



# Vessels of Peace

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

VESSELS OF PEACE MONTHLY NEWSLETTER  
DECEMBER 2003 - ISSUE #3

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## MEDITATING FOR PEACE ACROSS THE MILES How Two VoP Women Connect to Support Peace and Each Other

Colorado VoP women Sarah Hartzell and Karen Latvala live about 200 miles apart, but still "get together" for meditation most mornings. They both have committed to meditate at 6:45 A.M. Mountain Time, for the purpose of aligning and focusing their collective energy.

Karen describes the process this way: "When I begin to meditate, I bring Sarah into focus and send forth the thought that we are grateful for the peace we are creating in the world through Circles of Ten, and that we are drawing in an abundance of people and funds to promote our work. Then I say the 11 Intentions from Vessels of Peace to bring all the divine feminine [energy] into our co-creation."

Sarah and Karen are co-directors of Circles of Ten: Women for World Peace, which Sarah founded about two years ago. (See their website at <http://www.peacecircles.net>). Karen became excited about the Circles of Ten work early on, offered to help, and eventually Sarah asked her to serve as co-director. The fact that Sarah lives in the Boulder area while Karen lives in the more rural southwest corner of the state does not deter them. Since both are personal coaches, they are comfortable with working primarily via telephone and email, with periodic in-person work sessions as needed. The idea to meditate together "in spirit," they told me, seemed a great way to enhance both their mutual desire to meditate more regularly and their mutual commitment to "creating a culture of peace."

Already, they are seeing the benefits for their individual practices and for their work partnership. "My experience is one of lifting higher and even more exquisitely into the oneness that is our birthright," says Sarah. "It has improved our clarity and focus on the work we do together."

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Dear VoP women, as we meditate during this Season of Light, let us transmit the Light of the Sacred Feminine, the Light of Peace, across the miles...to one another and to the world. As Sarah so beautifully puts it, let us be lifted "higher and even more exquisitely into the oneness," knowing that our upliftment serves the upliftment of all peoples. As you celebrate this sacred season, may the blessings of peace shine forth in your life!

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### **CIRCLES OF TEN & VESSELS OF PEACE** **Collaboration Being Explored**

I am honored and delighted to let you know that I have been asked to serve as an advisor to Circles of Ten: Women for World Peace! Sarah, Karen and I held our first conference call about this last week, exploring how I might best support them in their mission and how we might collaborate more closely. One idea we came up with is for me to offer a teleclass version of the Choosing Peaceful Thinking Study Group material to their Circle Leader Roundtable. Other ideas are to develop joint teleclasses or workshops and to perhaps co-sponsor an annual retreat. Watch future issues of the newsletter for more specifics as things unfold!

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### **REMINDER: 2004 GATHERING/RETREAT DATES**

Please mark your calendar for the following 2004 Vessels of Peace Gatherings and the Annual Summer Retreat!

#### **THE WINTER GATHERING**

#### **DESPERATELY SEEKING MARY MAGDALENE: WHAT WOMEN CAN LEARN ABOUT PEACE AND THE SACRED FEMININE FROM THE GOSPEL OF MARY**

(More details about this theme in the January newsletter!)

Date: Sunday, January 18th (Snow date: February 1st)

Time: 1:30 - 5:30 p.m.

Location: 2093 Northwoods Park Drive, Harrisburg

If attending, please RSVP to Lynda - [lyndaht@superpa.net](mailto:lyndaht@superpa.net) or 717-651-1528

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SPRING GATHERING: APRIL 18TH (Theme TBA)

SUMMER RETREAT: WEEKEND OF JULY 17-18\* (Theme TBA)

FALL ANNIVERSARY GATHERING: OCTOBER 17 (Theme TBA)

\*Yes, we are considering an overnight option for the retreat (will also be able to attend as day participant). I have one possible locale under consideration - Stillwaters Retreat Center, in Carlisle, Pa. - and am interested in checking out others you may want to recommend. Send suggestions to me at [lyndaht@superpa.net](mailto:lyndaht@superpa.net).

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## MEDITATION GROUPS INFO/UPDATES

### WANT A MEDITATION "BUDDY?"

When I heard about what Sarah and Karen were doing (see feature article), I thought: "What a great idea - a meditation "buddy!" Perhaps some of you also like the idea of connecting with and supporting one another in this way -- especially those of you who do not yet have a Vessels of Peace meditation group in your area. If so, please email me at [lyndaht@superpa.net](mailto:lyndaht@superpa.net) and if there is enough interest, I will set up a process to match you with someone!

#### HARRISBURG VESSELS OF PEACE MEDITATION GROUP

Tuesdays, Weekly, 7:15 p.m., Harrisburg (Lynda's place)

Dates for December: the 2nd (study session night\*), 9th and 16th

No meditation on the 23rd or 30th

For more info: Lynda Terry, 717-651-1528

\*MONTHLY STUDY SESSION. The Harrisburg Meditation Group offers a 45-minute study session on the first Tuesday of each month, after the meditation. Heart offerings accepted. The topic for the December 2nd session will be "Choosing Peaceful Words and Speech." (Note: Those who wish to come for meditation only can do so, then depart before the study session begins.)

#### GETTYSBURG AREA VESSELS OF PEACE MEDITATION GROUP

Third Tuesday, Monthly, 7 p.m., Carroll Valley

Date for December: the 16th

For more info: Peggy Fitzpatrick, 717-642-6760

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## GREAT FEMININE BEING FOR DECEMBER 2003: PEMA CHODRON

(Vessel of Peace Beverly Kristine, Pennsylvania, submitted this month's Great Feminine Being selection. Thank you, Bev!)

"I would like to nominate Buddhist nun, meditation teacher and author Pema Chodron as a Great Feminine Being. Her teaching of Tong-Len meditation is a perfect complement to the essence of Vessels of Peace.

Tong-Len is a meditation practice that, in its most advanced state, calls for the practitioner to breath in another person's pain, to take that pain into their heart and to breath out peace and healing. At its simplest, it is the moment-by-moment awareness that other people experience the same pain as you do. Pema teaches that by being aware of this truth, your tolerance and understanding build - and peace grows.

In the Pema Chodron Collection published by One Spirit Book Club, she says "We don't set out to save the world, we set out to wonder how other people are doing and to reflect on how our actions affect other people's hearts." Her teachings are gentle reminders of how we can lead a life filled with compassion - for others - for ourselves."

To find out more about Pema Chodron and her work, click on these links:

[http://www.gampoabbey.org/ane\\_pema/index.html](http://www.gampoabbey.org/ane_pema/index.html)

<http://www.shambhala.org/teachers/pema/>

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](mailto:lyndaht@superpa.net)

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### TENDING THE VESSEL: INSPIRATION, SHARINGS AND SUPPORT

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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](mailto:lyndaht@superpa.net)  
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#### EMAIL SHARINGS:

"Lynda: As is always the case, little threads of illumination come when they are needed. Such is the case with the November Vessels of Peace Newsletter.

I am not stagnant - I am waiting....and it is ok. Hmm outside validation - something I still need to confirm my own inner guidance. I have been drifting back to "usual and comfortable settings and people," but they are not what I am waiting for. Something new, yet familiar, is waiting for me to open to it. I will, in time. Meanwhile, I will revel in the waiting."  
In peace and love, Pam Davis (Pa.)  
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Note: This next email is from one of our "charter" Harrisburg VoP women, Lynn Milo, who moved to South Carolina in July. We miss her, but it is wonderful to think of her radiating VoP energy in a new part of the country! - LT

"Dear Lynda, First, thank you so much for the VOP newsletter. There was much to contemplate in your beautiful piece on waiting...My sense since I've been [in South Carolina] is one of fine tuning my being. I feel I have been physically distanced from my spiritual friends as a way of nudging me to go inward, seek and learn to trust my own guidance. This is my time of wisdom coming to me. Of recognizing the lessons before me and consciously making choices and choosing my responses. I am feeling a bit softer, more compassionate toward myself and others and the path they walk, and just not needing to be so defensive of who I am and the choices I make. Am much more in tune with my intuition. I'm always checking in with myself. It's actually becoming a habit to pause and go inward for answers to everything. And the old triggers just aren't there anymore. The ride is becoming smoother. Am much more in "allow," just "waiting" for the answers to come. And there is no frustration in this. So I wait and now mostly enjoy the waiting. I am growing down here. This is a deep inward often solitary time that I treasure and honor." In peace and joy, Lynn  
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VoP Kira Lugo (Pa.) sent this share from her online journal:

"November 3rd - 7 A.M. I'm reading this book "The Dance of the Dissident Daughter" by Sue Monk Kidd, and it's really interesting. It's about the author's journey from conventional Christianity to feminine spirituality...'her very personal story of the fear, anger, healing, and freedom she experienced on the path toward the wholeness that women have lost within patriarchal faith traditions.'

I already feel the stirs of my own passionate need to reclaim my feminine spirit...but I realize now that this has been going on inside of me for a long time. I thought back to the summer of 1985, when I was 14...One day I woke up with this very strong feeling that I wanted to go to Villa Maria (a Catholic girls' high school) instead of McDowell [the public high school]. All my friends were going to McDowell...why didn't I want to go there? At that point I told myself that I wanted to get away from the friends/scene that I was involved with...I felt they were taking me in a direction that I didn't want to go. But I also remember the more subtle feeling that resonated inside me...I longed for something more, and when I stepped into the halls of Villa, I

knew I had come to the right place...that subtle feeling, that knowing in my heart, became a full ownership of who I was at the time...I belonged to a community of women. I had found a place where the Divine Feminine dwells. I was coming of age in the House of Mary..."

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#### **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](mailto: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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#### **SUBSCRIBE/UNSUBSCRIBE TO VESSELS OF PEACE NEWSLETTER**

To SUBSCRIBE, email Lynda Terry at [lyndaht@superpa.net](mailto:lyndaht@superpa.net) with subscribe as the subject. Please also put your name, email address, and city/state in the message. To UNSUBSCRIBE, send an email to [lyndaht@superpa.net](mailto:lyndaht@superpa.net) with unsubscribe as the subject.

#### **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, contact Lynda Terry at [lyndaht@superpa.net](mailto:lyndaht@superpa.net)