

# TUMESHAJUA: We Already Know!



The Baobob tree which African people call *Mother*

We are three women—Rita Andrews, Niki Angel and Helen Caddie-Larcenia (See bios)—who have long held a vision of working with women of African Ancestry. Out of our own personal work, our life experiences in the world, and our relationships with each other, we understand how wonderfully supportive black women can be to each other. And, we have acknowledged, seen and experienced as well the ways we can undermine each other—consciously and unconsciously.

It is with great excitement that we come to tell you about a project that has been in the works for several years and is now coming to fruition—a gathering for Women of African Ancestry. We are excited about having a place for coming together with other women who honor, appreciate and want to make connections with their roots. And, we want to provide the space for women of African Ancestry who have yearned for connection with their “sisters”—a space to reflect on our elemental sameness and at the same time explore our visible and invisible differences. This gathering is proposed as a first step in a long term endeavor. Our intention is to:

## Develop a Strong, Supportive Network for Women of African Ancestry, Where We:

- ) Hear each other, see each other and make contact with each other
- ) Pay attention to and confront the limitations we put on ourselves and each other
- ) Practice skills for developing trusting relationships
- ) Speak directly to the heart of the issues—racism, colorism, sexism, heterosexism, nationalism, homophobia, classism, and misogyny among women of African
- ) Have indepth experiences of our multiple diversities and learn to manage our differences effectively
- ) Understand our most intimate, ancestral knowledge...We Already ..

# **TUMESHAJUA: *We Already Know!***

## **An Invitation**

**Please Join Our SECOND:  
Gathering for Women of African  
Ancestry**

**Sponsored by:  
Tumeshajua: We Already Know!**

**At Hope Springs Institute  
Peebles, Ohio**

**[www.Hopespringsinstitute.com](http://www.Hopespringsinstitute.com)**

**November 17-20, 2005**

**Registration - \$675.00  
Room & Board Included**

**For more information, email:  
Rita, Niki or Helen**

## **About The Gathering**

The Gathering will:

- ☞ begin Nov. 17 at 4:00pm and end on Nov. 20 at Noon
- ☞ include theory presentation, experiential learning, discussion, skill practice, meditation and body work
- ☞ serve healthy, nurturing food that feeds the body and the soul
- ☞ provide ample time for reflection and self-care.

### **PARTICIPANT COMMENTS:**

- ★This workshop provided a forum where Women of African Ancestry could discuss and work through issues specific to their life experiences.
- ★The work was energizing and grounding. It gave me strength and courage to go on. It also provided options I could not see for myself.
- ★I appreciated the recognition of our differences and creation of a safe space to bring them out, acknowledge them and to celebrate together.

### **Biographies:**

**Rita Andrews, MA.**, an organization consultant for over 30 years, has devoted the past 15 years of her work like to the development of women. She is committed to supporting women in all walks of life. And, she is especially focused on building bridges between women of African Ancestry—honoring the similarities and acknowledging the multitude of differences. Rita is also a member of NTL Institute and on the faculty of The Gestalt Institute of Cleveland. Email: [Rijaan@comcast.net](mailto:Rijaan@comcast.net)

**Niki Angel, PhD.**, is a cultural coach based in Washington, DC. In her 24 year work experience she has lived and worked in several different cultures. She feels passionate about creating healing spaces where everyone, regardless of their differences, feels seen, heard and held. Email: [Jitunza@erols.com](mailto:Jitunza@erols.com)

**Helen Caddie-Larcenia** brings experiences from several prior professions—H.S. Teacher, police officer, and Community Action worker. For the past 15 years, as a licensed message therapist, she is committed to providing nurturing, holistic practice that encompasses the total being—mind, body, soul. She currently works with Hospice as a volunteer and massage therapist. Email: [Ashaki2@midcoast.com](mailto:Ashaki2@midcoast.com)