

NTOSAKE...

She who walks with lions...

She who carries her own things.

Thursday, January 29, 2009; 1pm -
Saturday January 31, 2009; 1 pm

Pallotine Renewal Center
15270 Old Halls Ferry Rd • St. Louis, MO 63034
314-837-7100

Welcome to NTOSAKE!

We're looking forward to having you at this very special leadership event for women who are serious about being and acting more powerfully. You should have attended weeklong leadership training or plan to attend within the next twelve months. You should be coming at the invitation of an organizer or an Ntosake Woman. This is an official Gamaliel training event, not a girls' weekend. This is an important part of your journey in claiming your power as a woman and creating a movement for change!

In order to be prepared for your experience:

- This is a casual event, so dress comfortably.
- Bring a SMALL personal item with you that has meaning: a picture, a piece of art, a article of clothing, a piece of jewelry.....something that has meaning for you as a woman and a developing leader. You will tell us about it as you introduce yourself(in one sentence.)
- As with all Gamaliel events, Friday night will involve a social event and may require a donation for party food. \$2 to \$5 is enough.
- You will receive a journal for note-taking and personal reflection. Please bring a couple of pens.
- Please bring your completed Expectation and Sponsorship forms with you.
- **KNOW WHAT TRACK YOUR SPONSOR HAS RECOMMENDED YOU ATTEND!**

Limited transportation from the airport to the retreat center will be offered. You must let us know your arrival time in order to take advantage of this low cost opportunity. E-mail me with your travel information.

It's important as women of God to develop a public and powerful life. By doing so, we transform our lives, our congregations, our neighborhoods...the world. We're blessed to be a part of your journey, your path to becoming the most powerful woman possible. See you soon!

Peace,

Rev. Susan Sneed, Ntosake Coordinator

And the Women of MCU-Missouri, UMC-Illinois and MORE²-Missouri

*****IF YOU DECIDED TO ARRIVE ON WEDNESDAY: Note that there is an extra \$60 room fee. Dinner and a limited breakfast will be provided.**

You will not have a room on Wednesday if you did not specifically request one at the time of registration.

NTOSAKE Agenda

You will be divided into Track 1 and Track 2 for the workshops

Thursday

1pm Opening Ceremony

3pm Workshops begin

6pm Dinner

7:30pm-9:30pm workshops con't

Friday

8 am Breakfast

9:30am Workshops begin

12pm Lunch

5:30pm Dinner & Evening Social

Saturday

8 am Breakfast

9 am Workshops

10:45am Final joint gathering

11:30am Sending Off Ceremony

12:30pm Lunch and Depart

EXPECTATIONS FORM
To be filled out by attending woman

Name:

Congregation:

Organization:

To be filled out by the participant:

1. What is your role in the organization? What would you like your role to be?

2. What do you want for yourself by being part of a faith based power organization?

3. What do you believe the organization and congregation want from you?

4. What are your expectations from the NTOSAKE training?
 - A.
 - B.
 - C.
 - D.

To be filled out by the Sponsor/Organizer:

1. What is your name and what is your role in the organization?

2. Why are you sponsoring this person for NTOSAKE?

3. What expectations do you have of her as a result of this training?

4. Have these expectations been communicated to her?
(If not, please do so before training).

NTOSAKE Financial Sponsorship Form

This is a tool provided to assist you in raising money for training if there is a need.
Ntosake is not able to provide scholarships at this time.

Below is my list of 15 persons who I plan to contact to help with my registration for NTOSAKE. Because NTOSAKE is a training designed to help women claim their power in this society, being intentional about creating this list is the first step of me acting more powerful. This list of leaders is comprised of those I will not only seek to sponsor my training, but I will pledge to do one-on-ones and will build significant relationships with them which will in turn make me more powerful.

Name

Phone Number

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15

SAMPLE LETTER TO REQUEST FINANCIAL SPONSORSHIP:

Hello Friend,

You have received this letter because I want inform you of an opportunity to invest in my future as a leader in this community. This year, I have an exciting opportunity to attend a training designed to empower women to embrace their role of power in society. This exciting training opportunity is NTOSAKE, which is a South African word meaning, “she who walks with Lions; she who carries her own things.”

NTOSAKE is a training created by the women of the Gamaliel Foundation with the intent to build strong organizations by challenging women to claim their responsibility for creating community. The focus for NTOSAKE training is to understand our own history, allies, relationships, obstacles, and motivation and how these relate to building our power and public life. In this training, I expect to be challenged in such a way that I am moved from apathy to action, from a follower to a leader, from observer to actor, from powerless to powerful, from passive faith to faith in action—all while building an exciting public life.

This training will take place in St. Louis, Missouri at the Pallotine Retreat Center, **January 29 through January 31, 2009**. My local organization, [local organization] has challenged me to be intentional about building power as I gain clarity about the value of this experience. We learn that power is organized people AND organized money. That being said, I ask that you pray and consider being one of my financial sponsors. The cost for an immersion experience (not including transportation) is \$300. **I ask that you pray about being a sponsor and consider a \$30.00 sponsorship investment towards my registration cost.**

I appreciate your consideration in helping me become a more powerful leader and to build a powerful organization in [local organization]. Through your commitment to my development, you will help [local organization] to emerge as an organization that continues to strive for justice in this community. I will follow-up with you this week to answer any questions you may have. For more information on the training, please visit the NTOSAKE website at www.gamaliel.org/Ntosake, or you may contact me or the [local organization] office at [phone number].

Cordially,

EVALUATION FORM
(To be filled out AFTER training and left with the trainers.)

NAME: _____

CONGREGATION: _____

ORGANIZATION: _____

1. Based on your expectation, how effective was this training experience for you? (circle one)
Poor.....Fair.....Good.....Excellent.....Superior.....

2. Based on your expectations, what were the strengths?

- *
- *
- *
- *

3. What were the weaknesses?

- *
- *
- *
- *

4. What are some specific comments, insights or criticisms for any of the trainers?

5. What specific commitments did you make about what you will do when you return?

6. What did you gain in this training to help you meet those commitments?