

# AUSTIN LAMBDA

July

1988

## THE INDIAN SWEAT LODGE RITUAL

For me, the first wonderful thing about the sweat is looking forward to being with people who are into doing something wonderful for themselves. I know there will be so much magic in the air afterwards. During the feasting, I wish I was cloned several times so I could participate in every conversation.

The next perfect joy is doing the fire to heat the volcanic rocks. I bury the rocks in wood and keep a bonfire burning for 3 hours before the scheduled sweat time. This is a very spiritual time for me. I am alone, no other human sounds; just wood smoke, sunshine and a bird or so. Frequently I get very warm and take my clothes off. Just wearing moccasins, I feel a part of it all. Sometimes I read and everything is so intensified and meaningful. I feel the energy rising on the land. (Those of you who have been to my land know of its energy.) And then, people start arriving! My alarm (and) dogs run to bark and greet. They love sweats.

The food goes in the kitchen. It always looks great. We've been fasting. The newcomers 'oh' and 'ah'. The returnees say 'this place is so pretty' 'I love it!'

We troop across the footbridge which spans my

cavernous Dripping Springs creek. The fire-tender hellos us. Known ones hug. Others are introduced first. We mill around a little and explain the proceedings to newcomers. Then we take our clothes off. Some shyly, keeping their towels about themselves. We decide the order in which we will enter and place our 'sitting on' towel in the sweat lodge in a circle around the pit in the middle which will hold the hot rocks.

Our sweat leader, Sandra, puts a hot coal in her abalone half shell to burn fragrant sage which smokes profusely. We are each smudged with this smoke. Smudging is having the sage smoke pass over your body to cleanse your aura. A purification rite. As is fasting.

We then enter the lodge, bending to the low entrance, in the order we decided upon. The leader goes first. When all are settled, the fire-bearer brings in the first hot rock. They glow internally from the intense heat they hold. Four rocks are brought in and placed in the pit. The fire-bearer enters last and closes the door flaps. The lodge is dark except for the glowing rocks.

Sandra puts sweet grass on the hot rocks. The lodge is filled with the scent. She invites in the spirit of the East and talks about the meanings of that gate or

## LAMBDA FILES

Cont'd. P. 2

We are updating our educational files. If you have articles, books, or recordings that would be useful to us, please contact LAMBDA. Items could range from information on AIDS, to recent articles on homosexuality - articles from magazines or newspapers. As part of our educational "outreach," this information would be useful to students doing research, or to Newsletter staff writing articles. This information would also be useful to participants on LAMBDA'S Speaker's bureau.

We can use articles on

- AIDS
- alcoholism and drug abuse - in the heterosexual or homosexual communities
- abuse and battering in relationships - especially info. on lesbian/gay relationships
- gay parents
- children of gays
- A.C.D.A - Adult Children of Alcoholics
- Co-dependency
- Relationships

direction. She then says a prayer or gives thanks or sings a sing-a-long song. Or all three, and more, or not. When she is done, which she signifies by saying 'ho', the time to communicate passes to her left. That is usually me, the fire-bearer.

I am still kind of shy and tend to speak a prayer or give thanks with minimum words. Then it's 'ho' for me. Others in the circle also say 'ho' if they like what was said. You may, of course pray silently. The round ends with Sandra who may or may not do an after-round prayer or song. This is the end of the first round.

Those who want to, get out of the lodge to cool off a bit. Then we file back in, more rocks are brought in, the flaps are closed and we begin the second round. This is repeated for four rounds.

At the end of the sweat we jump into the swimming pool to cleanse our bodies and refresh our skin. Then we share food and conversation. A togetherness of spirituality prevails as we share ourselves with each other. The food is always great!

Some people get sick afterward. Maybe the next day or a few days later. Flu-like symptoms. Some have gotten sick right away with nausea and headache. This is just from toxins released into the body, and not everyone is affected. When I first started doing the sweats a year ago, I was usually fatigued afterward for several days. Also my face would break out. It seemed like I'd just get to feeling good again and we'd do another sweat! It doesn't bother me much now.

The ultimate joy I get out of doing the sweat is a feeling of oneness with the people in the sweat circle, the universe, and myself. I also get to overcome a barrier of speaking my heart out loud with the full and silent attention of others.

Marsha C.

SEE PAGE FOUR FOR  
2 ONE NIGHT  
STANDS !!

TAX DEDUCTIONS!!!!!!!!!!

LAMBDA is a non-profit organization - contributions are tax-deductible! Your gifts and donations

1)help pay the rent

2)help fund the

Newsletter

3)and keep our Treasurer from beating her head against the wall monthly!

Present needs at LAMBDA -

telephone installation

answering machine

computer and printer for

this Newsletter

our own copier would be

nice, but it's not a

necessity now.

IMAGES IN OUR COMMUNITY...

How do you feel about images and relationships in our community?

Do we still see ourselves the same way we did 5 - 10 years ago?

Do the terms Lesbian and Dyke still apply?

What kind of attitude(s) still prevail in the Lesbian community regarding "feminist" issues?

How do you feel when someone calls you a "girl"?

Do the terms "Butch" and "Fem" still apply?

How much are we into "Roles" today in the late '80's?

LAMBDA PROM POSTSCRIPT

We forgot to thank some people who helped with the Prom in May - sorry, folks! It wasn't intentional, just due to a hurried trip home on my part, and disorganization

Thanks to the Decoration/Clean-Up Committee - Maria, Diana, Kati, Suzanne, Marsha, Mimi, Cheryl. We couldn't have done it without you!

Special thanks to Kelly and Misha for helping me carry out trash and close up the building.

Thanks, also, to the folks who worked the door - Diane and Tony, Anne, Kasey and Barbara, - and to everyone who worked the bar!

We didn't make a lot of money at the dance - too much rain, too many other things going

cont'd. P.5

Relationships - making them work?

Relationships are the hardest things in our lives to control or direct. The right combination that worked once may not work in the next relationship. Each new relationship is a learning experience - teaching us more about ourselves than we could learn any other way. We find out quickly that positive attitudes work best, while fear of failure dooms relationships from the start-

"I failed with so-and-so, time, so this probably won't work out, either."

Someone once told me that each relationship we have merely prepares the groundwork for the one "real" relationship that will work, and last "forever and ever."

We may not believe in "forever and ever, in our romances, but we can still learn from the ones that didn't succeed. We may eventually write out a list of what we think we are looking for in the other person, and try to keep it in mind while we are single. Logic, sanity, and lists usually get left behind when we meet someone, and the physical, sexual attraction takes over.

We proceed with blinding speed, to fall madly, passionately in love, make all sorts of rash promises, including loving her forever, and sit back contentedly, sure that this romance is the real thing, and will last. Sometimes, it does - purely by accident.

There is no simple, easy formula for a successful relationship - otherwise, our relationships would last 10, 15, 20, 30 years! Right?

So... There is no perfect combination to look for in creating a perfect "match," either. Opposites are as likely to attract as those individuals who are very alike.

How many times have we been totally amazed by the romantic combinations that happen in our community, that we would never have tried to place together as a likely couple. Shades of match-making!! The strangest combinations work, while the "perfect couple" breaks up in a wild riot of seething chaos and noise that can be heard two states away, and produce "fallout" that lasts for months or even years.

So...there's no perfect formula for building and maintaining a successful romance or a perfect relationship. Keep that in mind while reading these suggestions that come from some of our more successful friends who have maintained long-term relationships:

♥ allow love time to grow and mature after the first glow of lust begins to fade

♥ learn to communicate - it's the most important key to the relationship

♥ bring your sense of humor with you, including the ability to laugh at yourself

♥ be prepared to grow-together and separately - this is a must

♥ work at keeping love and romance alive long after the honeymoon is over

♥ don't forget to play-keep the kid alive in you

♥ let her know you appreciate her - compliments are always in season

♥ don't get in a rut staying at home too much

- don't become a "couch potato"

♥ give each other space to be separate individuals - each of us needs moments of solitude for the sake of our sanity, and the sanity of our relationship

♥ trust each other - if you can't trust her, why are you together?

♥ continue to have friends, and to make new ones after you are together - any relationship will stagnate if it is not replenished and refreshed by the flow of love and support from friends

♥ don't be a workaholic and expect to be able to spend quality time with anyone in a relationship - you must plan special time together

♥♥ don't forget to say I LOVE YOU!



## OASIS MINISTRY

- a place for spiritual refreshing -

5555 N. Lamar, Bldg. L 101 Austin, Texas 78751  
(Common & Park)

• Minister  
Joy Bailey  
512/441-9191



• Associate Minister  
Mark Bruzesse  
512/834-8158



GAY PRIDE PICNIC/RALLY - JUNE 25TH

This picnic/rally was organized in just a few weeks by Kelly and Diane. From all reports, it was a success, with about 125 people showing up! Speakers included Georgia Cotrell (author - SHOULDERS), Tom Doyle (owner LIBERTY BOOKS, Beth W. and Frank M. of the student organization on campus - GLSA, and Barbara Risingstar, speaking for LAMBDA. There was Live Music furnished by His Boy Elroy, Tina Bustamante, and Laurie Boe Dee.

Next year, perhaps we can get organized earlier in the year and make the Gay Pride Week celebration what it ought to be, with lots of speakers, workshops, seminars, special films, and meetings.

Why do this? When we celebrate ourselves during Pride Week, we destroy a lot of our own homophobia, create positive, new images for ourselves and others, do some educating along the way, and just plain have a good time being together!

So....until next year....

ONE NIGHT STANDS... at LAMBDA????????

Well...not actually...

But you missed that Thursday night when we defined the topic ( is it when you meet a stranger at the bar, and... or when you already know the person and "get around to it years later... one time and one time only!)

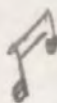
Is it better to have a One-Night Stand and never see the person again, or to have her fall madly in love with you and move in, bag and baggage the next morning?

Are we freer sexually with someone we don't know: and will never see again?

Is it safe to do One-Night Stands now?

There are no right or wrong answers to these questions, but we had a lot of fun trying to find the right answers at LAMBDA a few weeks ago!

Other topics you missed included future goals for LAMBDA, Dealing with male acquaintances - straight and gay, and Grief - dealing with the death of friends from AIDS.



AUSTIN - COMING ATTRACTIONS -

K.D. LANG July 8th  
She's terrific! She's mainstream country-western, dressed in boots, skirt, fancy shirt, and a crew-cut! She's from Canada, she's heading for the top of the charts, and will be at the AUSTIN OP'RY July 8th! If you like C-W. go hear her! Call KASE for info or go by the Opry House.

TRACY CHAPMAN AT THE TEXAS UNION BALLROOM - JULY 21ST

"She sounds like Joan Armatrading..." "She's terrific!" She was at Michigan Women's Music Festival two years ago!

Any of those bits of praise ought to be enough to interest you in hearing Tracy - there are albums at CELEBRATION if you would like to hear her beforehand. I think her voice sounds like warm velvet feels.



THERAPY SISTERS - JULY-AUGUST

7/23 Wheatsville Coop 1pm-230pm COLORADO ST. CAFE  
7:30pm-1030pm

7/29 RUMORS in Dallas  
8/6 CHICAGO HOUSE 10pm-Close

8/20 WATERLOO ICE HOUSE  
9pm-1am




**Celebration!**  
The Erik Magic Store

Mon-Sat. 10-6:30  
Sunday 12:30-5

108 W. 43rd St. 453-6207

1988



July



Sun

Mon

Tues

Wed

Thurs

Fri

Sat

					1	2
3	4	5	6	7 <del>7:30 pm</del> OUR INTERNALIZED HOMOPHOBIA!	8 K.D. LANG at the Austin OPRY HOUSE	
10	11	12	13	14 7:30 pm LEANNA (MOBIE)	15 NEWSLETTER DEADLINE FOR AUGUST	16
17	18	19	20	21 TRACY CHAPMAN AFUT UNION BALL ROOM 9:30 LAMBDA 7:30	22	23 TRACY S. 1:00 WHEATSVILLE 7:30 PM COLORADO ST CAFE
24	25	26	27	28 7:30 pm LESBIA POLITICS	29	30

Extend

## JULY-AUGUST TOPICS

3 for J.C.

July 7th - Our Internalized  
Homophobia

July 14th - LEANNA-the movie

July 21st - Open discussion

July 28th - Lesbian politics  
How can we work for  
ourselves?

Aug. 4th - Lesbian  
Battering

Aug. 11th - PICNIC! time and  
place to be announced later.

Aug. 18th - Lesbian Dating  
Etiquette

Aug. 25th - Ageism in the  
Lesbian/Gay  
Community

## Sand Castles

In the sand castles of my  
mind,  
In the fairy tales of my  
heart,  
No matter what the distance  
We'll never be apart.  
For what feelings live inside  
us  
And the special way they make  
us feel,

I know I'll always love you  
With a passion almost surreal.

L.J.R.

PROM contd.

on that night, but we made a  
month's rent, and that always  
helps! Plus, we got a few new  
names for the mailing list.

If you have ideas for future  
fundraisers, please bring them  
with you to the Thursday night  
LAMBDA meeting, and we'll see  
about putting them in motion.

i still plod through the day  
until i remember you, and  
smile through the rest of it  
until i see you again!

your eyes light up when you  
walk in,  
a little grin works around  
the tiredness  
i see in your face, and  
a lilt shows in your  
steps -  
am i that transparent?

you were miles away last night  
but i slept warm in your arms,  
remembering your love for me,  
feeling it wrapped around me  
from midnight until dawn.

dianne draper

## The Fat Cat

the fat cat lays under the  
kitchen table.  
her big belly growing larger  
by the day.  
soon there will be six of her,  
crying like infants,  
begging for love,  
but wanting only affection.

C.F.

Congratulations to Teri and  
Sandy on their Holy Union at  
MCC on July 2, 1988 - Austin  
Good Luck in California -  
in school, finding jobs, making  
the move, settling in!

We will miss you!

Dianne Draper



PLEASE GIVE ME A CHANCE

Contrary to popular opinion, I'm not butch!

Sexually, mentally, and emotionally, I'm a Lesbian. Politically and socially, I'm a dyke. Physically, I'm human, female, and middle-aged. I'm also an aggressive and honest communicator.

Yes, I wear my hair cut short. I don't wear ruffles, frills, or lace; my attire is that which is comfortable to me. I know that my appearance is, in some ways, quite stereotypical. I'm aware that I am perceived as having faults, particularly a volatile temper. I don't deny it. However, I'm also warm, caring, loving, sensitive, giving and *FEMININE*

Please don't deprive yourself of the privilege of knowing the real me. Please remember that your first impression of me may not constitute the real and total me. In spite of all my faults, I'm still a good catch as a friend and/or as a lover.

Risk it; take a chance. Please give me, and yourself, a chance. Your Sister

IMAGES....

What does it take to make us change our minds about preconceived ideas of images - what we are comfortable with, what is "acceptable" in our part of the community, etc. Do we deprive ourselves of friendships because first, second, third impressions are wrong? Probably. Take me -for instance. I still think of someone who wears short hair, a tough outlook, and what my family used to describe as the "tailored look," to be Butch, until they prove me wrong by something that is said or done. Are we ever correct? We sometimes have just as much trouble with phrases and terminology as we do physical images - take the words Lesbian, Dyke, Butch/Femme. Years ago, the definitions we used seemed to change weekly. Some women who were very closeted cringed at the term lesbian, and said only that they were "gay," the implication being that "gay" wasn't quite as bad as Lesbian. Then Dyke started to be used quite a bit, and we argued about that for years. Austin Dykes were a whole 'nother concept altogether

As far as images go, I am and always have been, more comfortable with a more androgenous look - a holdover from Detroit days when dressing "tougher" kept me out of trouble (I think...). Austin Dykes seemed to be a lot like that, dressing "comfortably" - levi's and boots, or overalls and hiking boots, anything that was casual. Today, I prefer levi's and boots or tennis shoes to anything else, and haven't owned a dress or skirt since I stopped being a teacher. (that isn't to say I will never own one again.)

What do you think? Kick back some ideas on this subject to the Newsletter and we'll discuss it some more - maybe even at a Sept. meeting, Kelly? (Kelly is chairing discussions for July-Aug.-Sept.)

*DIANNE DRAPER*

**ASTROLOGY**

by appointment

e.k. french

(512) 462-2501

2

WE'RE  
SAVING ROOM FOR  
YOUR AD HERE!  
\$1000 MO. / \$25.00 - 3 MO.  
WHAT A  
DEAL!

LAMBDA MAILING LIST - UPDATE

Not on the mailing list? Horrors!  
Amend that foul error today !  
Mail this in or bring it by the  
office!

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_  
STATE \_\_\_\_\_  
ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_

(Include your phone no. if you  
would like to volunteer to help-  
fundraisers, Newsletter, chairing  
meetings in the future...specify  
what your interests are)

LAMBDA exists to serve the Lesbian  
and Gay Community through an outreach  
that is educational, social and  
cultural. Your donations, no matter  
how small, fund that effort... We  
are tax-deductible since we're  
very Non-Profit! (Just ask our  
Treasurer!)

We suggest a 3.00 minimum donation,  
per month. Any amount is appreciated.

Want to advertize a business?

We've got a deal for you!

10.00 a month for a business card  
size ad, or 8 months for 25.00!

Larger Ads? Sure! Talk to us!

MCC AUSTIN

Metropolitan Community Church is pleased to announce their fourth annual Summer Program. MCCA is a Christian Fellowship of Gays and Lesbians dedicated to responding to the concerns of the homosexual community. The church is located at 1100 Springdale Road, tel. 929-3660

MCCA activities for the summer - A WHALE OF A SUMMER...

June produced a trip to Sea World in S.A., a skating party.

July 9 - Tubing in San Marcos

July 30th - Fun and games in Bullcreek Park

Aug. 7th - special worship service at the church

Aug. 20th - Finale - A Talent Show

Call the church for more information

AUSTIN LAMBDA IS LOCATED AT 4107 Medical Parkway, Suite 205  
(just a couple blocks west of Lamar!)

OUR MAILING ADDRESS IS : P.O. BOX 5455, Austin, Texas 78763

Presently the only meetings are on Thursday for the Women's Discussion Group.  
Hopefully, additional meetings will be set up in the Fall.

NEEDED: PASTE-UP PERSON

I need help with the Newsletter -  
specifically with paste-ups, and  
with Ad selling. I'm working two  
jobs, doing this Newsletter, and  
planning to move to Bastrop, not  
planning to give up the Newsletter.

HELP! HELP!

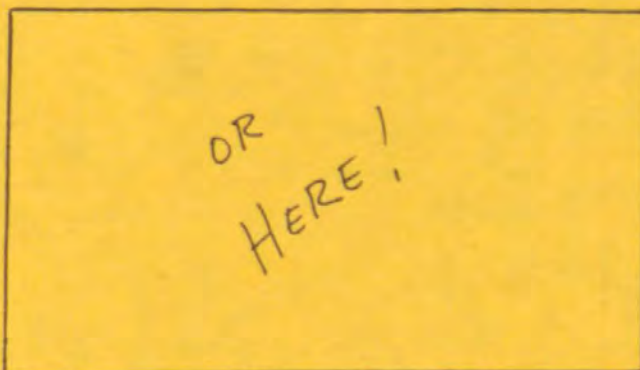
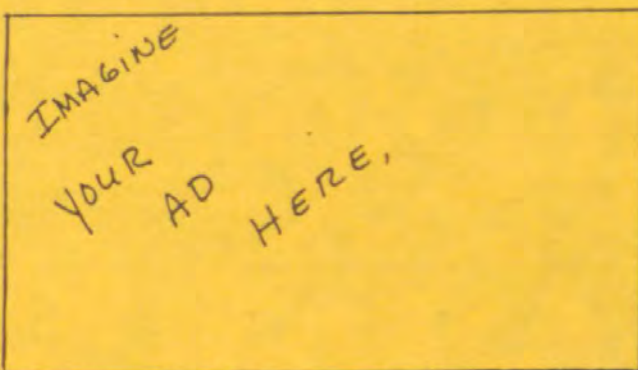
You'll get the same extravagant  
rate of pay I get - thank-you's, pats  
on the back, and occasional hugs!

Interested? Call me!

Dianne h- 441-2413

w- 471-5931 (best place to  
find me)

(I do not have an answering machine -  
call me at work!)



IMAGINE  
YOUR NEWSLETTER  
ARTICLE  
HERE!

WHERE'S THAT  
POEM YOU WROTE TO  
SOMEONE  
SPECIAL?

IT COULD GO HERE!

AUGUST NEWSLETTER DEADLINE  
July 16<sup>th</sup>

POEM,  
ARTICLE,  
AD,

HEY!  
WE'RE  
FLEXIBLE!

TALK TO US ABOUT  
IT!

?