis works in both directions: the planet affects the sign, and the sign affects the planet. So, not only is Neptune dissolving the current form and structure, but she must also take form herself.

Dreams, illusion, fantasy, intuition, imagination, vision, mysticism, all belong to Neptune: We who can see her through these vehicles must begin to give her form: paint her, write her, sing her, dance her, live her, be her. We can start in small ways with small re-

mindings of her presence, to notice her, include her consciously in our lives (yes, even sushi bars can be meaningful). On a larger scale, women in positions of power will bring in the Feminist Principle: our roles must gradually embody the whole, be inclusive, not exclusive. We must begin to give her form—our form. Die to her. Surrender. Be vulnerable. (Start women's spiritual services).

The patriarchy (and the patriarchy in us) will resist, is resisting. As she becomes visible, it is trying to maintain control. Closing women's abortion/family planning clinics, the visible representation of women's sexual/creative freedom; legislating against 'witchcraft' (AB 705) and dredging up old laws against 'fortune-telling,' etc. Feminine sexuality/spirituality in all its forms will be its target. We must notice our personal resistance: the fears and hatreds we use to maintain divisions in our community and in our selves.

Neptune in Capricorn gives us an experience of the primordial state between death and birth, the twilight/dawn zone of one reality dissolving and another taking form. There are no divisions even here: it is beyond time. It is like the tide.

However, in about 3 years, the planets Saturn and Uranus will join Neptune in Capricorn. At this point of greatest resistance, current structures will have crystallized to the shattering point. We'll see a changing of the guard, a coup d'etat, as the Mother sends her envoys to carry out her directives more overtly: destroy the old, establish the new. Yes, it is the end of the world—as we know it. We are going beyond the limits we know now.

The new "order" will be fresh from the womb; it will embody her. At least one myth describes her first-born child as a clone: we will live in Chaos; we will live Chaos: She is becoming manifest.

The theme of this era is Close Encounters. The message: We Are Not Immune. We are not safe or divided from each other. AIDS has become an intimate and a global symbol sharing the waters of Life also brings Death. To us it is a horror; to the Mother, it is the essence of her eternal being.

It may be hard for us to believe now in the revitalizing power of the womb. We have forgotten the Mother; we are remembering her now. Those who are sacrificed in her memory are the teachers, the rememberers, who reveal to us the reality of the inner dimensions and the fantasy we have subscribed to. There are no separations; there are only our illusions.

They say she is veiled and a mystery. That is one way of looking.

Another is that she is where she always has been, exactly in place, and it is we, we who are mystified, we who are veiled and without faces.

Judy Grabin  
The Queen of Wands  
(Crossing Press, 1982)

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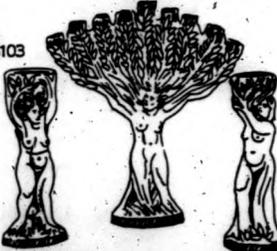
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# The Gynosophic Gathering

**Paula's Hagggle** (Continued from page 1)

think of the world in vast sweeps of time, and they had lived in vast sweeps of time.

I think of my own parents; my father's 73, my mother's 69, and when I think of the world they lived in when they were children, and the world they live in now, it's simply astonishing. I don't really understand how they managed to keep on trucking, with that degree of shock to the system—but they do quite well, because, of course, they do what we all do, they put one-foot in front of the other, and pretty soon you're 70, and...all this stuff happened, and so what. But if you think about it, it's simply terrifying, the shocks, because they were born in rural New Mexico. They didn't have running water, even. They were born into a state that was largely Mexican and Indian. The biggest city was Albuquerque and there must have been 20,000, maybe 15,000 people at the time. It took them hours to get from where they were living as children into the city—they didn't go there very often. And then, they watched the space thing all happen, they went through the Second World War. They were born in a world that never ever thought of nuclear bombs. I'm 46, but I don't remember a world without nuclear bombs. They didn't have electricity. I don't remember a world without radio. I am an entirely different order of being from my parents, probably closer to my children than my parents are to their children in terms of our shared experience, in terms of what we can mutually understand. And I should think that that kind of shock makes one feel extraordinarily vulnerable.

As I was preparing this Hagggle, I went to my handy-dandy dictionary, and I was utterly amazed at the dearth of information about vulnerability [laughs.] I'm convinced that "vulnerability" and "vulva" are connected. [Laughter.] The dictionary is not so convinced. We'll have to do something about that. Vulnerability is said to mean liable to injury, and it comes from a Sanskrit word which of course I can't pronounce, but it means wound. But it might also be connected to the same root that "vulgar" comes from, and that means folk, volk, people. The Random House Unabridged gives three definitions of vulnerability:

1) capable of or susceptible to being wounded or hurt, as by a weapon, 2) open to moral attack, criticism, or temptation, 3) (of a place) open to attack or assault, difficult to defend.

People who are aging, or aged, people who are very sick, who have life-threatening illnesses, or who don't have life-threatening illnesses but whose vulnerability is apparent to us—they can't see, or they move about in wheelchairs, or they're missing a digit, or they have to be on special diets, or they can't go in a room with a microwave because their pacemaker will go crazy, or they have cancer, or they have AIDS—people who are vulnerable, are people that we are utterly terrified of. Why? Why are we so afraid that we'll catch their dying? The moment we were born we caught dying. That's how it is. Vulnerability is what life is. There's no way around being susceptible to wounding. And yet, we live in a culture, in a world, that insists, as its bottom-line right, on invulnerability, on being impervious, forever, to any kind of wound or harm attacking it. For most Americans, that's true. Certainly for all of those who are in the great middle classes, from the very lowest middle class rung to the very highest middle class rung, we believe that we have a right to invulnerability. Thus, a hundred million tortured animals—more—billions of tortured animals, so that we won't die. Thus, enslaved Black South Africans, tortured-Palestinians, destroyed Indians, ruined lakes, ruined rivers, ruined forests, ruined wildland, and ruined air.

We need to understand that life is death in another form. That vulnerability comes along as part of the territory. We need to understand that vulnerability is our Goddess-given right, or we will not stop the destruction of life itself, in our mad, our psychotic pursuit of invulnerability.

There are many forms of this game called invulnerability. One of them, one of my favorite ones, is the Karpman triangle: victim-persecutor-rescuer, and of course you get into that stupid triangle because a) you believe in invulnerability and b) you are vulnerable, and given both of those things you can play endlessly, one part of the game or another. "War and Peace" is one of the games that we play around the dichotomy vulnerability/invulnerability. Nobody goes to war unless they feel vulnerable and they believe that they must not feel vulnerable. That's what they're fighting about.

Security: Americans polled nationwide put "security" on the top of their lists of values; "beauty" is 17th. National security, personal security, economic security...medical security, security, security, security, security—I just recently subscribed to some home-owners' magazines, and it's amazing how many security devices they're trying to sell me, you know, and of course I want to buy them. I want to be secure! [Laughter.] It's insane!

Law and order—that's social security. Fundamentalism—that's a form of the impulse towards security, toward invulnerability. Radicalism is another form of the same dichotomy, the same equation. Capitalism and Communism are both systems human beings have devised hoping that they can therefore be secure. The welfare state is another form based on this belief in invulnerability. The pornography/anti-pornography war is about the same thing. Alcoholism and drug addiction—I must be impervious to pain, to emotion, to feeling, so I'll drink myself or dope myself into a stupor, so I'll feel nothing but wonderful. And when you think about these things they always wind you up in exactly the opposite place. That's what's interesting about this relationship. Thus, consumerism—you know Americans are the greatest plague of locust ever seen, even since Biblical times—we eat everything. Homophobia—"Ech, get those faggots off of me!"; misogyny—"Women are fragile, delicate, weak-get them away from me!" How many of us will claim our feminine right to fragility? How many of us will do that? Not many. What I read in the feminist press is about our strength, our power, our invulnerability. Our right to never, ever be attacked, or hurt, or harmed, and our utter, utter determination to prevent harm from ever occurring to us. Some of us are so determined that no harm will ever come to us as females, that they are willing to sacrifice the life of every male on the planet. Every male. That's murder. That's what that is. There's no other way to think about it. And it's no different from the race wars that go on, as the white people decide that they must be invulnerable, therefore they will kill every human being of color in order to maintain their invulnerability. It's the same thing. Or the bully-boys thinking they must kill every feminine and soft otherwise they can't be invulnerable. It's all the same kind of thing.

We have nuclear power. We have nuclear power... because we wish to be invulnerable. Russia has nuclear power because she wishes to be invulnerable. France has nuclear power because she wishes to be invulnerable. Israel has nuclear power because she wishes to be invulnerable. Libya has nuclear power because she wishes to be invulnerable. Iran has nuclear power because she wishes to be invulnerable. The net effect of all this invulnerability is that we are all, at last, equally vulnerable. To death. Which we were all equally vulnerable to before the whole thing began. Nothing has changed. Only the stakes have increased, so it's not only our vulnerability, but that of every living being on the planet that we have called to question.

We have ritual spirituality—that's very trendy this year. And what we're doing this year with our spiritual ability is making shields! To protect us from our vulnerability. That's what we're doing. We're doing protection rituals so that no harm can befall us.

We have medicine, in the established world. Do you know what the medical establishment does? Well, it saves billions of lives, and it creates billions of diseases while it's at it. And it loses billions of lives, because if we take our animal brothers and sisters into account as being part of us, then just as many are dying as are living. Just as many are suffering, as are being freed from suffering. Maybe more.

We have bureaucratic institutionalization of life functions: health, education, welfare, law, government, to provide for the common defense, to pro-

(Continued on page 17)

more the general welfare, and to secure to ourselves and our posterity, life, liberty, and the pursuit of happiness. Governments are instituted among men to insure that we can live without insecurity. Without invulnerability. Without anxiety. Without fear. Without pain. Without death.

We believe that we should be psychologically invulnerable. We believe we shouldn't weep, we shouldn't grieve, we shouldn't be angry, we shouldn't hurt. We believe that. We spend billions and billions of dollars on tranquilizers, and on psychiatric services to keep us from experiencing the pain of human life. To make everything okay. To wipe our tears so we can smile forever, and heaven forbid that another tear should ever fall. We develop social systems that are founded on the notion that human beings have a right to never suffer. We believe that deeply. As I listen to myself, I think, "What are you saying?" I'm horrified at what's coming out of my mouth, even though I know that what I'm saying is true. Even so, I'm deeply conditioned, deeply infected by this invulnerability plague.

Of course, the assumption that we could be invulnerable implies its opposite. All of our systems, all of our Western world, all of our death culture depends on the assumption that we should never die. Think about it. It's crazy. It's crazy. But the middle classes of America believe that they should never die. They believe that. They chlorinate the water—you know what I heard on T.V. yesterday? (Hah, hah, I love it...) Chlorinated water gives you liver cancer. So there. [Laughter.] Pretty soon the Surgeon General is going to have warnings on all our taps. Next time you ask for a glass of water, ask for a glass of cancer. Why do they put chlorine in the water? Right—to kill the little bugs. (Hah, hah, isn't that great?)

We believe that vulnerability is to be shunned at every level, in every aspect of our existence. How many of you will willingly go out in the street in the morning looking ugly? [Laughter.] Not me! How much money is spent on cosmetics, face lifts, all those sorts of things, girdles, trendy clothes...my trendy clothes here...This is my menopause suit, I would like to introduce you. [Lots of laughter and applause.] Polyester britches with no pockets—oh help. Matronly ladies' beads, oh help. What on earth is going to happen to me now?

I'm vulnerable. There's no way around it. And what being menopausal has been for me is growing more and more aware of how incredibly fragile and mortal I am, and how little control I have over that. I have no power to prevent anything happening to me. There's nothing I can do. I am helpless in the face of life herself, who has said, "You will die. You will get sick. You will not feel good. Your hands will get arthritic, and when you try to pull the stupid piece of wire out of the stupid turkey so that you can stuff the stupid thing, it won't come out because your hands won't close, they won't grip." Who says, "You can't go climb the mesas anymore. You can't. Oh, you think you can in your head, so you go to the mesas and you start to climb, and guess what? You can't." And there's no sense in going to the gym and working out so that I can climb the mesas—all I'm doing is forestalling the inevitable.

You know what alcoholics do, that I think is the most instructive thing that alcoholics do, is they hide their bottles. [Isn't that weird?] So that you won't know that I know how drunk I am. Not so that you won't know I'm drunk—I'm staggering around, falling all over you—you know perfectly well I'm drunk. But to prevent the shame that I would experience if I know you know that I know what I'm doing, I will hide my bottles. Foodaholics will hide their chocolate cake, in the hamper, and then eat it—each. AND THEN NOBODY CAN SEE WHAT THEY LOOK LIKE. [Opening her jacket.] Oh, oh, but I know how to fix it so that you won't see what I look like. I'll eat and I'll eat and I'll eat, and then I'll go vomit and vomit and vomit. And I'll take diuretics and I'll take laxatives, right, so I'll pee and I'll pee and I'll shit, and you'll never know I know. But I will also know that you don't know, and therefore, I'm fine. Invulnerability is really at that level. It's not so much at the external level, as it is that we're taught to believe that we must not experience our weakness, our powerlessness, our deficiencies, our inadequacy, our loathsomeness. But we all experience it! We all have to sit down with ourselves.

I'm a writer. And what I know about being a writer is that I can't write unless I am completely vulnerable.

Completely. It's terrifying. I'll do anything rather than write. Anything—because I can't bear to be here all alone—stupid, so powerless, so weak...so cliched, so tripe, so ungrammatical. You know, why can't I be elegant? Well, if I could be famous, everybody would think I was elegant and that would work just as well, wouldn't it? [Laughter.]

We have nine million ways of avoiding, for ourselves, our vulnerability. I have children, and they watch a lot of cartoons. And it's interesting, you should check out Saturday morning, in your adulthood. There isn't a show that isn't about invulnerability. The big ones are the Super Hero ones. Those are the big ones. There are other ones—Tom and Jerry, you know? They're all about invulnerability. So that our children are learning that the good guys are invulnerable and the bad guys are vulnerable. That's what they learn. And that's all going to great lengths to avoid being vulnerable, which to them means bad.

The United States just did the most horrifying thing, does them all the time, but this one was recent, so it's on my mind. We hijacked an Egyptian airliner and we kidnapped a bunch of people. We didn't say, "Hah, hah, hah, we hijacked you back", which at least would have been honest, and could have enjoyed that. [Laughter.] No, we said, "We're heroes!" Heroes? "We're proud of America." One of the vscases said, "The mighty giant reached out its great hand [laughter, groans] and with a flick of its little finger..." and there's no sense that this is not okay, there's no sense that there's something dreadful going on. We invaded Grenada, and the United States, the people of the United States were ecstatic—"Oh boy, we showed them. We're powerful, we're invulnerable." We showed them that we're bullies, and we also showed them that we're incredibly stupid. I was raised on a Mexican land grant in New Mexico that's about the size of Grenada, and it has about the same population. I can just imagine the United States invading Cubero... and it being in the headlines, and the good citizens being proud of the strength of the United States.

I hope that that sort of strength is not the kind that you will accept for yourselves. I hope that the kind of strength that you will accept is acknowledgement of your weakness, of your fragility, of your mortality, of your disease, of your horror, of your pain.

We have an epidemic called AIDS. AIDS is a failure of the immune system. Everybody's immune systems under the assaults of the past thirty years are failing. AIDS is just one way it's showing, that's all. But Americans, I hear, are saving the most amazing things. I heard some women talking one day and they said that they were leaving San Francisco because it was dangerous to live there. They were in the theatre and they were leaving the theatre because so many faggots are in the theatre. This is terrifying. Today, a number of arts groups are raising a lot of money for AIDS, and one of the men who was talking about the opera's contribution said that the opera has been devastated by this epidemic because so many, many people in opera are gay. And the opera community is playing with the AIDS victims among them and loving them, and raising money for them, for their people who are dying of a terrible disease. But you know what's the most terrible thing about AIDS? It looks awful! Do you know how many people die in automobile accidents? Is anybody running around talking about the Automobile Accident Plague? Are we raising billions of dollars to prevent it? Are we refusing to allow children in schools who drive automobiles? Are we doing any of those things? Heavens not! No. But the AIDS victims look...they age so rapidly, they weaken so quickly, they go through a full life cycle in four or five years. That's the dreadful thing about AIDS. It tells us that we can't live...that's all. We can't live. I'm not sure who ever said we could, but we seem to believe that we could, regardless. And so we're all going to move to New England, where they don't have AIDS, I suppose.

So, suppose we didn't fear death. Suppose we were able to acknowledge our vulnerability. Then maybe our aging, our fat, our diabetes, our arthritis, our loss of sight, hearing, our coloredness, our lower class status, our lack of college degree—all of those things... if we accepted vulnerability as our birthright, how would we treat those who are poor? Who are insane? Who are addicted? I think that probably we would treat everybody, and ourselves, very differently, if we could accept that our right is vulnerability, and our destruction is invulnerability. Think about it.

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**LESBIAN HEALTH CARE**  
Lesbian clinic: health care by/for lesbians. Every Monday 7-9 p.m., Berkeley Women's Health Collective. 2908 Ellsworth (near Ashby). Call 843-6194 for appointment.

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**WOMEN IN ART HISTORY** slide/lecture/discussion class. Meeting Weds. 7-10 p.m. at Unitarian Church, Kensington. Contra Costa College class; Diane Rusnak, instructor. Supportive group; many artists come. Begins Jan. 22nd. \$15, semester. 524-0422.

**2 PRIVATE DRAWING CLASSES:** In North Berkeley. Diane Rusnak, instructor. **RIGHT BRAIN DRAWING** (outer imagery) begins Jan. 13, Mondays and **SELF AND SYMBOL** (inner imagery) begins Jan. 16, Thursdays. Both: 7-9 p.m., 6 weeks, \$55. Beginners welcome. 524-0422. Preregister by Jan. 6.

**WAY OF THE AMAZON WARRIOR.** A dyke/woman-identified Martial art. Contact: Leigh Hessel 654-1591.

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## CLASSES continued

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**Body Electric Graduate School of Bodywork.** Continuing education classes for bodyworkers. Rollers Nina Maynard and Shimon Attie offer weekend trainings in Deep Tissue Massage and in Psychology and Bodywork. Other classes: Sports massage, Bodywork with People With AIDS, the Bodyworker's Body, Bioenergetics with Eileen Crean, Sexuality and Bodywork. Call for brochure and class schedule, 653-1594.

**"Basic Recordkeeping and Tax Information for Therapists."** 4 hour seminar. SF. \$40. Individual consultations available too. Jan Zobel, E.A. 821-1015.

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Class reservations recommended. Private sessions available. Rev. Paula Mickey and Rev. Alicia Ruste. (415) 655-1422.

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Lesbian Adoptee Support Group now forming. No Fee. Call Kate at 532-9410.

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Free, confidential, non-denominational, non-judgmental support group meets 2nd Tuesday of each month, 8:00 p.m. at Pacific Center, 2712 Telegraph Ave., Berkeley. All welcome. Call Ann, 486-0534.

Grief support groups for lesbians ending relationships meets weekly in Oakland. \$15-\$30/week. Thana Christian, LCSW (#LH10696) 653-5361.

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**TIME OUT...**  
take it for yourself or give it to a friend  
KAM McCullum, M.A.  
233-0337

**WOMAN IDENTIFIED CHRISTIAN THERAPIST**  
**JOANN, MA, MFCC**  
893-9400 (sliding scale)  
...A lesbian therapist sensitive to your needs.

**COUNSELING cont.**

Lesbian therapist offers individual/couple/family/group therapy to lesbians for addiction (support 12 step recovery), loss, and coming out issues. \$40-\$60. Oakland, Thana Christian, LCSW (#LH10696), 653-5361.

**BEYOND POWERLESSNESS AND HOPELESSNESS**

Self-hate, powerlessness and hopelessness are often caused by our internalized oppression. I welcome women wanting to deal with these issues. Individual and couple sessions. Sharon Kaiser, MSW 547-4961. s/s WCA.

**FEMINIST PSYCHOTHERAPY** for individuals, couples, groups. Specializing in work with: depression; eating and body image concerns; adult survivors of abuse/neglect/alcoholism in families. Existential approach emphasizing self-concept, self-acceptance, intimacy/autonomy, meanings, empowerment through awareness of present choices. Modalities, according to client needs and comfort, may include: work with memories, here-and-now, problem-solving, dream-work, body awareness, imagery. Sliding 'scale fees, insurance accepted. Occasional openings in small long-term groups. Sami Gray, MFCC - 564-6359 (SF).

**COUNSELING-THERAPY-MEDIATION**

Is your self-esteem at its low point? Are you in the midst of transitions? (work-lifestyle-relationships). Suffering from loss or unresolved conflicts? Do you find communicating your feelings a disaster? Do you need to develop a positive sexual identity? Counseling, therapy, mediation. Singles/couples/groups. Short or long term. Sliding scale. Joann, MA, MFCC. 893-9400.

**Psychotherapy...** Interfacing the profound wisdom of C.G. Jung with principles of New Age consciousness. Phyllis Heenan, LCSW, #LV9057, Oakland, (415) 763-8536.

**FREE THERAPY REFERRAL**  
For women making changes.

The Therapy Network maintains a list of therapists sensitive to feminist issues. We provide personalized referral to therapists whose expertise & orientation correspond to your needs. Call 769-3812.

**METAPHYSICS**

**ASTROLOGY:** Need perspective? A reading can help clarify the issues and your options. Sliding scale fees based on your income. Initial session (1 1/2 hr.) \$50-75; update (1 hr.) \$40-65. Elaine Blake, 536-4399, Oakland. PS: Gain insight into your friends and family-come to the Sign-of-the-Month talks at Mama Bears!

**Psychic reading:** life issues, relationships, past life influences, emotional clearing. \$20-\$40. Also energy healing, meridian balancing. Experienced. Kathie Bailey 547-1327.

**BODY BEING CONNECTION**  
Psychic Readings and Healings  
Feeling stuck? Seeking validation? Needing more clarity in your life? Treat yourself to a psychic reading and healing. Rev. Paula Mickey and/or Rev. Alicia Rüste. Sliding scale \$40-\$100. (415) 655-1422

**PLUMBING**

Naomi Friedman, Plumbing Contractor, State Contractors Lic. #369184. New, remodel, repair, and solar installations. Telephone (415) 482-5183.

**Wonder Woman Plumbing** installations, leaks, now construction, and remodeling. Call Myra at 632-7939.

**MOVING HAULING**



call  
**BETH**  
at 547-1327

**MAINTENANCE**

**IF YOU WANT IT DONE WELL-HIRE AN AMAZON.** Waxing Moon Cleaning offers non-toxic office janitorial, vacant apartment clean-ups and hard-core house-cleaning. Light hauling. Call for rates and refs. Zahn 654-8765

**MOVING & HAULING**

Specializing in small moves (studio and 1-2 bedroom apartments) and clean hauling. Call Beth at 547-1327

**WALLPAPER**

Removal and installation. Careful preparation including all types of wall and ceiling patching. Quality assured. Excellent references. Free estimates. Call Ginger. 525-7467

**PAINTING**

Interior/exterior. Meticulous preparation by skilled professionals guarantees a quality job in your home or office. Extensive references. Free estimate in East Bay. Call Barbara 763-1264

**ELECTRICIAN**

**ELIZABETH ELECTRIC.** License # 478063. Residential & commercial. 482-1709.

**GARDENING**

Horticultural Consultation: Irrigation, planting, pruning, maintenance work, with owner or alone. Free estimates. Marianne's Enterprises. 652-2593.

**TREE SERVICES.** Topping, trimming, removals. Yardwork & gardening, hauling. Call Betty at 644-1119.

**VOLUNTEERS**

**NAMASTE**  
Volunteer counselors needed to give emotional support to people with life threatening illness or grieving. Call. 547-7702.

**Mama Bears** can use help with our used book section and with the News & Notes mailing - Talk to Carol! Thanks.

**Suppose a woman dialed 845-RAPE** and no one answered? BAWAR (Bay Area Women Against Rape) needs hotline volunteers. Next training begins Oct. 6, at 6:30 p.m. Call 465-3890, Monday through Friday, 10-3 p.m.

**A SAFE PLACE,** shelter for battered women and their children, will be taking application for grad. & undergrad. interns and volunteers for the winter '86 training program. Training will begin in January. In our continued drive towards cultural diversity we encourage and welcome women of color, bilingual/bicultural women, and women who are physically challenged. For more information about our student internship or volunteer program call Con McIotosh at 536-7233 (M-F/9-5, except Tues. p.m.)

**CAREER DEVELOPMENT**

**CAREER COUNSELING**  
Feeling lost in the world of work can be a frustrating endless experience. Through visioning as well as the practical skills of interviewing, resumes, career wheels, and womens re-entry issues will aid your process through this-maze called "Looking for a job" or "Changing careers": Individual sessions, support groups, and one day seminars. Low fee. Rockledge. Let's talk-Bea Betzner, 655-3055.

**SPACE AVAILABLE**

Furnished SF office space for rent part time. 23rd and Valencia. Call Jan 821-1015.

**Wonder Woman Plumbing**



Myra Williams  
(415) 632-7939

- Repairs
- Installations
- Remodeling

**CHILD CARE**

**Wild Iris Child Care**  
Feminist pre-school environment. Large Fenced Yard. Reasonable rates - Day/Nite. Lesbian Families especially welcome. 843-3124 - Mary Ann.

**SERVICES**

**Tax Preparation and Consultation:** Experienced tax preparer specializing in working with women & self-employed people. Enrolled to practice before the IRS. Jan Zobel, EA 821-1015 (SF).

**HOUSING**

**SPIRITUAL LESBIAN** feminist, (psychic healing, Goddess worship, shamanism, metaphysics, massage, herbs), 37, chemically free, vegetarian, non-smoker. Trades woman, humorous, dancer, responsible, quiet but gregarious. Into growth, openness, honesty, communication, warmth. Independent who enjoys shared/cooperative space seeks to share housing with same spirited women. Berkeley-Oakland. \$300.00/mo. Please call Linda at 655-1422.

**HOUSING TRADE**

Trade for 1 or 2 bedroom apt. in North Berkeley/Albany, \$350.00-\$400.00 a month. Large studio w/dining room, lots of charm, bright, clean, in Berkeley. \$225.00/month, TRADE ONLY. 843-8402.

**LARGE SUNNY ROOM WITH WOODSTOVE**

Housemate wanted 35+ lesbian or straight to share smokefree So. Berkeley house nr. Bart w/3 same +2 cats. Share chores, garden, some meals (veg). \$233 +Utilities. Avail. Jan. 1st. Call: 540-5918 or 845-7401.

**Berkeley, 1-bedroom apartment(s)** for sale or rent. \$250 to \$350 month. Put \$2,000 to \$6,000 down and you own it. (More and you own two). Possibility of loan given to you. 841-6330. (Sublet also available).

**ANNOUNCEMENTS**

I would like to wish the women's community great joy in this coming holiday season, and to express my appreciation for the privilege of working with them through these many years. Nora West (Realtor) 430-1584.

**TRADES LESBIAN** needs job. Carpenter, laborer, mason, painter, hauling/moving, some plumbing and heavy equipment operation. Have truck and tools. Also very open to other physical labor. Into open, communicative, relaxed work environment with women in established business. Need to do physical work; variety; eager to learn. Berkeley-Oakland. Please call Linda at 655-1422.

**COMMON WOMAN CRAFTS**  
A new company featuring Judy Grahn's poems on cards, notepaper, cups and wall hangings, is looking for Financial Backers, Calligraphers, Illustrators and a small amount of warehouse space in Berkeley. Contact Kris Brandenberger at 652-6860.

**WOODLAND CARVER'S** ceremonial and functional art on cast at Women's Craft West and The Castro Bead Store. and Mama Bears.

**WEBS INVOLVATE,** a Lesbian Fantasy and Science Fiction Journal now seeks submissions. General guidelines avail. send SASE. Subscript. \$25.00/5 issues. Pre-issue \$3.00. P.O. Box 11469, Oakland, CA 94611-1469.

**Send Gwen Carmen** on Third World Brigade to Nicaragua-all donations gladly accepted. P.O. Box 14266, San Francisco, CA 94114.

**Such A Deal**  
Junque, Funk,  
Furniture.  
Suzanne 644-0311  
We buy, sell, trade antiques, collectibles fine furniture  
3915 Telegraph Ave., Oakland  
(near BART, MacArthur)  
Tues. - Sat. 12 - 6 pm

**SPECIAL EVENTS**

**COME ONE - COME ALL.** East Bay Nat. Org. for Women. Annual Holiday Social Meeting. Entertainment with singer-guitarist Judy Fjell and refreshments. 12/18/85 at 7:30 p.m., Senior Center, MLK Way and Hearst, Berkeley. All welcome.

**Who Wants To Be A Passive White Girl Anyway?!**

Snow White retold: a journey through darkness (& light) written & performed by Rhea. Video Free America, 442 Shotwell, S.F. (between 18th & 19th sts.) Fri., Sat., Sun., thru Dec. 15, 8:30 p.m. Tickets \$6.50. Call 824-0455 for reservations.

**INTERNATIONAL WOMEN'S MUSIC FESTIVAL**

A celebration of women in all fields of musical endeavor, in Beer-Sheva, Israel-June 23, 28, 1986. Inquiries: Liora Moriel, director/International Women's Music Festival, P.O. Box 3391, Beer-Sheva 84130, Israel.

**The Northern California Chapter of the Women's Caucus for Art** presents Ann Meredith, photographer and her slide show of the July, 1985 International United Nations Conference and N.G.O. Forum in Nairobi, Kenya. Sunday, January 19th, 1986 at Southern-Exposure Gallery, 401 Alabama Street (at 17th), San Francisco, CA; 6:00-8:00 p.m. \$5.00 donation. For more information call: 849-1244.

**SELF-EMPLOYED TRADES-WOMEN HOLIDAY PARTY!**

December 10, Tuesday. For more information call: 652-7600.

**LESBIANS OF COLOR/THIRD WORLD LESBIANS, OUR LOVERS AND FRIENDS -**

A party to bring in the holidays: Potluck, music by some members of Canto De Corazon (renays, Michelle, Carlita), and dancing.

6-11 p.m. PACIFIC CENTER, Berkeley (corner of Telegraph and Derby) 40/43 busline. 548-8283. \$3-5 sliding scale (no one will be turned away for lack of funds). Please bring special food to share and your favorite taped music! Free cold drinks will be provided. This is an alcohol/drug free space. Childcare provided. Please call 48 hrs. in advance. Sorry, no wheelchair accessible. If you have any questions and/or suggestions, please call Gloria Rodriguez 548-8283.

**COMING SOON...**

**The Sacred Hoop**



Paula Gunn Allen

**Ginger Yost**  
Painting and Paperhanging  
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**NEW BOOK ARRIVALS**

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# MAMA BEARS RESOURCE GUIDE OF WOMEN'S BUSINESSES & SERVICES

\*This listing is comprised of those businesses in our community that have News & Notes possible in 1985 through their display ad dollars. Keep this list handy and let them know you found them through Mama Bears News & Notes!

### ACUPRESSURE

- Ali Hammer 654-8765
- Isha Mayim 655-3246

### ACUPUNCTURE

- Nina Allen 547-1119

### ATTORNEYS

- Elissa Brown, J.D. 654-3795
- Cynthia Duncan 548-0227
- Levy, Oppenheimer, Scaparotti, Podren and Smaller 652-6201
- Ryer & Ginsberg 835-5568

### AUTO REPAIR

- Labyris 861-8668
- Phoenix 533-3356

### BEAUTY SERVICES

- Surfaces 525-4273

### BOOKSTORES

- Mama Bears 428-9684
- Paper Tiger 540-8899

### CHIROPRACTORS

- Connie Arbura 654-0276
- Barbara J. Allen 845-3246

### CHIROPRACTORS CON'T.

- Susan Brennan 268-8557
- Jennifer L. Martin 952-6477

### CLOTHING

- Common Woman Crafts 652-6860
- Katyducks 532-9410
- Lariza 655-9485
- Lowry 533-1448
- Seams to Fit 428-9463
- Tea for Two 849-1244
- Tee (Hee) Shirts 654-7640

### CRAFTSWOMEN

- Amazon Earthworks (707) 745-5076
- Buffalo Drum 532-9664
- Common Woman Crafts 652-6860
- Mill St Pottery 151 Mill St, Grass Valley, CA
- Nasheem B'yachad (206) 632-5997

### COMPUTERS

- Sharon Mason 465-0480

### ELECTRICIANS

- Elizabeth Electric 482-1709

### ENTERTAINERS/SPEAKERS

- Paula Gunn Allen 223-4353
- Pat Bond 456-9918
- Burfiek 431-8334
- Max Dashu 654-9298
- Alix Dobkin (914) 246-8822
- Fin and Flame 547-1479
- Judy Grahn 223-4353
- Silvia Kohan 665-2739
- Karen Ripley 549-9753

### FLORISTS

- Cillas Flowers 548-7252
- In Bloom Again 441-5260

### FURNITURE/ANTIQUES

- Such a Deal 644-0311
- Backyard Market 644-0311

### GARDENING/LANDSCAPE

- Arthur-Kidd Horticulture 654-4851
- Dialing for Dahlias 652-3420
- Marianne's Enterprises 652-2593

### GRAPHICS/TYPESSETTING

- Chameleon Graphics/Typesetting 635-6137
- Mama Bears News & Notes 428-9684

### GYM

- Sante 526-5900

### HAIR CARE

- Hair Gallery (Peggy) 527-9093
- Lynette Lane 526-9900

### HERBOLGY

- Marjorie Singler 547-1119

### HOLISTIC HEALTH

- Tisha Douthwaite 655-9900

### INSURANCE

- Elizabeth Hirshfeld 268-3347

### JEWELRY

- Fisher's Jewelry 524-0400
- Raelyn Gallina 655-2855
- Mulberry (wholesale) 536-4399

### KEYS/LOCKS/SMITH

- Glenview Lock and Key 530-6141

### MAIL ORDER

- Ecological Formulas, Food Supplements 1061 Shary Circle, Concord, CA 94518
- Tiger Rose Productions/Videos P.O. Box 609-Cotati, CA 94928
- Post Apollo Press 35 Marie St., Sausalito, CA 55408
- Phase 2 Records P.O. Box 225 San Mateo, CA 94403
- Word Weavers P.O. Box 8742 Mpls. MN 94928

### MAINTENANCE

- Waxing Moth Cleaning 654-8765

### MASSAGE

- Body Being Connection 655-1422
- Annette Cooper 428-9463
- Ali Hammer 654-8765
- Isha Mayim 655-3246
- Kam McCallum 233-0337
- Nava Mizrahi 654-4489
- Louise Patrick 834-2505
- Judy Pollock 658-8399
- Shessa 826-5847

### MEDICAL

- Alta Breast Center/Alta Bates 540-1880
- Ruth Marlin, M.D. 547-8111
- John D. Michael (Allergy) 547-8111

### METAPHYSICS/PSYCHICS

- Kathy Bailey 547-1327
- Elaine Blake 536-4399
- Body Being Connection 655-1422
- Ellen-(tarot) 540-5350
- Christie Niebel 653-7374
- The Rainbow Path 223-4353
- Dianna Seagiver 848-1364

### MOVING and HAULING

- Beth's Moving & Hauling 547-1327

### ORGANIZATIONS

- A Safe Place (crisis) 444-2255
- 536-SAFE 465-3890
- BACW Bay Area Career Women 845-RAPE
- BAWAR Bay Area Women Against Rape 482-2555
- Feminists for Animal Rights W.O.M.A.N. Woman Organized to Make Abuse Non-Existant 864-4777
- The Community Women's Center (crisis) 652-0612
- Namaste 652-6566
- Pacific Center 547-7702
- 841-6224

### PAINTING

- Barbara Dolan 763-1264

### PETS

- Berrygrove Dog Training 527-2647

### PHYSICAL THERAPY

- Shirley Kelly 937-4995

### PIANO TUNING

- Hester Lox 824-1933

### PLUMBING

- Naomi Friedman 482-5183
- Wonder Woman Plumbing 632-7939

### REAL ESTATE

- Central Realty (Arlene Slaughter founder) 658-2177
- Jennie Lippincott 339-3811
- Thornwall Properties 848-1950

### SCHOOLS/TRAINING

- Body Electric 653-1594
- Maria Coleman (voice) 841-8259
- School of Classical Ballet 848-2590
- Worthington-Fein (assault prevention) 564-9140

### SHOES

- Sunrise Shoe Repair 540-7276

### SKIN DESIGN

- Kore 763-0475

### TAXES

- Jane Meyer 530-5451
- Val Waltz 234-8069

### THERAPISTS/COUNSELING

- Randi Hepner 849-0836
- Joann 893-9400
- Barbara Kaimowitz 525-6118
- Meryl Lieberman 654-2001

### VACATIONS

- April-Cottage (707) 937-0020
- Blue Fish Cove (707) 998-1769
- Cider Creek Inn (707) 937-4335
- Meadow Lake Campground (209) 856-8994
- North Crow Vacation Ranch (406) 676-5169

### WALL PAPER

- Ginger Yost 525-7467

### WHOLESALE

- Mulberry (Jewelry) 536-4399
- Soho Soda 821-9850

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DECEMBER											
Cynthia Seawomyn and Carolyn Whitehorn Art Reception	Michelle Cliff and Beth Brant Book Party	10-7	Comedy Improv	Women only socializing plus Elizabeth Bird till 11 p.m.	Janny MacHarg "Aging is Not for Sissies"	Silvia Kohan, Mimi Fox & Melanie Monsour	1	2	3	4	5
Gynosophic Gathering Mixed Doubles Comedy	10-7	10-7	Elaine Blake "Sagittarius"	Women only socializing plus Elizabeth Bird till 11 p.m.	Melanie Monsour & Christy Giullot	Debbie Saunders & Raw Sugar	8	9	10	11	12
Gynosophic Gathering, Record signing Tillery, Flower, Kohan, Fink, etc.	Luisah Teisch	Cheri Pies	10-7	Women only socializing plus Elizabeth Bird till 11 p.m.	Ardy Tibby Claire Mix	Brown Bag Reader's Theater	15	16	17	18	19
Gynosophic Gathering Record signing Watkins, Fjell, McCalla, Marie	10-9	10-9	10-7	10-7	10-9	10-9	22	23	24	25	26
Gynosophic Gathering	10-7	10-7	* Please note special holiday hours Dec. 22 thru Jan. 2 Happy Holidays!			Please see Calendar pages 8 & 9 for details	29	30	31		

JANUARY											
Please see Calendar pages 8 & 9 for details	10-7	10-7	10-7	10-7	10-7	10-7	1	2	3	4	5
Gynosophic Gathering	10-7	10-7	Elaine Blake "Capricorn"	Women only socializing plus Elizabeth Bird till 11 p.m.	Theresa Chandler	Nancy Vogl	6	7	8	9	10
Gynosophic Gathering	10-7	10-7	Marge Gibson (OLOC)	Women only socializing plus Elizabeth Bird till 11 p.m.	Mimi Fox Robin Flower	Linda Moakes	12	13	14	15	16
Gynosophic Gathering	10-7	10-7	Pat Norman Lesbian Health	Women only socializing plus Elizabeth Bird till 11 p.m.	Over Our Heads	Mother Tongue	19	20	21	22	23
Gynosophic Gathering	10-7	10-7	Max Dashu	Women only socializing plus Elizabeth Bird till 11 p.m.	Crystal Reeves, Jennifer Berzop	FEBRUARY	26	27	28	29	30
										31	1