
THE TAOGIRL GATHERING

A Celebration of Taogirls Everywhere

December 1, 2006

The Taogirl Gathering

Issue Number Seven

Welcome , Taogirls



Here I am in the middle with some of the members of Team Taogirl.

Donna is second from the left

During the weekend of November 3rd, 4th and 5th, my husband, Joe, and I were in Phoenix for a business meeting he was running for a local corporation – a “thank you” weekend for the fine work done by the sales people of this particular company. I was to attend the evenings’ events as were the other spouses who were joining the festivities.

This year, unlike others, however, I was given “a leave of absence” from the daytime activities so I could participate in the 3-day, 60 mile walk sponsored by the National Philanthropic Trust to benefit the Susan G. Komen Breast Cancer Foundation.

My daughter, Donna, drove up from her home in Tucson so we could do the walk together with the rest of our team – Team Taogirl. This is the second time we’ve done this walk together and, last year, when I couldn’t participate, Donna put in extraordinary hours as a crew

member supporting the walkers.

Team Taogirl, along with more than 2,000 other men and women spent the three days walking and talking, walking and laughing, walking and preparing blister pads for our sore tootsies, and, together we helped raise both funds and awareness for breast cancer research.

It is impossible to adequately share with you the emotional impact of such an event – being in the presence of so many Tao and defiant men and women.

Therefore, I would like to highlight, in this issue of the Taogirl Gathering, the following beautiful words written by Donna:



More of the Team Taogirl members with Donna on the far left.

When I was asked to write an article about my experience on the Breast Cancer 3-Day walk, I immediately said “sure, why not?” However, as we started walking on day one, I started to think: “What did I get myself into? I have no idea what to write!” However, as I thought about it some more, and with some help from my Mom whom I was walking with, it soon became pretty clear. For me, this walk is about helping others and putting others’ needs ahead of your own. For instance, when we got to our very first pit stop on day one and had to wait in line for about 20 minutes to use the port-o-potties, I was pretty annoyed (actually, I was VERY annoyed); not only because I had a need to use the “facilities,” but I was also concerned that it would be this way at every stop (luckily, it wasn’t). However, it dawned on me later that this was truly incredible. Waiting 20 minutes to use probably about 30 stalls exemplified just how many people were actually walking!!! (And, subsequently, how much money was raised—85% of which would be going to the Susan G. Komen Breast Cancer Foundation!)

So, even though I really wanted to leave at lunch time on the first day and just go home so I could sleep in a comfortable bed and just "be home," the guilt of doing that kept me going at first, and then the understanding of what we all were accomplishing, and the realization of how relatively easy I had it, kicked in.

There was the woman who was walking but had just had a double mastectomy a week prior (and still had in her drainage tubes)...

There was the woman who had lost approximately 100 pounds over the last few years and had not done any walking at all prior to April, but kept pushing on and walked a good portion of each day, until something in her foot "popped" on the third day and she was taken off the course...

There was the man who was working on the safety crew who is diabetic and fell off his bike when he went into a diabetic shock and suffered a concussion...

There was the woman who is a marathon runner who had a freak accident the Sunday before and was put in a walking cast, so she walked a short distance and then worked on the crew the rest of the weekend...

There were all the people who came out to cheer us on, at both the official and unofficial cheering stations, not to mention the numerous "drive by" cheerings...

There was the woman who was not able to train due to back problems, but still walked more than half of the miles each day, yet felt guilty for not doing more...

There were the throngs of people who, at one point, were walking along the opposite side of the street to raise money for Juvenile Diabetes, reminding us that there are others in the world in need of help for a myriad of issues...

And, there were so many others who were there for so many reasons, and had so many of those reasons written on the backs of their shirts...

So, how could I compare to these fabulous women and men?! All I could do was keep going and celebrate all the wonderful pleasures in life, like walking through sprinklers on a hot afternoon and being with the people I love!!!

- Donna Goldberg

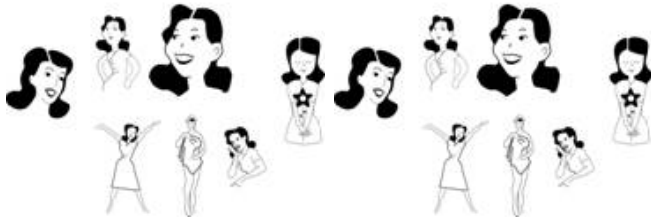


The woman Donna wrote about ---- the one who complained because her sore back kept her from walking the entire distance ---- well, that one is me. I have learned much after the walk and from Donna's perceptive words. I keep learning what it truly means to be Tao and defiant – to accept one's limitations while continuing on the path with all the vitality and strength one has.

Thank you, Donna. I am so proud to be your mom.

CJ





This month's Taogirl Gathering will also feature:

- ✚ The Taogirl Wisdom of the Month
- ✚ Our question and answer section
- ✚ A listing of my December travels – I would so love to meet you when I'm in your part of the world
- ✚ The Taogirl Boutique is open for the holidays
- ✚ "Let's link"

TAOGIRL WISDOM OF THE MONTH

Be as bold as the first man or woman to eat an oyster.

– Shirley Chisholm



It's **?** time

How can I send out the Taogirl Gathering in a timely manner and still keep up with all of the other requirements (as pleasurable as they are) of the season?

CJ Golden

TAOGIRL'S ANSWER TO CJ

Keep this issue of the Taogirl Gathering short and sweet and don't over burden yourself or your reader.

TG



On the road again.....

Here's where I will be in December:

Friday, December 8

New Age Health Spa

Neversink , NY

8:00 – 9:00 PM

I will be speaking about the Tao and defiant philosophy

AND THE NEXT MORNING:

Saturday, December 9

New Age Health Spa

Neversink , NY

10:15 – 11:15 AM

I will be conducting an introductory Taogirl

Workshop.

Wednesday, December 13

The Passion Project

Black Rock Arts Center

Corner of Fairfield Ave and Brewster Street

Fairfield , CT

10:00 – 11:30

Keep checking the Travels page of the website for current updates.

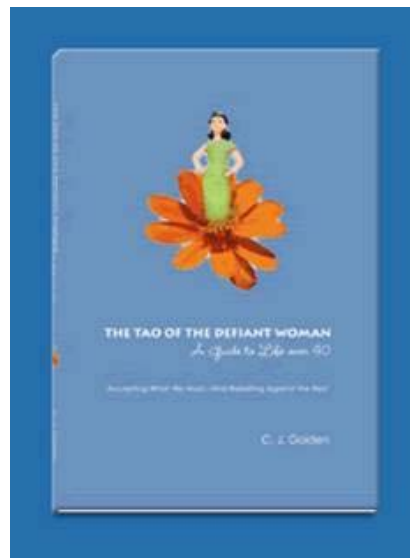


THE TAOGIRL ON-LINE BOUTIQUE IS OPEN

THE TAO OF THE DEFIANT WOMAN

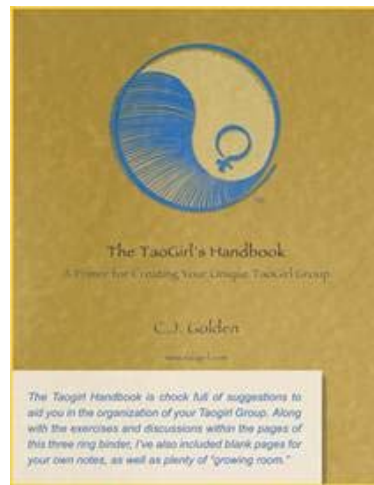
A GUIDE TO LIFE OVER 40

HOLIDAY SPECIAL: 10.00 PER BOOK – INCLUDES SHIPPING



THE TAOGIRL HANDBOOK

HOLIDAY SPECIAL 5.00 PER BOOK – INCLUDES SHIPPING



The TaoGirl Handbook

is chock full of suggestions to aid you in the organization of your TaoGirl Group.

Along with the exercises and discussions within the pages of this three ring binder, I've also included blank pages for your own notes, as well as plenty of "growing room."

THE OFFICIAL TAOGIRL T-SHIRT

HOLIDAY SPECIAL 12.00 PER SHIRT – INCLUDES SHIPPING



TAOGIRL GREETING CARDS

HOLIDAY SPECIAL 2.00 PER CARD, 6 FOR 10.00 – INCLUDES SHIPPING



LET'S LINK !

If you know of, or have a website that you think Taogirls would enjoy seeing, let me know and I'll be happy to set up a hyperlink from this newsletter to that site. Conversely, if you would like to do the same from your site to this newsletter, please contact me to do so.

It is in this manner that we can support each other as we all strive to support women everywhere!

Alignment With Life...Andrea D. Klein, the guiding light behind this California based coaching service, is a professional life coach who is continuously moving onward and upward by saying "yes" to life and by having fun with the evolving process. "Since I am in the 2nd half of life," says Andrea, "I have a yearning desire to help women embrace the 2nd half of life by exploring new possibilities and passions."

If you're ready to: embrace the 2nd half of life; explore the opportunity of truly having fun; tap into your creative juices; move into possibilities, potential and passions then you will want to "meet" Andrea via her website. And you don't have to live in California – she'll work with you via phone and/or email.

Visit Andrea and Alignment With Life at: <http://www.alignmentwithlife.com/contact.htm>

Esteemed Woman Foundation...This amazing and important organization was founded in 2000 by filmmaker **Suzie Galler** who began conducting research about women and self-esteem which led to the making of the highly acclaimed documentary film I Am Beautiful. The film then became the cornerstone of an outreach program designed to help women explore and strengthen their self-image.. It now includes ongoing workshops, resource materials and an outreach network that provides support nationwide. The foundation's primary focus has been to develop comprehensive programs for women of all ages and backgrounds. The programs teach that self-esteem is not a destination, but a life long journey--one that requires recognition of the sources of self-esteem, and a willingness to address those areas that impede a positive self-image.

Visit the Suzie and the Esteemed Woman Foundation at: <http://esteemedwoman.com>

Connecticut Muse... This seasonally published newsletter is the brain child of **Patricia D'Ascoli**, columnist, essayist and author of *Home Is Where the Humor Is*. The Connecticut Muse is a celebration of contemporary Connecticut authors featured in a quarterly newsletter. Each issue focuses on a different literary genre and includes book reviews, author interviews, a listing of upcoming author appearances and information on new releases. You Taogirls who do not reside in Connecticut will also enjoy reading the Muse to discover what new books are out there for us all to enjoy.

Visit Patricia and The Connecticut Muse at: <http://connecticutmuse.com/aboutus.html>

Donna Ferber ... is the author of the wonderfully supportive and encouraging book, *From Ex-wife to Exceptional Life: A Woman's Journey through Divorce*. Donna is a licensed professional counselor and licensed alcohol and drug counselor. She is also a psychotherapist and experienced speaker who has drawn on her twenty years of experience counseling women through this difficult process to create a comprehensive guide comprised of 365 one page essays that offer inspiration, insight and information.

Visit Donna at: <http://www.donnaferber.com/index.htm>

Prill Boyle ... Like the women she writes about in her book, *Defying Gravity*, Prill Boyle is a late bloomer. After graduating from college at 38, she became an English teacher. Then in January of 2000 she read an article in *The New York Times* about a 65-year old Kentucky woman named Wini Yunker who had waited 39 years to join the Peace Corps. Inspired by this woman's persistence and courage, Prill decided to write a book about late bloomers. Her book recounts the stories of 12 "ordinary" women who've done extraordinary things later in life. It is a delightful and inspiring book to read and all the more so as Prill connects these first-person accounts together with her own story. Prill is also very active on the speaking and workshop circuit.

Visit Prill at: <http://www.prillboyle.com/index.html>

A very few final words:

This issue of the TaoGirl Gathering finds us at the close of 2006. I sincerely hope this has been a good year for you all – as it has been for me.

I wish you all the joys of the upcoming holiday season, peace, good health and a hearty dose of that Tao and defiant spirit to get you through the hectic days ahead!

My thanks to **Donna** and **Team TaoGirl** for allowing me to feature you this month.

And, as always, a big thank you to all of you out there for being the wonderful, sharing and caring Taogirls (and Taoguys) that you are.

Please email me and let me share your story with our readers in the January issue of The Taogirl Gathering.

thepath@taogirl.com

C J

Spread the word – share this issue of THE TAOGIRL GATHERING with your friends!

If you would rather not receive future issues please respond to this email and put “unsubscribe” in the subject line.

For information, or to share your thoughts and wisdom with us: thepath@taogirl.com