



Canadian Unitarian Universalist Women's Association
International Women's Day Package
2023 Theme: EMPOWERMENT WITH THE GODDESSES

The Canadian Unitarian and/or Universalist Women's Association (CUUWA) invites all Unitarian*Universalists and congregations across Canada to celebrate International Women's Day on **March 6 or March 13, 2023**. March 8 is International Women's Day (IWD).

Introduction to Empowerment with the Goddesses

Lets celebrate the progress and changes that we've created as we celebrate International Women's Day 2023!

A ground swell of change for women in Unitarian Universalism occurred when *Cakes for the Queen of Heaven* curriculum moved through our congregations in the mid 1980's, *Cakes* offered a new vocabulary for women's empowerment as we recognized how patriarchal religion (including our own) diminished women's skills and insights and elevated male thinkers and rule makers. *Rise-Up* and *Call Her Name*, published in 1995, went further by looking at Goddesses in diverse cultures throughout the world.

How did *Cakes* and *Rise-Up* change your self-perception and life trajectory? Did *Cakes* and *Rise-up* empower women in your congregation to make changes... perhaps welcoming women ministers and lay women into leadership?

As CUUWA offered a Zoom format for *Cakes* last year and *Rise-Up* this year, we realized some of the language seems "so 1980's" and with a bibliography that is historically helpful but lacking decades of recent resources. Words like inclusion were "introduced" while concepts like intersectionality, the wisdom of women of colour, and the realities of residential schools are missing. Through this IWD Packet we are adding Canadian content and encourage you to as well.

As you plan an IWD 2023 Service, or Workshop or Reunion of *Cakes* and *Rise-Up* alumni, you may use the reflections from the women who have participated the past two years, as we have offered the curricula modified for Zoom and other past participants. Some offered personal reflections, others described what resulted from the empowerment that can develop, and



others simply shared books, web links, others shared creativity and ideas they enjoy exploring. They have been “gathered” and are offered for you to do your own selection of what and how you will use the offerings.

In that spirit, we would love to hear how you use the material. If you use the material for a **Service**, be sure to invite those who have taken either or both courses to be a part of the planning. One exciting idea would be to hold an afternoon **Retreat** or “reunion” of everyone in your congregation (or region) who has been a part of *Cakes* or *Rise-Up*. A **Workshop** could include past participants and introduce women who haven’t been able to take part to the empowerment offered by *Cakes* and *Rise-Up*. Please share the reflections and stories with us.

Every year we invite you to send your IWD service to CUUWA so that we might include it on our website for women across Canada to use. You can view those collections on our website at www.cuuwa.ca.

All materials in this package were generously donated by artists and writers and may be used for services and workshops if credit is given to them (not for publication without permission). The links provided will have their own copyright instructions. Please let the CUUWA know how they are being used by emailing Reverend Kathy Sage at cuuwateam@gmail.com, so we can pass that information onto them. When links to music and other material is shared, be sure to honour copyright procedures.

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Reflections on *Cakes for the Queen of Heaven* and *Rise Up & Call Her Name*

We asked members of CUUWA and participants in our zoom sessions what these programs meant to them and discovered some far reaching effects. As you plan your IWD Activities you may use these or gather comments from your own congregation/fellowship to create Chalice Lighting, Readings and Opening Words if you are planning a Service, Reunion, or Workshop.

1) *Helen Iacovino*

I participated in Cakes in 1988 I believe; my daughter Genevieve was a small baby and came with me to most sessions. (She was the "sample baby" at an About Your Sexuality class - now OWL - and now she has been teaching OWL for the past 10 years or so). Then I participated in Rise Up about 10 years ago - both are great programs. As Kate Chung from Toronto First has often pointed out, it was the women's spirituality movement in UUism that helped our congregations to figure out how to "reclaim" more spirituality without this being necessarily Christian. In the mid 80's our congregations were starting to talk about putting a bit more emphasis on the spiritual aspect but not sure how to do it....ten years later, we were figuring it out, with the women's groups at the forefront of it. And paganism, as well, the influences from there.

2) *Anne Orfald*

When I was in my mid-fifties, I was going through a time of personal turmoil, and feeling some indefinable spiritual hunger. At the time I was serving as a lay leader in a small Unitarian Fellowship. I got involved in EAGLES (lay leadership school), meditation groups, interfaith workshops, and eventually found myself taking early retirement from my mental health work and taking a few courses in theology. Finally I took the serious and rather scary step of committing myself to preparation for the ministry. (What? At my age!)

In the Fall of 1991, I enrolled full time at Emmanuel College in Toronto, which is affiliated with the United Church of Canada. Surrounded by students mostly younger than I and, decidedly Christian, I felt the need of some close connection with other Unitarians. Toronto First was offering "Cakes for the Queen of Heaven" that year, and while I remember little of the actual curriculum some 30+ years later, I do remember the warmth of connecting with the women in a deeply personal way, and what a contrast it was to the academic approach in the school of theology. I am still grateful for that opportunity.

3) *Carole Martignacco*

Back in the mid 90s, first while serving as a Director of Religious Education, then as campus minister and finally seminarian, I had several occasions to co-teach first *Cakes* and then it's successor *Rise-Up*. Both curricula were richly instrumental in helping me claim my power and identity as minister in what was still at the time a male dominated profession. Beyond fascination



with any goddess personalities or the history of suppression of women's voices, the study reinforced in me a confidence in claiming the divine energy within. I learned to name and value the mysticism that had called to me since childhood. Working with so many faces of the feminine imagery of the divine helped me to find courage to speak out against the misogyny I encountered and insist on my right to take my own place in a sacred sisterhood, a lineage that stretched far back in time. Even now, the echoes of those holy women encourage me as I in turn encourage others to name and claim the divine energy within. Book Suggestion: "for me, *Wild Mercy* by mirabai starr pulled Cakes and Rise-Up together ... a transcended energy!"

4) **Margaret Linton**

The most important take away from the Cakes for the Queen of Heaven course was the deep understanding that the patriarchy has not always been the norm. Earlier societies functioned well with matriarchies or more often shared roles between genders. Watching the historic transition to patriarchy in the course was both educational and eyeopening.

5) **Kate Chung**, Co-founder, Womynspirit

Cakes for the Queen of Heaven gave birth to the **Womynspirit Festival** over 30 years ago. Womynspirit is, in a way, an accidental festival - which has grown to become a regular presence since 1992.

In the summer of 1991, seven womyn gathered with a facilitator at Unicamp to participate in a week-long "Cakes for the Queen of Heaven" camp. When the facilitator was called away due to a family emergency, the seven womyn decided to carry on, following the "Cakes" syllabus (a Unitarian program), each taking a turn at leadership. With the focus on the question, "How would your life have been different if the feminine had been honoured?". They studied the influence of European patriarchal religion, shared personal stories, sang, and leaped the fire.

A powerful ritual focusing on the Burning Times began shakily. The womyn's chanting and toning was echoed by a mocking male voice. Other male voices around the camp joined the first, creating a threatening atmosphere. However, the womyn decided their positive power was greater than the negative male energy being directed at them, so they danced away their fear around their fire, naming the men's actions for the threat that they were. Chanting louder and louder, they gradually switched to positive, empowering chants, and when at last their ritual felt complete, they found that the threat had faded away.

This experience led them to envision an Ontario festival which would bring together local Pagan women to share their skills and gifts, with no big names and no paid presenters. Their own experience led them to understand that we each have strengths, whether we recognize them or not, and that circling together can give us the confidence to share.

The original seven; Janice, Maureen, Judy, Kate, Annette, Hilda and Betty, called on others from across southern Ontario to join them in planning. Thus, in 1992, Womynspirit was born.

Monthly planning meetings were held in sacred space, as the vision grew. We decided we would create an affordable event and that local womyn would teach the Womynspirit knowledge,



facilitate the rituals, teach the lore, and it would include children so they could take part in and experience our culture.

The original plan was to go round the wheel of the year. We started in August with Lammas. Janice asks: “Do you remember the bread?” Ah, yes, some of us do! And the dancer with her pythons! The second Festival was held at the Fall Equinox, with lovely outdoor workshops. The third Festival, at Samhain, gave us a deep experience, unlike any other gathering. We unanimously decided that Samhain was our special Womynspirit time.

We gathered at the Ecology Retreat Centre in the Hockley Valley for the first 10 years. Then we moved around the province for several years - west to Butterfly Farm near London, north to Elmvale and Camp Kawartha, and then returned to our original home, Ecology Retreat Centre.

Over the years, we've had wide-ranging workshops ranging through chanting, ritual 101, Tarot, sexuality, sacred circle dance, yoga, herb walks, tree talks, crafts, kitchen magic, art, tea-leaf-reading, revolutionary womyn's humour (the Raging Grannies), planning your own Pagan memorial service, grieving the losses of aging, mask-making, activism, a Death Café, the list goes on.....

The girls' program, which ran for many years (and may resume when funds allow), was staffed by ECE professionals with young helpers. The girls did nature walks, crafts, and visionings. And of course they had a Hallowe'en party in full costume. With the guidance of experienced Womynspirit witches, they had a Saturday afternoon ritual, during which they shared deeply. We felt it was a privilege to circle with the young girls, because we were the wise ones who were passing on our knowledge and experience. It was not 'babysitting'. It was kraft work of a different sort.

The vendors were all womyn who crafted their own art/craft work and the subsidy fund was set up with the vendors' 10% donation. The vendors also gave items to the raffle so we could raise money to support low income and single mothers. (Although a financial crunch has left us with no current subsidy fund, we hope to be able to offer subsidies again in the future.)

Over the years, we have also gathered in our homes and community spaces to celebrate other sabbats, to keep in touch, and also to enable other womyn to experience some of the Womynspirit magick. When Womynspirit began more than 30 years ago, there were few covens, and so our in-town rituals were attended by up to 50 womyn. Over the years, womyn have formed more local covens, and attendance at these rituals dropped off. However, with our ongoing presence at First Unitarian Congregation in Toronto, we have been able to offer “Cakes for the Queen of Heaven”, “Rise Up and Call Her Name”, “The Pagan Book of Living and Dying”, and other Pagan courses of study (all well-attended), as well as occasional rituals.

6) Heather Fraser Fawcett

I remember Rise Up Well! I learned about a lot of goddesses who I didn't know about and more about those I did know. I did so in a group of women who loved the programme, and it gave me a chance to connect with women in the congregation at a deeper level. There was great



interest in the congregation, Lakeshore U.U. which at the time, 2007 I think, was sharing the premises of Beaconsfield United Church. We advertised, and 4 new people came, including one who joined Lakeshore U.U. and became an active member. She was absolutely enthralled with the programme.

And longtime women from Lakeshore attended Rise Up. They loved the videos, the worship materials, and the crafts. Some of their children, then in their teens, later became R.E. leaders, one still is, and is on the LUUC Board. Women really loved that we were a cool church that could offer programming on Goddesses.

I regret that we haven't offered Rise Up again.

Yet.

As we continue to learn and reflect, an aspect for deeper exploration is how the shadow side of the Goddesses are being taken up into societies in ways that lead to the violence we see in so many countries. In other words, the perversion of the Goddesses. This is enacted through private cults and societies. Women are frequently horrifically abused in so-called cleansing rites amongst other things. I think there has been some naïveté, and exotifying, of earth-based spirituality in the West. I would hope that when Rise Up is used in our congregations, that we include a deeper look at how Goddesses are used and misused in present day. Patriarchy changes form and is present in ways we may not recognize or understand. Our expanded knowledge can expand our empowerment.

6) **Kathy Sage**

Kathy Sage noticed in the Fall 2022 Child Haven Newsletter an interesting current practice was shared involving Goddesses in the Child Haven homes and schools. What a great description of the everyday practice of local traditions and an examples of festival and daily living with Goddess empowerment. Used with permission of Child Haven.

<https://www.childhaven.ca/>



Hyderabad – Two Grade 10 students made this rangoli decoration from coloured rice flour in front of the Home for Diwali. Rangolis are made to welcome Lakshmi, the Hindu Goddess of Abundance. They are thought to bring good luck and welcome guests and originated in



India many years ago. Our staff in Kaliyampondi make them every morning at several places in the Home. Some say that the rice flour or other cereal powders attract insects and keep them from entering the household.



Hyderabad - Women are taking part in the Bonalu Festival with an offering for the Goddess Yellamma which the women will take to the local temple as a form of Thanksgiving.
<https://www.childhaven.ca/>

Creative Work

7) Helen Iacovino

THE 3 FATES STATUE IN THE PARK

what is hidden,
what is known,
what is unknown but true –

the turning, the worlds pushing into future,
the underlying threads
of the patterns the trees weave –
& in the middle, a carved dead stump
where the 3 Fates preside
over all our lives.

the dead tree speaks to all in passing –



a glance while chasing a ball
or walking a dog,
sixteen eyes watch –
maiden, mother, crone,
eagle, serpent, dragon,
winding around a dead trunk,
fixing our futures,
& watching over baseball fields.

glorious in its death
& pulling us to life,
the tree is touched & sat on,
& as children trace the whorls,

they know they are the whorling dance
& that soon they will forget.

in unseen ways patterns steer our lives,
as we keep course, run off course,
find & lose our place
in endless days & in years gone too soon,
in paradoxes of time & space,
with leaves eternal & changing,
& squirrels with 50 generations passed.

we excavate
layers of knowing
under a blithe canopy
of oak trees in sunshine;
as through trees the lake sparkles
in purest blue,
as if never seen before,
& these are the things we know:

death out of life,
flowers that will die,
old decrepit trees
& willows soon to fall;
life out of death,



saplings out of ground,
children playing in the midst of war;

& we know that somewhere in a dream
the labyrinth's wheel is turning.

II

the tree anchors us, pulls us –
“don't forget me –
I am what you came for
& what you asked to know.

“through seasons you'll return,
pulled by blue sky,
by snowdrift, crocus,
green grass & autumn leaf,
returning among dogs, children, joggers,
& turn your eye
to the center of the park,
to me & my story,
which is the story of your life.
“you'll turn away, go on with life,
but something brings you back
to run a hand across my snake coils
& look into all my endless eyes.

“I bring dragons from the past
& serpents from the future
& tell you where you've been.
through days when shadows move
in sunshine, shaded by trees,
into your dreams I run
across sand on night-waves
till you see with serpent eyes.”

***Published in the Unicamp electronic newsletter,
November 2018***

THE CIRCLE & THE SKY

the crone with 8 eyes,



the forward gaze,
straight into future darkness,
in the traffic of the moment –
like cat's eyes marshalling
the threads of dark & light.

not armed anymore against night's forces
but passing the cusp of the equinox
& sealing in the sunless future,
fixing the darkness with direct gaze,
touched by the winds along the ground,
between the rocks of the labyrinth's circles,
the winds funnelling fallen leaves
as overhead the starlings gather.

rain on rooftops – the thread is knotted,
the summer world sealed into past,
as the fingers of autumn reclaim the world
for all 8 eyes – the vision
piercing through, rounding the deep grey sky,
rounding the forces of night

& venturing unafraid
with all the frailty, all the questions,
ancient feet on rough terrain
where the paths are poorly marked
& shadowed by deep trees –

where the questions are
numerous as the fallen leaves,
but where we can always turn
to the dark benevolent sky
& know we'll find circles, if not answers.



Credit : Image by Jewel Spooner

The Crone Speaks in Springtime



long have I travelled, & now I lean
into the low years, letting time
stretch out, letting it savour,
tasting the ebb & flow
of the approaching equinox –

as light becomes long,
stretches to reclaim its strength
from the corners of night,
as earth strengthens in increasing light,
& the ground under our feet
grows ever more solid,
as the world spreads out
& welcomes the willow,
welcomes the lily,
finally welcomes
me as I tell my story.

do not be afraid,
the honeycomb is always there,
just as life is ever
overwintering in tree roots.
all comes in its own time
in this season of patience,
as our lives unfold in the frameworks
of this puzzling universe.

precious sun, growing
as we finger the fuzzy magnolia buds,
always here, always now,
always gazing
at future fires.



Credit : Image by Jewel Spooner

8) Jeannie Owen

My Companion Goddesses

Oh, Venus of Willendorf, hold close to



us and do not disappear into the rubble
of history again.

Oh, Hekate, guard our doors
and protect our spirits as we grow.
Oh, Drumming Goddess, keep us in touch
with the heartbeat of the earth.

Oh, Kwan Yin, connect us
with your deep compassion.

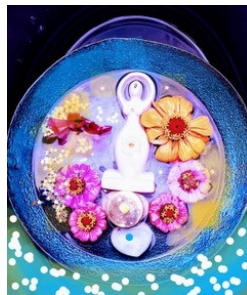
Oh, Gaia, Mother Earth, help us to
shift the dominant paradigm
from privilege to equality
from the static to the dynamic
from isolation to interdependence
from cold authority to creative pluralism.

So mote it be.

Isis

Thank you, Isis, for joining my companion goddesses,
for welcoming we UU women into your temple
with your outstretched arms and radiant love,
for sharing your healing energies.

Isis, Isis, Isis



Credit : Image by Jewel Spooner

Orisha

I invite the Orisha into my life:

Oshun, goddess of love and lover of dance,
Yemaya, goddess of water, tides and change,
Oya, goddess of energy, wind and fire, “mistress of disguises.”



Thank you, Orisha, for opening the mystery of origins to and in me.



Credit : Image by Jewel Spooner

9) Jewel Spooner

Genie in the bottle by Jewel Spooner

In the centre of our Island is an ancient old growth forest, in the middle of the forest lies a magical pond which calls me day & night. A secret sacred space. They say an artesian well feeds it's pristine waters that is rooted deep in the heart of Mother Earth. Here lies Goddess Gaia that was born into this Earth on the sound of OM.



Credit: Image by Jewel Spooner

We daily practiced the Invocation of Divine light by these holy waters. We bonded to our pond full of life & death, of demons & of Great spiritual beings. As the moonlight drew me from my slumber, my human friends descended into the deep womb of our Ashram. I felt as light as a feather and held the lantern high to seek my way through this dark shadowy dream. Green eyes of the cougar followed me but also the sentient beings were gathering, the deer, happy paws, winged ones, fairies of my childhood & dragons visible only to children. Sparks flew beneath my feet creating a path alight by fire.

They were all awaiting in circle as I struck a match to light the bonfire. There was only the silence that calmed my exhilarated heart. Glancing skyward a Morningstar dropped a pearl of light that crowned my head. Timelessness dawned & wrapped a golden cloak of sun around me. A very old woman that was weaving cloth of gold said 'Let the Genie out of the bottle'. This ancient one spun my dreams & visions & her twinkling eyes & mysterious smile made me wonder...Who are you?



But my words were lost in dust, her smiling eyes of love filled me with a memory of my Earthly mother. My heart grew with courage.

I stood up, opened my mouth and a gigantic song with strange language sang high above the trees, into the heavens and swirled me around like a rag doll. A tiny gold thread attached me to my body, mind & spirit. I will never know how long I was suspended in TIME. But suddenly the thread transformed into tree roots & I was heavy again in the land of the humanoids.

I had seen wars & heard prayers but my memory bank froze back into slivered fragments.

Something was cracked and broken open but my heavy feet carried me homeward to bed. When morning dawned there was a tremendous buzz of chatter in my beloved community. Did you hear the beautiful song last night? Who was singing? Was that Sanskrit? I melted into the safety of silence. This Mystery was talked about every year & created a legend, told & retold of a magical song created many years ago on the Eve of Solstice. It can still be heard...



Image Credit: Jewel Spooner

10) SOLSTICE CHANT

CELEBRATING DARKNESS, CELEBRATING LIGHT,
CELEBRATING DAY, CELEBRATING NIGHT,
THE GODDESS LIVES IN EVERYTHING,
WE ARE SUSPENDED IN TIME,
MY BELOVEDS ARE IN LOVE
WITH A GREAT MYSTERY
WE ARE, WE ARE.

11) We were invited in a Rise-up session to create an African-American style “quilt” woven from paper.



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-Photo contributed by
Joan McFarland, Rise
Up
participant

Resources

Newer Goddess Resources gathered by Terpsichore

Suppressed Histories, Max Dashu, <https://www.suppressedhistories.net/>

Max Dashu's courses are very intensive multi-Goddess presentations.

The archives keep expanding.

"The Archives is a labor of love, in our mission to restore awareness of women's history and heritages all over the world. To Find the Women in orature, archaeology, iconography, in rock art and sculpture, in the written and photographic record. To track egalitarian and cooperative ways of life; how systems of domination develop and spread; and to learn from movements of resistance, liberation, and cultural resurgence."

"Max Sashu founded the Suppressed History Archives in January 1970 to research and document women's history on a global scale. She wanted to find out if there were any societies in the world where women were free, and to understand how systems of domination establish and perpetuate themselves. Since then, she has built a collection of some 50,000 images and 100 visual presentations, as well as producing numerous articles, photo essays, books, and videos fleshing out the cultural heritages that have been hidden from us."

Maternal Gift Economy Movement conferences (2020, 2021, 2022) and Salons (every 2 weeks) <https://www.maternalgifteconomymovement.org> (cut and paste this link) Not explicitly pagan, but most of them are Goddess women.

Books

Aspecting the Goddess, by Jane Meredith

Core light healing: My Personal Journey and Advanced Healing Concepts for Creating the Life You Long to Live (2017), by Barbara Ann Brennan

The Empowerment Manual; A Guide for Collaborative Groups, (2011) by Starhawk

Evolutionary Witchcraft, by T. Thorn Coyle

The Goddess and the Shaman (2016) by J.A. Kent

A New Kabbalah for Women, by Perle Besserman, (2005) Palgrave Macmillian, 296.712

You Are a Goddess; Working with the Sacred Feminine to Awaken, Heal and Transform, by Sophie Bashford

Blog posts

Feminism and Religion blog <https://feminismandreligion.com/>

There are pagan, womanists and earth-based (Goddess) Christians and Jews who post as well.

Sophia Bonnie Woden Blog, London Ont.



<http://sophiabonniewodin.blogspot.com/2022/12/household-deities-aplenty.html>

Poems

By Diane Perazzo, Ottawa

<https://dianeperazzo.com/2019/05/15/ereshkigal-the-forgotten-one/> (cut and paste the link)
<https://dianeperazzo.com/2020/10/21/hestias-house/>
<https://dianeperazzo.com/2020/02/11/silver-skinned-and-finned-ffraids-journey-across-the-sea-to-wales/> (Ffraid is the Welsh version of Bridget).

Music/dance

<http://www.imaniuzuri.com/>

This dance link was come across from the Carribean island of St. Kitts.

Visual artists/art

Judith Shaw <https://judithshawart.com/>
Tijana Lukovic <https://www.tijanadraws.com/>

Documentary film

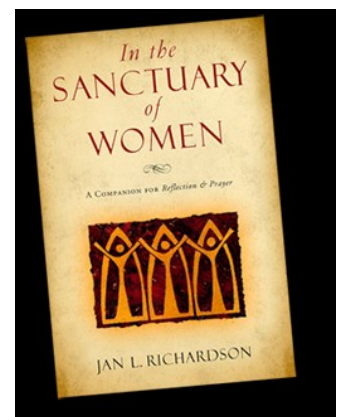
Yemanjá Wisdom from the African Heart of Brazil (2015), By Canadian film maker Donna Read
<https://www.yemanjathefilm.com/>

"Yemanjá - Wisdom from the African Heart of Brazil" is a stunning documentary exploring the tragic history, contemporary social struggles and resilient culture of Candomblé, a uniquely Afro-Brazilian spirituality, worldview and lifestyle, a transformational legacy of Africans forced to Brazil in the trans-atlantic slave trade. The story is told through the voices of elder women leaders, keepers of the oral tradition, including the 109-year-old daughter of a former slave. Often called the religion of nature, Candomblé not only survived but is flourishing in Salvador da Bahia, Brazil's first capital, while traditional African ways have largely vanished or gone underground in most of the Americas.

Resources gathered from submissions from the CUUWA community

Books

Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and Teachings of Plants, and Gathering Moss: A Natural and Cultural History of Mosses. by Robin Wall Kimmerer



Ecstasy, Ritual, and Alternate Reality: Religion in a Pluralistic World, by Felicitas D. Goodman (purpose of ritual, how it works)

The 5 Second Rule: Transform your Life, Work and Confidence with Everyday Courage, by Mel Robbins

Goddesses Heroes and Shamans: the Young People's Guide to World Mythology. Published by Kingfisher 1994 (while presented as "mythology" it offers an extensive list by regions)

Goddesses in Older Women: Archetypes in Women over Fifty, by Jean Shinoda Bolen

The Goddess Paintings, by Susan Seddon Boulet. Published by Pomegranate Press 1994

The Great Work, Healing through the Wheel of the Year, by Tiffany Lazic

The High Five Habit: Take Control of Your Life With One Simple Habit, by Mel Robbins

In the Sanctuary of Women by Jan Richardson

In the tradition of *Sacred Journeys*, Jan Richardson brings us a new book that invites us to cross into a sacred space with women from around the world and across the centuries. Drawing from the often hidden wellsprings of women's wisdom in Jewish and Christian traditions, *In the Sanctuary of Women* gathers together six women from scripture and history whose lives invite us to move more deeply into our own.

Living in the Lap of the Goddess: the Feminist Spirituality Movement in America. By Cynthia Eller. Published by Beacon Press: Boston 1993

Wild Mercy, by mirabai starr "for me, Wild Mercy by mirabae starr pulled Cakes and Rise-Up together ... a transcended energy!" Rev. Carole Martignacco

The Sleeping Car Porter, by Suzette Mayr

Websites

Mel Robbins. Host of The Mel Robbins Podcast + New York Times Best Selling Author
Mel Robbins is a motivational speaker who is famous for the 5-second rule and the high five habit, two neuroscience backed tools to take back control of your life.

<https://www.melrobbins.com>

<https://www.facebook.com/melrobbins>

Gather Victoria



THIS is a Goddess worthy recipe for Hecate!!!

<https://gathervictoria.com/2018/11/14/dark-chocolate-cheesecake-an-offering-for-hecates-night/>

Workshop Series

The Hera's Journey

<http://www.hiveandgrove.ca/the-heras-journey.html>

“Creating safety and sacred space in our Groves”

<https://treesisters.org/blog/creating-safety-and-sacred-space-in-our-groves>

“Sacred Spaces, Sacred Ways”

Faith and religious worship are traits common to all human cultures. As individuals and communities seek meaning beyond their daily lives, they project their faith onto their physical environment. They link faith to place.

<https://storymaps.esri.com/stories/2017/sacred-places/index.html>

Music

"Centre" Feat. Sridaya Srivatsan (Bharatanatyam Classical Indian Dance)
by Alysha Brilla Toronto video creator

<https://youtu.be/694nz3Ogkuw>

“Isis, Astarte” (Goddess chant)

<https://www.youtube.com/watch?reload=9&v=fZcQzjlojD8>

Artemesia “What Happens When a Woman Takes Power?”

<https://www.youtube.com/watch?v=fUh5GxSFLt4>

Unique Goddess animation video... “You Gotta Believe” Directed & animated by Nina Paley.

<https://vimeo.com/253135841?fbclid=IwAR0L16eU0OJj->

[jjrVreER9YFAvv_jn74Y9HSQkbEpEktaEu8iVBP1A6W-CY](https://vimeo.com/253135841?fbclid=IwAR0L16eU0OJj-jjrVreER9YFAvv_jn74Y9HSQkbEpEktaEu8iVBP1A6W-CY) (cut and paste in browser)

Other

Google ‘Goddesses Calendars 2023’ for a wide variety of beautiful calendars.



Parting Words

Thank you to each person who contributed to this IWD Packet. Every year we have something different to offer, based on what is occurring in the world and in our CUUWA world. As our energy ebbs and flows the necessity of flexibility and creativity presents new opportunity. A team of four has worked together to offer first *Cakes for the Queen of Heaven* and then *Rise-Up and Call Her Name* online. None of us would have taken this on by our self! What a gift to share the tasks and joy. Likewise a team took on tasks to create this packet which invites us to ponder the empowerment of the Goddesses and in particular what *Cakes* and *Rise-up* has offered to individual women, groups, and our movement over five decades. Thank you to Jo-Anne Elder-Gomes for collecting the material, and to Najat Abdou-McFarland for managing the layout and editing. Najat has also updated our website where you can find this IWD Packet as well as many other resources and information about how you can get involved in CUUWA.

Web site: www.cuuwa.ca

email us at cuuwateam@gmail.com

-Sincerely the CUUWA team

to order *Cakes for the Queen of Heaven*:

<https://www.uuwr.org/new-store/curricula/164-cakes-curricula-1>

to order *Rise-Up and Call Her Name*:

<https://www.riseupandcallhername.com/home/how-to-order>

