

*Weaving a Tapestry of Women's
Self Reliance*



*Tools for Serving Women Who Want to Help
Themselves*

Weaving a Tapestry of Women's Self-Reliance

This is a five-day program in which participants are introduced to the basic concepts of the Women's Self Reliance Program (WSRP), a women-empowering project of **Global Coalition for Peace**.

What is WSRP?

WSRP works with women to weave together their own cultural and human values, and their skills and knowledge together with critical information on nutrition, intensive vegetable gardening, and micro-enterprise. The hope is that this tapestry results in a physically and mentally healthy and conscious lifestyle for themselves and their families. WSRP emphasizes the importance of compassionate and respectful community intervention with a deep understanding of the challenges of living in poverty.

Who Should Attend?

Anyone who is, will be, or would like to work with economically depressed or underprivileged women and women who struggle to create a healthier and more comfortable life for themselves and their children. The program is applicable to any geographic location. GCFP offers opportunities to engage in this important work and/or connect those interested with other similar organizations.

Program Presenter

Rose Lord, founder and director of the Women's Self Reliance Program, has been working with indigenous women in El Remate, Guatemala for nine years and, more recently with HavServe in Lebrun, Haiti. She is a registered nurse by profession and has certificates in nutrition education, permaculture and tropical gardening. In addition to operating several small businesses of her own, Rose helped to develop and served on the board of directors of the Micro-Enterprise Assistance Program in Pittsburgh, Pennsylvania and taught a course in home-based business at Community College of Allegheny County.

Rose has been practicing organic gardening for 20 years and has taught a form of intensive, organic gardening known as Sattwic Peace Gardening, in Pittsburgh; Bethesda, MD; Washington, DC; Guatemala, the Dominican Republic, Venezuela and Haiti.

Workshop Descriptions

The Poverty Perspective

What does extreme poverty look like? How does it affect the attitudes of those who live in it? While not all poor people think alike, there are common characteristics in the paradigm of people who have lived their lives in a state of extreme poverty. What are those characteristics? How does it affect the way that “poor” people perceive aid workers? And how can we understand, respect and honor their perspective?

Fundamentals of a Healthy Diet

Women who are living in poverty are often desperately trying to provide enough food for their families but some women have little or no understanding of what a healthy diet consists of or how to make the best food choices. In this workshop we will present a strategy for how to impart the basics of nutrition to people who have little prior knowledge of the subject and may also be illiterate. We will work with materials that you can use to help women evaluate nutritional needs, improve diet, and examine natural vs. processed foods.

Spiritual Gardening

Gardening is a spiritual experience when done consciously and conscientiously. It is a manifestation of the creative instinct, the desire to take what we see, hear and experience in the world around us and make something new that is inherent in all of us. It is obvious in young children, in their love for drawing, for making up stories, for building with blocks or Legos, for making mud pies and sand castles, and for planting. All too often we lose that as we grow older, but it is easily re-captured when we approach gardening as the miracle of creation that it is.

Gardening can also be a mechanical process, devoid of wonder and beauty, but the farmers and gardeners after whom we model our gardening program are highly spiritual beings who take into account all of the natural forces that the Creator has provided for the production of our nourishment. When gardening is done in this manner it can bring greater peace, joy, health and beauty into our lives.

In the Spiritual Gardening Workshops we'll talk about biodynamics, permaculture, perelandra and forest gardening - natural ways of gardening that honor all the life-promoting and sustaining forces, rather than fighting against them.

We will also discuss (and in some cases demonstrate) practical ways of dealing with some of the most difficult gardening challenges.

Basics of Self-Employment/ Small Business

In this workshop we will discuss how to help women explore potential income-generating activities that will help them to assist in their own financial security and that of their families. We will look at different kinds of low-overhead businesses that women can operate from home; what qualities will help them to succeed at operating a business; how to evaluate a business opportunity; some of the common difficulties of self-employment and the pitfalls to watch out for. An outline for developing a simple business plan as well as additional materials for use in the field will be provided to help participants examine related subjects such as time management, record-keeping and a checklist for getting started. As a practical exercise we will choose a business idea and go through the process of making a business plan.

Micro-financing Models

When a person is afforded a small collateral-free loan for the purpose of developing a micro-enterprise (a very small business), it is referred to as micro-credit or micro-financing. This concept, which was initially developed by an economics professor in Bangladesh, has several different models that have been used very successfully to assist poor women in developing their own enterprises. We will look at peer lending groups, village banking and cooperatives and how these different programs can be used most effectively.

Fostering Community

We will wrap up the week with a discussion closely related to the first workshop on the Poverty Perspective. Intervention in any community, regardless of the intentions, can be either positive or negative. Drawing from our experiences in Guatemala and Haiti, as well as the experiences of associates, we will look at how aid workers and volunteers can avoid common mistakes and help create unity and harmony within the communities where we work.

Program Details

Date: October 27 – 31st - The program will start on Monday afternoon of the 27th and conclude after lunch on Friday the 31st.

Fees:* Overnight - \$325 – Includes sleeping accommodations Monday through Thursday, all meals during the workshop.

Commuter - \$175 – includes dinner on Monday and lunch Tuesday through Friday
Training materials for use in the field will be provided.

*Early Registration discounts available

Schedule:

Monday Check In: 3:00 - 5:00pm
Get Acquainted Dinner: 5:00 - 6:30pm
Workshop: 6:30 – 8:30pm **The Poverty Perspective**

Tuesday: Breakfast: 7:00 – 8:30pm
Workshop: 9:00am – 12:00pm **Fundamentals of a Healthy Diet**
Break and Lunch 12:00 – 2:00pm
Workshop: 2:00 – 5:00pm **Spiritual Gardening I** (end of day for commuters)
Dinner: 6:00 – 7:30pm
Movie: 7:30 – 9:30pm (optional)

Wednesday: Breakfast: 7:00 – 8:30pm
Workshop: 9:00am – 12:00pm **Spiritual Gardening II**
Break and Lunch: 12:00 – 2:00pm
Workshop: 2:00 – 5:00pm **Hands-on Gardening** (end of day for commuters)
Dinner: 6:00 – 7:30pm
Movie: 7:30 – 9:30pm (optional)

Thursday: Breakfast: 7:00 – 8:30pm
Workshop: 9:00am – 12:00pm **Basics of Self-Employment/ Small Business**
Break and Lunch 12:00– 2:00pm
Workshop: 2:00 – 5:00pm **Micro-financing Models** (end of day for commuters)
Dinner: 6:00 – 7:30pm
Movie: 7:30 – 9:30pm (optional)

Friday: Breakfast: 7:00 – 8:30am
Workshop: 9:00 – 11:30am **Fostering Community**
Concluding Luncheon: 12:00 – 1:30pm

Total number of participants will be limited to 15

Total overnight participants will be limited to 7

Early Registration: Before September 30th \$300 – overnight \$150 –
commuter

The workshop will be held at
Fox Haven Organic Farm and Learning Center



33 Poffenberger Rd. Jefferson, MD

To learn more about the center visit their website at www.foxhavenlearningcenter.org

To Register:

Please Call:

Global Coalition for Peace at 301-654-4899 or

Register online by emailing gcfp@earthlink.net

Please give your name and contact information and indicate that you are registering for the *Weaving a Tapestry of Women's Self Reliance* 5-day workshop and whether you will be staying overnight at Fox Haven or commuting.

For further information call Rose Lord at 412-951-7224