

# OCTOBER 20<sup>TH</sup> GATHERING AT 2:00 P.M. WILL BE A PICNIC

BRING YOUR OWN FOOD AND DRINK - A GRILL WILL BE PROVIDED

BRING A BLANKET, COOLER, ETC.

SPECIAL CALL TO MUSICIANS - IF YOU PLAY IT, BRING IT!

ALSO ANY BOARD GAMES, SPORTS EQUIPMENT, CHAIRS, OR OTHER ITEMS

## DIRECTIONS TO OCTOBER 20<sup>TH</sup> GATHERING IN DELTONA

PATTY SHEEHAN 1489 MELSHIRE AVE (305) 574-5936 DIAL FROM ORLANDO



MZ. MANNERS:  
If you need it, bring it!

# LCN EXPRESS

Loving - Commitment - Networking

Volume 1, Number 4

October, 1984

We are the women of the LCN Express. We are loving and committed to ourselves, others and our community. We are networking so we may grow as individuals and as a community.

Board the LCN Express and thrive with us.

## MAKING COMMITMENTS

The King Pen to the LCN Express Train to Liberation of self, others and community is commitments. A couple of months ago I told a friend that I was going to give a talk to a gay group of women on "making commitments." Her immediate reaction was, not to the fact that I was going to be talking to a group of gay's, but *Commitments*, that's something I don't like to talk about."

And, I suspect, that most of us here really don't like to talk about making commitments either. Nevertheless, *we make commitments all the time*. As a matter of fact, a quick analysis of what we do with our time will tell us something about *what* commitments are and the *quality* of those commitments.

Do this for yourself sometime. At the top of a sheet of paper write this formula:

TIME COMMITMENTS =  
MY COMMITMENTS.

What do you do with your time? Work, sleep, eat, visit with friends, go to school, play tennis, etc. Everybody's list is different but generally we all have time commitments that fall into one of three general categories:

1. Commitments to Self.
2. Commitments to Others.
3. Commitments to Our Community.

Our commitment to SELF takes up a lot of our time. We can include under this heading such things as working for a living or taking care of our career (if you are fortunate enough to consider your work a career). If not, then maybe you're going to school with the hope of developing one - and that's a big commitment to yourself that takes a lot of time. Staying healthy by eating right, getting enough sleep, and exercising regularly is also another commitment that seems to come with being alive. Many of us, however,

See, **COMMITMENT**, on page 2.

**COMMITMENT**, Continued from page 1. are abusive of our bodies and may want to take some of the time we spend abusing ourselves to think of some more creative ways to be loving and caring of ourselves.

Others, whether friends, lovers or family are an important part of your spiritual well being - neglect them, use them unlovingly, hold yourself emotionally distant from them and you will find, not only that you feel unloved, but that your desperation cannot be dispelled by busy hours of work, playful activities, drugs or sexual release.

Love your friends and you will be loving yourself. Love yourself enough to have lots of friends, and bring them to our next gathering.

I've recently read a book entitled "The Secret of Staying in Love" and, in spite of the fact that the author is quite sure I'll never know the mystical quality of sexual loving until I fall in love with a "member" of the opposite sex," he has a lot of important things to say about making a commitment to a lover. Since I'm single, I think about making this commitment a lot — once you make the commitment you tend not to think about it anymore. Or do we? Judging by the turnover rate in our community and the society as a whole, we could stand to put a little more thought into what it means to make a commitment to a lover. The oppression of our closets can make this one a real tough one in our community.

### BUT, EXCUSES ARE EXCUSES.

Here are some questions to think about when making this commitment or, if you have made a commitment to someone, these same questions can help you to keep that commitment healthy and moving in the direction you and your lover choose.

1. Is this commitment with a loving and caring commitment to myself?
2. Am I committed to caring for my lover's well being? Sharing my time, space and possessions with my lover? and Am I committed to listening to my lover's thoughts, dreams, feelings, emotions?
3. What are my needs? My lover's needs? Have we both accepted the fact that we cannot and do not even want to fill all the needs of the other?
4. Can we talk about and express our thoughts and feelings with candor and trust?
5. Do we make commitments together?

Now if I'm right about how we generally "Put ourselves down," you're feeling a little squirmish and wishing I'd talk about something else.

So what I'm going to do to ease the tension is ask you to make a commitment that I know you can accomplish with relish: **I WANT YOU TO MAKE A COMMITMENT TO THIS COMMUNITY.**

Each of you have 3 precious gifts which you can give to make sure we

See, **COMMITMENT**, on page 5.

## CRIS WILLIAMSON & TRET FURE IN CONCERT

Oct. 25: Opperman Music Hall, FSU  
8:00 p.m. - Gen. Adm. \$10  
Sponsored by FSU Women's Center  
904/644-4007

Oct. 28: Friday Morning Musicale, Tampa  
4:00 p.m. - \$10  
Sponsored by: Kris Isenschmidt  
813/837-6885

Nov. 4: Hulse Music Hall, Univ. of AL  
4:00 p.m. - \$10 (Birmingham)  
Sponsored by: UAB Dept. of Music &  
Magnolia Prod - 205/939-3356

Produced by: Birds of a Feather, Inc.  
Tallahassee 912/872-3664

## CAMPING ...

We're still planning our camping trip for the November gathering. The site is Moss Park!

Camping rates are \$5 per night for no hook ups. \$7 for electric.

You can camp for the weekend or you can come out Saturday & enjoy the fun.

For those of you who want to camp, but just don't have the equipment - U-haul has almost everything you'll need at a reasonable rate.

More information to come next month.

## WOMEN IN TOUCH

Women In Touch, the Melbourne area women's group, has invited us to their next monthly meeting. You know these women, remember the volleyball game at our first gathering? That's them. Their next Pot Luck Dinner will be Friday, October 12 at Rene and Faye's, 2224 Shelby Dr., Melbourne, 259-3451. For more information about WOMEN IN TOUCH, call Melanie Goff - 783-7151.

## SEPTEMBER GATHERING

Thanks to Chris and Barb for opening their home to us. This by far was our largest group with close to 100 women coming together to share good food and company. Our voters registration booth signed up 6 new voters.

Thanks also to guest speaker, Brenda, for her informative and positive talk. For those of you who missed the fun, LCN Express was Brenda's idea.



## September Women's Trivia

- Sept. 1, 1978 - The New England Women's Symphony was founded - 1st group ever created to show case work of women composers and conductors.
- Sept. 7, 1973 - Meg Christian debuts her 1st 2 original songs, "Morning Song" and "Song to My Mama," at the Women's Center, Wash. D.C.
- Sept. 9, 1979 - Opening of the largest lesbian music and theatre festival in Amsterdam.
- Sept. 11, 1978 - In Mexico, Women's Cultural delegation - H. Near, B.J. Reagon, J.T. Thomas - performs in support of exiled Chilean workers.
- Sept. 17, 1979 - 1st women's music tour in Europe - Alix Dobkin and German band Witch is Witch.
- Sept. 23, 1980 - Bluegrass musicians Robin Flower, Nancy Vogl, and Barbara Higbie leave Oakland for their 1st National Tour.

**PEDALL's** (Pedal EveryDay And Live Longer) trip to Downey Park was rained out by a lady named Diana. Plans are being made for another bike trip. For more info call Melody: 281-1179 or Deanna: 898-4151.

## ORGANIZATIONAL MEETING

Thursday - October 25 - 7:30  
Lou & Donna's - 273-1825  
Map on Express Depot Board.

Thanks to Ceil, Vera, Carolyn, Le June, Cherie, Penny, Chris, Lou, Donna, Pinky, Carol and Dottie for helping with this months newsletter.

## Great Trip!!

Our trip to Jetty Park was a hoot. Thirty women gathered for fishing, funning and sunning. The women of Cocoa showed up in full force and kept up the tradition of our infamous volleyball game.

**ANNOUNCEMENT:**  
*LCN Express will begin running ads!*

*Due to limited space we must ask that ads be of standard business card size (2 1/2x3). Ads must be submitted in camera ready form, and a monthly ad fee of \$2.50 must be paid in advance.*

*Send ads and payment to:  
LCN Express  
5100 Barton Dr.  
Orlando, FL 32807*

**COMMITMENT,** Continued from page 2.  
all continue to have these wonderful opportunities for fun, food, friends, music, meeting new lovers, sharing old ones, etc.

They are: TIME, MONEY & LOVE. Money is probably the easiest one to give - especially if your commitments to yourself, your lover and friends take up all your time.

Now how do you love a community? Answer: with care enough to give us your talents, the use of your home if it's large enough to handle one of these shindigs (and if your closet is large enough, too).

The LCN Express newsletter is an important part of this happening and an important part of loving ourselves enough to communicate with each other. So if you have some time to give, there are lots of ways you can assist with the newsletter. Edit articles, write articles, send articles in to share with the rest of us, help with the layout and production, circulating copies, etc. Come to the next organization meeting, which happens the 1st Thursday after every monthly gathering. If commitments are the King Pen for the Express Train to Liberation then LOVE is what fuels the train.

Next month — Fueling the Train.  
Brenda

Would love to meet womyn in the Stuart area. Please write to: 1800 Wildcat Trail SW, Stuart, FL 33497

## LEAP

Lesbians for Empowerment, Action and Politics will happen October 19-21 near Gainesville. The place has been changed and as of press time we have no definite information. The following contacts should have the info you need: Corky Culver 904/475-1502; Linda Lou Simmons 904/475-6389 or Judy Keesley 904/373-7685. We should have some printed info soon. Lou & Donna 273-1825 or Cherie & Penney 293-8849.

## Cab Courier

The purpose behind the Cab Courier is to ensure none of us become statistics on our way home from a LCN Express gathering. If you or a sister are unable to drive, look for Vera, she will make arrangements to get you home safely.

## CONTACTS

We list our names and phone numbers, not to separate ourselves from the whole but, to give the whole a point of contact. If you have information or questions about the newsletter, gatherings or activities, give us a call!

Donna & Lou 273-1825  
Cherie & Penny 293-8849  
Ellen & Geanne 898-5869  
Carolyn & Lejune 894-4202

LCN Express Newsletter - Pass it on!