

Ellensburg Daré

Saturday, July 15

11 AM – 6 PM

Home of Kelly & Mona

601 S. Matthews Rd, Ellensburg

(This is a private home.)

Daré provides a unique opportunity of connecting and sharing that must be experienced to be understood. Mandaza Kandemwa, traditional healer of the Shona People of Zimbabwe, introduced Daré to the US decades ago. For many years, Coleen Renee attended Daré in Seattle, Ellensburg, and Boston, where she had the honor of working with Mandaza. She will co-facilitate the councils for the Ellensburg Daré.

This soulcentered gathering helps us move out of and beyond separateness, inviting us to celebrate the beauty of sacred community with all things. Everyone is welcome and welcomed. Daré is where each person's genius, intelligence, and uniqueness are sought out, acknowledged, and called forth.

We gather at 11 AM for 3 councils: story, healing, and dreams.
Between the councils, participants relax, have food, drum, walk, . . .

You may come and go softly and respectfully as needed.

For more information, contact Coleen Renee at 509-312-0220

Daré is open to all respectful beings, who can sit quietly and listen for at least 15 minutes. Participants are free to take walks, naps, pull cards, and to come and go (softly) as needed. Children are welcome when accompanied by an attentive adult.

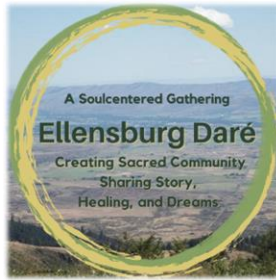
What to Bring: Drums, rattles, water, food*, a sacred item for the altar, sunscreen, lawn chair or blanket. Please come dressed for the weather.

***FOOD:** In Daré tradition we share food in a potluck style throughout the gathering. Tea and coffee will be available. You are encouraged to bring your own cup, plate, and utensils.

Donations encouraged for use of the space (utilities, toilet paper, coffee, tea, ...).



**Daré celebrates
the spirit of community**



What is Daré?

(Pronounced Dar-ay)

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Come and go softly and respectfully as needed.

We begin with drumming to call ourselves present, to connect with one another, the land, the ancestors, and spirit in sacred community.

Story Council gives us the opportunity to share personal story around a specific question. Story is the matrix of our lives, weaving the tapestry of both the personal and the community experience. We gift our stories to one another without agenda or judgement, simply listening and allowing each story to touch our lives as it will. This is a time to hear and be heard.

**We drum to close the council, then eat, talk, laugh, walk, . . .
When it feels right, we drum to call the next council.**

Healing Council offers us experiences of healing, whether we are receiving, giving, or holding the space. In the healing council we remember that we all have the ability to heal and be healed. We carefully and respectfully create a safe and sacred space for what needs to happen. The healing energy ripples out into the wider community.

**We drum to close the council, then eat, talk, laugh, walk, . . .
When it feels right, we drum to call the next council.**

Dream Council invites us to share the wisdom that moves through our dreams. Sometimes we dream for ourselves, sometimes we dream for someone else, sometimes we dream for the community. Therefore, we must share our dreams. You are invited to bring dream journals. This is an indigenous tradition where the dreamer shares her/his dream as an offering, and if he/she desires ask the community for insight.

We drum to close the council and the Daré.

For more information, contact Coleen Renee at 509-312-0220