



Vessels of Peace

Women Embodying Peace ...
Inspired by the Sacred Feminine ...
Serving Divinity, Humanity, Earth

VESSELS OF PEACE MONTHLY NEWSLETTER
APRIL 2004 - ISSUE #7

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EDITOR'S NOTE: In honor of our spring gathering theme (See under News & Events), this month's feature is by Pennsylvania VoP Peggy Fitzpatrick. Our gathering focus will be "Healing the Vessel: Reclaiming Our Wholeness Through Women's Ways," and Peggy has extensively explored this territory in her life. First of all, she's had plenty to heal: childhood abuse, domestic violence, the addiction and death of a child, serious illness, financial crisis, and most recently, her mother's death. She also has studied and practiced Sacred Feminine spirituality for years, has a master's degree in transpersonal psychology and has training in dream work. Finally, she is a gifted healer, using an intuitively guided combination of Reiki, massage and other body work to support her clients in their quest for wholeness. Peggy has much wisdom to share with Vessels of Peace, and I am so grateful for her loving presence, her honesty and her dedication to serving and being peace.).

HEALING THE VESSEL: ONE VoP WOMAN'S STORY

By Peggy Fitzpatrick

I suspect that some of you have had similar experiences to mine since you committed to opening as a Vessel of Peace, so I wanted to share these personal unfoldings with you.

I remember the first meeting at Lynda's house in the fall of 2002 where there was a large gathering of women, all eager to learn ways to help the world by becoming more personally peaceful. I had just returned from a pilgrimage to Greece where I was immersed in the ancient goddess culture and was held in a supportive group of men and women as I descended into the Demeter and Persephone myth with intention to heal painful female lineage issues. So, I was ready to be transformed into this idealistic peaceful woman who would no longer be so angry about how our world (especially our country) was being destroyed by aggression and neglect.

That day at Lynda's home, I felt like I was sitting in a sacred circle of heroines, a healing balm for one returning from a spiritual quest. The next gathering (held at my home) warmed my heart some more, and angels were felt by many of us throughout that day.

Then in early March of 2003, my mother was diagnosed with lung cancer and was admitted to

hospice care in Baltimore. Since I am an only child, it was up to me to handle her affairs and "show up" to my mother's pain and dying process as well as my own pain in grieving the loss of the potential for healing between my mother and me. In the meantime, Vessels of Peace continued to meet sometimes at my home, in my absence, while I was in Baltimore with my mother. The feeling of being an "outsider looking in" grew within me. I was experiencing everything BUT peace and felt as though I should withdraw from the group.

Fortunately, I have enough training and experience to recognize that my way of healing is through the underworld. What do I mean by "underworld?" It is similar to the "dark night of the soul" a term familiar to all of you, I am sure. It means fully embracing my experience without expecting it to be something other than what it is. I was not feeling like a Vessel of Peace that was my truth and I honored the feeling.

I am grateful that I did not withdraw from Vessels of Peace and at the same time, stayed with my process. There have been many revelations and healing moments along the way, and I know I am a stronger and more loving person now more ready to commit and serve the world. As I write this, I am awaiting medical clearance to serve as a Peace Corps volunteer. If I am accepted, I will be moving this vessel overseas and perhaps influencing women of other cultures to seek the Divine Feminine within themselves.

Peaceful blessings to all of you.

NEWS & EVENTS FOR APRIL

REPORT ON ORLANDO CONFERENCE IN MAY NEWSLETTER

Last month I told you about being asked to offer a workshop and guide the morning meditations at the "Mary Magdalene and the Children Conference" in Orlando, Fla., next weekend. There still are a few spaces left if any of you have the opportunity to attend. Details can be found on James Twyman and the Beloved Community website at <http://www.emissaryoflight.com>.

I will provide a full report about the conference experience in the May newsletter. By the time you read this my husband and I will be wending our way south, so do send peaceful thoughts and prayers our way. And I invite you to join us, in Spirit, for those morning meditations. Saturday and Sunday, the 3rd and 4th, from 7 7:45 a.m.!

COMING SOON ON THE WEBSITE

New features to be added to the Vessels of Peace website this month will be a message board and a resources & links page. What other features and services would you like to see? Check out the site at www.vesselsofpeace.com and then email your suggestions.

UPCOMING VoP EVENTS

SPRING 2004 GATHERING HEALING THE VESSEL: RECLAIMING OUR WHOLENESS THROUGH WOMEN'S WAYS

Sunday, April 18th, 1:30 5:30 p.m., Harrisburg

In order to embody peace, we have to be a sturdy vessel, capable of holding our peaceful state no matter what. To be a sturdy vessel, we have to heal those wounds that keep us from both embracing and surrendering to peace. Women have long known the power and value of doing that healing, of reclaiming their sacred wholeness, through communal rituals and ways of relating. These ways are so powerful because they invoke the Sacred Feminine energy within and without. She then partners with us in our healing process.

In the spring gathering, we will explore these ways in which the Sacred Feminine becomes present to us in our healing journeys. Our springboard for discussion will be a viewing of the documentary, "Eve's Fire," about the work of Sheila Foster and The School for Women Healers. A couple of Vessels of Peace women who have worked with Sheila in the school will be present to share their experiences. All women are welcome. Bring a healthy snack to share, if you wish. There is no fee but donations are gratefully accepted.

Please RSVP if you WILL be attending: Call 717-651-1528 or email lyndaht@superpa.net

MARK YOUR CALENDAR FOR THE SUMMER RETREAT!

Our second annual Vessels of Peace Summer Retreat Gathering will be on Saturday, July 17th, at Still Water Retreat Center in Carlisle, Pa., so save the date! More details in the next issue.

MEDITATION GROUPS INFO/UPDATES

HARRISBURG VESSELS OF PEACE MEDITATION GROUP

Monthly, First Tuesday, 7:15 p.m., Harrisburg (Lynda's place)
Dates for Spring/Summer: May 4th, June 1st, July 6th, & August 3rd
For more info: Lynda Terry, 717-651-1528

We will resume the Harrisburg group in May, on a monthly schedule through August. After that, a new meeting place and facilitator will be needed if the group is to continue.

GETTYSBURG AREA VESSELS OF PEACE MEDITATION GROUP

Third Tuesday, Monthly, 7 p.m., Carroll Valley
Date for April: the 20th
For more info: Peggy Fitzpatrick, 717-642-6760

GREAT FEMININE BEING FOR APRIL 2004: SHEILA FOSTER

Since we are featuring Sheila Foster's film, Eve's Fire, at our spring gathering, it seemed the perfect time to honor Sheila as our Great Feminine Being! Sheila is a psychotherapist, spiritual teacher, and writer who founded the Temenos Center for Healing and the School for Women Healers, in Maryland. She also trains and supervises therapists and healing practitioners in Samyama Healing, a psycho-spiritual healing and awakening process she developed. She formed

a film production company with Kirsten D'Andrea Hollander called Dangerous Old Women Productions, and has released meditation CDs.

Sheila lives in Boulder, Colo., but travels to Maryland several times a year to continue her work with the School she founded. I know several women who study with Sheila through the School, and their experiences and transformation are amazing to hear about and behold. Sheila and I connected via phone and email last summer, when I interviewed her for my book-in-progress about women spiritual leaders who inspire us in their embodiment of peace. We delight in each other's journey and work, and are exploring how we might further support one another.

Another of Sheila's many gifts is her flair for written expression, and I encourage you to go to this link on her website and read firsthand, her comments about her work and journey, about women and the Sacred Feminine Mysteries, and more. You also will find links to her film production company website. Thank you, Sheila, for your presence, your contributions to women and peace, and for being such a steady and beautiful vessel!

<http://www.schoolforwomenhealers.com/about.html>

Note: In each newsletter, we honor a Great Feminine Being either a Vessels of Peace woman or any woman whose life and/or work resonates strongly with what we are about. She can be a woman who is well-known and/or a woman no longer with us in form. Who would you like to see recognized and why? Send nominations to lyndaht@superpa.net

TENDING THE VESSEL: INSPIRATION, SHARINGS AND SUPPORT

This space is for sharing experiences, thoughts, favorite quotes, etc. that speak to our day-to-day intention to embody peace. Please send your contributions to me at lyndaht@superpa.net

EMAIL SHARINGS:

Well, it seems you like the new website! A sampling of the comments:

From Coletta Bernauer, Ohio:

"I love the color, the vessel, your words, and, well, WOW!!!! It brings a tear to my eye and peace to my soul. This is all so very exciting, inspired, and blessed."

From Karen Latvala, Colorado:

"Wow! Congratulations on getting your website up with your new logo and slogan. Beautiful! Your presentation in Orlando sounds wonderful and a lot of fun. Your April 18 gathering sounds wonderful too! Keep shining that light so brightly. It's beginning to span the world!!"

From Lynn Milo, South Carolina:

"The VOP website is awesome. Everything that VOP is about comes through. It feels, sacred, loving and inviting. One feels the peace coming through. And I absolutely love the colors peach and cream. What an incredible job!!"

INSPIRING QUOTES:

"Peace is within us when we stop fighting with what is." - Sheila Foster

"Happiness depends on conditions being perceived as positive; inner peace does not." - Eckhart Tolle

PURCHASE VOP GUIDED MEDITATION CD!

The Vessels of Peace Guided Meditation CD is a wonderful way to do peace embodiment practice, to connect with the energy of the Sacred Feminine, and to connect with the collective energy of Vessels of Peace women everywhere! To order your copy, email me at lyndaht@superpa.net or call 717-651-1528. Cost: \$15.

PURCHASE LYNDA'S CD!

My guided meditation CD/tape, "Meditating for Life One: Breath Meditation," is available from me and also, at The Inner-Connection Bookstore, 308 Market St., New Cumberland, Pa. 17070. To purchase directly from me, see contact information above. For the Inner-Connection, stop in to purchase or you can call them at 717-774-4874 to order by mail. CD: \$15. Tape: \$10.

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FOR MORE INFORMATION ABOUT VESSELS OF PEACE

Vessels of Peace is an informal network of women committed to choosing peace in all areas of their lives. For more information, go to our website at www.vesselsofpeace.com.