

[[thegathering_archives/woman_header.htm](#)]

The Gathering

A Celebration of Tao and Defiant Women Everywhere

May 2008



Dear Tao and defiant women,

May has finally arrived and, here in Connecticut, we are receiving the rain that was supposed to have fallen in April. But the golfers are out on the links, the bikers and joggers are on the roads; all enjoying the great outdoors despite the necessity of raingear slowing them down. As for me, well, I'd rather get my exercise on an indoor treadmill in this wet weather, after which I grab my ever-present cup of coffee and relax on the couch - snug and dry - and watch the rain through the windows.

Sitting on that couch I have time to reflect upon my life; my family, friends and work. I am blessed in all of these aspects in that there is no conflict between these segments of my life - all work in harmony. What is especially gratifying is the fact that so many of my colleagues have become personal friends. These are the folks that I am proud to introduce you to in these issues of The Gathering.

This month you will get to meet my friend, Dale Allen; a very talented, energetic and caring woman whose creative piece, "In Our Right Minds," has taken her around the world as she brings self-esteem and renewed strength to women everywhere.

So, please enjoy this edition of The Gathering as you are sitting at your computer, cup of coffee or tea in hand - rain outside or not - read about upcoming events and, especially meet Dale.

CJ

This month's Gathering features:

- [The Wisdom of the month](#)
- [Meet Dale Allen](#)
- [A listing of my May travels](#) – Please come say hello when I'm in your part of the country.
- [Three very special events](#)
- [A few final, thought provoking words](#)

Spread the word – please remember to forward this issue of THE GATHERING to your friends!



MAY'S WISDOM OF THE MONTH

"Don't undermine your worth by comparing yourself with others.
It is because we are different that each of us is special"
- Bryan Dyson

[\[back to contents\]](#)

MEET DALE ALLEN

Bringing the Joy, Blessing and Empowerment of the Goddess Worldwide!



Dale Allen is a fifteen-year veteran of corporate and commercial communications.

Her extensive resume includes hundreds of voice-over, on-camera and live presentation projects. Some of the most quality conscious companies, such as BMW, General Electric, and Canon among others, have chosen her to represent their brands.

She is an accomplished lecturer, workshop facilitator, playwright and theatrical actress.

Reviewed as having the energy of a "Cape Canaveral lift-off," *In Our Right Minds*[™] celebrates women through history, myth, comedy, dance, drumming and six original songs. With a combination of factual material and the charismatic presentation by Ms. Allen, her performances make a powerful impression on audiences.

Dale Allen enhances the presentation of her lectures with her acting and comedic ability, as well as original songs to bring the material to life. She thoroughly engages and inspires her audience, which ranges from highly educated corporate leaders to young women seeking their place in the world.

Please read more about Dale at her website:
http://www.daleallenproductions.com/IORM_INDEX.htm

And absolutely watch a preview of "In Our Right Minds" at <http://www.daleallenproductions.com/view%20preview.htm>

Dale is a treasure and I am so very proud to be her colleague and friend.

MAY TRAVELS

Ohio

WEDNESDAY, MAY 21 - THURSDAY MAY 22, 2008
DAYTON, OH

In Conjunction with WomenEtcetera! www.womenetcetera.com

WEDNESDAY, MAY 21

3:00pm-4:00pm

CJ will be speaking with Katie Klain of WomenEtcetera! about "Putting On Your Visibility Cloak"

Charles Latham Senior Center

5:30pm-8:00pm

CJ will do a meet and greet at the WomenEtcetera! booth at the "Fantastic After 50" Fair
Fraze Pavilion, Lincoln Park Civic Center

THURSDAY, MAY 22

11:00am-1:00pm

CJ will be hosting a book discussion and signing
Borders Books, Dayton Mall

6:30pm-9:00pm

Spend an Evening With CJ - fundraising event for the Artemis Women's Shelter
Courtyard Hotel at the University of Dayton

Massachusetts

SATURDAY, MAY 31 - 9:30-10:30am and 10:45-11:45am
SOUTH YARMOUTH, MA

living life "Defiantly Tao"

for more information please email cj at thepath@taogirl.com

Escape to the Cape Girls' Weekend
Red Jacket Beach Resort <http://redjacketresorts.com>

Keep checking the [Travels Around the Country](#) page of this website for current updates.

[\[back to contents\]](#)

THREE VERY SPECIAL EVENTS

May 30 - June 1

GIRLS' CAPE ESCAPE WEEKEND

The oceanfront [Red Jacket Beach Resort](#) on Cape Cod will once again welcome girlfriends, sisters, moms, college roommates and best friends for a special themed weekend **May 30 – June 1, 2008**.

The weekend package gives women the chance to relax and enjoy good friends, good food, entertainment such as “dueling pianos,” a DJ with dancing, fun workshops, yoga classes and the chef’s delicious specialties. Resort amenities include a private beach, indoor and outdoor pools, whirlpool and a full-service spa.

The package prices are per person for the entire weekend, and include 2 nights’ accommodations, cocktail reception, welcome gift, 2 breakfasts, 1 lunch, 2 dinners, nightly entertainment, scheduled seminars and activities, all taxes and gratuities and a 10% discount on spa treatments. Rates vary by number of people per room:

CJ GOLDEN, author of *The Tao of the Defiant Woman*



A freelance columnist, author and motivational speaker, CJ Golden has spoken to women of all ages about her unique take on an ancient philosophy. CJ presents a workshop in which she explains those principles of Taoism which aid us in meeting the challenges we face in today’s culture. The interaction between leader and participants helps all to understand how this ancient philosophy of acceptance can work hand in hand with a defiant attitude - one that defies the archetypal stereotypes, negativity and limitations which try to hinder our personal growth.

CJ is a regular contributor to the Sally Jessy Raphael TalkNet Show and a featured writer and voice of WOMENetcetera.com. Residing in Connecticut, CJ greets each new day, challenge and transition with her Tao and defiant spirit, embracing her philosophy each day of her life.

[CJ's web site](#)

Dueling Pianos With Guest Sing-a-long



Boston area to crowds all over New England.

Bill Connors is the entertainment director for the famed Jake Ivory's in Boston. Kim Connors, a graduate of Berklee School of Music, and has won many prestigious awards in vocal competitions around the country. Together, they are the HONKY CATS DUELING PIANO SHOW. Both Boston natives, Bill & Kim performed together in Southern California for many years and have been dueling piano-style here in the

NIA Fitness & Lifestyle Class



Patti Sheets is a Certified White Belt NIA instructor. [Learn more about NIA](#)

NIA, or Neuromuscular Integrative Action, is founded on the concept that there is a dancer, martial artist, and highly aware person within you. By melding various concepts together, this person is set free. NIA is a worldwide fitness movement with over 22 years of technical advances. Tired of all the rigidity and pounding of aerobic exercise? Well, take off your shoes and get ready to dance, get your heart pumping and work up a good sweat without hammering your knees, your hips or ankles! Instructor

Achieve a Healthy Weight in '08



Circle and *Marie Claire* magazines.

Learn the secrets of how to lose weight and keep it off... permanently, just in time to reconfirm those new year resolutions about weight loss and exercise! Debra Wein is a faculty member at the University of Massachusetts Boston and teaches graduate nutrition courses at Simmons College. She is President and Co-Founder of [Sensible Nutrition, Inc.](#), writes a regular nutrition column for the *National Strength and Conditioning Association's Online Performance Journal* and has written articles for *Men's Health*, *Muscle and Fitness*, *Family*

Psychic Readings

NIA instructor Patti Sheets has been reading Tarot for over 20 years and studying Astrology for the last 6 years. She is part owner of Psychic Entertainment, which provides psychic readers for corporate events. She has taught workshops on psychic development and treasure mapping throughout New England. Along with 3 other readers, Patti will offer 15-minute psychic readings for \$20 (reading is not included in the weekend package rate). The readings will run the gamut from Tarot, Astrology, and Palmistry. Find out about what the future has in store for you! You'll have time for questions at the end of each reading.

DJ and Dancing

Dance off the items from the dessert buffet and listen to a popular local DJ spin your favorite

dance tunes!

Yoga



Celebrate and embrace the new day through this gentle to intermediate yoga practice. Awaken your muscles, relieve stress and leave feeling more balanced and centered. Class incorporates basic yoga postures, energizing breathwork, and relaxation. No experience necessary. Bring yoga mat or towel, wear light comfortable clothing. Please, no shoes.

Yoga classes will be led by Kathy Keane of [Healing Tree Yoga](#). Healing Tree Yoga offers a variety of Hatha yoga classes for all levels and ages along with excellent Pilates instruction.

AND MUCH MORE!

TO REGISTER GO TO <http://redjacketresorts2-px.rtrk.com/escape/index.cfm>

JUNE 13-15, 2008

*Healing through Connection
4th Annual Women's Retreat*

*Incarnation Center, Ivoryton, Connecticut
June 13-15, 2008*

*Presented by Donna F. Ferber, LPC, LADC
author of "From Ex-Wife to Exceptional Life: A Woman's Journey through
Divorce"*

with Margaret Kirschner, Kripalu Yoga and Meditation Instructor.

Please join us for this very special two night retreat. Through connection and introspection, we will draw inspiration from Natasha Bedingfield's words

"The rest is still unwritten."

The Retreat will be held at the Incarnation Center in Ivoryton, CT. We have exclusive use of a lodge, complete with a fireplaced community room, deck and kitchen. Bedrooms are located off the main room. The Retreat will begin officially on Saturday morning at 7:30 AM, but you can arrive on Friday night between 6-9 PM for informal connection and relaxation.

The retreat will end on Sunday morning at 10 AM.

Incarnation Retreat Center is set in a lovely wooded area of Ivoryton. The facility offers many wonderful areas for self reflection and relaxation including ponds, lakes, hiking trails and an animal farm.

The cost per person-double occupancy is \$285.00. This includes all facilities, activities and four meals. For a single room add \$75.00. (These are limited) There are ample community bathrooms. There is also a "commuter option". The charge is \$175.00 and includes four meals.

[For a printable registration form, click here](#)

www.donnaferber.com

SUNDAY, JUNE 28

~ CJ GOLDEN presents: DEFIANTLY TAO ~
Living our Lives with Joy, Vitality and Acceptance

STICKS AND STONES FARM
201 Huntingtown Road, Newtown, CT

Sunday, June 28th ~ 10:00 am – 3:00 pm

CJ shares her own unique philosophy for a vital and joyful life, one which combines the principles of Taoism (the ancient Chinese philosophy of acceptance) with a healthy dose of defiance (defying stereotypes, negativity and self defeating behaviors). This thought provoking and enjoyable workshop is open to everyone who is ready for a new and upbeat way to get through the transitions and challenges of life. You will spend the day with CJ, enjoy a healthy and luscious lunch and receive a signed copy of CJ's book TAO OF THE DEFIANT WOMAN

\$65 Registration is requested by June 14th, space is limited.
So don't hesitate! Defy whatever your inhibition may be and sign up now!

For more info contact CJ at: 203-364-0342 or thepath@taogirl.com

Please send your workshop fee to:
CJ Golden P.O. Box 59 Newtown CT 06470

CJ Golden, author of TAO OF THE DEFIANT WOMAN, travels the country from coast-to-coast inspiring her audiences to seek and indeed find, an easier path through life. A freelance columnist, author and motivational speaker, CJ speaks to women of all ages about her unique take on an ancient philosophy. She is a regular contributor to the Sally Jessy Raphael TalkNet Show and a featured writer and voice of WOMENetcetera.com.

[\[back to contents\]](#)

A FEW FINAL WORDS

As I finished writing this newsletter, I turned from my computer to look out my studio window. The rain of this morning has stopped and the sun is reflecting on the newly flowered shrubs below.

I remember, as a child, celebrating May at school by dancing around a May Pole.

Well, I don't have such a pole outside my house, but I will leave my work behind for the time being, walk around my property and enjoy this gorgeous season.

I wish you a beautiful May filled with sun and flowers and all things wonderful.

CJ

Send me an email and let me know who you'd like to see featured in an upcoming edition of The Gathering.

thepath@taogirl.com

CJ

[\[back to contents\]](#)

To view past issues of The Gathering click on the issue you would like to see:

To view past issues of The Gathering click on the issue you would like to see:

[june06](#) [july06](#) [august06](#) [september06](#) [october06](#) [november06](#) [december06](#)
[january07](#) [february07](#) [march07](#) [april07](#) [may07](#) [june07](#)
[july07](#) [august07](#) [september07](#) [october07](#) [november07](#) [december07](#)
[january08](#) [february08](#) [march08](#) [april08](#) [may08](#)