



UU Women's Connection
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Breathe: A Lake Side Experience!

The UU Women's Connection

29th Annual Fall Retreat

Oct. 21-22, 2011

Kenosha, Wisconsin

Join Sisters at the edge of beautiful Lake Michigan as we gather to relax and enjoy the blessings of community, new inspiring workshops and eclectic waterfront delights.



Take a deep breath...

Enjoy the blessings of community while experiencing waterfront delights on the shores of Lake Michigan!

This new location for this retreat is perfect for relaxation! Spend time on the beach experiencing the deep blue waters of Lake Michigan.

Stroll on the sand in beautiful Kenosha parks or walk the Labyrinth in the gardens with the lake just a few steps away.

Kenosha offers great opportunities for lodging, inspiring workshops and relaxing strolls in an eclectic resort town.

Tailor the weekend to meet your relaxation requirements!

- Great workshop opportunities are offered on Saturday afternoon at the UU Bradford church close by! See the workshop descriptions in this brochure.
- The local Yoga & Friends Studio is offering a great \$6 fee for morning yoga which is one half off the regular price!
- Participate in the Dances of Universal Peace, water aerobics, and fun crafts which are included in the registration.
- Gather with your Sisters at the Ingathering Friday night of the retreat and enjoy the wine and cheese event.

Come early and visit the four great museums located within blocks of the retreat. Shop the variety of vendors at the Drum Hut for items to embellish your spirit, home, or body.

Choose to attend a workshop, participate in one of the alternative activities or do nothing at all—whatever makes your personal journey to relaxation complete!



Lodging and meals

If you need overnight accommodations, we encourage you to stay at the Best Western Harborside Inn, 5125 Sixth Ave., Kenosha, Wis., overlooking beautiful Lake Michigan!

To get the best rooms and the best rates, please call the hotel directly at 262-658-3281 and set up your own reservation; ask for the rooms reserved for the Unitarian Universalist Women's Connection Fall Retreat.

If you make your reservation online you will not be given the rooms we have reserved and you will not get the special conference daily room rate. The hotel's **DAILY** room rates for us are: \$75 - facing street - two queen-size beds (double occupancy) OR \$85 - facing Lake Michigan - two queen-size beds (double occupancy). There may be an extra person charge if there are more than two people in a room. The daily room rate does not include taxes and fees.

If you stay at the [Best Western Harborside Inn](#), you will receive a complimentary breakfast. Otherwise, you will be responsible for your meals; Kenosha has a number of reasonably priced and locally owned restaurants and cafes near the hotel.

We'll post a sign-up sheet so you can find dinner companions easily.



Registration deadline

Be sure to fill out the registration form completely. Remember, the registration deadline is **Oct. 12**. For more information about the Women's Connections Fall retreat, please contact Peggy Patty at 217-636-8875 or earthbeat3@wildblue.net.



Saturday workshops

Please write the numbers of your workshop selections on the enclosed [Registration Form](#) so we can plan for workshop space. Please make two choices: an early afternoon workshop selection and a mid-afternoon selection. (Yes, you can change your choices at the retreat!)

Saturday Workshops at 1:30 to 3 p.m.

#1 Singing in Sacred Circle

Come make a joyful noise with the Singing Sisters! Bring more fun and community into your life! Songs are all woman and goddess affirming!

Gayle Clark-Taylor is a member of the Bradford Community Church UU and has been singing with the group since 2001!

#2 Our Mothers, Grandmothers and Great-Grandmothers

Every woman is a daughter. In this experiential workshop, we explore the gifts and challenges that we have inherited from the generations of women who came before us. This healing process is based on the new family constellation work that explores energetic connections between our ancestors and ourselves and dissolves blockages that prevent the flow of love.

Karen Carnabucci, MSS, LCSW, TEP, is a psychotherapist, personal growth coach and educator at Lake House Health & Learning Center, Racine, Wis. She attends Olympia Brown UU Church.

#3 Raising Your Vibrations

Experience the power of sending prayerful meditations out loud into the Universe and into Yourself! Join us in raising our

personal and planetary vibrations for healing and ascension. Bring your open hearts and minds for a powerful awakening!

Nadine Johnson, Rockford, Ill., is a massage therapist who has received shamanic training related to Mayan and other Native American shaman traditions.

#4 Awaken to the “Shaman Within”

Shamanic Breathwork is a powerful healing modality that blends breathing, evocative music, body work, art and group process. This journey is designed to facilitate healing and transformation as one takes an inner journey and connects to the inner shaman or healer, the aspect of the self that knows exactly what is needed for healing.

Carley Mattimore is a certified Shamanic Breathwork Facilitator and Minister, a Shamanic, Usui and Tibetan Reiki Master, Healing Touch facilitator and a child and family psychotherapist.

#5 Make Your Own Sound! Craft Opportunity!

Remember the oatmeal container drum or other object you made as a child? Join us to make another object to express in sound and art where you are now in your life. Perform or write about it. The important thing is to take a moment to create among friends old and new. All materials will be provided.

C. Sage Hagy is a pre-school teacher, mother and grandmother to Hazel. She enjoys helping women get in touch with their inner child so they too can make a joyful noise.

Saturday Workshops at 3:30 to 5 p.m.

#6 Our Mothers, Grandmothers and Great-Grandmothers, part 2

Optional continuation of Workshop #2. Your choice if you want to continue or take another. See Workshop #2 description.

#7 Listening To Spirit

Using a variety of meditative and energy work techniques, this workshop will employ movement and stillness to help participants achieve stress release and relaxation.

Claudine Miller is a psychotherapist, life coach, artist, and deeply spiritual lover of life. Claudine specializes in helping people transform and thrive during change; she has a private practice in St. Louis.

#8 Marry Your Muse — Encouraging Your Creativity Through Writing

We are all inherently creative. We will begin to undo our fear of self-expression and undo our idea that creativity belongs to a chosen few. You are welcome to bring any item that sparks your creativity: a flower from your garden, a rock from the beach, a cookie from your kitchen, etc. This workshop is based on Jan Phillips' book, "Marry Your Muse: Making a Lasting Commitment to Your Creativity."

Juli Cicarelli is the author of numerous biographies, including the book "Distinguished Women Economists." She loves gardening, watercolor painting, and being with friends who bring joy to her creative endeavors.

#9 Awaken to the "Shaman Within" part 2

Optional continuation of Workshop #4. Your choice if you want to continue or take another. See Workshop #4 description.

#10 Make a Didgeridoo!

Learn about this fascinating Australian sound instrument and then make your very own. Heather will teach you how to play it! **Please bring \$10 for the cost of materials.**

Heather Poyner is a popular drum circle facilitator and hand drum instructor from Kenosha, Wis. The Drum Hut is her retail store where several of the retreat activities will be located.

Saturday keynote



The Rev. Georgette Wonders

"She Who Is Not Busy!"

We welcome the Rev. Georgette Wonders as this year's keynote speaker for our retreat. Her topic is "She Who Is Not Busy!" as she comments on women's tendencies to take on too much in their lives.

Rev. Wonders is the minister of the Bradford Community Church Unitarian Universalist, Kenosha. She has preached from the Kenosha UU pulpit for nine years, and in her ordination pledged to fulfilling the offices of preacher, teacher, prophet, and pastor.

In those years, she has become known for giving sermons with evocative and intriguing topics like Journeying Toward Wholeness, Kitchen Theology, Joyous in Spite of it All, Stuff: Living in the Material World, Women and Religion: Deep Roots and Hidden Histories, and Soul Work.

She loves to quilt and read stories that draw us deeper into our own true lives and down into the shared root of all Life. She likes to say that she exemplifies the grand tradition of "teaching what she needs to learn!"