

Have any comments or questions?  
Feel free to send your notes to the  
editor at wisconsinruralwomen@gmail.com

### Facilitators in Your Area

If you are interested in experiencing a Gathering Circle or want to learn more about the Women Gathering Women Facilitator Training Program, contact:  
Christy ~ wisconsinruralwomen@gmail.com or 262-723-4156

### Circle Song

Leah Wolfsong

*I am surrounded by a circle of  
love, a circle of truth, a circle of  
light.*

*I am surrounded by a circle  
of love. by a circle of heal-  
ing power.*

**An Invitation** to the undiscovered writers, poets, and commentators in our midst.

The theme for the next issue of Heart to Heart Woman Talk, this very newsletter, is **"Remember When..."**, if you have a story to tell, a poem to share, or an article just waiting to be read, here is your opportunity.

Articles are due by **September 15, 2014.**

Send your offerings to Christy at:

wisconsinruralwomen@gmail.com  
or  
W3319 Potter Road Elkhorn, WI 53121

**Please Be Our Friend**  
WRWI has a page on Facebook, please find us  
and click like, we would love to see you there.

### WRWI Board

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Summer 2014

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# Heart to Heart Woman Talk

### Our Mission

Wisconsin Rural Women's Initiative empowers women living primarily in rural areas. The ultimate goal is to effect systemic change within families and their community through a unique Gathering Circle process. WRWI promotes wellness by developing personal skills and cultivates transformation in a safe environment.



### The Clothesline Revisited

Mary Bub

I waited for the sun to shine and the sun did not shine  
I waited for the rain to stop and the rain didn't stop  
I stopped waiting and the sun came out and the rain stopped  
Flowers sprouted out of dark dank soil  
Trees budded and became sweet smelling flowers  
That grew into luscious fruit

Too often I find myself waiting for something to happen. I wait for someone to call me. I wait for the mail, hoping that someone has thought of me and sent me a letter or a card reminding me that I am not alone. Why, I wonder am I always waiting for the others in my life to make the first move? What gives me the right to grumble and groan when I don't hear from them? How is my loneliness or feeling of isolation someone else's fault.

When I set my pity party timer and pick up the phone or sit down and write a letter to a friend I am always amazed at how good it makes me feel. The thought that comes to me is this; I complain about others that I perceive as acting entitled, what? I ask, has happened to personal responsibility? Then I realize that I am also acting entitled. Why is it not my responsibility to stay in touch with friends or family? Why is it not my responsibility to get out of myself and volunteer or fix a meal for a sick neighbor? You know the answer. It is my responsibility.

If like the spring flowers and trees I want to bloom where I am planted, I will stop waiting and start doing!

**“Spring”**  
Carolyn Willetta

As I pondered the word “Spring” for the theme of this issue I realized the word contains many possibilities for other words in it. RING, SING, PING, GRIN plus a few more. This led to my thinking that we all have possibilities in our lives.

The third step to creativity in the last issue was, “If you are anxious, scared and feeling powerless, change your I can’t to I will.”

I would like to share a story I heard about a woman who changed. Apparently she was the person to clean up the mess after parties, and usually did it alone. (Could it be that she had corrected a helper once too often and lost the help?) For whatever reason, she was accustomed to doing the work and others had come to expect that she would do it. After one party she decided to sit and wait without starting to clean up. Soon a father and two children came into the room and gathered all the party debris into a bag and disposed of it. All because the woman changed her habit of springing into action after a party and let others help with that responsibility.

Apparently, she changed her “I can’t let any others do this because they might not do it just right.” to “I will give others the opportunity to help clean up after the party. If they do not do it exactly the way I would have, I will try to remember that the important thing is that the room was put back in order, not that it was done differently.”

One of the hardest lessons for many of us is that there is more than one way to accomplish a task; and the sooner we learn that, the better.

As I said at the start, the word “spring” contains many other words in it. The one that comes to mind as I end this article is “grin”. Awareness of my personal growth always puts a smile on my face.



**SPRING**  
Sr. Ceil Struck, OSF

My initial thought and image included trees leafing, grass greening, flowers blooming, sun warming, spring storms cleansing and nourishing. My hunch is that this picture came to mind so quickly because of the kind of winter we’ve had! My whole being yearns for Mother Nature’s springtime.

BUT, then a host of other meanings came to mind:

- spring – to move suddenly and rapidly
- spring – to bear the cost of someone else
- spring – to rise suddenly and quickly as from a sitting or lying position
- spring – to begin to leak suddenly
- spring – source of water coming from the ground
- spring – a lively song or dance (Scotland)
- spring – a coil of wire that returns to its original form after being forced out of shape

Spring, no matter what image or meaning you settle upon, is active. Spring just doesn’t sit around! There is much growth! Movement! Life! PONDER THIS THOUGHT...Maybe that’s why “in the astronomical year, that period between the vernal equinox and the summer solstice” is called SPRING



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**Opportunities to Spread WRWI’s Mission & Message**

**Sponsor a rural/farm woman with my/our donation for...**

**RURAL / FARM WEEKEND**

Partial Scholarship \_\_\_\$75.00 \_\_\_\$125.00 \_\_\_ \$150.00 other \_\_\_\_\_  
Full Scholarship \_\_\_ \$250.00

**WOMEN GATHERING WOMEN LEADERSHIP TRAINING**

Full Scholarship \_\_\_\_\_\$525.00 other \_\_\_\_\_

\_\_\_\_\_I / We would like to know the name of the woman I / we are sponsoring.  
\_\_\_\_\_I / We would like to remain anonymous.

**Support WRWI’s Programs with my/our donation for...**

Rural Women’s Day for Survivors of Domestic Violence \_\_\_\$1500.00 other \_\_\_\_\_

Rural Farm Women’s Weekend \_\_\_ \$3500.00 other \_\_\_\_\_

Women Gathering Women Leadership Training \_\_\_\$7500.00 other \_\_\_\_\_

Free Will Offering for current needs of WRWI \$\_\_\_\_\_

\_\_\_\_\_ Please send a receipt (WRWI is a 501c3 non-profit organization).

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

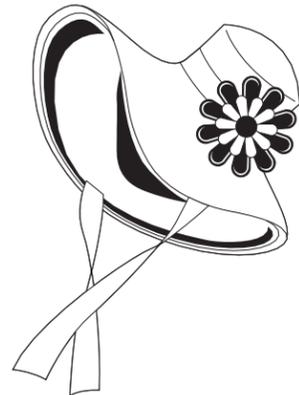
PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

**Send check / money order to: WRWI**

ATTN: Christy Harteau  
W3319 Potter Road  
Elkhorn, WI 53121

## Creative Ways to Cope with Stress

Believe in you  
 Stop saying negative things to yourself  
 Visualize yourself happy  
 Develop a sense of humor  
 Don't procrastinate  
 Have goals for yourself  
 Dance  
 Say hello to a stranger  
 Ask a friend for a hug  
 Look up at the stars  
 Practice breathing slowly  
 Learn to whistle a tune  
 Read a poem  
 Listen to a symphony  
 Watch a ballet  
 Read a book while curled up in bed  
 Do a brand new thing  
 Stop a bad habit  
 Buy yourself a flower  
 Take stock of your achievements  
 Find support from others  
 Ask someone to be your 'vent partner'  
 Work at being cheerful and optimistic  
 Put safety first  
 Do everything in moderation  
 Pay attention to your appearance  
 Strive for excellence; not perfection  
 Stretch your limits a little bit each day  
 Look closely at a work of art  
 Hum a jingle  
 Maintain your weight  
 Plant a tree  
 Feed the birds



## **DATES TO REMEMBER.....**

We are excited and hope that you mark your calendars now! We are looking forward to meeting some of you for the first time, to renew friendships and hear your stories since we last met.

For more information call 262-723-4156  
 or e-mail ~ wisconsinruralwomen@gmail.com

**July 23, 2014**  
**WRWI Board Meeting**  
**Elkhorn, WI**

**October 3-5, 2014**  
**Women Gathering Women Facilitator Training**  
**Wintergreen Resort and Conference Center**  
**Lake Delton, WI**

## ***Spring is here***

*Phyllis Havens*

Spring, spring, spring is here  
 Oh, how I missed you spring

I missed the spring of my youth  
 When I ran and jumped and played

Spring, spring, spring is here  
 I miss the spring of years gone by,  
 where memories are bitter sweet and time  
 lost

Spring, spring, spring is here

I am not going to miss you spring  
 because I will embrace you today!

Spring, spring, spring is here

I won't waste the day missing  
 the things in my life, I will tire

Spring, spring, spring is here

I can never miss you dear spring  
 No matter what the season, I will hold you  
 in my heart.

## ***'Love has been shattered...'***

*Rosemary Van Den Langenberg*

Love has been shattered,  
 I have been battered.

Crushed were my dreams,  
 By your lying, cheating schemes.

At first the bruises I did hide,  
 But deep within my soul I cried.

However, sadness and loss,  
 Will not be my boss.

Although my grief may not be brief,  
 I shall not hide, but time I will abide.

I may at times get down,  
 Hidden sometimes by being a clown.

At times I am lonely,  
 And think, "if only"....  
 I pull myself up and say, "Stop that bologna".

I am so thankful for my great sons,  
 I love them tons and tons.

I will break down my barrier,  
 As I don't want depression to be my carrier.

I will lower my shield,  
 For to the Lord I will yield.

The light from the sun will shine,  
 As each breath the Lord gives is mine.

Bag Lady, Bag Lady look deep within yourself,  
 For these are the cards you were dealt.

What you've endured is not fair,  
 But Bag Lady, Bag Lady take the dare,  
 And for yourself and loved ones do care.

Be thankful each day,  
 For only the Lord knows what may  
 come your way.



## Crone's Corner

Marishka

Spring is fickle! Just when you think the temperature is getting warmer and you are straining at the bit to get out the deck furniture, wham, back to winter. This year winter did not give up her gusto easily. Spring is also fickle because she causes some of the trees to blossom and you think that the flowers will not be far behind, ah, but she has other ideas. Ha! Ha! She giggles.

When I was in the spring of my life, I thought that spring was the season of new beginnings, of hope, of excitement and I guess because I am an optimist I still want to hold on to my childlike memories. Remember the first warm days when you couldn't wait to take the winter clothes out of your closet and don the new spring frock you bought for Easter? Remember the daily walks around the garden to spy on the daffodils and the tulips, hoping that they were poking their heads out for a look at another season of oos and ahs.

So, now in the autumn of my life, I wonder if I should be more forgiving of the spring time of my life, when friends could be fickle, when what I thought was, really wasn't and the things I wanted to blossom into reality never quite turned up? On the other hand, I do value the lessons I learned during my spring time, they have served me well and perhaps that is why I am still an optimist.

## Spring

Sandra Johnson

Oh blustery Spring, how welcome you are up North.

Even if you're cold, you're not as cold as winter was.

Things are starting to move, it's no longer deathly still and white.

Things are thawing out.

By the middle of April almost all of the ice is off of the lakes, the rivers are madly singing, unleashing all their fury after winters past.

There's only a few small spots of snow now, even that seems so strange to our southern neighbors, who already have seeds in their ground. Ice on lakes, snow in spots in April!

To us who live in the frozen North country Spring is the most appreciated.

To us 50's is like other folks 70's.

To see the ground after five or six months of snow cover, what a welcome sight.

The first Robin, a definite sign of Spring and to hear frogs croaking in the swap.....these are definite signs.

Our grass isn't green and our trees are bare but we know it's Spring when the snow and ice are gone.

Now may we cherish every moment of our short lived warm seasons, before long winter comes and engulfs the North Country once again.

## Facilitator's Corner ~

**Theme:** Spring, Season for Reconnecting to the Earth

**Centerpiece:** Varying sizes of empty pots; try to find plain clay pots. Use a green cloth and a green spring scented candle. Have a bowl or child size wheelbarrow full of potting soil. Several packages of seeds with interesting names. Permanent markers. Use a small trowel as a talking piece.

**Suggested Reading:** Spring seems to be a favorite season. At least for those of us who live in the Midwest or wintery parts of the country. It is a coming out, time to throw open the windows to catch a breath of fresh air. Time to plant our favorite flowers or vegetables with great anticipation, knowing full well that the growing season does last forever.

**Process Questions:** How is spring a metaphor for our lives?

1. Ask each person to choose a pot. Invite them to write one word on the outside of the pot, something they want to grow inside themselves this spring. I.e. hope, trust, caring, belief, faith, love, forgiveness, etc.
2. Have each person use the trowel to place dirt in the pot and name the things they want to let go of.
3. Now have them plant a seed or two and name what they want to grow within themselves.

**Closing:** Close with the Circle Song or your circle's common statement.



## Regaining Balance

Anonymous

*If I am last what will I do to regain my balance and my shoe*

*Maybe I can to myself be true and be a hopeful woman too*

*Spending time with family and friends*

*Doing things that make me happy again*

*I really need to change my pace*

*and stop being stuck in place*