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HERLAND SISTER RESOURCES, INC.
1630 NW 19, OKLAHOMA CITY, OK 73106

A Meditation on Healing

by An Painter

It seems to me that healing is something we think of as physically directed, as in actively healing a wound. Healing's end-product is health, however. And we invoke "healing" when we are wounded. Suppose we thought of healing as a process of Becoming health--coming into good health, or bad health, for instance. Then healing would no longer be proximal to wounding. Healing might be a continuous evolution of the sense of well-being. We would not wait until we are wounded to begin healing ourselves. And what a revolutionary thought that is.

Healing ourselves, healing each other. Very different kinds of things. Bringing health to another is a political act; bringing ourselves to good health is charity. Easy to think about what the other person needs: crisis lines, legal help, support for our friends during the aftermath of violence, friendship or companionship, groups like Al Anon, a shared meal. And I'm not sure some women think of themselves as worthy. But why not? Why not heal the inner self? Indeed, bring the self to health before going out and volunteering at the careline, or the rape crisis center.

This is violence: killing the soul of another human being; treating someone as a consumable, wrapped in plastic with a tear-off seal and a single use warranty. These are the victims of violence: people who hate and people who use. Violence is also dissociation, alienation, and fragmentation. And for those who are more literal, violence is also physical. Ubiquitous, isn't it?

I think Becoming health (notice I don't say 'acquiring' it, as if I could walk into the 7-11 and say, "Give me a Diet Coke and a health, please") implies an evolution towards a state of encounter. One of the stations along the way is purification. One de-toxifies the body. And the mind, and the heart and the spirit, though I'm not sure I'm talking about four different things here. Another station is integration. When violence is done upon one, a part of one's self is split off--that's the part that gets trashed. And we strive to re-integrate that part into our selves. And for some of us, it's like saying hello to a piece of one's self that one never saw before: "Hello, you must be my sexuality. Pleased to meet you," or "Hello, I didn't catch your name. Heart, did you say?" Wholeness is a station of this passion. I become, you become, a whole person. This can feel quite strange. After all, one may never have been whole before. One can get on the path of this evolution anywhere. Renewal. Somewhere in a brain cell or two lurks the memory that one was whole, once. It may only be a genetic memory it is true, and it's not even a conscious memory. But the feeling and sensation of renewal is conscious. It's right on the surface of health.

I can think of these things which my friends do: they go to sweats for purification; they smudge with juniper. They explore Orthodox Judaism and try out a mikva, a purification bath; they purify their minds by chanting; they purify their spirits by walking in beauty. They purify their hearts in prayer groups, in Long Dances, in devotional meditation. My friends have come to

spirituality by contemplative practice and by community. Either one seems to arrive in the same place.

I think of the state of encounter as a long drawn out recognition of our true selves. One touches the Good and achieves self-love. The encounter is with ourselves. The Good can be Christ-love or Higher Knowledge or Light but the experience of touching it is the same moment. I think the encounter can be with another person, in the presence of the good. I would call this love. One becomes one's self and therefore one can become the Other, transcending the alienation of consciousness.

I don't think I've mentioned the words religion or power. Now there's a revolutionary thought.

sister lode
Vol. VII, No. 1
Feb. 1987

Note: sisterlode ceased publication after this issue due to lack of funds and inadequate community support. It was published from 1978-1987 in Albuquerque and featured feminist news, art, and poetry.

We encourage the exchange of information, personal opinions on issues of concern to the Oklahoma women's community, and your stories and experiences.

The editor reserves the right to edit and condense letters according to space limitations. Letters should be typed, double-spaced and signed by the author(s). Include your address and phone number. If you wish to be published anonymously, indicate so, but include your name, etc., for our information, in case the editor has questions.

Mail or deliver your letters to HSR, Inc., 1630 N.W. 19, Okla. City, OK 73106. Deadline is the 15th of each month.

Collective Meeting
May 2, 10:30 a.m.
at the Retreat

Volunteers needed to work the bookstore. Please come and find out how you can be involved.

Saferide is the only alternative available for women students. Over 500 women used the service in the last four months.

info from: the guardian

by dar

rape rules changed

ANNAPOLIS, MD--After sixteen years of feminist lobbying, the Maryland General Assembly has finally passed a law that prohibits judges from reading "Lord Hale" instructions to juries in rape cases. "Lord Hale" instructions warn the jurors that "rape is an accusation easily to be made and hard to be proved, and harder to be defended by the party accused though never so innocent." The instructions are named after the 17th century English jurist Lord Matthew Hale who made a name for himself in his own time for his high conviction rate for women accused of being witches. His famous quote on rape has been cited by virtually every legal scholar writing on rape since and was regularly read to juries in the United States until feminist organizing on the issue of rape in the early 1970's.

Prior to the passage of this legislation, a Maryland judge used their "discretion" in deciding whether to read the rule to juries despite its enormously prejudicial impact. As Susan Brownmiller commented in 1975: "Since four out of five rapes go unreported, it is fair to say categorically that women do not find rape an accusation easily to be made." Those who do report their rape soon find, however, that it is indeed 'hard to be proved.' As for the party accused, though never so innocent or never so guilty, except for the tradition of Southern interracial cases, by and large a successful legal defense is nothing short of a cinch." Maybe this is the instruction that should be read to juries in Maryland rape prosecutions.

by debra ratterman
info from: washington
post (2-20-87)

saferide attacked

EUGENE, OR--Project Saferide, a nighttime shuttle for University of Oregon women, has come under attack from conservative groups for its policy of allowing only women drivers and riders.

Last Spring, eight men assaulted the Saferide vans during Gay and Lesbian Pride Week because they said it served primarily lesbians. In addition, several candidates in campus elections ran unsuccessfully on platforms to eliminate the program.

Most recently, an editorial in the Oregon Daily Emerald attacked the service saying:

Rather than define rape in terms of women being the victims and men the attackers, it should be defined in terms of people being rapists.

Also, most men are not rapists and can be trusted.

Shannon Meehan, the coordinator of Project Saferide, points to the lies embedded in this gender-neutral depiction of rape. In the real world, one in three women will be raped during their lifetime and over 99% of rapists are men. She notes that last year the Eugene Rape Crisis Network received 374 sexual assault reports and 759 reports of attempted attacks. Since the campus police discontinued its escort service,

case dismissed

SAN DIEGO, CA--A San Diego court has thrown out all criminal charges against Pamela Rae Stewart Monson, the first to be woman prosecuted for "fetal abuse." (see oob nov. 1986) Monson's son was born brain dead last November and the prosecutor, Harry Elias, alleged that she caused the death by failing to follow her doctor's orders.

Judge E. Mac Amos ruled that the statute under which she was charged did not apply to the facts of this case but had been intended by the California Legislature to assure that fathers paid for the support of their children. The law made it a misdemeanor for a parent to "willfully omit" to furnish necessary medical attention for a child and included a "fetus" as a child for the purposes of the statute. A violation is punishable by a \$2000 fine and one year in jail.

Richard Boesin, Monson's attorney, said he hoped the ruling would send a message that this kind of prosecution is counterproductive and "will do nothing but terrorize the hearts and minds of pregnant women."

info from: new york times
(2-27-87)

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MARION H., CINDI I., GINGER MCGOVERN, DONA W.

HERLAND News

IT'S NOT TOO LATE!! The Herland Spring Retreat is this weekend at Roman Nose State Park and you can register at the gate. Drive up and look for us at the group camp. There are work exchanges available for all who need them. The Saturday evening concert features Mary Black, Donna DeSalvo, and Peggy Johnson. Workshops include juggling and poetry. There will be Open Mike, games, raffles, and poetry readings. Herland will also have some chili for sale for those who don't want to bother cooking Friday nite. And if you plan on going to the Cris Williamson concert in Tulsa on May 29 there will be someone at the Retreat selling tickets... Anyone who has friends in the Los Angeles area will want to let them know that Nancy Day is headed that way the first part of May. She will be at the Coronet Theatre on May 3, At My Place (Santa Monica) on May 6, Vermies (Pasadena) on May 8, and Paradigm on May 9. She was such a warm and gracious performer in OKC and we wish her luck in her California debut.

EXCUSE ME !

Yes you. Are you looking for something to do? Something new? Do you want more excitement in your life? Over 600 beautiful people read the Herland monthly newsletter. Each and everyone of you have things you like to do. Write us or call 733-9331 and leave a message as to what you would like to see Herland do for you. Herland has 15 board members who strive to bring the women's community information, entertainment, and a place to feel at ease and relax. The more input we receive from the community the better we can serve. Do something good for yourself and the women's community by getting involved with Herland today.

HSR LIBRARY NEWS

Spring has finally arrived and as you do your spring cleaning, why not return those books you checked out from Herland eons ago? It would not only give you additional space on your shelves but it would also enable Herland to update the Library. We desperately need your help beginning May 9 through May 23. The HSR Lending Library will grant a grace period for all overdue books (no late charges). We think, or should we say hope, that all the 70+ books now overdue will be returned. As soon as the grace period ends the library will be closed for approximately 3-4 weeks (no books will be checked out during this time) so that all our books can be catalogued and classified according to the Dewey Decimal system. This will indeed be a major task and all volunteers will be appreciated.

So why not take a moment and return any HSR books you have that are overdue. The HSR Lending Library is so important to all of us, so let's unite to complete this project.

HSR LENDING LIBRARY POLICY

1. Check out only 2 books for a two week period.
2. Recheck books for an additional one week.
3. When checking out books you must be either a Friend of Herland or have become a member of the Herland Library by filling out a membership form and paying the \$5.00 annual membership fee.
4. There is a 5¢ a day late charge for overdue books (not to exceed the cost of the book).
5. If for any reason, a Library book entrusted to you is damaged or lost, it must be replaced at the current price, or come to some reasonable settlement with Herland.
6. Library books cannot be checked out to anyone who already has overdue books.

Thank you for your cooperation in following these rules so that the HSR Lending Library will be beneficial to all of us.

READERS' FORUM

VIRGIN BIRTH: THE LESBIAN MOTHER

I had lunch with my father last week and mentioned that I was unsure of which occupation I wanted to pursue. I said that when I finished this semester, I was not going to concern myself with a major, but just focus on basic courses for a while. My father immediately informed me that, "there is plenty of time for all that; what you really need is to get married and fulfill your reproductive duty."Now, being the Lesbian-Feminist that I am, I was outraged, to say the least. His statement is one of true chauvinism and sexism, (and every other -ism degrading to womyn). After I quite fuming I began to analyze my feelings on the subject of my "reproductive duty."

First of all, I don't believe I have a #@*# reproductive duty! I am a free women, a lesbian who will make my own decisions about my body. We often need what we are told we need, instead of discovering our needs on our own. "Just because you are a lesbian doesn't mean you can't have children; and just because you're a woman doesn't mean you have to."..We have options. We don't have to marry a man to have a child. We don't have to violate our bodies by having sex with a man. We have adoption, donor insemination, surrogate mothers, and many more.

I've thought of rebelling against my father by deliberately not having children. However, "I do want a daughter someday." I think my lover and I will make beautiful mothers. I have decided on donor insemination as my way of getting pregnant. To me this is a special alternative, and it enables us lesbians to truly have children of virgin-birth.

AFTON WAGNER

For more information read: The New Our Bodies, Ourselves.

I wasn't sure who I wanted to thank more, you or Nancy Day, but I had to thank someone and I didn't have an address. Saying "she was inspirational" doesn't even begin to explain my appreciation. I was deeply moved in more ways than I can remember. I just wanted to say thank you the best way I knew how, so here is a poem I wrote- actually, it pretty much wrote itself- to show my appreciation. Times like this I really wish I had the talent she does so you'd really understand how much it meant. Anyway, it may not be professional, but it's sincere.

She reached within
and touched the part
that fills the heart
with love
She bled for us
And as she shared
no scar was spared
the knife
she bled for us
A symphony of lifetimes pain
or surpassing shame
of love
she bled for us...
she bled for

us

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Dear friends

I know how hard many of you have been hit in these uncertain economic times. Knowing this, I still must appeal to you, those who benefit from the existence of Herland. We are now in a severe struggle. Our finances are extremely low and our spirits are not much higher. Burnout has taken many of us from the active roster, and those of us who are left need your help.

I ask you to reflect on the time when there was no Herland, no newsletter, no efforts to get you records and books, no workshops, no spring and fall retreats, no listings in national guides, such as Places of Interest to Women, Gaia's Guide, and Gayellow Pages for a women's center such as ours in Oklahoma City, and no Herland library. If you find the time before to be no different than the time now, then this appeal is not for you and you need not read on. BUT, if you are aware of our efforts and find them worthy, please help us with our growth.

Our shelves are bare and we are not individually capable of handling the total financial load of operating Herland. Herland is a non-profit organization and we volunteer because we believe in the cause.

So I ask you. Do you want us to continue, and will you help? I know many of you have donated willingly of your time as well as your money. For this we thank you. Yet there are over 600 persons receiving the newsletter. If everyone on the mailing list would donate \$12, which is only \$1 per month, we would be able to stock shelves, try new things, plan concerts, sponsor workshops, and move to a place that is warm in the winter and cool in the summer, and we could have a place that we all would be truly proud of. Think of it. All we need to do to raise \$7200 if for 600 people to donate \$12. Please take us seriously and send a check or money order today, or drop by on a Saturday or Sunday with your donation, when we are open.

Sincerely,
BC/Herland Collective

YES! I want to help Herland with an annual donation of \$12.

YES! I want to help Herland with a 6-month donation of \$6.

Your tax-deductible donation entitles you to use of the lending library as well as discounts on store stock and concert tickets.

Name: _____
Address: _____
City: _____
State: _____ Zip: _____ Phone: _____

Mail To: Herland Sister Resources, Inc.
1630 N.W. 19
OKC, OK 73106

THANKS! (Herland will send you a receipt for your tax purposes.)

Herland is not able to forward your newsletter unless you send us a change of address (just sending one to the Post Office won't do it).

This form may also be used to add a name to the mailing list.

Name: _____
Old Address: _____
City: _____
State: _____ Zip: _____

New Address: _____
City: _____
State: _____ Zip: _____

REGIONAL EVENTS

MOTHER'S DAY WOMEN'S PEACE ENCAMPMENT NATIONAL H-BOMB TRUCK-WATCH AT PANTEX

A two-day women's peace encampment at the Pantex nuclear weapons assembly plant near Amarillo, TX, May 9 and 10, will bring together women on Mother's Day weekend for the purpose originally intended for the observance: to decry the suffering caused by war and to work for peace. The women's encampment will initiate and set the tone for a one-week national "H-bomb Truck Watch," May 10 to 17, also based at Pantex.

The "Mother's Day Peace Encampment" is being sponsored by the Red River Peace Network of Texas, New Mexico and Oklahoma to bring together women concerned about the continuing nuclear arms race and the future of humankind on the planet. "For centuries, men have left home to go to war; now women are leaving home for peace," said Mavis Belisle of Dallas, a planner for the Mother's Day action.

Pantex is the final assembly point for all U.S. nuclear bombs and warheads, and has been the focus for several years of an annual "peace pilgrimage" and encampment coordinated by R.R.P.N. to commemorate the Aug. 6 and Aug. 9 bombings of Hiroshima and Nagasaki, and to call for an end to the nuclear threat.

The "H-Bomb Truck Watch" is being planned for May 10 -17. Interested applicants are invited to call Lillian Pawlik, Benedictine Peace House, OKC, at 524-5577 for more information.



Memorial Day Weekend
May 22-24 at the KiMo Theater, Albuquerque

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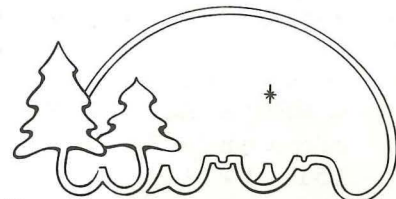
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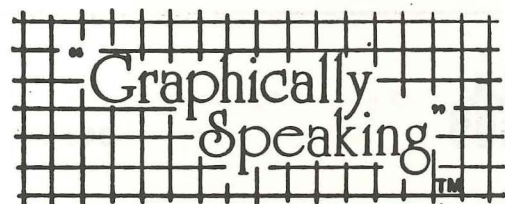


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LOCAL NEWS

Martha Steeger, a long-time political activist for women's issues, has filed suit against the Ada public schools charging that she was not considered for an assistant principal's position because of her sex.

In 1983, Ms. Steeger, who had nine and a half years experience teaching and a master's degree, applied for a position as assistant principal with the Ada Public Schools. There were only two other applicants--both male.

When she first talked to the superintendent about the job, he told her that as a woman with a family she wouldn't want the position. Even though she continued to pursue the position, Ms. Steeger was not interviewed. Both male applicants were interviewed and one recommended for the job.

Ms. Steeger filed suit on June 25, 1986. The trial date has been set for June 30, 1987.

Women's groups are being asked for assistance with the cost of the suit. Oklahoma NOW has established an "equity fund". Contributions may be sent to:

WOMEN'S EQUITY FUND
c/o Candy Tucker
1516 NW 48
OKC, OK 73118

WOMEN AGAINST SEXUAL ABUSE BY DOCTORS

P.O. Box 700235

Oklahoma City, Oklahoma 73107

After hearing first-hand accounts of sexual abuse by doctors in Oklahoma, we formed an organization called WASAD (Women Against Sexual Abuse By Doctors). We also undertook a study to determine the extent of this abuse. We heard from a number of victims around the state.

We discovered there is nothing in the Oklahoma Medical Practice Act concerning sexual abuse by doctors. We drew up a proposal for changes in the Medical Practice Act and submitted it to Senator Bernest Cain. Senator Cain introduced a bill to effect these changes on February 23. The bill number is SB 161. A second bill concerns changes in the makeup and tenure of the Board of Medical Examiners. This is bill number SB162.

We are forming a task force and we need your help. Our initial goal is to secure passage of the bill. Here are some things you can do:

1. Follow the progress of these bills.
2. Attend Committee hearings at the Capitol to support the legislation.
3. Write a letter stating your support of the bills.
4. Telephone Senator Cain, 521-5719, and Don McCorkle, 521-2711, to voice your support.
5. Channel this information to your community.

Future goals of WASAD are the education of the public and professionals about sexual abuse by doctors; prevention of abuse; and action victims can take.

Please call ASAP and let us know how you can help. Thankyou.

MaryBeth Pickney (528-5733)

Mary Menges Myers (943-5695)



848-5429

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405/495-1094

Lilith Publications is looking for writers to contribute chapters (2000 words) and original black ink drawings for the **Guide to Gracious Lesbian Living**. Topics to include the A-Z of lesbian life, all from a seriously humorous perspective. Deadline May 1, 1987 for September publication. Inquiries welcome. 32 Lipton St., Winnipeg Manitoba Canada R3G 2G5. (Phone: 204-774-7960.

Sing Heavenly Muse!, a journal of women's poetry and prose, announces a poetry competition with three awards of \$500 each and publication. Lisel Mueller will be the judge. Contestants must have published at least five poems in two or more publications and may not have published a book of poetry. Send SASE to SHM, PO Box 13299, Minneapolis MN 55414 for complete guidelines.

Pebbles, Jan & Gina (current California prisoners) are doing a book about women behind bars to be called **What's a Nice Girl Like You Doing In a Place Like This**. Women prisoners and former prisoners who want to tell their stories are invited to send a summary of their "crime" and their time, as well as art and writings. Contact Pebbles, Jan & Gina at What's A Nice Girl, 2144 Shattuck Ave. Room 504, Box 2077, Berkeley CA 94704.

Cyndra MacDowall is currently undertaking research into women's sexual imagery (both heterosexual and lesbian) and is particularly interested in imagery made by women for women, in photographic media (both historical and contemporary). She is interested in hearing from anyone who has information on this subject and who would be interested in sharing research information and suggestions. Please write WSIP, c/o The Toronto Photographers Workshop, 80 Spadina Ave. Room #310, Toronto ONT M5J 2J3.

FOUNTAIN INSTITUTE FOR WOMEN

The International Women's Guesthouse Registry (IWGR) is the first women's guesthouse networking service, providing up-to-date, confidential listings of women-owned and operated Bed & Breakfasts, inns, and campgrounds in the U.S. and abroad.

Women-only guesthouses are extremely popular, both as vacation spots and as weekend retreats. Yet, many women are unable to locate them when planning trips.

Fountain Institute for Women, a non-profit organization dedicated to the advancement of women, founded IWGR to meet the increasing needs of lesbian travelers.

Let them know which state or region you're interested in, and they'll mail you their listing of women-owned accommodations registered within that area. There is a \$3 service charge per state/region requested (payable to Fountain Institute for Women).

Free assistance is available to women who are interested in starting their own B&B in their home or apartment. Your only investment is a \$15 annual registration fee. Write for more information.

Fountain Institute also publishes "TravelTalk", a free, quarterly newsletter for lesbians who love to travel or just enjoy reading about exciting places.

Send all request to:

FOUNTAIN INSTITUTE FOR WOMEN
P.O. Box 700,
Rego Park, N.Y. 11374



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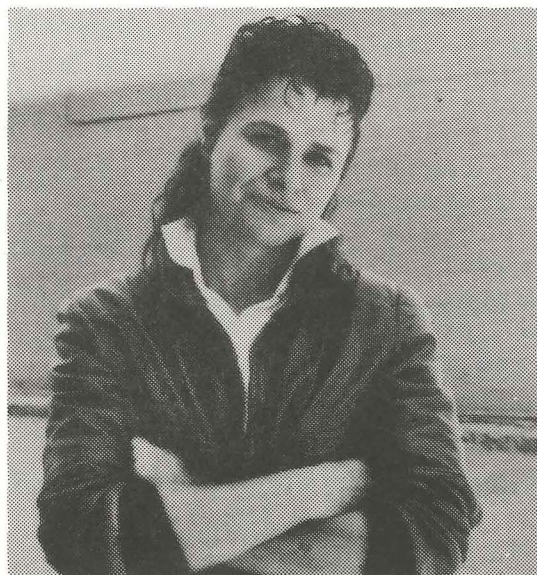
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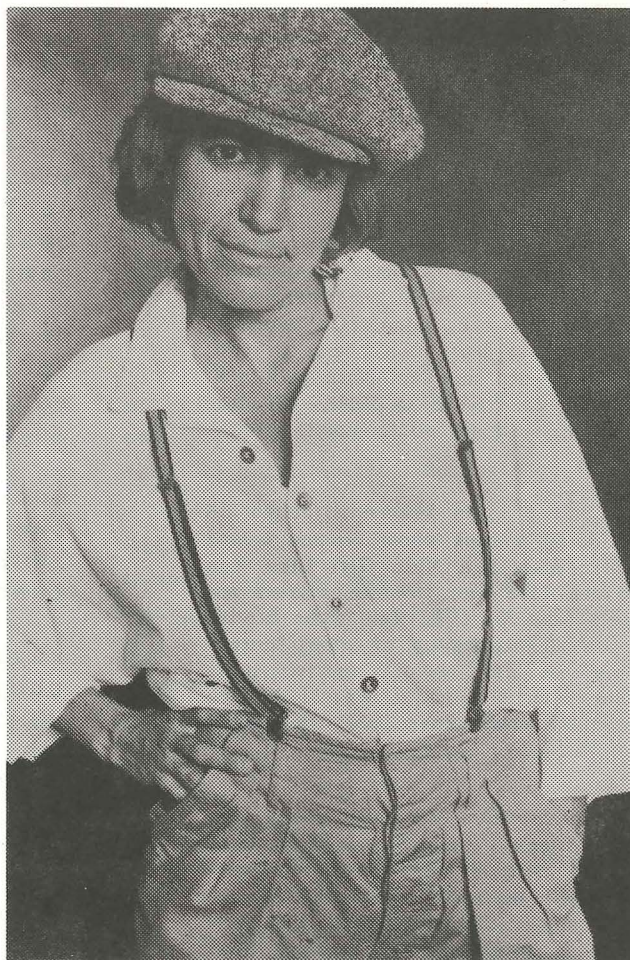


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