Aid by and abett by the love of a number of wonderful, committed, and caring women, most of whom had been around the collective block a few times themselves; Mama Bears was born.

The encouragement and faith they were given was one of the things keeping us going by September 21st, two years ago, when we were almost dead on our feet.

Your ranks have been swelled by the many who have discovered Mama Bears since then — and taken it to their hearts — all contributing to its continued existence, and each other's and being aware of Mama Bears contribution to all our lives.

Many of you ask how you can help...we're shy about holding benefits for ourselves, but when the Over Our Heads comedians kept asking when they could do one, we gave up our embarrassment and made a date with them for September 21st. And it began to remembered the past...especially the time just before we opened...

Therefore, on Saturday Sept. 21, 1985, you are invited to attend an Autumn Equinox Benefit to raise money for Mama Bears, and to memorialize that point in time 2-years ago, when we pushed toward birthing...

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...MAMA BEARS GALLERY...'Sept. 1 - Oct. 12, 1985

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Art Seen Around...

"Critters"

MAMA BEARS GALLERY
Sept. 1 - Oct. 12, 1985

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

Creativity and the Business of Warriors

The eclectic and Sagittarian Ms. Molloy continues to astound me at the oddest moments. Her usual announcement last month that this issue of "News & Notes" was likely to be about creativity was a stunner.

For one thing, her knowing that any given issue was going to be about, before she put it together, was a definite first. I had a flash of paranoia at the apparent incursion of journalistic tradition, wondering if expanding to 16 pages, or growing from a 8½x11 sheet of paper in less than 2 years, was all too much.

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(continued on page 6)
When Valerie Miner stopped by Mama Bears a while back to make arrangements for a book party and reading to celebrate the American publication of her novel WINTER'S EDGE, this jaded bookseller (and writer) was quite astonished to hear that she wanted it to be a short reading, followed by, of all things, a dance! You ever hear of a writer wanting a dance? Usually only the eyes move. It was a good reminder to me that, as Emma Goldman said, “I can’t dance to it, it’s not my revolution.”

Valerie Miner is that very rare writer: one who keeps a political sensibility completely in the foreground in every line (both “international” and “personal”) politics and still spins a yarn that is gripping and satisfying to read. Books to curl up and be absorbed in. They’re also darn good theatre. She who can combine the satisfactions of “women’s movement” novel and mystery-thriller without violating either genre is also rare – Valerie’s other books available at Mama Bears are Movement (Crossing Press), Blood Sisters (St. Martin’s), and Murder in the English Department (St. Martin’s). We invite you to join with us Friday September 13, to meet this warm, wonderful writer and enjoy a dance! (See Calendar for details.)

WINTER'S EDGE

WINTER’S EDGE is a rare glimpse into the lives of two older women, Crissie MacInnes, age 65, experienced political activist and waitress (seemingly with tenue) at a Tenderloin cafe, and Margaret Sawyer, 70, the antithesis of Crissie, who retorts, “I don’t believe politics answers problems, it causes problems,” and who prides herself on looking 10 years younger and still working from early morning until after dark at a popular newsstand, also in the Tenderloin. For over 30 years, they know the other’s strengths, idiosyncracies and failings as intimately as lovers. Their love is from early morning until after dark. (Who reciprocates.)

The other recent novel which understands the nuances of conversation, much more so than Margaret’s repeated alliances upon each other survives since 1983, more books which deal with the experience of old women have been appearing. Readers like myself who have both old and female will find that these books have a profound and lasting impact on their thinking. Invisibility in print is only one aspect of the social erasure of old women. Any change in these circumstances can be seen as positive, and hopefully part of a trend. However, it puts a demanding onus upon the books which emerge into this image vacuum.

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One such book is a novel by Valerie Miner called Winter’s Edge, a new release by The Crossing Press. It is an action-filled story of the friendship of two old women who live and work in the Tenderloin of San Francisco. The plot is fast moving, the supporting cast, wary and interesting. Chrissie and Margaret, in their mid-sixties and seventies respectively, have chosen to remain working rather than to subsist on Social Security. This is the price they’re willing to pay for “belonging” in their neighborhood, being needed, having demands made upon their attention and emotions by other people. The primary concern of the community to which they belong is an upcoming election, in which development of their neighborhood is the dominant issue.

Chrissie and Margaret’s friendship of twenty-five years is strangely mismatched. Their reliance upon each other survives. Margaret’s repeated alliances with various men over the years, but not without tension and jealousy on Chrissie’s part. It is not an alliance of expedience, although by allowing the reader to be privy to the thoughts of both of them, it is sometimes hard to believe their solid allegiance to each other. Neither of them outwardly exhibit any of the pettiness which may divide one old woman from another in real life.

The other recent novel which...

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(continued on page 5)
In Search of the Perfect Therapist

Hall's perspective stems from her long career as a psychotherapist. She has worked as a counselor for over twenty years. Even more than her concerns, however, come from her own experience as a therapy consumer. A perennial patient, Hall is familiar with the labyrinthine ways of her analyst's personal life. A few years ago, she began to write her memoirs on therapy, which have been published by Post-Apollo Press.

One thing I like very much about this volume is that the poems are long; there are six poems, ranging in length from 7 to 30 pages each. Each poem consists of 3 to 10 or so lines long. Each verse could stand alone as the capturing of a moment in universe time; taken one after another, they are like individual waves invoking and evoking feelings, and the wuulative effect is awesome. I am already nostalgic about the experience of reading them, especially the angels that pop up here and there in most of the poems, unexpectedly.

Etel's Love Poems (pages 57-65) are to be cherished, giving us that special erotic seasoning, done so casually, which only a woman mature in years and experience is capable of.

Two of Etel's other books, From A to Z, (poetry), and Sitt Marie Rose (a novel of contemporary life in Lebanon, how it is for a woman), both published by Post-Apollo Press, are also available.

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BOOK BLURBS

NOW IN PAPERBACK:
Pure Lust, by Mary Daly, Beacon, $11.95. Other Women, by Lisa Alther,NAL, $4.95. Incidentally, if you look in our classified ad section (p. 15) you’ll see that there’s an announcement for a Mary Daly workshop. Should be interesting.

BACK IN PRINT:
Les Guerillères (originally published in USA in 1971) by Monique Wittig, Beacon, $7.95. Monique is the author of Lesbian Body, Opoponax, and Lesbian Peoples. A tribe of warrior women use guerrilla tactics to destroy patriarchal institutions.

ARRIVING IN HARDBACK LATE AUG. OR EARLY SEPT.:
A Woman Like You, by Rachel V. H&R, $15.95. Life stories of women recovering from alcoholism and addiction.

WINTERS EDGE
(continued from page 3)
each old woman she befriends, is precisely detailed. Lessing takes her reader deeply into an experience which might well evoke a “determined indifference, an evasion” of all old women.

Which brings me back to the onus which rests on the writer who enters the image vacuum which surrounds old women. Both Miner and Lessing recognize this problem but, if so, they deal with it in opposite ways. Miner creates an imaginary world where fiction does not limit the choices of her protagonists.

Neither of her old women have been eased out of their high-visibility jobs either as a waitress or the cashier at a newsagent. The interactions of Margaret with the younger men who are customers and friends are charged with covert sexuality. Her past, a widower ten years her junior on the prowl for a new wife, is portrayed in hot pursuit of her throughout the book. These circumstances are a reversal of the “sexual erosion suffered by old women” Lessing, on the other hand, focuses on the experience of old women is Doris Lessing’s The Diaries of Jane Somers, which includes two books, The Diary of a Good Neighbor and If the Old Could… published separately under the pseudonym of Jane Somers in 1983. These books got little critical attention or readership as long as they were unrecognized as works of Lessing. One wonders how much of this can be attributed to the fact that they are about middle and old women. The old women of Lessing’s beautifully crafted work are also working class, and older by ten to twenty years than Miner’s heroines. The issues which concern them are diminished mobility, social isolation and dependency. The unequal relationship between the successful middle-aged journalist, Jane Somers, and her indiscretions in intimate detail the powerless circumstances which standardized social programs can not alleviate for the very old woman. Her fashionable heroine, who stumbles into involvement with Annie, Eliza, and Mudie out of guilt over her detachment during the earlier deaths of her mother and husband, seems to find meaning in perhaps even atonement in her selfless devotion to their needs for everything from listening to cleaning up their shit.

Both writers have chosen an unpopular, almost forbidden subject as the theme of a story they needed to tell. Were their novels among a shelf full of novels about old women, I would applaud their efforts with more enthusiasm. Lessing is an unflinching and acute observer. Miner is an idealistic weaver of lively tales. Both are separated from their subjects’ old working-class women, by a distance of class and years. However, Lessing avoids entering the inner thoughts of her old women. Rather, she uses the first person form to reveal the inner life of Jane Somers—a middle-aged, successful, single working woman approaching old age. We all become old women if we are lucky or not. Women writers are beginning to respond to the absence of visions of possible aged futures for women. Women readers need them to reveal the complex, many-faceted possibilities which are the gifts of age.

When a woman reaches a certain age she begins to have faint memories of a distant past, echoes, of a distant past when she and others like her lived. It is not enough to notice that one has been chaired, it is necessary also to remember that one has ruled.

-Alice Molloy

IN MEMORIUM
Of the 40th Anniversary of the horrible atomic bombing of Japan.
AUGUST 6 – HIROSHIMA AUGUST 7 – NAGASAKI
For those who died then and all people who have died since from atomic power. May all those who will die in the future before this insanity is complete. Here is a quote from the Diary of a Good Neighbor dialogue between two midlife women-Jane and her best friend from her office:

“Don’t you think it is odd, how absolute, we take it absolutely for granted that old people are something to be looked at, like an enemy, or a trap? Not that we owe them anything?”

“I don’t expect my kids to look after me.”

And I felt despair, because now I feel it is an old gramo- phone record. “That’s what you say now, not what you will say then.”

“I’m going to bow out, when I get helpless, I’m going to take my leave.”

“That’s what you say now.”

“How do you know, why are you sure about me?”

“Because I know now that everyone says the same things, at stages in their lives.”

“And so I’m going to end up some crabby old witch, in an inconvenient old witch—is that what you are saying?”

Yes.

by Baba Copper

Cooperative Problem Solving Training
This class will discuss how to:
- Talk directly and kindly about difficult issues
- Translate criticisms into positive requests
- Mediate and resolve conflicts fairly
- Develop agreements for change
- Share power equally
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So to have a very special woman who has been my goal for a long time is a dream come true.

-Karen Ryer

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Mama Bears News & Notes/August-September 5

Lynnette Lane

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Karen Ryer & Rachel Ginsburg, Attorneys
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506 Fifteenth St., Suite 400, Oakland, CA 94612
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Mama Bears News & Notes/August-September 5

Lynnette Lane

Mama Bears News & Notes/August-September 5

BARBARA KAIMOWITZ, M.A.
Freelance Therapist, Nurse Practitioner
609 San Pablo Avenue
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European Facial
Skin Analysis

KAIMOWITZ, M.A.
An Art of the Self

DIANE RENAI

Begin with yourself—your feelings, your particular life journey, your specific history, memories, dreams, fantasies. Sometimes you have to begin with the pain since it calls out the loudest. This keeps many people from using this personal approach—they are afraid of the pain; yet this pain is an important part of the mothering of the new. It is a strong emotional charge; also, you can remember it, and there is obviously something to learn about yourself since you are being given this vision and over. Give up some of your control and go into the unknown. Trust this thing that is close to your heart, this fragment known with deeper body knowledge.

"Try to keep your trained artist self from judging the beginnings of this art of connecting with images. It isn't drawn well enough," "The medium isn't just right," "Does the media I work in allow the full power of the images to unfold, or does it restrain them?" We are concerned here with the process of content; years ago, we were concerned with the process experienced in art materials and techniques.

When you create your visual experience with honesty and strong feeling, this will communicate to the viewer, and if those at that particular growing edge will connect and understand the imagery and relate their own experience. An honest piece of work has a power that is at least partially understood by many people look at it. The more people that look and understand, the more this work moves toward being "universal" in art: a common human vein has been tapped.

When I was an art student and for many of my beginning teaching years, I felt that I was not allowed to be personal: instead, we tried to be self-consciously "universal" and we utilize the dictated, rewarded, art-world styles as our visual vehicles. This approach created a loss of and ignorance of the sense of self that was large: I didn't understand it until ten years later. When the women's movement started to question this personal invisibility which is conditioned by the establishment, art education in the art worlds. Artists, even up to this day, seldom are encouraged, let alone trained, to articulate, to express their feelings in regards to their work. Perhaps this is because it is an awkward and often embarrassing area. There is no clear way to teach it, and the teacher, realizing that the teacher must also take personal, expressive risks, therefore stops the process.

Another part of doing art is to become visible in an increasingly impersonal society (particularly for the female in this culture)—to feel and live in a fuller self by bringing to consciousness some of the many subconscious layers of the self. Once I've painted or drawn these images, the power of the image taught me and nurtures me—a necessity in my life. This world-based society generally empowers me; pictures and visual things almost always fill me up. They nurture me, center me, empower me and heal me.

Although I was trained in Abstract Expressionism, the expression part was treated as a mystique and only spoken of in the most fuzzy manner in our art critiques, if at all. Only the formal Baulshous school design language was used. This is still going on twenty years later in art education! The student gets no help and little encouragement in expressing content, yet this is one of the strongest motivators in art work—the interest in having something to say. It took the humanist psychology movement and the women's art movement to encourage a language for feelings among visual artists, which in turn validated their content-oriented work. In we have inexpressible personal images and in giving them conscious birth through ten years of journal writing and drawing (the source of my paintings and drawings), I have personally moved into a less anxious place than the one I once occupied. I feel more at home in the world. That is the greatest gift I could have given myself through my own art. Had I continued to be an abstract artist as I was in the 60's, I wouldn't have had this rich vein of my growth experience; instead, my journey would have been one taken through materials and techniques, a different one.

I tell this story, teach art classes and show my pictures in the hope of connecting now and then with people who might find this process useful, perhaps a necessary.

INNER AND OUTER IMAGERY

Mine is an art of inner imagery and it is done mostly in the city. But in Mendocino, one of the most beautiful places in the world, the stimulation-for most artists is from the outside—the beauty and power of nature. For many artists, however, there is a great pull toward giving them conscious birth through content-oriented work. This is reinforced by the purchasing tastes of many tourists and the market for recognizable landscape art. It is extremely hard to hear your individual self in the roar of these waves. An important goal could be to become aware of your feelings and sensations in relationship to the landscape, and to create some wonderful, fresh visual dance which incorporates the outward splendor with your inner nature. To merely be a servant of copying nature which generally results in some thin version of what is "out there." THE ENERGY DANCE DEPICTED

Artists make visible the life energy between and within every aspect—between objects and space, between the animate and inanimate. We invent ways to show this felt movement. The older formal art language for this idea talks of composition, positive and negative space, value arrangement, etc., but doesn't quite cover it all. I call this energy dance "spiritual" or the living visual dance, or the aliveness of all things, or the great flow. Beginning student work usually lacks this and is flat and lacking in energy. Its being paid to the parts of the picture while learning a specific technique rather than the whole. The breathing energy/magic of the picture is missing.

Eastern art realizes the aliveness of the empty space and the interaction between all things, visible and invisible. Also, the visual forms of the pre-Christian era (in the time of the Great Goddess)–our earliest known sculpture and paintings–emanates from this kind of consciousness. Some of our great 20th century artists who have realized this are Remedios Varo, Frida Kahlo, Suzanne Valadon, and Helen Frankenthaler—all surrealists or expressionists, and all women.

Diane recently held an art show, COLLAGES, at Mama Bears. Besides regularly showing her art in the Bay Area, Diane (continued on page 12)
Mama Bears News & Notes/August-September 7

**BANNED BOOKS WEEK**

September 7-14, 1985

**WHAT ABOUT MY NEEDS?**

A workshop for lesbian partners of women healing from incest and sexual assault.

Saturday, September 28, 10 - 5
Sliding Scale: $65-35.
Call to reserve space.
Meryl Lieberman: 848-0720
Miriam Smolover: 655-6394

**WOMENS OUTDOOR MARKET**

11 - 6 Daily
3911 Telegraph - Oakland
Come join us! Come enjoy us!
for vendor information: 654-6970

**TAROT**

Readings by appointment
Call Ellen 540-5350

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Native, Ethnic and unusual drums

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**ONGOING EVENTS**

**ONGOING**

MAMA BEARS IS OPEN 7 DAYS A WEEK, 10 to 7 PM.
ON THURSDAYS, FRIDAYS AND SATURDAYS, OPEN 7 PM TO 11 PM FOR WOMEN ONLY EVENTS & SOCIALIZING. MAY ALSO BE OPEN OTHER EVENINGS (SEE CALENDAR).

-DAILY-

MAMA BEARS IS OPEN FROM 10 AM DAILY FOR YOUR ENJOYMENT. COME IN FOR SIMPLE BREAKFAST, LUNCH OR LIGHT DINNER, TO RELAX, HANG-OUT OR EVEN GET TANNED...OUR PATIO IS NOW OPEN WITH TABLES, UMBRELLAS AND SUNSHINE!...THE ONLY WOMENS "BEACH" IN OAKLAND!

-FRIDAYS-

TAROT READINGS BY SUE NIMON every 2nd and 4th Friday afternoon, 1-5 p.m. Three-card reading, 1 hour, $7.00; full reading, 1 hour, $15.00. Call to reserve specific time.

-SATURDAYS-

ROUNDTABLE WRITERS' WORKSHOP CONDUCTED BY JENNIFER STONE 10a.m. - 12 noon, at the round table in the Used Books section. Limited to 6 or 7 women, $3.00 per session. To sign up, call Mama Bears. More info in Notes and News column.

**SUNDAY MORNINGS**

GYNOSOPHIC GATHERING 10:30 AM.

"This is a woman's worship service celebrating the bond of womanness among ourselves and in connection with our sisters on every continent, island, sea, and in the sky." — Paula Gunn Allen

Spirituality, feasting and goseiping... mingling in the marketplace, Mama Bears...as they did in past woman-centered cultures.

Woman-Centered Worship Services women only.

**THURSDAY**

WOMAN-ONLY SOCIALIZING AT MAMA BEARS, until 11 p.m. Mama Bears is always a clean and sober environment!

**SATURDAY EVENINGS**

SEE CALENDAR

More on page 8
FRIDAY  August 2
OPEN MIKE CABARET NITE AT MAMA BEARS
Singers, writers, musicians... all welcome. Performers, please sign up in advance. Women only. $2.00, 8 p.m.

SATURDAY  August 3
CAROLE LYNNE SINGS & PLAYS GUITAR. East-Coast singer of folk, political, and 50's and 40's songs, here on a short visit. Women only, 8 p.m., $3.00. Call to reserve seating.

WEDNESDAY  August 7
TUESDAY  August 27
IRISH NIGHT- A BENEFIT FOR THE WOMEN OF ARMAGH PRISON IN IRELAND. Some planned Irish songs and stories, and bring your own. Buckwheat (conceiver and organizer), Maura Shannon, Kathy Rote, and Marilyn Harmin. Women only, $3.00, 8 p.m. Call to reserve seating.

FRIDAY  August 30
WOMEN’S SOCIALIZING. What! You're not leaving town for the week-end! Well, we'll be here too! Come and socialize (till 11 p.m.), read, or play one of the games we keep around. Women only.

SATURDAY  August 31
OVER OUR HEADS. COMEDY & IMPROV BY KAREN RIPLEY, ANNIE LARSON, & TERESA CHANDLER. Women only, $3-5, 8 p.m. Call to reserve seating.

SUNDAY  August 31
FRIDAY  August 2
OPEN MIKE CABARET NITE AT MAMA BEARS
Singers, writers, musicians... all welcome. Performers, please sign up in advance. Women only. $2.00, 8 p.m.

SATURDAY  August 11
YES, WE HAVE NO INANNA!
Reading: Students of Judy Grahn (center) will participate in an August reading scheduled to begin a 7 p.m. at Mama Bears in Oakland. Among those reading will be Betty Meador (left, rear), Nyla Giadden (right, rear), and Barbara San Severina. Also reading, but not present when picture was taken, will be Carol Seajay, Mary Nordseth and Lisa Beck. Women only. $3.00

WEDNESDAY  August 28
THE MOTHERPLUCKERS PERFORM. Fine Country music by Faye Cuthbertson, Loretta Norton, and friends. Women only, 8 p.m. $3-5. Call to reserve seating.

SATURDAY  August 17
MOTHERPLUCKERS PERFORM. Fine Country music by Faye Cuthbertson, Loretta Norton, and friends. Feel free to join in. $2.00 (donation), 3-6 p.m.

TUESDAY  August 24
TERESA CHANDLER IN CONCERT. One of the Bay Area's best and most entertaining singers. Women only, $4.00, 8:00 p.m. Call to reserve seating.

FRIDAY  August 2
IRISH NIGHT - A BENEFIT FOR THE WOMEN OF ARMAGH PRISON IN IRELAND. Some planned Irish songs and stories, and bring your own. Buckwheat (conceiver and organizer), Maura Shannon, Kathy Rote, and Marilyn Harmin. Women only, $3.00, 8 p.m. Call to reserve seating.

SATURDAY  August 23
WHAT EVERYONE NEEDS TO KNOW ABOUT THE LEO PERSONALITY - Discussion by Elaine Blake, Astrologer. Women only. $3-5, 7 p.m.

WEDNESDAY  August 28
BUFFET BOOK PARTY AND READING WITH MARNY HALL, Author of THE LAVENDER COUCH - A CONSUMER'S GUIDE TO PSYCHOTHERAPY FOR LESBIANS & GAY MEN. Women only, $3.00. 7:30 p.m. see article page 4.

SATURDAY  August 31
SUNDAY  ---------------- OVER OUR HEADS. COMEDY & IMPROV BY KAREN RIPLEY, ANNIE LARSON, & TERESA CHANDLER. Women only. $3-5, 8 p.m. Call to reserve seating.

FRIDAY  August 2
WHAT EVERYONE NEEDS TO KNOW ABOUT THE VIRGO PERSONALITY - Discussion by Elaine Blake, Astrologer. Women only. $3-5, 7:00 p.m.

FRIDAY  August 9
SINGLES DANCE NIGHT AT MAMA BEARS. (CLEAN & SOBER) with DJ MARGO, a lively mixture of ballroom, jitterbug and rock and women's dance music. Women only. $2.00.

THIRD FRIDAY FUN - KAREN RIPLEY'S IMPROVISATIONAL CLASS. Drop-in improvers and comics welcome. (Each performance will be a benefit for a women's project.) Women only. $3.00, 8:30 p.m.

SATURDAY  August 10
RAINBEAU PERFORMS! A wonderful nite of high-style theatre, dance, a multi-media performance by Rainbeau. $3.00, 8:30 p.m. Call to reserve seating. Women only.

WEDNESDAY  August 14
WHAT EVERYONE NEEDS TO KNOW ABOUT THE LEO PERSONALITY - Discussion by Elaine Blake, Astrologer. Women only, $3.00. Call to reserve seating.

SATURDAY  August 13
FRIDAY  August 2
SINGLES DANCE NIGHT AT MAMA BEARS. (CLEAN & SOBER) with DJ MARGO, a lively mixture of ballroom, jitterbug and rock and women's dance music. Women only. $2.00.

THIRD FRIDAY FUN - KAREN RIPLEY'S IMPROVISATIONAL CLASS. Drop-in improvers and comics welcome. (Each performance will be a benefit for a women's project.) Women only. $3.00, 8:30 p.m.

SUNDAY  August 25
AFTERNOON MUSIC BY THE MOTHERPLUCKERS. A regular 4th-Sunday afternoon of laid-back country plucking and singing by Faye Cuthbertson, Loretta Norton, and friends. Feel free to join in. $2.00 (donation), 3-6 p.m.
**BILLBOARD**

**Wednesday September 4**

**AFTERNOON RECEPTION WITH MAUDE CHURCH TO CELEBRATE HER SHOW "CRITTERS".** 4-7 p.m. [See Art Seen Around, page 1].

**EVENING SLIDE SHOW: A TEN-YEAR RETROSPECTIVE OF THE ART OF MAUDE CHURCH, WITH COMMENTARY BY MAUDE.** 7:30-8:30. Women only.

**FRIDAY SEPTEMBER 6**

**WITH THE POWER OF EACH BREATH: A BOOK-PARTY BUFFET AND READING WITH THE EDITORS AND SOME CONTRIBUTORS.** We invite you to join us in celebrating the just-published *With the Power of Each Breath, A Disabled Women's Anthology*, and its editors (Susan E. Browne, Connors, Nanci Stern) and contributors. Women only. 7:30 p.m. $2.00.

**SATURDAY SEPTEMBER 7**

**DEBBIE FIER PERFORMS ON PIANO.** And Mama Bears is getting a piano for the occasion! A rare visit by this East Coast dynamo, whose record *In Your Hands* is sheer delight. You are advised to make reservations. Women only. 8 p.m. $5.00.

**SATURDAY SEPTEMBER 14**

**RAW SUGAR AND DEBBIE SAUNDERS.** Debbie played here recently and friends Renne and Dejuana (Raw Sugar) joined in. What an evening! In a community full of great musicians these 3 women stand out for the virtuosity of their phrases, and sheer musical joy. Don't miss it. Reservations advisable. 8:30 p.m. Women only. $4-$6.00.

**SATURDAY SEPTEMBER 21**

**AUTUMN EQUINOX RITUAL, BUFFET, AND BENEFIT FOR MAMA BEARS.** A wonderful night of blessing, humor, music, and poetry is being concocted by several of our regular performers to help Mama Bears over the cash flow tightrope of a 2 year old business. Join in with your energy and cash! (See story on page 1.) Women only. 7 p.m. $5-10 sliding scale.

**SUNDAY SEPTEMBER 29**

**POETRY READING BY JOYLETTA ALICE.** We welcome Joyletta back from Nebraska and are anxious to hear her new poetry. Come join us for her reading and a buffet.
GYNOSOPHIC GATHERING

WELCOME TO THE GYNOSOPHIC

We have begun to form a rainbow of our own, one that is made of shared energies, shared knowledge (a bit, at least) and an embryonic gestalt on the psychic/ astral plane that is this Kophistaya—"you and your spirit bands + me and mine + assorted others +! The Woman Who is the Godhead. I have given a great deal of thought to how to proceed, given my goals, my fears and "withholds" and my own directions, also given my essential lack of information regarding yours. In discussing my goals, dilemmas, and wishes with Judy (Grahm, part of an ongoing conversation, to be sure), we came up with a direction, a plan, and a program that I think fits well with what I want/am up to. Basically, let me say that for a long time I have known that my path lies in spiritual teaching, but for a long time I have been gaining training, clarity, strength and focus.

Only recently have I begun to realize exactly how deep that direction is in me, or how it is, in fact, my life work (spiritual guardianship/teaching/guiding). Having realized that, and that my commitment to it must be total and clear, having made that leap, having begun the Rainbow Path classes at MB's as a token of that commitment and having moved towards outside-directed clarity, I found the next step had to be formed and taken.

Over the weeks I prayed, thought, visualized, dreamed and spoke, inward and outward, even said some, trying to find the way. Is it a church I want? (Sort of, not exactly). Is it the sort of thing Lynn Andrews does? (Sort of, not exactly). An ashram? Well, closer. A coven? (No, not exactly). A psychic/spiritual circle? (Even better). An occult school or academy? Yes. One that does real things, not just "finding myself" or "evolving" or "being spiritual."

ON THE WORD MANIA - AN EXCERPT FROM PAUL'S 1/30/84 HAGGLE

...mania, means irrational faculty of the mind. And it means active intelligence, and it means the womb, all at the same time. So the connection is, if you wish to think rationally you should be maniacal. And if you wish to think in a way that will gather things that you need so you can send them out to the rest of the earth, you should be hysterical. And if you're maniacal and hysterical, one of the things you're going to be, besides passionate, is angry. Those are the things that are going to happen. A person who has a mania, is obsessed, and when you're obsessed with a thought you will bring it into physical manifestation. That's what will always happen, because thoughts are things, but they're things that operate on a different plane or in a different sphere, than say, this candle does. But, if you think 'candle' long enough, candle will manifest in the material universe, in the other universe of the mother, because she has, at least, two Mania, also, was the muse mother. She's the mother of the muses. She's the mother and the goddessess of the shades, of the spirits, of the shadows, of that stuff that the Moari say is of the blood. That if it decides to become materialized, that it stays in the womb, when the woman holds the blood in, the womb, and then that spirit emerges as a human being. All of these things are connected with one another. The muse is like the force, or energy. A particular vibration, that you move into, and by maniacal focusing, then you bring that muse into expression. On the planet, for example, music, memory, art, painting, poetry, housemaking, households, all of these things are governed by different muses. A muse is like a valance, it's like a vibrational field, and it's feminine, not masculine. So if you wish to curtail the muse, then you find ways to move into her orbit, into her orbit, her valance, then she will express you, or if you're ready, if you're worthy, then she will express through you. And you can do it best if you are maniacal.

Something that links idea and worship and psychic competence and politics and ecology and me and other women and the world, that reflects and enters and is a conscious, objective and focused partner with the Consciousness-thriving interlocking internetwork that is what is. (Yes, that's IT). I called it The Rainbow Path (provisionally), for reasons explained in one or more of the lectures. It is composed of the varieties of psychic worshipful/idea-ful/disciplines we have looked at so far.

Gynosophy, as I have formally designated this movement, is the vehicle within which Astral Warrior Women of this age can act in concert with the principles of our Rainbow Path, whose purpose in brief, is to change the world. Not in huge, cataclysmic ways, which would be beyond us to do and which we wouldn't want to do in any case, but in definite, determined ways that will make a big difference in the long run.

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GYNOSOPHIC GATHERING: SERVICE

Candle Lighting:
To remember and restore to women the traditions from our long ago sisters who were the Keepers of the Seven Fires, we light seven candles. They signify the four directions plus the above, the below and the center, as well as the seven chakras. {American Indian, Wiccan, Mesoamerican, SE Asian Tribal)
While candles are being lit, the women gathered for this service say the following prayer together:

Mayan Peace Prayer
Look at us, here us! Heart of Heaven, Heart of Earth!
Give us our descendents, our ancestors, our successors, as long as the sun shall move.
Let it dawn, let the day come!
May the people have peace.
May we be happy, filled with joy, comforted and blessed with becoming a fit midwife to a Goddess? (Are you or have you ever been a Mania? [see box])

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Healing Prayer
By the touch of this water that is the blood of my Mother the Earth, I will be healed. By connecting my energies with the life-giving energies of Earth Woman, I will be healed. By re-membering the women of all the ages who gathered at the springs of life, I will be healed. As my body was formed in the waters of my mother, my body now is re-formed according to my intention, in the waters of my Mother Earth. Let her healing go out to all I hold in my thoughts, and all who I name now.

Passing the Healing Bowl
The bowl filled with water signifies the well or spring, and the Christian practice of baptism is an adaptation of this fact coupled with the idea that birth [in their case, rebirth in the spirit] must be accompanied by immersion in water. If you need healing, dip your fingers into the water and sprinkle your face, wrists or head with a few drops. Take a moment to experience the health, strength and joy fully in your body. Thank the Woman in the Earth for her gift of water and wholeness. (Combined Mediterranean, European, Indian (India) and American/Indian ritual practice.)

Song
Honoring the Moon
Honoring Chant I and II
1. (Elder Woman Honoring Chant)
   We honor the fire within you that burns to illumine our minds
   We honor the experience you hold
   We honor the living history that is imprinted in your body/mind
   We honor you for keeping on, for continuing
   We honor the knowledge of life that flows in you
   We honor the cycle of seasons that grows in you
   We honor the power of woman that flowers in you
   We honor you for burning ripples and collisions of thought
   We honor Old Woman in you
   Find in ourselves
   *Old Woman is a term of great respect among Native American peoples

2. (Menstruation Honoring Chant)
   We honor the woman in you
   We honor the flame of being that flows from your body
   We honor the water of life that flows from you
   We honor the order of creating that courses in you
   We honor the cycle of harmony that graces you
   We honor the rose of beauty that moves in you
   We honor the power of woman that moves in you
   We honor the moon that moves you
   We honor the woman in you
   Find in ourselves

Text
Readings from Lesbian Poets: Judy Grahn, Butch Diakon; With other readers, on occasion.

Song (All)
Haggle*, Paula Gunn Allen, Pasture (or guest haggler)
Haggle: a persuasive speaking that a hag engages in.
Nagging, see Mary Daly, Gynecology, and Pure Lust for more on these terms.

Meditation Period
Blessing (All)
I add my breath to your breath
That our days may be long on this earth
That the days of our people may be long
May the Mother bless you with life
May our life paths be fulfilled.
(Laguna Pueblo Indian)

Closing Song
Sharing Food, Drink and Gossip
There is food and drink to share as a way of honoring Earth Woman and Water Woman, as the candles honor Sun Woman, the prayers, poems and song honor Sky Woman, and the menstrual prayer honors Moon Woman. There is a basket on the table with the food that you can put money in as a contribution to the supplies and foods for future services.

SPECIAL NOTES
This is a woman’s worship service celebrating the bond of oneness among ourselves and in connection with our sisters on every continent, island, sea and in the sky.

Gynosophy
GYN = Woman; SOPH = Wisdom. SOPHIA is one of the primary names of the Thrice Goddess, Warrior-Mother-Sage, who through HER THOUGHT brings all that is into being, and keeps in dynamic equilibrium every plane and all realms of being, including all intelligence-life-forms upon them.

Altar
A Round table, not Arthurian but Kitchen-ian, spread with a length of cloth to re/member our ancient tradition of woman as weaver of life and death, is set with seven candles, signifying Fire; a shell (given us by Moari Warrior-Dyke N’gahaua from New Zealand), containing a handful of dirt, signifying Earth; two eagle feathers, signifying Air; a bowl of water, signifying Water; a Lakona Four-Winds Pipe and a likeness of the Goddess, signifying Woman Creation/Universe; flowers, reminding us that the Way of Woman Wisdom is the way of openness, vulnerability, beauty, erotic power, and continuance; one red candle, signifying Woman Moon/blood, the outer wisdom fire that creates and supports our planetary existence and one white candle, signifying the inner wisdom fire that creates and maintains our spiritual/psychic existence.
BANNED BOOKS WEEK
Sept. 7-14
AVAILABLE AT MAMA BEARS
Read Banned Books! Celebrate the
freedom to read.
Listed below are just a few of
the books challenged or banned
as reported in the Newseum's
"Banned Books" report.

Woman's Guide to Safe Abortion
challenged at the Walpole,
the book is "inaccurate "factually,
because it's deliberately misleading
and deceitful" and because it "fostered
a behavior - killing unborn babies."
By maintaining and dis-
playing this material at public
expense, to the public, and in
particular to pregnant women
who are vulnerable and may be in
need of real guidance, the Wal- 
 pale Pub. lib. is promoting and
abetting abortion.

Our Bodies Ourselves - challenged
at the William Chrissmas High
School in Independence,
MO. (1984) because it is "filthy."

Unidentified Flying Objects
- challenged at the Escar-
bria County, fl. school distict be-
cause the compliant claimed
the book indicated that."Ezekiel
had seen a UFO when he spoke
in the Bible about seeing some-
thing that looked like a wheel in
the sky.

The Ten Commandments (re-written)
Update of Deuteronomy, Chapter 5, verses 3-2

- Thou shalt not kill.
- Thou shalt not commit adultery.
- Thou shalt not steal.
- Thou shalt not bear false witness.
- Thou shalt not covet.

The WOMAN made not this covenant with our
fathers, but with us, even us, who are all of us here alive
this day.

1. The WOMAN talked with you face to face in the mount
out of the midst of the fire...saying.
I am the WOMAN, thy Self, which brought thee out of
the land of the Patriarchs, from the house of bondage.
Thou shalt have none other than love for me.
Thou shalt not forsake me for another.
Thou shalt not love unwisely.
Thou shalt not take the name of the WOMAN thy Self
in vain: for the WOMAN will not hold him guiltless that
takes her name in vain.
Keep thy loving way to sanctify it, as the WOMAN thy
Self hath commanded thee.
Six ways thou shalt labour, and do all thy work.
The first way is in wisdom and the second is with effect.
The third way is without malice toward those who will
come to oppose you, but with compassion for their grief.
Fourthly, thou shalt labour with all thy heart and with
all thy mind, and with all the strength of thy soul, so
that the sixth way may come to pass, although the fruits
thereof will be not yet. *

But the seventh way is the loving way of the WOMAN
thy Self: in it thou shalt not do any harm, thou, thy
daughter, nor thy son, nor thy woman friend, nor thy
man friend, nor thine ox, nor thine ass, nor any of thy
cattle, nor thy stranger that is within thy gates; that thy
woman friend and thy man friend may love as well as thou.
And remember always that thou was a servant in the
land of the Patriarchs, and that the WOMAN thy Self
brought thee out thence through a mighty hand and by
a stretched out arm: therefore the WOMAN thy Self
commanded thee to keep the loving way.

11 Judy Blume titles - Restricted at the Lindenvold, OH
 elemental school libraries (1984) because of
 "a problem with language." Banned but later restricted
 to students with parental permiss-
ion. The Pecos, TX school dis-
 trict libraries (1984) because of
 the "...strong sexual content and
 language and alleged lack of
 social or literary value, etc., etc.
 Both The Joy of Gay Sex and The
 Joy of Lesbian Sex were seized
 and shredded by the British cus-

1. The Color Purple - Alice Walker
- Challenged as an appropriate
 reading for Oakland, CA. high
 school honor class (1984) due to
 the works "sexual and social ex-
 plicitness" and its "troubling
 ideas about race relations, man's,
 relationships to God, African his-
tory and human sexuality." After
 9 months of haggling and delays,
a divided Oakland Board of Educ.
gave formal approval for the
books use.

A Way of Love A Way of Life
 - Challenged at the Fairbanks,
 Alaska North Star Borough School
 District libraries (1984) because
 schools should teach the basics,
 "not how to become queer dope
 users."

My Deep Dark Pain is Love: a
 collection of Latin American Gay
 Fiction - Seized and shredded
 (1984) by the British customs
 office.

Community
Women's Center
6536 Telegraph Ave.
Blg. C
Oakland
652-0612
24 HOUR CRISIS INTERVENTION HOTLINE
Phone # 652-6566

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VW & TOYOTA SPECIALISTS
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(Behind Burger King)

V.W. Rabbit & Toyota Service Specials
533-3356

AN ART OF THE SELF
(continued from page 6)
teaches a WOMEN IN ART HISTORY class thru Contra
Costa College, meeting at the First Unitarian Church in Ken-
nington on Wednesdays from 7-10 p.m. beginning Fall Semester
on September 11th. Over 1,500 women artists in the Bay Area
have taken this course in the past decade. She uses a personal
approach teaching basic questions about art motivation and the
creative process in women. She draws from sources of visual artists in
the 20th century and study of their lives serve as role models for our
own art survival.

Diane also teaches a private SELF AND SYMBOL WORK
SHOP which explores the ideas presented in the above article. In
addition, she teaches RIGHT BRAIN DRAWING advertised in
"Open Exchange" newsletter. This is about learning to draw
"inner reality" more accurately (as opposed to the Self and Symbol
class/inner reality approach - both are needed in doing art). Based
on Betty Edwards' book, Call Diane at 524-6422 for
further information.

1. Jennifer Stone
April, 1977

DO NOT READ THESE BOOKS??
Reviews

Medicine Woman, $6.95 The Flight of the Seventh Moon, $6.95, Harper & Row.

"IT IS HARD TO KNOW ONESELF WITHOUT MAKING AN ACT OF POWER OR AN ACT OF BEAUTY" - Agnes Whistling Elk

As a woman who desires that each act/function performed as part of my daily life be meaning-ful in itself and also contribute to a larger whole, I found this quote from The Flight Of The Seventh Moon significant. This is not a book review per se, rather a sharing of some thoughts generated from recent readings.

Most of the women I've spoken with in the past year say they're experiencing major changes in all areas of their life. This could be attributed to Scorpio in Pluto transmutation through crisis, a deeply unconscious, un-conscious exponential growth, or a new age rising from the destruction of the old structures.

However, who can claim to be in my own deep levels of change. This period has been marked by a synchronistic influx of information in Book form. These books that are coming to me weave a web of personal insight and broader understandings that reflect myself and my relation to the global community at this time on earth.

Two of these books are written by Lynn Andrews. Medicine Woman and The Flight Of The Seventh Moon—The Teaching of the Shields are first person ac-

OVERLAY: Contemporary Art and The Art of Prehistory, by Lucy R. Lippard (Pantheon) $16.95

This book is a dramatic display of Lippard's concern with new art on her fascination with the ancient art of lost civilizations. A second level of that overlay is her concern for the dialectic between nature and culture, as a social/cultural feminist, and the social message from past to present about the meaning and function of art. The book is an exercise in breaking away from conventional ways of looking at the visual arts. Her subject is not prehistoric imag-es in contemporary art, but prehistoric images and contempor-

ary art. She explains, "I have tried to weave together the ideas and images of very different cul-tures by making one a metaphor for the other, and vice versa."

While anthropologists, archeologists and astroarcheologists scream in the background, "You have no right to put forward new ideas in these academic areas!" artists, visionaries and dedicated hobbyists forge ahead with theories, spirit messages or intuitive findings concerning the use or meaning of these ancient images and the culture which created them. Such new ideas later to be proved correct by the "professionals."

In the 60's, time itself became an important ingredient for Minimalist and Conceptual artists. With time came timeliness and a new, self-conscious awareness of the history of history and finally of prehistory. At approximately the same time, Einsteinian physics was reintroducing the primitive or cyclical notion of time and the relativity of time in that field. C. Q. Jung comes across as one of the first in his exploration of the human unconscious with theories of racial... (continued on page 18)
Creative and the Business of Warriors

(continued from page 1)

community as well. The "commit­
ment to the pursuit of truth" bit.
(COPT?) is essential for main­
aining trust and respect. Each has to
deal with her own garbage while
working and not dump on
others, defensive armor is down,
not hold secrets, hidden agendas
or other hostilities. And there has
to be room to blow it.

In the early 70's media col­
lectives like the others insisted
that politics was where it was at.
We processed our programmed
bigotries, both the arrogant and
the oppressed among us, and
eventually proved to ourselves
that such politics breeds counter­
productive power games."Unfor­
ungately the "mere" artists among
us were often vilified and in­
validated into retirement in the
process (a notable exception
being Cns Williamsson, whose lack
of politics Olivia Records abhorred
(how then could they control
her!) but whom they had to lay off
of because she kept the company
afloat). The gift of creativity
didn't draw much notice in those
days, nor did the burning and dis­
illusionment of artists.

So, here we are in 1985, finally
talking about creativity, and I've
got decades worth of thought on
the subject. Some members
of my creative family met each other
over 20 years ago in the Haight­
Ashbury. I was 18 and I'd been
looking for the women artists all
my life. And I happen to believe
that that creativity and/or spirituality
and/or accessing instincts and
inner knowledge, etc...is the true
power of the Women's Move­
ment. (We all know something's
happening, right?) We certainly haven't gained
any real political or economic
power in the meantime that "they"
couldn't withdraw tomorrow if
they chose to. But, we are pub­
lishing books, pressing records,
and, you've noticed, doggedly in­
filtrating the credits that follow TV
shows, speciality the few ones.
We've got an edge for video because we are not so tied
to linear progressions and we've
got some brand-new attitudes to
offer to the hungry maw.

We've taught ourselves pro­
duction, technology, and the
businesses. Funny how doing a
business on someone sucks
doesn't it imply lying?), but do­ing business with someone is a
silly kind of fun. An entity like
Mama Bears is in the "form" of
business, because it's the only
form such an entity can be to
score space, sell things, and
nourish us, etc.) and still enjoy
freedom - a prime requirement
for creativity.

"Newy & Notes" began as a
way to tell as many women as
possible about Mama Bears, and
that we needed them to survive;
and to publicize the events and
books. We also wrote nutty *
articles to tell the world's triost
important writers that here was a
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City, State, Zip

I Please add me to the News & Notes mailing list.

ART SEEN AROUND
(new from page 1)

A new acrylic and oil painting collection, based on research of wild and semiwild animals. Maude's goal is to recapture the depth of spirit and intrinsic value of each form of life, including penguins, tigers and pandas. The fact that most of these creatures are also endangered species only underlines this concern. Maude's colors and lines are so joyous and exuberant that one can almost sense aurora around the subjects she depicts.

The show will be on display from Sept. 1 through Oct. 30.

Please add me to the News & Notes mailing list.

BOOK RECORD TAPE PRICE SHIP TOTAL PRICE

Please add me to the News & Notes mailing list.

REVIEWS

(continued from page 1)

(continued from page 1)

The show will be on display at Yosemite! We'll be at the West Coast Women's Music & Comedy Festival in a booth at Yosemite Labor Day Weekend, selling books and Bangalore...drop by and say Hello!

EQUINOX "DRAFT" (continued from page 1)

Teresa Chandler will perform as The Power of Each Breath, A Wild Women's Movement festival in a booth at Yosemite Labor Day Weekend, selling books and Bangalore...drop by and say Hello!

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