



During the whirlwind of the holiday season it's helpful to have a sense of humor and pause to let some light and fresh air "in" to keep life in perspective. We like to keep in mind this wonderful quote from Carole's friend, professional photographer Nancy Rotenberg, "Blessed are the flexible for they shall never be bent out of shape."

#### REVISITING THE INTERGENERATIONAL WORKSHOP

Our first Intergenerational Women's Workshop (Nov. 15, 2008) was a day rich with participants ranging from 26 to 94 years young. Stories, laughter, and the sharing of strategies for negotiating life's transitions at any age made the day rewarding. We extend a warm "thank you" to these women for so willingly sharing their hard-earned wisdom with all of us.



Ice Cathedral built by Barbara's husband, Don Bernard, for winter workshops and gatherings

#### In Gratitude

We are so grateful to the four women who provided scholarships for our fall workshops. Some women have provided a scholarship for a friend who cannot afford the workshop and other women, who have attended a Chrysalis Works workshop, have seen this as an opportunity to pay-it-forward by providing a scholarship for women who apply through our website. If you are interested in providing the gift of a workshop for someone please contact us by phone (694-6987) or e-mail us at [chrysalisworks@gmail.com](mailto:chrysalisworks@gmail.com).

#### UPCOMING WOMEN'S GATHERINGS (FREE)

Women's Gatherings at Chrysalis Works are a place for women to connect with old friends and new in a spirit of community. These events draw women of many skills and talents. To support women in making connections we have decided to try a couple of new things for the December and February Gatherings. We will have a table available in the front hall where women can place their contact information, such as, business cards or flyers. We will also be providing a bulletin board where you can post your latest "Hot Pick" such as a favorite movie, book, website, or quote, etc.

#### Women's Solstice Gathering

December 21, 2008, Sunday, 4:00 p.m.

Come for a free evening of fun, food, and celebration as we welcome back the increase in light to the northern hemisphere. Treat yourself to an evening dedicated to supporting each of us in bringing our light into the world. Shirley Mae Springer Staten will be leading us in songs and chants to support our spirit. Fire, luminaries, contemplation, conversation, and good food will all be offerings of the evening. As always, we'll provide the nonalcoholic beverages and you're welcome to bring a favorite beverage. Make one of your signature dishes to share for the potluck. You are welcome to invite other women.

#### Mark Your Calendar—Save the Date

February 7th, 2009 Women's Gathering at 6:00 p.m.

**Directions to the Chrysalis Works Workshop:** 18816 Roads End Circle Eagle River. Phone 694-6987

From Anchorage: Take Glenn Hwy North. Take Eagle River/Hiland exit. Stay on Eagle River Loop Road over the bridge and past the Walmart intersection. Follow Eagle River Loop Rd 3.4 miles. Turn right on West Skyline Drive (at top of hill). Drive .5 miles and turn right on Stillwater drive. Follow Stillwater drive .5 miles to sharp corner. Stillwater becomes Inspiration Drive. Turn left at 1st road, Roads End Circle. First house on left, 18816 Roads End Circle

From Palmer/Wasilla: Exit Glenn Hwy at North Eagle River exit. Turn left go .3 miles to stop light at Old Glenn Hwy. Turn right and go .8 miles to stop light at Eagle River Loop Road. Turn left and go 1.0 miles up Eagle River Loop Road to West Skyline Drive

Turn left on West Skyline Drive. Drive .5 miles and turn right on Stillwater drive. Follow Stillwater drive .5 miles to sharp corner. Stillwater becomes Inspiration Drive. Turn left at 1st road, Roads End Circle. First house on left, 18816 Roads End Circle

#### CHECK OUT OUR BLOG!

Check out the "Wisdom Book" video by Desmond Tutu on our blog at [www.wearechrysalisworks.com](http://www.wearechrysalisworks.com). A big thank you to our friend, Janet, for sending us this recommendation for our blog.

You can send us your suggestions for the blog by e-mailing us at [chrysalisworks@gmail.com](mailto:chrysalisworks@gmail.com).

#### REGISTRATION FOR JANUARY WORKSHOPS

Chrysalis Works is proud to sponsor two day-long workshops with international presenter, Kay Snow-Davis. Space is limited for the January 17th and 18th workshops and they both are currently half full. For detailed information on Kay and the workshops, go to our website ([www.wearechrysalisworks.com](http://www.wearechrysalisworks.com)). On the Home Page header, click on "Workshops" to link to the information.

#### Communication is a Bridge For Love

January 17, 2009

Since relating can be the most rewarding or most frustrating part of life, this workshop will use Kay's "Point of Power" model to provide you with a new view of yourself and everyone in your life. Point of Power uses the "Tree" as a metaphor for creating balance, respect, appreciation and increased joy in your relationships. Kay's books will be available for sale at the workshop.

#### A Day with Kay Snow-Davis

January 18, 2009

This workshop will incorporate two sessions. The morning session "Generational Cycles" will focus on generational commitments in addition to your individualized soul commitments. Kay believes that the clearer you can be on your generational commitments, the easier it is to recognize your power and cooperation in the unified field of humanity. The afternoon session, "Love is the Law of Life" will focus on the Wheel of Life Cycles. Since you are the Director, Star, and Producer of your LIFE MOVIE you can choose to remake or upgrade the quality of that movie. By releasing resistance, resentment, and attachments to outmoded beliefs and behaviors you open yourself to renewed energy and joy.

#### Women's Mid-life Weekend Workshop

- Saturday, January 31/ Sunday, February 1, 2009  
9:00 a.m. to 5:00 p.m.
- Cost: \$285.00 which includes snacks, lunch and supplies.

Take a pause in your schedule to join us for a weekend of renewal, reflection, laughter and joy as we recognize the potential in your current life for creating a vibrant future.