



# Vessels of Peace

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

VESSELS OF PEACE MONTHLY NEWSLETTER  
FEBRUARY 2004 - ISSUE #5

## IN THIS ISSUE:

- FEATURE: SHE CHANGES EVERYTHING SHE TOUCHES...
- NEWS AND UPDATES:
  - A WONDERFUL WINTER GATHERING!
- SPRING GATHERING: HEALING THE VESSEL - RECLAIMING
  - OUR WHOLENESS THROUGH WOMEN'S WAYS
- NO EMAIL STUDY SERIES THIS MONTH
- MEDITATION GROUP INFO/UPDATES
  - TENDING THE VESSEL: INSPIRATION, SHARINGS AND SUPPORT
  - WEBSITE UPDATE
  - PURCHASE MEDITATION CDS!

---

## "SHE CHANGES EVERYTHING SHE TOUCHES..."

"... and everything she touches, changes." This popular women's spirituality chant seems an appropriate theme as I share with you about a big change coming in my life. After seven wonderful years in Central Pennsylvania, my husband and I have made the decision to relocate to Northern California later this year, primarily for family reasons. Beyond the external reasons for the move, however, there also is the inner guidance - and mine has confirmed that Northern California is where my service as a teacher, writer and as advocate for Vessels of Peace is now to be based.

What this means for those of you in Central Pennsylvania, of course, is that the "in-person" Vessels of Peace events here, if they are to continue, will need to be carried on by someone else. We will be moving at the end of summer/early fall, so I will still facilitate the spring gathering and the summer retreat, as well as monthly meditation in Harrisburg, should it continue. We have two women in the Gettysburg area who are willing to host meditations and gatherings there, so I am hopeful that someone in the Harrisburg area also will be willing to do something here and/or coordinate efforts with them. If any of you are willing to do so, please do contact me.

Of course, Vessels of Peace can continue from any location, in terms of the email list, the study group email series, and the website. In fact, I have been thinking lately that it is intended to be more of a "virtual" spiritual community, connected by technology and by the heart's peace that is the Sacred Feminine within us. Many of you have affirmed this idea. You share that the emails inspire you to practice peace embodiment and awareness of the Sacred Feminine, with the advantage that you can set aside the time most convenient to your own schedule.

Once the website is up, you will have even more options for staying connected, for learning and for sharing in this way. I plan to offer periodic teleconference classes or workshops, which will enable more women from other parts of the country (world!) to experience Vessels of Peace and which will enhance our sense of community. The site also will have a message board for those who would like online dialogue and networking with other Vessels of Peace women. I welcome any other ideas you may have for how Vessels of Peace can help support you in your spiritual journey; do share them with me via email or phone.

I will be back for visits, of course, during which I can offer meditation workshops and/or retreats - and when the book is published, I will do a book tour, which certainly will include coming back to this region where it all began!

My heart leaps at the possibilities this change brings for expanding our message and energy to women in other parts of the country, and for connecting with other kindred women's circles and organizations. I hope you are excited about the possibilities too, and will continue to participate in Vessels of Peace. Know that I am very grateful for your support and commitment.

May we all, from wherever we are, continue to let the peace of the Divine Feminine touch and change our hearts and lives -- and through us, touch and change the world.

---

## NEWS & UPDATES

### WINTER GATHERING ON MARY MAGDALENE WAS WONDERFUL!

The Winter 2004 gathering was wonderful - informative, emotionally very powerful, and great fun! Nine women gathered on Sunday, the 8th, to hear about Mary Magdalene as presented in "The Gospel of Mary of Magdala" by Karen King. We were profoundly touched by what we learned and experienced. We contemplated the ways she embodied so many aspects of the Sacred Feminine in her role as first woman apostle and as the disciple who most fully understood and embodied Jesus's teachings. Her example inspires no matter what one's faith tradition may be, and offers much that resonates with being a Vessel of Peace. All of the women at the gathering experienced her energy during the meditations; she very much was with us - and continues to be. I know that I will be contemplating what I experienced that afternoon for some time... (see Peggy's sharing in the Tending the Vessel section for an example of how this gathering experience continues to affect those who attended.)

NOTE: For those of you who did not attend the gathering: once the website is up, I will offer a teleconference on the Mary Magdalene - Vessels of Peace connection. Also, I am willing to give a program-type version about the King book's content and what it means for women's spirituality to women's groups, churches, etc -- so if you know of an organization or group that might be interested, have them contact me at 717-651-1528.

### HEALING THE VESSEL: RECLAIMING OUR WHOLENESS THROUGH "WOMEN'S WAYS"

The Spring 2004 Vessels of Peace Gathering  
Sunday, April 18th, Harrisburg, Pa., 1:30 - 5:30 p.m.

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. Several Vessels of Peace women have worked with Sheila in the school, and I hope to have some of them at the gathering to share their experiences with us.

More details next newsletter, but do mark the date now, as you won't want to miss this very special VoP event!

### **NO EMAIL STUDY SERIES THIS MONTH**

The email study series will return in the spring, after the website content writing and design has concluded. Thank you for your understanding and patience.

What would YOU like as a topic for a series? Send your ideas to me at [lyndaht@superpa.net](mailto:lyndaht@superpa.net) or call me with them at 717-651-1528.

---

### **MEDITATION GROUPS INFO/UPDATES**

#### **HARRISBURG VESSELS OF PEACE MEDITATION GROUP**

Cancelled for remainder of winter. Will consider resuming as a monthly group for the spring (first Tuesday of the month), if there is sufficient interest. Let me know...

#### **GETTYSBURG AREA VESSELS OF PEACE MEDITATION GROUP**

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

Date for February: the 17th

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

---

### **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](mailto:lyndaht@superpa.net)

#### **QUOTES TO CONTEMPLATE**

Submitted by Emma Conklin, Allentown, Pa:

"The first peace, which is the most important, is that which comes from within the souls of men when they realize their relationship, their oneness, with the Universe and all its powers and when they realize that at the center of the Universe dwells Wakan-Tanka, and that this center is really everywhere, it is within each of us. This is the real peace and the others are but reflections of this. The second peace is that which is made between two individuals, and the third is that which is made between two nations. But above all you should understand that there can never be peace between nations until there is first known that true peace which is within the souls of men."

- Black Elk

And I really like this quote by novelist Arundhati Roy, which was in the Nov/Dec issue of Utne Reader:

"... Another world is not only possible, she is on her way. On a quiet day, I can hear her breathing."

### EMAIL SHARINGS

From Peggy Fitzpatrick (Pa.), this moving follow-up to the February 8<sup>th</sup> gathering:

Dear Lynda, I wanted to share a vision of this morning's twilight sleep. I think it is directly related to Sunday's experience.

There is a very tall rock in the middle of a river. The rock is split in half with a small man on the top of one half and a small woman on the top of the other half. As I was breathing in and out, the rock halves moved away from each other and then back together again, with each inhale and exhale. At the same time, on a cliff above the river, looking down on that rock, was a large white robed figure with long hair. There was gold and white light behind the being so that details of the face were obscured. Eventually, the light became so bright, that the figure ascended into the sky.

I interpret this vision personally and collectively: Personally, the pain of the separation of male and female in relationships and in my own psyche and the re-opening to the Christ Consciousness. Collectively, this is happening in our society with the long repression of the Divine Feminine and the One is seeing it all happen. The light tells me that we will transcend this duality consciousness with the help of the One Consciousness.

Thanks for letting me share this and thanks for the inspiration. Love, Peggy

---

### 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.

---

### WE WILL BE ONLINE IN MARCH!

We are delayed a bit in our timeframe but still intend to have the site up before the end of March. Keep checking <http://www.vesselsofpeace.com> We welcome suggestions for content and services you'd like to see there - so let us know!

---

### 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 a spiritual network for women committed to partnering with the Sacred Feminine in the embodiment of peace. For more information, contact Lynda Terry at [lyndaht@superpa.net](mailto:lyndaht@superpa.net)