November/December 2014

“Some Seeds”
by San Juan de la Cruz
Some seeds beneath the earth are dormant.
They fell the last time the cool air turned the leaves to gold.
Those seeds have different needs than we do;
Let them go about their life completely unharmed by your views.
We have cracked open, we sensed even beneath the earth
the holy was near, and are reaching up to know and claim
Light as our self.
We have cracked open and are reaching up
We are reaching up to know and claim
Light as our self.

“Wow! You’re an artist!”
Exclaimed the Woman to Woman Core during their first meeting in the summer of 2012. During an introductory activity, Michelle had shared her art journal, a private creative outlet that was a source of productivity and self care during a season of loss and transition. This declaration from the group proved to be revelatory. “Hmm… I’m an artist.” Two and a half years later, Michelle reflects on that experience and the art she shared. “My art has progressed a lot since then,” she said. “I get bored doing the same thing, so I’m always looking for new inspiration. You can see that change in new pieces and new shows.” Michelle is a self-taught reuse artist, which means that her canvases are recycled or handmade. Many of her pieces are mixed media, and her work is gaining notice in shows and retail venues around Nashville. (Continued on second page)

Upcoming Circles

December 9th
Family & Home: Where do I fit?
Scarritt-Bennett Center
6:00-8:00 p.m.

January 20th
Community stories: Women Making a Difference
Scarritt-Bennett Center
6:00-8:00 p.m.

“WHAT DO WE ACCEPT WITHOUT QUESTION?”
Esther Bailey-Bass offered this challenging reflection in our November meeting. Jackie Hansom, a Woman to Woman circle member, asks that question every day in her work with Hands on Nashville and Teach for America, two organizations that are committed to changing culture for a more just and equal community. Jackie invites Woman to Woman participants to join her in this work. Valor Collegiate Academy, a new charter school in South Nashville, needs once-a-week tutors for their fifth grade class. The tutoring program combines academic support with tennis practice to engage the whole child. It will take place on Wednesday afternoons, beginning January 7th. Visit www.mentortennissee.org, email gthomas@valorcollegiate.org, or talk to Jackie at the next meeting to learn more about this opportunity.

“Community Spotlight: Michelle Bukowski, Artist”

Michelle and Ryan Bukowski with some of their work, shown at the Turnip Green in Nashville last month.

Michelle's art is exhibited and sold at Three French Hens in Nolensville and Atmalogy in Nashville (pictured).
For our March circle meeting, we will be welcoming Carlene Robinson, a trained facilitator of Nonviolent Communication. She will lead a workshop introducing this tool for personal development and leadership. "Nonviolent Communication (NVC), sometimes referred to as compassionate communication, is a process developed by Marshall Rosenberg and others that people use to communicate with greater compassion and clarity. It focuses on three things: self connection, honest self-expression and listening with deep compassion." (from nvcnashville.org) To prepare for our time with this material, and make the most of the March session, please read the book Nonviolent Communication: A Language of Life. Email Claire or Chandra if the cost is prohibitive—Carlene and the Cal Turner Program have kindly donated several copies for our use.

Cheese Crisps

So tasty – everybody loves them!

2 cups grated sharp Cheddar
cheese
1 cup butter, softened
1/2 tsp. salt
1/8 tsp. cayenne pepper, more to taste
2 cups flour
2 cups Rice Krispies

Cream the cheese, butter, salt and cayenne pepper until fluffy.
With wooden spoon stir in flour and Rice Krispies. The dough is stiff after the flour is added, and you’ll think the cereal will get crushed, but it doesn’t.

Roll dough into balls the size of walnuts (no need to chill first) and place them about 2” apart on greased cookie sheets. Flatten with fork.
Bake at 400° for about 10 minutes, until browned around the edges.
Makes about 6 dozen.

At our November gathering, Jean’s Cheese Crisps were a hit. Here’s her recipe.
Chef’s Notes:
- I add more cayenne than recipe calls for
- Divide the dough into quarters, roll each portion into log shape and slice
- Sprinkle coarsely ground sea salt onto the slices before baking

Coming Soon!
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Woman to Woman is a collaborative program of
The Cal Turner Program for Moral Leadership in the Professions and Scarritt-Bennett Center.
Learn more about these organizations at
www.scarrittbennett.org and
www.vanderbilt.edu/ctp.