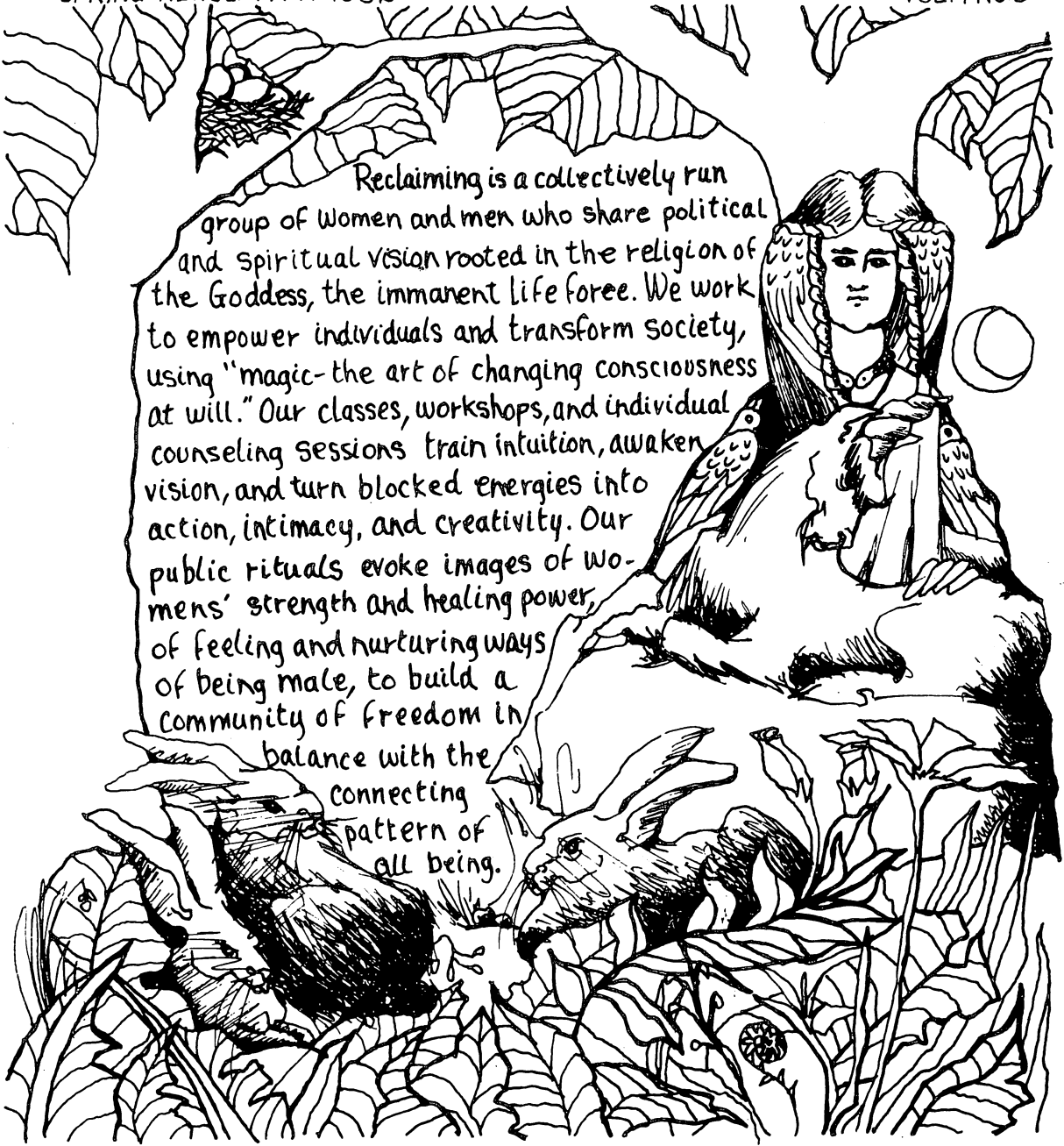


# RECLAIMING: A CENTER FOR FEMINIST SPIRITUALITY AND COUNSELING

SPRING NEWSLETTER 1982

VOL. 1 NO. 5



Reclaiming is a collectively run group of women and men who share political and spiritual vision rooted in the religion of the Goddess, the immanent life force. We work to empower individuals and transform society, using "magic—the art of changing consciousness at will." Our classes, workshops, and individual counseling sessions train intuition, awaken vision, and turn blocked energies into action, intimacy, and creativity. Our public rituals evoke images of women's strength and healing power, of feeling and nurturing ways of being male, to build a community of freedom in balance with the connecting pattern of all being.

# Reclaiming Gossip ★★★★★★★★★★

It is Spring, East time, dawning, growth, separation. Sprout separates from seed, from North/Earth/contained/Winter and pushes out into East/Spring/breath/sky. The dreams born at Yule, the visions of Bridgid, take their places in the world of matter and action. The sap flows, the flower opens, the RECLAIMING collective remains amoebic, variously engulfing some people and disgorging others. Ah, Spring!

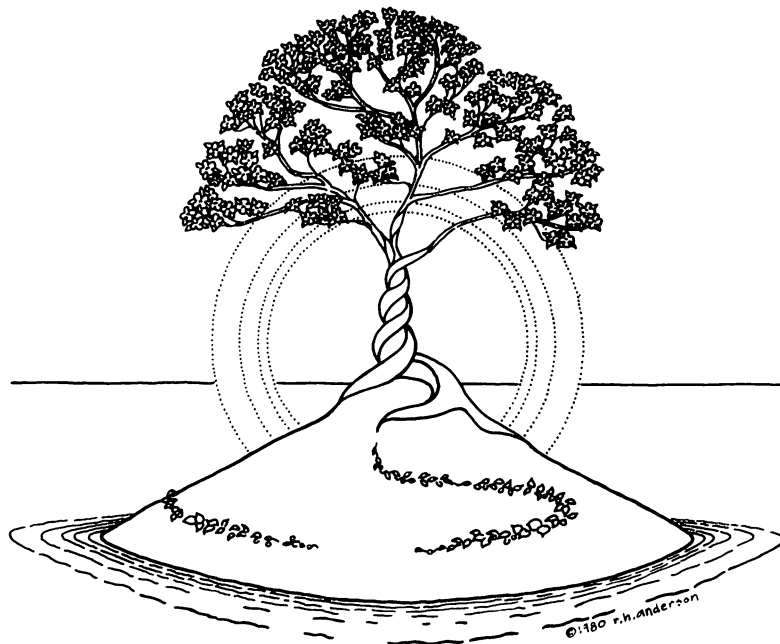
The RECLAIMING collective asked me to talk a little bit about the political content of our classes and rituals. As in what do spirituality have to do with politics? At first I was going to say that when spirituality is focused on otherworldliness, on the sacred being someplace you're going to get to later, then it need not have a politic. But that focus in itself is political; it is the politics of estrangement, of the person's lack of sense of power in her/himself and of ineffectiveness in the world. When what is valued as sacred is found in this world, in the plants, animals, humans, flowers, trees and rocks, in time and in space as well as outside them, then when we look around us, something that feels like love begins moving us, a sort of fierce mother love that is the Goddess inside each of us protecting her/our animal, vegetable and mineral children, wanting to set them free. So when we do ritual, we are both enclosing ourselves in the place between the worlds and we are entering the worlds, to celebrate, to heal and to make change. "The Earth She is our Mother, we must take care of Her." (American Indian song) (My thanks to Starhawk for first formulating these long-hibernating thoughts for me.)

So on to Spring. Blessed be, Lauren.



Cover by Eleanor Myers. Artwork by feather singing.  
Preparation and editing by Macha. Bulk mailing coordination  
by Suzanne Gall.

Address feedback, donations, blessings and other correspondence  
to RECLAIMING, P. O. Box 14404, San Francisco, CA 94114.



## May Day/Beltane Ritual ★★★★★★★★★★★★

Beltane, when sweet desire weds wild delight, time of vegetable ecstasy and purification. And who are more delightedly wild, greenly ecstatic and purely desire than children? Saturday, May 1st, Reclaiming invites the children and their accompanying adults to join us to dance the May Pole, leap the fire and generally renew. For the young and young at heart. Call Peggy for details, 848-8652.

★★★★★★★★★★★★★★

### GREAT SOW SPEAKS OUT

"Even a lean pig can rage about." So speaks the wisdom of the I Ching. True enough, the turnout for cakes and wine at the last few Reclaiming open rituals has left me lean and raging. To put it another way, witches do not live by corn chips and Calistoga alone. A hearty "cakes and wine," the ritual meal culminating a ceremony, is essential for grounding us and for replenishing the energy we raise for the cone of power. Traditionally, everyone brings their best to a ritual. Our ancestors knew that "as above, so below" worked both ways. To conjure abundance for the year, you bring abundance to share with your friends in sacred space. Poverty consciousness, not-enough-time consciousness, makes for poor magic. In honor of the original, archetypal Miss Piggy, - the Cerridwens, Habondias and burgeoning Earth Mothers in all of us - think generous for future feasts. Your belly - and spirit - will thank you for it. Remember, "as ye Sow, so shall ye eat." Cerridwen Fallingsstar

## On-Going Classes ★★★★★★★★★★

### THE PENTACLE, FOR WOMEN AND MEN

Lauren Gale and feather singing

An exploration of the five points of our inner pentacle: Sex (primal energy), Self, Passion, Pride and Power (effectiveness in the world). We deepen our skills of channeling and shaping energy, transforming ourselves in trance, storytelling, sound-making and hands-on magic. Also work on group as group (dynamics and bonding). Intermediate 6-week course, beginning Mon., 22 March, 7:30 pm, San Francisco. Call Lauren (863-0356) or feather singing (658-5327). \$75 - \$90 sliding scale.

### CHILDREN'S MAGIC

Beth Bone Blossom, Leonard Broussard, feather singing, Alan Acacia, Anna Korn and others

Ongoing magic classes for children ages 4 to 10 will be starting in March. These classes will be drop-in on Saturdays. Call Beth at 731-5879.

### ELEMENTS OF MAGIC, FOR WOMEN AND MEN

Sophia Moondragon, Rose May Dance, Macha

History, philosophy and theology of Goddess spirituality. The principles of magic as the language of the intuitive. Work in the basic techniques of changing consciousness: relaxation, visualization, concentration, sensing and projecting energy, chanting, trance and the structure, creation and performance of ritual. Beginning 6-week course, starting Mon., 10 May, 7:20 pm, San Francisco or East Bay. Call Sophia (824-0274), Rose (626-9238) or Macha (433-1499) for reservation and location. \$75 - \$90 sliding scale.

### HERB MAGIC AND MEDICINE

Beth Bone Blossom and Anna Korn

In this hands-on class we will turn the kitchen into a pharmacy, as we learn to make our own poultices, tea mixes, cough syrup, salves, hand creme, vinegars, massage oil, and build a general first aid kit. Other uses of plants to be covered, according to interest, include homeopathy, natural dyeing, women's remedies, making baskets, corn dollies, incense, Bach flower remedies. Mythology and ritual uses of plants will also be covered. The last two classes will be identification in the field. Open to women and men. 6 weeks - 4 Mon. evenings beginning 17 May, 2 Sat. mornings in June. (Last chance to take this class before Beth goes to East Coast.) Call Beth (731-5879) or Anna (886-5917). \$75 - \$90 sliding scale.

Note: Some barter is available, for up to half the amount of tuition. Sometimes full tuition may be exchanged for classroom space in your home. Ask your instructor about arrangements.

# One-Day Workshops\* ★★★★★★★★★★

## GROUP BONDING/GROUP CONFLICT

Starhawk

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An evening devoted to the workings of non-hierarchical small groups: circles, collectives, covens and affinity groups. Starhawk shares insights into group dynamics drawn both from the Craft and from experience in non-violent direct actions. Members of Reclaiming lead exercises in group trance, decision-making, feeling sharing and meditation techniques. A chance to get help in starting groups, or in understanding what might be going sour in your circle. Followed by a bonding ritual. Thurs., 1 April, 8 pm

## THE VOUDOU TRADITION OF NEW ORLEANS

Luisah Teish

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An altar-circle of folklore, charms and Creole songs. Luisah Teish introduces us to the rich heritage of Louisiana Voodoo. Discussion and participation follow. Bring your problems with you and a personal power object. Sun., 16 May, 7-9 pm

## RECLAIMING OUR POWER: UNITING THE SPIRITUAL AND THE POLITICAL

Starhawk

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Starhawk speaks on magic as the art of evoking power-from-within. Witchcraft, the Old Religion of the Goddess, preserved ancient techniques of changing consciousness, of healing and of creating strong communal bonds, which can strengthen us in political action. Members of Reclaiming share experiences with ritual in the Diablo and Livermore blockades, in other actions and in jail. Followed by small group discussions, exercises and a ritual. Sun., 23 May, 8 pm

\*All workshops will be at The Women's Building, 3543 - 18th St., San Francisco. All are \$2 - \$5 sliding scale, wheelchair accessible and childcare by pre-arrangement (contact Lauren at 863-0356).

★★★★★★★★★★

THE THIRD ANNUAL SPIRAL DANCE RITUAL will be held this year at The Women's Building in San Francisco, on Saturday, 30 October 1982. Watch for more information! Interested participants - singers, dancers, costume makers, technical people, set-uppers, clean-uppers, order-keepers, artists of all kinds - contact Reclaiming at P.O. Box 14404, San Francisco, CA 94114.

# Reclaiming Recommends ★★★★★★★★★★

## SPRING EQUINOX EMPOWERMENT RITUAL FOR MARCH 22nd HALL OF SHAME TOUR IN SAN FRANCISCO'S FINANCIAL DISTRICT

Nuclear power and nuclear weapons are here because someone is paying for them. Major corporation pay - and are paid - in dollars, the planet pays in life itself. Join MATRIX and friends in a day of celebration and preparation for the next day's action. For as the days lengthen, as Winter turns to Spring, our joy in life and our anger at its destruction is quickened. Like seeds we break the shell of desolation; the sap, the blood of life, sings in our veins. We call on Aphrodite and Aries - love and rage - to fill us equally as we turn the year's wheel and break into action, celebration and song. Bring food, flowers, musical instruments and a natural object as an offering. Children welcome. Sunday, 21 March, Noon, Marx Meadows, Golden Gate Park. Coordinated by MATRIX affinity group. For more information call Starhawk (681-5857) or Rose (626-9238). Reservations not necessary.

## RECLAIMING THE GODDESS: EXPLORING OUR WESTERN EUROPEAN HERITAGE OF EARTH RELIGION

Starhawk with Bone Blossom

Sponsored by Medicine Ways, 6000 Gericke Rd., Petaluma, CA 94952

This weekend workshop explores the history, philosophy and practices of the ancient, pre-Christian, tribal spiritual traditions of Europe. In the course of the weekend, we will learn some of the basic techniques of "magic" - the art of changing consciousness at will. We will traverse the four quarters of the magic circle, learning from each of the elements about breath and vision, energy and will, emotions and trance states, grounding and care for the Earth. We will encounter the Goddess as Maiden, Mother and Crone to deepen our own power to begin, sustain and end; we meet the God as Hunter and as Comforter to strengthen us in our quests and to console us in our encounters with death. Together we will create a ritual of healing - learning the skills we need to make rituals with our own communities. Weekend of 3-4 April, Sonoma County. For more information and registration, contact Starhawk at 415/681-5857 or Adele at 707/795-4789.

## IRELAND WITH RECLAIMING Starhawk and Lauren Gale

18 days of magic, mythology, history, stories and ritual with Starhawk and Lauren Gale. September 1 - 18, 1982. Detailed information available by writing RECLAIMING, P.O. Box 14404, San Francisco, CA 94114, or Return to the Earth, 320 Judah St., Courtyard Suite, San Francisco, CA 94122, or phoning Return to the Earth at 415/661-8671. A \$500.00 deposit by 15 May will assure a place.

## Reclaiming Blood Bank Account ★★★★★★★★★★★★

RECLAIMING has opened an account at the IRWIN MEMORIAL BLOOD BANK, 270 Masonic Ave., SF, 567-6400. We need 15 units in the next 3 months to activate the account. We now have 2. If you can donate blood and wish to credit RECLAIMING (account no. 1913, but it's not necessary to know), please do so at Irwin at the above address, at the Downtown Donor Center, 760 Market St., SF, 391-6468, Marin Blood Center, 804 "E" St., San Rafael, 454-2700, North Bay Blood Center, Wilson & Tennessee Sts., Vallejo, 707/643-2163, or Shasta Blood Center, 2420 Athens Ave., Redding, 916/246-2400. Although RECLAIMING's account can only be credited by donating at the above centers, these blood credits can be transferred nationwide, except in Red Cross areas, through the National Clearinghouse Program of the American Assn. of Blood Banks. One need not be a member of RECLAIMING to participate in this program - either by donating or availing themselves of credits in this account. If you or a loved one need blood, contact Macha at 433-1499 for transfer. If The Lady blesses you with good health, please share and give the gift of life.

## Other Events ★★★★★★★★★★★★

A WITCH'S HISTORY OF MEDIEVAL EUROPE: Max Dashu presents slides from the Suppressed Histories Series of pagan folk culture and the origins and evolution of the Witch-Burning Terror. Fri., 26 March, 8 pm, 1897 Harmon St. (between Adeline and Alcatraz), Berkeley. \$3 donation, benefit for book in progress. This event is for women only. Watch for upcoming series open to women and men. For more information call 654-9298.

SPRING ECUINOX CEREMONY: A WHEEL OF THE YEAR OF PRE-CHRISTIAN SONGS AND DANCES OF ENGLAND AND WALES, with Holly Tannen, the Isles of Prydain, Berkeley Morris Dancers and the Rapper Sword Dance Team. Julia Morgan Center, 2640 College Ave., Berkeley, \$5 gen'l, \$4 students and seniors. Sun., 21 March, 8 pm

INVISIBLE INJURIES (for women and men). This class, taught by Lauren Gale and Kerry Joe, is for people who have a lingering back, neck, knee, etc. injury. Lingering injuries are often accompanied by feeling angry, isolated, frustrated and trapped. A self-healing through writing exercises, breathing techniques, story-telling and play reading. Six weeks beginning May 3 through June 14 (Memorial Day excluded). Call Kerry at 457-7795. \$75 - \$90 sliding scale.

## Music & Art ★★★★★★★★★★

Bonnie Barnett is planning TUNNEL HUM II, an outdoor vocal ritual open to the public and designed to generate positive energy through group vocal vibration. This event will take place in late May at an as-yet-to-be-determined resonant space. Call Bonnie for details in mid-April at 664-1148 or 922-0763.

Holly Tannen gives WORKSHOP IN TRADITIONAL PRE-CHRISTIAN SONGS OF ENGLAND AND WALES. Words will be provided, songs will be taught and we'll discuss their history and background. Fri., 19 Mar., 7:30 pm at 840 Contra Costa, Berkeley. Bring cakes and wine. (Directions: 80 No. to Albany exit, 2 mi. E towards Berkeley Hills; left at 2nd traffic light - The Alameda; go 2 short blocks, rt on Solano, take 1st left - Contra Costa; 1½ blocks to 840, on left; walk down left driveway). Questions, call Bonnie Brigid at 527-6385 or Holly at 525-4091.

BAGPIPES, a lecture/demonstration with pipes and songs from many countries, with Shawn Folsom. Tues., 20 April, 8 pm, Ft. Mason Ctr. Bldg C Rm 100. Sponsored by the Institute of Celtic Studies.

VISUAL ARTS OF THE CELTS, a lecture with slides, by Ken Ruffner. Tues., 18 May, 8 pm, Ft. Mason Ctr., Bldg C Rm 100. Sponsored by the Institute of Celtic Studies.

## Announcements ★★★★★★★★★★

CLASSES, CIRCLES, RITUALS AND HEALINGS FOR MEN offered by Faerie Tradition Men's Network for the purpose of developing a community of feminist men who are combining politics/spirituality/magic. Beginning course in ritual and magic taught by feather singing every Spring and Fall (fee by percentage of income). Occasional Full Moon and seasonal rituals. Healing services during times of transformation guided by Shawn Usha. Initial facilitation of new circles. Call to let us know of your interests. We notify the network of specific events by phone rather than through this newsletter. feather singing (658-5327) or Shawn (849-1187 or 848-3084). We would appreciate having other dedicated feminist men join the core group in birthing this community.

A WITCHES' COMMUNITY GARDEN is being started in a backyard in the Haight. Anyone interested call Linda at 552-7641 or Beth at 731-5879.

I would like a 1-BEDROOM APARTMENT OR COTTAGE under \$300. Must be in Berkeley. Peggy 848-8652.

PERFECT CIRCLES: Personal horoscope necklaces duplicate your chart exactly (including house cusps) in beautiful glass beads. Chart, necklace and consultation \$60. Variations possible, open to barter. Call Judy Foster at 849-0994 or 843-0722.



We publish this newsletter approximately four times a year, available for \$3 - \$5 donation to cover costs. Donation to RECLAIMING, P. O. Box 14404, San Francisco, CA 94114. If you live in the Bay Area, you will find it a useful listing of our classes, gossip and public events.

QUESTIONNAIRE

How did you hear of Reclaiming?

- Word of mouth
- Print media: \_\_\_\_\_
- Radio: Station and program: \_\_\_\_\_
- Reclaiming Newsletter    Don't know how I got on list \_\_\_\_\_

Involvement:

- Rituals, which ones? \_\_\_\_\_
- Classes, which ones? \_\_\_\_\_
- Evening talks, which ones? \_\_\_\_\_
- Weekend workshops, which ones? \_\_\_\_\_
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## Notes on Teachers/Facilitators ★★★★★★★★★★★★

- .STARHAWK is the author of The Spiral Dance: A Rebirth of the Ancient Religion of the Great Goddess (Harper & Row, 1979) and the forthcoming Dreaming the Dark: Magic, Sex and Politics (Beacon Press, 1982); she is a teacher, counselor and political activist.
- .LAUREN GALE is a poet, storyteller, ritual maker and teacher.
- .SOPHIA MOONDRAGON is a batik artist, teacher and mother.
- .ROSE MAY DANCE is a healer, teacher and writer.
- .LUISAH TEISH is a writer and feminist who grew up among the whisperings of Voudou; she has studied various forms of African religions, and is soon to be initiated as a Priestess of Oshun, the Goddess of Love.
- .BETH BONE BLOSSOM is a gardener, weaver and mother.
- .RICHARD ANDERSON (FEATHER SINGING) is an artist and ritual maker, a researcher of Celtic seasonal customs and rituals and a writer in the feminist men's movement.
- .ANNA KORN is a botanist with an interest in herbal medicine.
- .MIGHTY MACHA THE NIGHTMARE, in her guise as ALINE O'BRIEN, is co-editor and co-publisher of Womanblood: Portraits of Women in Poetry and Prose (Continuing SAGA Press, 1981); she is an active Priestess of The Goddess, especially devoted to The Hag.
- .LEONARD BROUSSARD is a gentle faerie, printmaker and active participant in reclaiming the mysteries.
- .ALAN ACACIA works in the men's movement integrating the political and the spiritual.

# CALENDAR

## March

- 19 Cats. Children's Magic, Bay Area  
Workshop in Traditional pre-Christian  
Songs of England and Wales, Berkeley  
21 Spring Equinox Empowerment Ritual for  
March 22nd Hall of Shame Tour in SF's  
Financial District, San Francisco  
22 The Pentacle, for Women and Men,  
San Francisco  
26 A Witch's History of Medieval Europe,  
Berkeley (Watch for more in this  
series.)

## April

- 1 Group Bonding/Group Conflict, San  
Francisco  
3-4 Reclaiming the Goddess: Exploring  
Our Western European Heritage of  
Earth Religion, Petaluma

## May

- 1 Mayday/Beltane Ritual, for children,  
Bay Area  
10 Elements of Magic, for Women and Men,  
Bay Area  
16 The Voudou Tradition of New Orleans,  
San Francisco  
17 Herb Magic and Medicine, Bay Area  
23 Reclaiming Our Power: Uniting the  
Spiritual and the Political, San  
Francisco

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