

ST. SYBIL

Sybil Ludington, Revolutionary War Hero and Matron Saint of the Forgotten Woman, has been taking a little R & R over on the moons of Jupiter. She has returned to bring solace and comfort to the Resolution Impaired here on Earth.

Dear St. Sybil,

Is it too late to make some New Year's Resolutions? Do they ever work? I think I need to make some, before it's too late; life is passing by so fast and, like Oklahoma did to the Oil Boom, I seem to be pissing it away. I've noticed that my twice-yearly dental appointments seem to come once a month, and it's scaring me. I'll appreciate any help or advice you can give to help me live a good life.

Yours,

Phaedon Phast

Dear Phaedon,

I just dashed off a thousand or so words of the best advice a person could ever hope for, guaranteed to make your life eminently worthwhile and valuable. It was also a bunch of the most boring, tedious, judgmental, Calvinistic, disagreeable hoovey ever to be decreed from on high, resolutions that no person in their right mind would ever want to hear, let alone adhere to: Do this, don't do that, improve this, eschew that, no chewing the other (let alone the fat), no tv, no wine or spirits, no spirit at all. Boring boring boring.

Instead of all that, Phae, do these few things: Dance, girl. Dance, and sing, and write bad poetry - all right, if you can write good poetry, even better. Get up early and stay up late and nap a lot; play with your doggies and your kitties and your kiddies; snuggle with your sweetie or if you don't have one, celebrate your freedom; see more movies & read more books, write more letters; if you've got to chow down on cheddar pepper poppers or a banana split, do it with gusto; but remember to take your vitamins, you want to try to keep your arteries from getting as hard as drilling bits; take a walk sometimes, the more, the longer, the more scenic the better. Just one proscription: Cigarettes. Don't smoke, Phaedon, doing that to your body is a sin.

Other than that, take care, take power, and trust joy. Life is longer and richer than you yet know.

Love,

Sybil

Dear St. Sybil,

Help me please. How on earth do I extricate myself from my possessive controlling lover, when her battered, bruised, badly hurt inner child continues to break my heart?

Yours in mental anguish, and feeling very

Guilty

Dear NOT Guilty,

Abraham Lincoln once said, when chided for not liking a man because of his appearance: Before forty, we are not responsible for our looks. After forty, we are.

Well, to a certain age people are not responsible for the bad actions and attitudes of their inner child; but after a certain age - twenty? thirty? surely by forty - the adult has to keep that inner child in hand, under control, and on good behavior to others.

Many of the most wonderful, warm, compassionate, active, accomplished, caring people in the world have sad, suffering inner children. Above all remember that your inner child is just as vulnerable and deserving as anyone else's, and as much as you hurt for and empathize with and esteem another's inner child, it is your own who deserves your fullest measure of honor and tenderness. Don't let someone else's inner kid bully yours. Cherish your child, cherish yourself, and dance through the millennium.

Love and kisses,

Sybil

UNDISCOVERED TALENT?

Are you an undiscovered entertainer? If you are a musician, comic, or other entertainer, Herland wants to hear from you. Send us a tape (if you have one), your name, address, phone and a description of the type of entertainment you do. You could be invited to perform at a Herland coffeehouse, retreat or other Herland event. Send your information to: Social Committee, Herland, 2312 NW 39, Oklahoma City, OK 73112.

HERLAND SPRING RETREAT

The Herland Spring Retreat will be May 1-3 at Red Rock Canyon State Park. Planning for retreat activities has just begun. If you have a workshop/discussion group or other activity you'd like to facilitate, let us know. Come to the next Board meeting, 4:30 PM February 15 or leave a message at Herland.

EVERYONE NEEDS A LITTLE SHELTER

You can drop off donated items at Herland for the Norman battered women's shelter. Some of the most needed items are: new or nearly new children's clothing, all types of household cleaning products, toilet paper, paper towels, disposable diapers, school supplies for all ages, new women's underwear, bath towels, dish towels, hair care and other grooming items.

Individual, couple and family counseling. Call for a Wednesday evening appointment. Jo L. Soske, LPC/CADC 879-2226.

Country Living! Modest home, SE OKC near Tinker. Pasture space available. 400 MT, Bills Pd 672-3686.

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Subscriptions to *The Voice* are free upon request although a donation is requested to meet publication and distribution costs.

Herland Sister Resources

February, 1998

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p><i>Civil-rights sit-in begins at lunch counters in Greensboro, North Carolina</i></p>	<p>2</p> <p>Groundhog Day</p>	<p>3</p>	<p>4</p> <p><i>Rosa Parks, called the "Mother of the Civil Rights Movement" born in Tuskegee, AL in 1913</i></p>	<p>5</p>	<p>6</p>	<p>7</p>
<p>8</p>	<p>9</p>	<p>10</p>	<p>11</p> <p><i>In 1989, the Rev. Barbara C. Harris, an African-American, became the first female bishop of the Episcopal Church.</i></p>	<p>12</p> <p>Lincoln's Birthday <i>Frederick Douglass, black abolitionist, born 1817</i></p>	<p>13</p>	<p>14</p> <p>Valentine's Day</p>
<p>15</p> <p><i>Susan B. Anthony b. 1820</i> Hattie McDaniel was the first African-American to earn an Oscar as best supporting actress for "Gone With the Wind" 4:30 PM HSR Board Mtg.</p>	<p>16</p> <p>President's Day</p>	<p>17</p> <p><i>Marian Anderson, B. 1902</i></p>	<p>18</p>	<p>19</p> <p><i>In 1921, Bessie Coleman became the first black flier in the world to become a licensed pilot.</i></p>	<p>20</p>	<p>21</p> <p><i>Malcolm X assassinated - 1965</i> <i>Barbara Jordan, b. 1936</i> 7:00 PM Spaghetti Dinner at Herland</p>
<p>22</p> <p>Washington's Birthday <i>Norma Merrick (b. 1928) was the first licensed female architect in the US.</i></p>	<p>23</p>	<p>24</p>	<p>25</p> <p>Ash Wednesday</p>	<p>26</p> <p>8:00 PM Darenda & Peggy at Partners</p>	<p>27</p> <p><i>1833, Maria W. Stewart gave one of the 4 speeches that made her as the first American-born woman to give public lecture</i></p>	<p>28</p>

If you have an event for the Herland calendar, send it ATTN: Calendar, HSR, 2312 N.W. 39, OKC, OK 73112 or email Herland@usa.net.

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(2/98)



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