

Spring Concert
Honoring Women Who Have Faced Cancer —
And Those Who Love Them.

Singing for Our Lives!

Featuring the
Central Pennsylvania Premiere of
Where I Live
A Breast Cancer Oratorio by Diane Benjamin

Saturday, April 27, 2002
Harrisburg Unitarian Church

Saturday, May 4, 2002
York Unitarian Church



A Benefit Concert for

PA
BREAST
CANCER
COALITION

— And —



The Mautner
Project
For Lesbians
with Cancer

Center for Women's Creative Expression

1507 N. Third St., P.O. Box 1801, Harrisburg, PA 17105-1801

presents

ZENscapes/MINDscapes

Paintings by Virginia Cohn Parkum

Pottery by Pam Cummings

May 18 to August 18

Opening Reception: Saturday, May 18, 4 to 8 p.m.

Women's Retreat: *The Art of Being:*

An Exploration of Spirituality and Self from a Zen Perspective

Saturday, June 1 - 10 a.m. to 3 p.m.

Women's Meditation Series

7 to 8 p.m. Wednesdays - May 22-June 12

Women's Lecture and Workshop

The Many Faces of Women and Compassion in Buddhist Art

Saturday, June 22 - 10 a.m. to 1 p.m.

PLUS

Retreats led by Lisa Levinson

Exploring Eastern Influences on Western Sexuality

Saturday June 29, 10 a.m. to 5 p.m.

I Am the Earth Herself: Rituals of Earth-Based Sensuality

Saturday, Sept. 21, 1 to 9 p.m.

Workshops with Gigi Jantos

Nature's Wisdom: Deepening Our Connection

May 11 or June 15 - 9:30 a.m. to 12:30 p.m.

Exploring Women's Spirituality

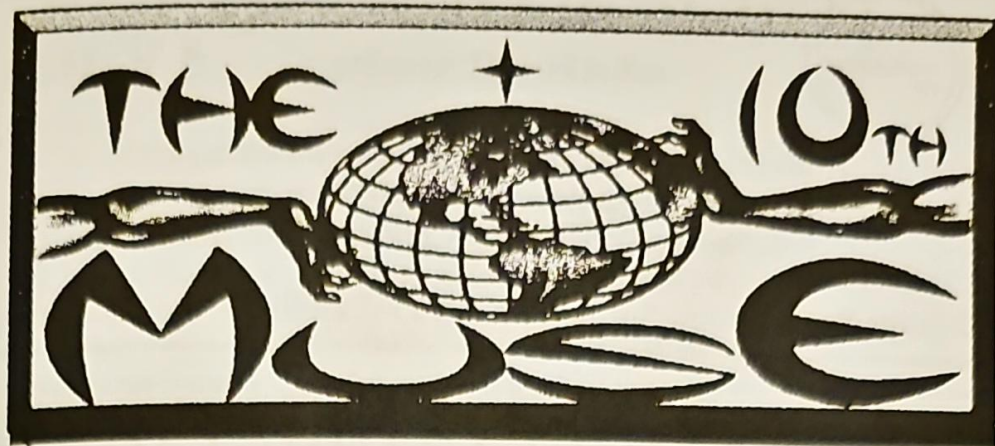
May 21 or June 26 - 7 to 9 p.m.

Creating Sacred Space

May 28 or June 27 - 7 to 9 p.m.

For more information, please call 238-6244

Or e-mail: Womencreate@aol.com



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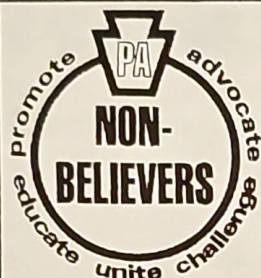
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The York Area PFLAG meets

7 to 9 p.m. the first Tuesday of each month, at

The Lutheran Home

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For more info, call
843-3793 or 741-1796

Artistic Director

Dan Krynak

Accompanist

Catharine Roth, piano

Guest Accompanists

Renee Bartholomew

Percussion

Cameo String Quartet (in Harrisburg)

Hannah Belser, first violin

Estelle Hartranft, cello

Debra Anderson, viola

Lynn Murphy, second violin

Guest Master of Ceremonies

Rev. Erica Trantham

Guest Narrators

Bonnie Fowler

Mary Nancarrow

Jane Hautzinger

Jackie Stutts

Susan Kelly-Dreiss

Janie Womack

Lee Melchior

The Singers*Soprano One*

Virginia DeChristopher

Peg E. Monley

Beth L. Stone

Lucy Vincent

Keri Weikert

Soprano Two

Jan Davis

Cathy Nelson

Suzanne Noll

Shirley Tannenbaum

Kate Williams

Alto One

Joanne Nicholson

Linda Mussoline

Linda Noble

Susan Swope

Alto Two

Kay Baldwin

Jennifer Davis

Donna Gomboc

Kim Hair

Janice Myers

Amy Shestack

Florence Tarbox

The Board*President*

Lucy Vincent

Vice President

Cindy Mitzel

Secretary

Nan Flesher

Treasurer

Cathy Nelson

Directors

Donna Gomboc

Susan Leviton

Joanne Nicholson

Linda Noble

Susan Swope

Virginia DeChristopher

Volunteers

Special thanks to Karen Moyer for serving on the concert production committee and to the countless helpers who made this concert possible.

Syng Out!

Best wishes to
Central Pennsylvania Womyn's Chorus
from

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York

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c/o YWCA • 320 East Market St. • York PA 17403

Meets 3rd Wednesday of every month
7:30 pm at the Unitarian Society
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Thanks for being another voice for the community of women!

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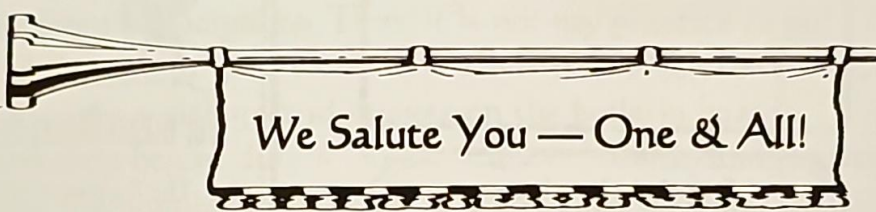
It could be... if you buy tickets for our raffle!

During intermission, please support
The Pennsylvania Breast Cancer Coalition
(PBCC) & The Mautner Project
by buying raffle tickets.

In Harrisburg, first-prize winner will choose
between a traditional braided rug made by our talented
accompanist Catharine Roth (the rug is on display in
the lobby), or 50 percent of the raffle contributions.
Second-prize winner gets what the first place winner
didn't choose!

50 / 50 raffle in York.

PLUS some special surprises at both concerts.



We Salute You — One & All!

Welcome! Without our audience, there can be no chorus. Your enthusiasm is contagious, and we thank you for it. Behind the scenes, countless individuals and organizations give quietly and generously of their money, time and talents to support the chorus. We wish we could name you all. From the bottom of our hearts, we thank each and every one of you.

Benefactors (\$500 or more)

*Susan Swope and
Shirley Tannenbaum

Sponsors (\$100 or more)

*Nan Flesher and Joie Rake
*Linda Mussoline
*Lucy Vincent

Donors (\$50 or more)

George Ambrose
Julia Hendon
Diane Rothrock (Capital Cuts)

Contributors (\$25 or more)

Jan Davis
Candace Kugel
Cynthia Swanson

Friends (under \$25)

Harry O'Donnell

*These persons have made a continuing commitment to the chorus through a monthly sustaining credit card pledge.

Our apologies to those whose contributions we may have overlooked here.
Please let us know, and we will be happy to acknowledge you
in our next program booklet.

Special thanks

to

**Neiman
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and especially
Bonnie McCarthy
for public relations
assistance

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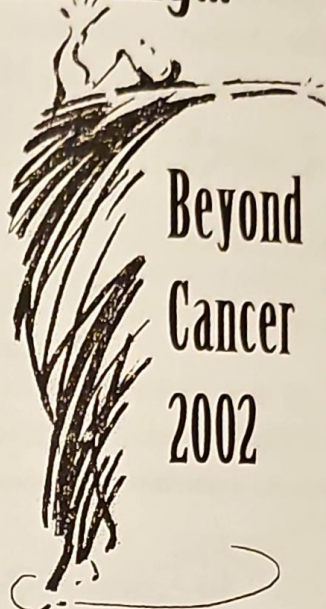
and especially to
the counselors who will be
available at the concert:

Betsy Arnold
in Harrisburg

Brian Medcaff-Rose
in York



Moving...



**Beyond
Cancer
2002**

For Breast Cancer Survivors

The Expressive Arts Center offers individual, family group, and workshop sessions using the expressive arts to support breast cancer survivors who wish to include complementary modalities into their approach to healing from cancer.

Facilitated by movement therapist Marcia Bowers, RMT, you may reach her by letter, phone or email as shown below.



106 West Main Street
Mechanicsburg, PA

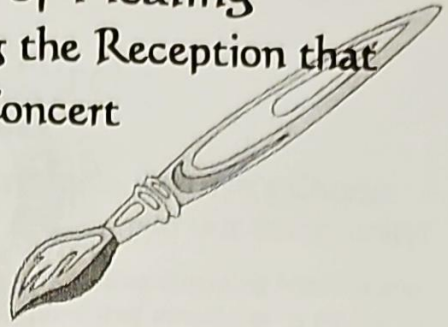
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marcia@expressiveartscenter.com

Words & Images of Healing

Artwork on Display During the Reception that Follows the Concert



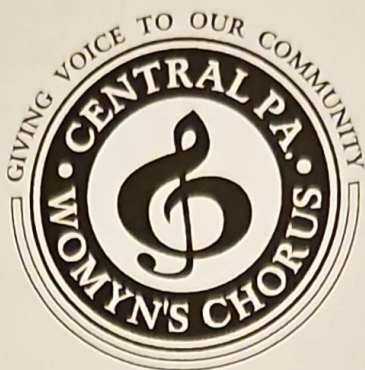
In October and November of 2001, nine women participated in a nine-week workshop, *Moving with Cancer and Beyond*. Of those nine, one is still fighting cancer; some are cancer survivors; some are family members or close friends of those who had cancer and, in several cases, had died from cancer; one was a professional who works with cancer patients.

Confidentiality and anonymity has always been a trust I give to each participant in my workshops and individual sessions and I ask the same from participants. Thus, it is not my practice to put before the public such private work as you will be privileged to peek into as you tour the writings and images on the bulletin boards.

The workshop began during Breast Cancer Month, and for that reason I asked the women to think about eventually showing their images and sharing their writings in a "gallery showing" open to the public after closure of the workshop. I felt it would be important for others with breast cancer to have the opportunity to view the images and read the writings. When the workshop closed, all said "Yes!" — they wished to share, to impart a sense of what they had experienced. All felt this kind of work was an important piece of their moving closer towards healing from cancer and that which was "cancerous" in their life.

I refer to these images as "cave drawings" as they come from the deeper recesses of the mind where we visualize in imagery — the place before words take over and shape the vision. Take time to read and ponder and let yourself get a sense of these women's journey. I honor their work and feel extremely privileged to have facilitated each of these women's special journey.

Marcia Bowers, Director/Facilitator
The Expressive Arts Center in Mechanicsburg



*Bringing together a diverse group of women,
united by the joy of singing,
to celebrate and empower women,
and to affirm a positive image of lesbians and feminists*

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Information on upcoming concerts and other events,
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newsletters & lots more. Surf on in and check us out!

www.cpwchorus.org

Email, too: info@cpwchorus.org



Women's Circle

Congratulations to the Central Pennsylvania Womyn's Chorus.
We appreciate this important artistic resource in our community!

The Women's Circle is a non-profit community initiative engaging lesbians and allied women in educational and cultural programs that empower us to live to our fullest potential. Please join us for our first events:

Michigan Womyn's Music Festival — More Than Just Bare-Breasted Women. If you've never been, or you want to share your experiences with "festie virgins" join us at 5:00 p.m. on Sunday, May 19th at the Center for Women's Creative Expression, 1507 North Third St. in Harrisburg. Bring a dish. Admission is free.

Watch for news of our upcoming series: *Stories 'Round the Table.* - 8 potluck gatherings beginning in June, providing an opportunity to talk about issues of concern to all women. These gatherings are sponsored by the Equality for Gays And Lesbians partnership fund through the Greater Harrisburg Foundation.

Check out our website at: www.womenscircle.org
or contact Bobbi Carmitchell at 717-872-4512.

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10:30 am worship—Unitarian Church of Harrisburg—564-4761

10:00 am—Unitarian Universalist Congregation of York—845-8212

Religious education for children and youth—all families welcome

Daniel Krynak, Artistic Director

In December 2000, Dan Krynak retired after ten years as Artistic Director of the Harrisburg Men's Chorus and became our director. In 1993, he was instrumental in founding our chorus, and served on our board for several years. He has led the two choruses in several major collaborations: Bendari, an African-based celebration of building community; Boys and Girls with Stories, a lesbian and gay musical; and in December 2000, singing with Judy Collins. He holds a Master's of Church Music from the University of Southern California and a Bachelor's degree from Westminster Choir College.

Catharine Roth, Accompanist

Catharine Roth has been our accompanist since the fall of 1998. A native and resident of Adams County, Catharine performs with "Orrtanna," a traditional music duo, and works in a local vineyard. Among her many talents, she is a published novelist and makes braided rugs in the traditional style, including the one that will be raffled at the Harrisburg concert.

Rev. Erica Trantham, Master of Ceremonies

Before formal training for the ministry, Reverend Trantham worked in New York City theater and TV as an actor, producer and teacher, and in the entertainment law division of HBO. She is the Minister at the Unity Center for Spiritual Growth in Mechanicsburg.

Renee Bartholomew, Percussionist

Renee Bartholomew plays percussion in many styles, including classical, jazz, rock, and drum and bugle corps. She was the drummer for the women's singing group, Stone Soup, and plays with many area groups.

The Cameo String Quartet (Harrisburg Concert)

Hannah Belser, First Violin

Hannah is a well-known violinist in the area and a graduate of Lebanon Valley College. As much at home playing for musical theater productions as in classical ensembles, she is also a vocalist and pianist, and has sung with the Chamber Singers of Harrisburg.

Debra Anderson, Viola

Debra received her degree from Lebanon Valley College. She has performed with both the Harrisburg and York Symphonies and is currently a member of the Schuylkill Symphony. Debra has taught strings in public and private schools and has an extensive group of private students. Also an accomplished pianist, she has arranged music for the quartet.

Estelle Hartranft, Cello

Estelle graduated from Lebanon Valley College and also holds a Master's degree in music education. She taught music in public schools for over 30 years and recently retired from the Harrisburg Symphony. In addition to her extensive background in cello performance, Estelle has performed as a vocalist and pianist and has served as a church choir director.

Lynn Murphy, Second Violin

Lynn earned a BA in music from Temple University. She came to Harrisburg in 1994, established a violin studio and became active in the Central Pennsylvania Suzuki Association. She is a member of the York Symphony Orchestra, a Resident Artist of the Wednesday Club, and plays with many large and small ensembles in the region.

The Oratorio

We are proud to present the central Pennsylvania premiere of *Where I Live*, a breast cancer oratorio by Diane Benjamin.

This piece was commissioned by the Denver Women's Chorus in 1999 when their music advisory committee discovered that four of their six members were daughters of breast cancer survivors.

It was premiered in May 2000 with two performances in Denver as well as performances in Ft. Collins and Colorado Springs, and a subsequent performance in San Jose, California at the 2000 GALA Choruses Festival. Additional performances have been given by choruses in Washington DC, Los Angeles, Portland, Oxford (Ohio), Grand Rapids, and Phoenix.

Ms. Benjamin says of the piece, "*Where I Live* was both a difficult and an easy piece to write. In 1998, one of my friends was diagnosed with breast cancer. Katherine graciously allowed me to become part of her journey, as she found a path of healing and courage through this life-threatening condition. I wanted to create a piece that would offer support to those living with and surviving cancer, validating their experience. I wanted to create something that would encourage their loved ones, family and friends, and that would inspire other in the community to step forward and help. I wanted to raise questions about the role of environmental pollution and the importance of focusing on cancer prevention, not just diagnosis and treatment. And I wanted to create something beautiful and healing for all of us. I hope I have succeeded."

The Composer



Diane Benjamin is a musician and composer living in Minneapolis. A self-taught composer who wrote her first piece at age eight, she took up composing again in 1992. Her choral commissions and instrumental pieces have been performed throughout the United States and Canada. Her most recent commission was a three-movement work, commissioned for a joint concert by the Portland Gay Men's Chorus and Denver Gay Men's Chorus in June of 2001. Many of her choral works are published by Yelton-Rhodes Music in Los Angeles.

Program

Singing for Our Lives

Holly Near

Where I Live

A Breast Cancer Oratorio

by Diane Benjamin

***Please hold your applause
until the conclusion of the oratorio.***

1. Somebody

Lyrics by Diane Benjamin

Soloist: Virginia DeChristopher

Duet: Virginia DeChristopher and Jan Davis

Narration 1: Doctor, 20th March, 1985

by Jenny Lewis

Published in Art.Rage.Us San Francisco; Chronicle Press, 1997

2. That Was the Fruit of My Orchard

Lyrics by Patricia Goedicke

from The Tongues We Speak: New and Selected Poems,

Milkweed Editions, 1989.

Soloist: Linda Noble

Narration 2: Living in an Unstable Body

by Barbara Rosenblum and Sandra Butler

in Cancer in Two Voices, Spinsters, Ink: 1991. Available from

Spinsters Ink, 32 E. First St. #330, Duluth MN 55802.

3. In the Hospital

Lyrics by Patricia Goedicke

from The Tongues We Speak: New and Selected Poems,

Milkweed Editions, 1989.

Soloist: Cathy Nelson

Narration 3

from the essay Can You Come Here Where I Am?

by Katherine Trayham

copyright 1995, E.M. Press

4. Help Me

Lyrics from the essay Can You Come Here Where I Am?

by Katherine Trayham

Narration 4

from Sandra Steingraber

Living Downstream, NY: Vintage Books, 1997.

5. Peace

Lyrics from Barth, Carol

untitled poem in Remen, R. MD Ed. Wounded Healers, Wounded Healer Press, 1994. Copyright Rachel Naomi Remen, MD

Soloist: Joanne Nicholson.

Narration 5

from Terry Tempest Williams

Refuge, New York: Vintage Books, 1991

6. My Body

Sung lyrics by Diane Benjamin

Spoken lyrics from Lewis, Grace Ross

1001 Chemicals in Everyday Products

copyright 1999 John Wiley and Sons.

Special guest soloist: Lee Melchior

Narration 6

from Audre Lourde

The Cancer Journals, San Francisco, Aunt Lute Press, 1980.

7. Teach Me How

Lyrics from Flint, Vivekan

untitled poem in Remen, R. MD Ed. Wounded Healers, Wounded Healer Press, 1994. Copyright Rachel Naomi Remen, MD.

Soloist Jan Davis

Narrators

Special thanks to the cancer survivors
who give their spirits and voices to this piece:

Bonnie Fowler
Jane Hautzinger
Susan Kelly-Dreiss
Lee Melchior
Mary Nancarrow
Jackie Stutts
Janie Womack

—INTERMISSION—

— INTERMISSION —

Kwaheri

Traditional Kenyan

"Good-bye, dear friend. We will meet again if God wills."

*As performed by Libana on **Fire Within***

What I Want

Stephen Smith

Pat Lowther was a Canadian poet. She wrote this poem while living in an abusive marriage, and later died at the hands of her husband. After her death, Stephen Smith set her poem to music.

She Piped for Us But We Would Not Dance

Libby Larsen

*This is one of three pieces comprising a work entitled **Today, This Spring**, which was commissioned by David L. Cooper and Thomas Scott in remembrance of David's wife and Tom's sister, both of whom succumbed to breast cancer. **She Piped For Us** is based on the text of a sermon at Kathryn Scott Peterson's memorial service:*

"She would have us dance and sing."

In Remembrance

Eleanor Daley

The lyrics to this piece are printed on the inside back cover of this booklet.

Raffle Drawing

What Love Can Do

*Special guest artist Bobbi Carmitchell.
Bobbi wrote this for her sister's wedding.*

Sky Dances

Jennifer Stasack

It's spring. Lie back in the grass and watch the clouds.

Will the Circle Be Unbroken?

Traditional Appalachian, arranged by J. David Moore

Yemaya

Marythah Paffrath

Yemaya is one of many orishas, or deities, honored by the Yoruba of west Africa. Represented by the ocean, she is a powerful source of life strength, and mystery. Yemaya is revered and worshipped today, in west Africa as well as in the many lands where people of Yoruba ancestry live. As performed by Libana on Night Passage.

Breaths

Ysaye Maria Barnwell

Gaté Gaté

Brian Tate

The Sanskrit text of Gaté Gaté appears at the end of the Prajñāparamita Heart Sutra and is generally regarded as the essence of Buddhist teaching. Gaté is "gone," gone from suffering to liberation, from forgetfulness to mindfulness, from duality to non-duality. Parasamgaté can be loosely translated as "the entire community of beings has gone over to the other shore." Bodhi is the light inside, enlightenment, or awakening. Svaha is a cry of joy or excitement, like "hallelujah."

*Please join us
for a Reception
after the concert –*

*downstairs in
Harrisburg; in the
lobby in York*

PA
BREAST
CANCER
COALITION

Finding a cure now.. so our daughters won't have to.

The Pennsylvania Breast Cancer Coalition serves as the only statewide grassroots organization that speaks to and for breast cancer survivors.

The Coalition represents patients, survivors, families, medical professionals, government, labor and business leaders who are dedicated to finding a cure for breast cancer.

www.pabreastcancer.org

1-800-377-8828

**Until there is a cure, it is our wish
that no lesbian should face the
challenge of cancer on her own.**

The Mautner Project

The Mary-Helen Mautner Project is the nation's premier lesbian cancer organization. Through an innovative combination of local direct services and national outreach and education, The Mautner Project provides much-needed support to lesbians with cancer, their partners, and caregivers.

Be aware of the warning signs of cancer:

- ♦ Nagging cough or hoarseness.
- ♦ Thickening or lump in breast.
- ♦ Unusual bleeding or discharge.
- ♦ Change in bowel or bladder habits.
- ♦ A sore that does not heal.
- ♦ Indigestion or difficulty in swallowing.
- ♦ Obvious change in a wart or mole.

Actions you can take to help prevent cancer:

- ♦ Stop smoking.
- ♦ Have an annual breast and pelvic exam and pap smear.
- ♦ Have an annual mammogram after age 35.
- ♦ Perform a monthly breast self-exam.
- ♦ Avoid excessive exposure to the sun.
- ♦ Establish a healthy and balanced diet.
- ♦ Establish an open relationship with your healthcare provider.
- ♦ Visit your healthcare provider on a regular basis.

THE MAUTNER PROJECT

1707 L Street NW, Suite 230

Washington, DC 20036

Voice: 202-332-5536

Fax: 202-332-0662

Email: mautner@mautnerproject.org

Web: www.mautnerproject.org

Combined Federal Campaign #2675

***Taking Care of Ourselves,
Taking Care of Each Other***

Food for Thought

In the breast-cancer culture, cheerfulness is more or less mandatory, dissent a kind of treason.

— Barbara Ehrenreich

Feminist Barbara Ehrenreich's most recent book, *Nickel and Dimed: On (Not) Getting By in America*, is a heart-wrenching, infuriating, funny, smart, and empowering account of life at a minimum wage.

It had just gone to the publisher when she was diagnosed with breast cancer, and turned her sharp eye on the breast cancer industry in *Welcome to Cancerland*, in the November 2001 issue of Harper's magazine. Harper's kindly gave permission to Breast Cancer Action to put the article on its web site. Don't miss it:

www.bcaction.org



For our angel Ann



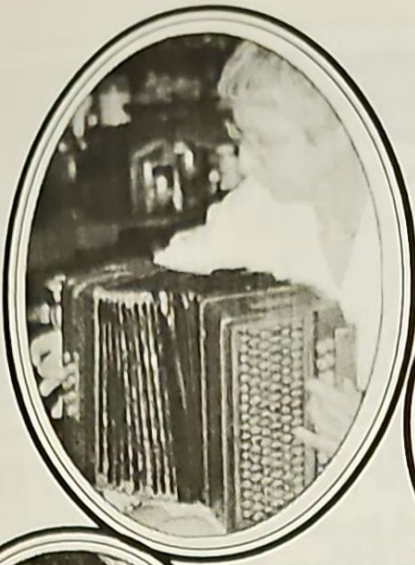
all the angels
who are
taking care of her.



Mom and Dad



In Memory of
Two Spunky Women



Jane Swope Angle

1918 — 1994

Mother of Shirley Tannenbaum



She played harmonica, squeezebox, trombone, and highly competitive basketball and croquet, and sang in her church choir.
She died of pancreatic cancer.

❧ There Was Music ❧
In Our Mothers' Homes



Mary Howard Swope

1924 — 1994

Mother of
Susan Swope



She always told me I'd be glad she made me take piano lessons — and I am.

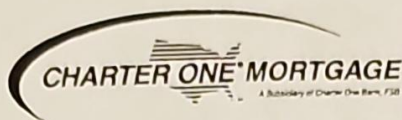
"You sing. I'll listen."

She died of brain cancer.



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Unity is a culturally diverse spiritual community, promoting positive life transformation & recognizing that all people are one in God.

The Central Pennsylvania Womyn's Chorus is a member of

GALA Gay and Lesbian Association of
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What Are You Doing Monday Nights?



The chorus rehearses every Monday night and the board meets monthly on the west shore (with breaks for the holidays and summer). We welcome new singers, and have plenty of spots on our board for volunteers. Speak to a chorus representative during intermission or after the concert to learn more.

**Join the Womyn's Chorus family
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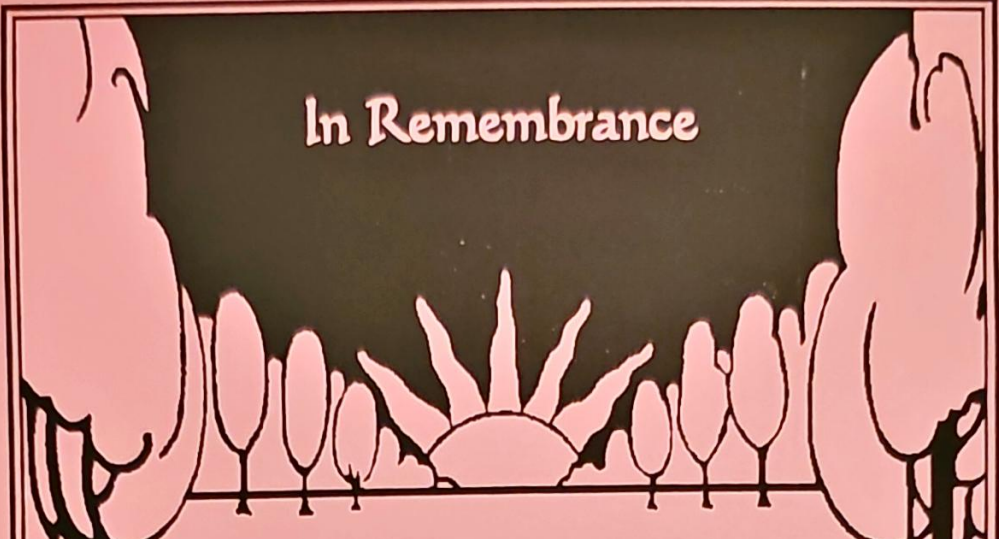
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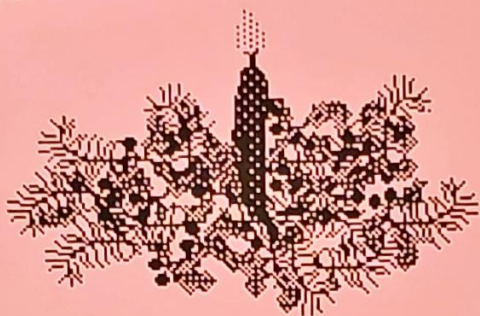
Do not stand at my grave and weep.
I am not there, I do not sleep
I am a thousand winds that blow,
I am the diamond glint on snow.
I am the sunlight on ripened grain,
I am the gentle morning rain.
And when you wake in the morning's hush,
I am the sweet uplifting rush
of quiet birds in circled flight.
I am the soft stars that shine at night.
Do not stand at my grave and cry,
I am not there, I did not die.

*Anonymous, as set to music by
Eleanor Daley*



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