

MINNESOTA HUMANITIES CENTER

Headscarf Story Circle Women's Retreat

Share your preferred workshops: When you register, please identify your top 2 choices for morning and afternoon sessions. We will try our best to accommodate. Final workshop assignments will be made during check-in.

GET TO KNOW THE FACILITATORS

Session #1: 9:55 AM- 11:55 AM



Pamela Zeller

Pamela is the Executive Director of [Women's Initiative for Self-Empowerment \(WISE\)](#) whose mission is to support immigrant and refugee women, girls and those on the feminine gender spectrum in their journey of self-actualization through culturally-responsive education, advocacy, systems change and resource development.

Re-writing Our Personal Narrative Session 1A

This workshop focuses on experiencing our past through a different lens, one we create for ourselves. Studies have shown that memories are not written in stone, they change over time. These changes do not negate them, they still influence our emotions and thinking.

Many of us have had difficult or traumatic experiences in our lives that have left us hesitant to trust others, allow others to get to know our true selves or feeling like we are not deserving of love or acceptance. This workshop will guide us in creating new narratives where we were protected, cherished, believed, celebrated, and loved. As we write, we experience what is described at an emotional level, and can re-visit it and those feelings. This new narrative can become part of our healing process.



May Lee- Yang

May is a playwright, poet, prose writer, performance artist and co-founder of [Funny Asian Women Kollektive \(FAWK\)](#), a group that uses comedy to combat the invisibility and dehumanization of Asian women. She holds an MFA in Creative Writing from The University of Minnesota where she also currently teaches creative writing.

The Specialness of Being: A Memoir Writing Workshop Session 1B

Writer Natalie Goldberg says, "A writer's job is to make the ordinary come alive, to awaken ourselves to the specialness of simply being." In this workshop, we'll wade through the waters of your life to uncover moments that were turning points or moments that want to be resurrected on the page. Using guided writing prompts and model texts from other writers, we'll breathe life into these moments.

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Malika Dahir

Malika is the Executive Director of [Reviving the Islamic Sisterhood for Empowerment \(RISE\)](#)



Sarah Gruidl

Sarah is the Storytelling Director at RISE

Personal Narrative Writing: Telling Our Stories Session 1C

Since 2016, Reviving the Islamic Sisterhood for Empowerment (RISE) has been reclaiming the Muslim woman’s narrative through our multimedia storytelling program. Through third person and first-person narratives, we curate and amplify powerful stories of Muslim women as agents of change. Along the way, we have watched women overcome fear and uncertainty about the value of their stories and become outspoken advocates unafraid to raise their voices for change. Join the RISE storytellers for a personal narrative writing workshop, where we will introduce you to our storytelling best practices, share exercises for putting your own story on paper, and help you cultivate the confidence you need to share your voice with the world.

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Session #2: 12:45 PM- 2:45 PM



Amy Wilderson

Amy is a Minneapolis-based [jewelry artist, entrepreneur, and teacher](#) who is trained in Creative Aging/Vitality Arts methods. Using metalsmithing, wire-working, and knotting techniques, Amy’s work taps into memory, culture, and heritage by reviving forgotten treasures, connecting them to gemstones that are associated with myth, power, and healing to create wearable, living stories.

Reviving Forgotten Treasures, Reviving Memories Through Jewelry Session 2A

In this workshop, we will use cold-connection wirework techniques to make a fabulous bracelet or necklace out of something that you once held dear, something that you really liked but just never found an occasion to wear, or something that broke and just ended up forgotten in your treasure box. This workshop is also about sharing the memories and significance of the treasured piece. We’ll learn how to craft a short elevator pitch-type response and a longer narrative/story about how you created this amazing new piece out of your treasure because people will want to know! No experience is necessary. All tools and materials (except for your treasure) will be provided.

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May Lee- Yang
Funny Asian Women Kollektive (FAWK)

Finding the Comedy In Your Life Session 2B

Comedy can be cathartic in so many ways: creating healing through laughter, building empathy across divides, subverting power dynamics, and making hard topics easier to digest. In this creative nonfiction writing workshop, we'll learn some rules around what makes something funny then delve into writing prompts to help you find the funny in your life.



Leesa Kelly

Leesa is an activist, writer, public speaker, and curator. Leesa is the Founder and Executive Director of Memorialize the Movement, a grassroots organization that preserves, displays, and educates the public on the protest plywood murals that emerged after George Floyd's death in Minneapolis in 2020. Through her work with Memorialize the Movement, Leesa has led workshops on cultivating BIPOC representation and visibility in the museum and conservation industry.

Paint to Express Session 2C

Paint to Express workshops is a free event we host each month to provide our community with a safe space to express themselves creatively. Although all are welcome, this is a BIPOC-centered workshop, as safe spaces to express ourselves are not always available. This space is for you to show up as you are and be your authentic self. We encourage folks to paint what they like and converse with fellow painters. MTM provides free painting supplies, snacks, music, and vibes. No experience necessary!

Also Meet...



Lupe

Our Emcee: Lupe Castillo, has shaped and activated Radical collaborations by providing “HeartSpeaks” Gatherings with Poetry, Writing Circles, and Spoken Word/Arts Collaboratives. Over 20 years, Lupe’s beliefs of creating community resistance to racism and the systemic refusal of resources have grown beyond her imagination. Through HeartSpeaks Circles and Gatherings, she creates an atmosphere that fosters gentle spaces to unfold experiences of trauma and joy through writing, drumming, and spoken word. Lupe is also a co-founding member of Palabristas, a Midwest Collective of Latine community members. Lupe’s cultural roots come from Xicanalndia from the Southern lands.



Korma

Our Featured Immersive Performance: Korma Aguh-Stuckmayer is the owner of Afrocontigbo which mixes traditional and modern West African dance moves into customizable engaging performances that can range from a single dancer to a full production of dancers and live drumming. Born in Nigeria, Korma moved to Minnesota in 2002 where she joined the dance company Dancescape. There, she nurtured her craft which included learning styles in Jazz, Salsa, Japanese, and contemporary movements. Korma believes that by exercising the mind and body through movements and rhythm, a person becomes complete. Korma is active in the community and enjoys inspiring future generations through her performances at festivals, schools, and corporate events.

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