



**Mary Beth Moser, Ph.D.**, is passionate about the folk wisdom of her ancestral homeland of Trentino, documented in her award-winning dissertation, *The Everyday Spirituality of Women in the Italian Alps: A Trentino American Woman's search for spiritual agency, folk wisdom, and ancestral values* (2013). All four of her grandparents were emigrants from Trentino/Tyrol to the United States at the beginning of the 20<sup>th</sup> century. When Mary Beth is not traveling the back roads of Italy, she lives on an island in the Northwest US, where she writes, lectures, and serves as president of the Seattle Trentino Club. See her web site: [ancestralconnections.net](http://ancestralconnections.net)

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### *Moon, Nature, Trees, Rocks, Water*



**Moonbeams of Mystery Cycles of History: Lunar Presence in the Folk Wisdom of the Italian Alps** *Art and artifact, oral history, and folk literature reflect the importance of the moon in the lives of villagers in northern Italy. Imbedded in this lunar lineage, which reaches back over millennia and continues today in folk practices, are clues for the spiritual roles of women. In this presentation, I draw from onsite research to share examples of how lunar consciousness permeates the folk culture and affirms the sacredness of the source and cycles of life.*



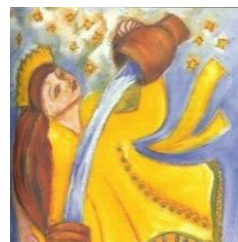
**Sacred Landscape: Folk Stories, Ancestral Values and the Importance of Place** *The details of the folk stories are often rooted in specific places and in events that reach across time. More important than their factuality are the values that the stories convey, including respect for nature, sharing and caring, and the ramifications of not honoring the sacred.*



**When the Trees Spoke: Folk Stories of Nature as Ally in the Italian Alps** *Folk stories give us insight into the ethics and values that guided the lives of people who were in close contact with the natural world. Nature acts as a protective ally of the vulnerable and encourages the oppressed peasants to act. This presentation illuminates the close relationship of people and nature working together to restore the balance.*

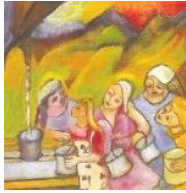


**Upon This Rock: Sacred Stones and the Immanence of Life in the Italian Alps** *The importance of rocks as sacred and even life-giving is evident in the archaeology, folk stories and everyday practices. Rock surfaces in Valcamonica bear hundreds of thousands of engravings dating from across the millennia. Direct contact with certain rocks was believed to promote fertility. The location of shrines, chapels and churches in and on rocks acknowledges a continuity of sacred sites.*



**Flowing Across Time: Women, Water, and the Sacred in the Italian Alps** *In the folk stories of the Italian Alps, magical women of the water, known as Anguane, provide clues for the spiritual roles and sacred rites of women, as well as evidence for the veneration of female divinity. The Anguane possess magical powers associated with springs, rivers, lakes and laundry. This presentation illustrates how the spirit of water manifests in folk stories, sacred rites, and everyday rituals in the folk culture of northern Italy.*

*Anguane, Women's Folk Rituals*



**Spirited Women and Sacred Waters: Goddesses, Anguane, Grandmothers, and Madonnas in the Folk Traditions of the Italian Alps** *The presence of water is everywhere in the Italian Alps in the form of glaciers, snow, rivers, lakes and springs. The sacredness of women and water is evidenced in early temples built near springs and lakes. This presentation surveys the sacred relationship of women and water in the folk tradition.*



**Frozen: The Creative Power of the Winter Goddesses in the Italian Alps** *Snow is a dominant force of nature during the mountain winters. Winter storms have the power to take life; avalanches can sweep away an entire village. In this visual presentation, I examine the rules and rituals of the "Female Forces of Winter" who preside over the powers of frozen water in the folk stories, folk traditions, and religious practices.*

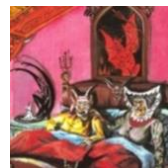


**When There Were Anguane: The Divine, Wild and Magical Women of the Italian Alps** *Folk stories about the magical women known as Anguane hold the long memory of female power. Anguane communicate values that call for respect of women and of nature, and the consequences of violating that respect. In this visual presentation, I draw from my dissertation research to illustrate the agency of the Anguane and propose what they can teach us today*

*Magic, Religion, Spirituality*



**Magic and Wonder in the Land of The Pale Mountains: Folk Stories of Trentino and the Italian Alps** *In this visual presentation, I share folk stories of the Italian Alps and the Dolomites, which the people called the Pale Mountains. They convey values that are relevant to our lives today, including care for children, respect for elders, and sharing and caring. Come along for this wondrous journey into hidden realms. Along the way, you may discover beautiful places that you want to visit!*



**The Healer, The Sibyl, and the Wife of the Devil: Magic and Spirituality in the Italian Alps** *The women in these folk stories offer their healing and knowledge, and ask to not be forgotten – but what are they asking us to remember? And is it relevant today? Through storytelling and image, the magical powers – or what today we might call spirituality – of these women come alive as we remember them.*



**The Madonna and the Breath of Life: Sanctuaries of the Respirò in the Italian Alps** *For centuries, churches existed throughout the Italian Alps with a miraculous Madonna who pilgrims believed could bring unbaptized babies who had died back to life for a moment. In Trentino, there were more than a dozen "sanctuaries of the breath" visited by pilgrims between the 15th and 18th centuries. These beliefs not only highlight the perceived power and compassion of the Virgin Mary; they also serve as an example of the persistence of folk practices.*



**Submerged Spirituality in the Italian Alps: A Multi-Disciplinary Exploration and Excavation of Women's Cultural History in Trentino** *The Dolomite Mountains are steeped in spiritual mysteries. This presentation gathers evidence of ancient spirituality, female divinity, miraculous Madonnas, and women's spiritual roles as mystics, healers, and oracles in the archaeological record, religious practices, and folklore – and even in the rocks themselves.*