



Earth Healer



A Unitarian Universalist Congregation



The Official Newsletter of the friends and members of Gaia Community May 2005

SHAPESHIFTER MEDITATION FOR STRESSED-OUT DRUIDS

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Are you a stressed-out Druid? Have you overbooked your life, filling it with not just work, but grove meetings, environmental task force events, elaborate public rituals, planning meetings, budget meetings, social gatherings, and all the errand-running it takes to prepare for these various events? Are you telling yourself that scheduling more events of the social variety will “count” as relaxation? Are you an introvert living the life of an extrovert on amphetamines?

Stressed-Out Druid Syndrome (SODS) is an insidious thing. At first families don't talk about it. Eventually, the stress and lack of quality time together can fray the fabric of any loving family.

There are many steps that are important in reclaiming your life, such as making time to be alone, making time to be with family, and leaving at least one day a week empty in the day-planner. But as a Druid, there is also a spiritual aspect to the healing. Make time to get in touch with nature. Do a daily devotional out of love, not obligation. And of course, meditation can be a great tool for the Stressed-Out Druid.



The Shapeshifter Meditation for SODs comes from writer Diane Ackerman's technique called “spanieling”:

“Find a comfy corner, curl up, and relax. If you find yourself agitated by human thoughts and fidgets, imagine you're a cocker spaniel and laze with ‘dog-like dereliction’.”

Be the dog. Be the laziest, loungiest lump of a dog you can be. It's almost too much trouble to scratch yourself. Let your face droop like a basset hound. Let that utterly relaxed droopiness fill your body. Be the dog. Sprawl with no cares about where your limbs land or what you look like—you're a dog! Be the dog.

If you have any doubts that dogs do this as a spiritual practice, remember that they turn in three circles before they begin.

I recommend that anyone suffering from SODS perform this meditation for ten minutes every day -- or longer if you fall asleep.

Carey Reynolds



Special Adult Ed Class

Please join us on Tuesday, May 31 at 7:00 for an Adult Ed Special Event. Kris Ennis will be presenting the findings of her fellowship paper on the evolution of paganism from the time of Gerald Gardner's covens to the present day. She'll be talking about how far the pagan faiths have come, and how we might move into the future. This is a particularly interesting study for Gaia, since one of the issues she covers is the rise of public pagan ritual. As always, there is no charge for this program (though donations will be cheerfully accepted!) and child care is available with advance notice.

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All Sunday activities take place at Shawnee Mission UU Church; 7725 W. 87th St.; Overland Park, KS (near 87th & Metcalf) and begin at 4 P.M. unless otherwise noted.

SUNDAY SCHEDULE

Sunday, May 1

Ritual (Beltane)—“Bee’s Do It”



"Birds do it, bees do it...even educated fleas do it"... that's right, the subject of Beltane is sex and this ritual is rated "M" for mature participants. Children are encouraged to come to ritual for the beginning and end...they will have a project to do while the remaining attendees do the work of the ritual. (That sounds a bit risqué). The true subject of the ritual is Sacred Sex and taking your sexual expression to a different level. Parents will have to determine for themselves if the content is appropriate for their pre-teen to teenage children. We suggest no one under twelve remain in the ritual space during the mature portion. Bring a lawn chair or blanket and remember that Beltane ritual starts at 3:00 p.m. with the potluck following (probably picnic style and dress for the weather).

As with all Sabbats, we will be holding a potluck, so bring a dish for 8 hungry people and remember to label the ingredients! In order to care for the earth and each other, we ask that you refrain from using disposable containers or tableware if possible.

Sunday, May 8

Forum—“Gathering of the Goddesses”



This ritual honors the divine feminine in Her fivefold form (maiden, mother, crone, lover, and warrior) with rhythm and movement. Expect lots of opportunities to dance...or simply to add to the groove, if you're not inclined to dance. Rumors of dry ice and a disco ball can be neither confirmed nor denied. The ritual team will be assisted by the Excellence in Ritual class.

Sunday, May 15

Ritual —“Take Me Home” Ad Hoc UU’s

Each Sunday, we light a chalice to signify our connections with the other Unitarian Universalist congregations around the globe. In this Ritual, we explore other things we share with our fellow UUs.

Sunday, May 22

Ritual—“Pet Blessing”... facilitated by KidSpace

The Kids of Gaia Community will be blessing pets of all types. We will have 5 Altars in separate areas. Our Central Altar will be available for meditations on Animals and remembrances of lost pets. There will also be a Dog altar, Cat altar, Small Animal Altar (small mammals, birds), Miscellaneous Altar (anything that didn't fit one of the other altars).

You are invited to bring your animal to be blessed anytime between 4 and 5pm. Each pet will be blessed separately. We ask your consideration by making sure your animal is leashed or caged, and healthy. You are responsible for the conduct of your animal. If you cannot bring your pet for any reason feel free to bring a picture or power totem representing your pet to be blessed. Donations will be accepted at all altars; any money not specifically designated for Gaia will be donated to a local shelter to be named.

Sunday, May 9

SOS—“Memorial Day SOS” facilitated by Nicole

This “Sharing Our Spirits” will be a ritual co-created by those in attendance, and facilitated by Nicole. World events are changing so quickly that it's difficult to establish a specific theme this far in advance. Please keep an eye on Sunday announcements for details.*

Ritual Teams and Members:



Kitty Degler
Barbara Griggs
Brian Butler
Linda Boyce



Nicole Turner
Eric Simpson
Liz Ticer
Via Baker



Kimberly
Carey Reynolds
David Reynolds
Daniel Ticer



Jacki Kelly
Debbie Dozier
Jeff Park

Gaia Community Board Members

President—Jeff Park
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VP—Liz Ticer
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Treasurer—Devin Scrogum
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Secretary—Debbie Dozier
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Jennifer Gadd
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John Carroll
IBRCandS792@yahoo.com or
913-334-2834

GAIA EVENTS & ACTIVITIES

Ritual Teams Meeting

Thursday, May 5th at 6:45 P.M.

All current ritual team members are welcome to come critique and plan rituals past, present, and future. Attendance at one meeting per quarter is required to stay active. Comments from anyone in the general community about rituals are welcome as well; please communicate them to the Ritual Team Coordinator, currently Jacki. Please contact the Coordinator to find out more about this month's meeting, or if you are a graduate of the Excellence in Ritual class and wish to start working with Ritual Teams again.

Voices of Gaia

Mondays at 7 P.M. AT KITTYS HOME.

New singers are always welcome. If you have questions, or want more information, please contact Kitty Degler, songbird@kc.rr.com or 913-469-8779.

KidSpace Committee Meeting

Thursday, May 19th, 7:00 P.M.

The KidSpace Committee Meeting is a place for all parents, kids at heart, and KidSpace volunteers to come together and discuss the future of our children. Plans for future activities, volunteer opportunities, dinner, and the direction of the future of KidSpace could all be on the agenda.

Come to the meeting or contact Andrew Turner, our Director of KidSpace Programming, for more information at kidspace@gaiacommunity.org or (913) 706-9167.

Games Night

Friday, May 20th, 7:00-10:00 P.M. at SMUUch

Games Night is a chance for gaians to get together for fun, frivolity, and food, and NO OFFICIAL BUSINESS allowed! (We're not kidding—the Games Guru has spoken on this.) Bring a game (or ten), bring a friend (or ten), or just bring yourself and a willingness to play and visit. Snacks are welcomed but not required, to help the gaming crowds keep up their strength!

Friday Night Supper Club

Friday, May 27th, 7:00 P.M.

Join your fellow Gaians for food, friendship, and frivolity. Kick back and stuff yourself silly! This month it's Jazz-A Louisiana Kitchen; 1823 W 39th St.; KCMO; (816) 531-5556. For more information contact David, Carey or Kimberly at gaia-kat@kc.rr.com or 816-941-7626.

A look ahead at next month

June 5 Ritual – “Weaving the Web”

June 12 Forum – “Magic(K)?”

June 19 Ritual – “Midsummers” potluck holiday

June 26 Workshop – “Circle of Stones”

WEAVE AND SPIN

Splinters from the Board RfB minutes summary

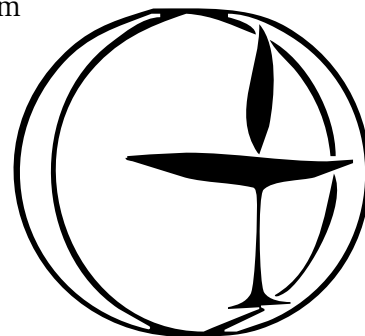
Hello all,
Here's what happened at RfB on April 9th, 2005:

David reported that we are doing slightly better on income currently.

In Old business, John reported that he has the directory finished with the exception of 3 additions he received the night before. Once those are in he will send it to be printed. Also, Devin and David will represent Gaia and the local UU cluster group.

In New business, we elected a new Board. Please congratulate and support our new Board for the next year:

President - Jeff Park
Vice-President - Liz Ticer
Secretary - Debbie Dozier
Treasurer - Devin Scrogum
Members-at-large:
John Carroll
Jennifer Gadd
Carey Reynolds



Also elected were:
Nominating committee
Barbara Griggs
Chris Ennis
Judi McCannon

General Assembly delegates
Jeff Park
Yale Giffin

Also in New Business, we decided that we didn't have enough notice to have an official presence at the Earth Day events at Shawnee Mission Park, but we hope to take part next year.

The Kidspace committee needs you to be a sexy cookie god or goddess. Please see Linda or sign up at the greeter's table.

The Membership committee will be having a new member class in May. See Barbara or sign up at the greeter's table.

The next meeting will be May 14th. Please contact any board member if you have an item for the agenda.

Debbie





P.O. Box 45307
 Kansas City, MO 64171-8303

Address Correction Requested

New Member Class Now Forming for May

Contact Earth Healer

Send letters, articles, poetry or prose, borrowed wisdom, comments and suggestions to: earthhealer@gaiiacommunity.org or by phone (number inside) no later than the 17th of each month.

Please tell us if you are receiving duplicate copies of *Earth Healer*, if we're getting your name/address wrong or if you prefer to receive the newsletter by email. Let us hear from you before the next *Earth Healer*.

**MAY YOU
 NEVER
 HUNGER.
 MAY YOU
 NEVER
 THIRST.**

May 2005						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
☾ 1 Ritual: 3:00pm Beltane: Bee's Do It! Potluck 4 pm	2 Voices of Gaia 7 pm	3 Adult RE 7 pm Build Your Own Theology	4	5 Ritual Teams Meeting 6:45 pm	6	7
☀ SR 3pm 8 Ritual: Gathering of Goddesses 4 pm	9 Voices of Gaia 7 pm	10 Adult RE 7 pm Sacred Rhythms	11	12	13	14 Ritual of Business 9:30 am
SR 3pm 15 Ritual: Take Me Home 4 pm	☾ 16 Voices of Gaia 7 pm	17 Adult RE 7 pm Druid Study Group	18 Site Committee Meeting 7-9 pm	19 KidSpace 7 pm	20 Games Night 7 pm	21
SR 3pm 22 Ritual: Pet Blessings 4 pm	☉ 23 Voices of Gaia 7 pm	24 Adult RE 7 pm Intro to Paganism	25	26	27 FNSC 7 pm	28
SR 3pm 29 SOS: Memorial Day 4 pm	☾ 30 Memorial Day	31 Adult RE 7 pm Kris Ennis Evolution of Paganism				

← Heartland Pagan Festival →

← HPF →