



2018 UU Women's Connection Council

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YOUR NAME HERE!
Recruiting for Councilors —
let us know if you want to
help with the work of con-
necting women across the
district!

Voices of Women

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Spring 2018

Spring Retreat at Pilgrim Park, June 1-3, 2018

We're getting all sorts of excited about our keynote speaker, **Carley Mattimore!** Carley's keynote will be "**Awakening Shamanic Consciousness: A New Birth**". Our element for the Spring Retreat will be **Air** and the direction honored will be **East**. Registration information is found on [page 5](#) and at www.uuwomensconnection.org!



Carley Mattimore

Carley teaches shamanic breathwork. She is a reiki master. How best to honor our element of Air than with Carley who will share with us her knowledge of becoming an important part of this element.

We are in heightened times of great change amidst great chaos where all we have known seems to be crumbling and dismantling before our eyes. We may feel panic, fear, futility or numbness as the turbulence unfolds around us. Yet there is higher perspective that can support us in trusting the unfolding as we prepare for a new birth of humanity. This perspective is symbolized by the Air cycle of shamanic consciousness; a deeper understanding of how we move through change. Carley Mattimore will guide us in exploring the cycles of change using our breath to support us as we assimilate this death and rebirth in our personal and collective consciousness.

About Carley Mattimore

Carley is a Shamanic Psychotherapist who midwives others on their spiritual and psychological path towards healing and wholeness in their lives. She is a gifted practitioner with 30 years of experience working with children, adults and families in both public and private practice.

Carley is a Shamanic Breathwork Facilitator and Shamanic, Usui, Tibetan Reiki Master as well as a Healing Touch Practitioner and a Practitioner of the 13 Laws of Lionhearted Leadership. Carley is the co-founder, along with her husband, John Malan, of Aahara Spiritual Community, a 501c3 congregation of Venus Rising in the "Heartland" of Springfield, IL offering psycho-spiritual workshops in the Midwest. Carley's first book, *Sacred Messengers of Shamanic Africa*, co-authored with Linda Star Wolf is due out in July 2018.

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Membership Dues

We've created three levels of support for the Unitarian Universalist Women's Connection. *Select the level that is right for you!*

\$15 Supporter

The UU Women's Connection's programs help grow your spiritually.

\$25 Sustainer

You are also committed to sustaining the work of the UU Women's Connection.

\$50 Visionary

You are also committed to both the present and future growth of the UU Women's Connection.

Units of 10 register for \$130 in 2018. Register a unit of 10 or more members for \$13 each!

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Carley Mattimore has been on a shamanic journey from the moment she was born into this lifetime. She has a Scorpio Sun, Capricorn Moon and Cancer Rising and has five Scorpio planets in her fifth house, which is Leo, the Lion. Her life course is a shamanic journey and as such she has experienced many shamanic life-changing events that include the tragic deaths of her father, sister and husband in car accidents. Early in her adult life, she invested her creative life force energy into raising five daughters to be independent, strong, unique women, all following their own soul path. In addition, she is a shamanic grandmother to seven grandchildren ages 17 to 2.

Information about Carley can be found on several websites:

- www.heartlandhealingartscenter.com/
- www.heartofjoyreiki.com/about-carley.php
- www.aahaspiritualcommunity.org/who-we-are
- www.simonandschuster.com/books/Sacred-Messengers-of-Shamanic-Africa/Carley-Mattimore/9781591432913

UU Women's Connection Donates to Reproductive Choice Organizations

This past year the UU Women's Connection was happy to have enough funds to give donations to important charities. The **Religious Coalition for Reproductive Choice (RCRC)** and **Faith Aloud** were each the recipients of \$1000 from the UUWC.

The national RCRC, located in D.C., reaches out to religious, pro-choice supporters and provides leadership and pastoral care trainings. Faith Aloud, under the parent organization All-Options, provides judgment-free support and clergy counseling for those experiencing emotional or spiritual difficulties with pregnancy, parenting, abortion, and/or adoption. To find out more about these organizations go to their websites: www.rcrc.org, www.faithaloud.org, www.all-options.org.

Thanks to all of you, our members, we will be donating to these organizations again in 2018!



Weekend in October

Last October 13–15, 2017, the Women’s Connection Fall Retreat at the DeKoven Center in Racine, took place. It was a rainy weekend, but the sun was shining in our hearts. Our keynote speaker was Shelley Graff, the Goddess’ own Songstress. Women gathered from Indiana, Michigan, Wisconsin, Illinois, and Missouri. The theme for the conference was “Within,” accessing the wise counsel that we all share but can often be drowned out by the demands of daily life and our own expectations. Having a break to honor “Within” was precious.



People started arriving around 4:00, and began to settle in for the lovely weekend ahead. Women brought objects for the raffle, and their creative contributions for an open mic on Saturday night. Shelley’s keynote and three workshops awaited them on Saturday. Shelley had so many songs for us to sing that helped us build community with each other.

We always enjoy the meals at DeKoven. They are tasty, nourishing, and plentiful. They do their best to accommodate each participant. It is also a nourishing time to connect with old friends and to meet new people.

Around 7:00, the opening ritual began. We sang, drummed, settled, and centered. It was a good time to let the outside world go and enter into the time we had set aside just for us. A good time to go “within.”

Saturday, we were up for breakfast, bright and early. Some of us also ventured across the street to the lake to watch the sunrise, although on this particular weekend, the sunrise was mostly in our imagination with the thick cloud cover. Nevertheless, some traditions are not weather dependent.

After breakfast, we participated in Shelley’s keynote workshop, learning many new chants and even generating our own. We split into groups with the goal of creating a chant, or at least experiencing the creative process involved. One chant, in particular, was quite noteworthy, and will become a future “energy elevator,” that will be sung robustly for many years to come. You will simply have to sign up for a weekend to hear it.



After a lovely lunch, we had our choice of workshops. Some of us attended “Mudras and Mandalas,” some of us tried juggling, and some of us met with Shelley to figure out how to start up a Sacred Circle of Song in our own neighborhoods. And then, again, some of us elected to nap, or hang out with the vendors, or get a massage from Gina, or catch up with a new or old friend.

Dinnertime came quickly, and we gathered together with new and old friends, feeling more at ease. After dinner came the raffle drawings. People were happy to donate, and people were happy to receive special treasures. Then was the open mic where we shared our talents, great memories, and deepened friendships. Some of us stayed up to play games, others were happy to retire.

A rainy Sunday dawned. We had breakfast, and then the closing ritual. The DeKoven Center sent us home with a bag lunch. Another beautiful weekend of memories.

I sincerely hope you will be able to join us in Princeton, Illinois at Pilgrim Park, June 1-3, 2018. The theme will be “Finding Your Voice.” Great conversation, new friends, old friends, and a break from your routine await. Hope to see you there!

~ Pat Hyams

Notes from UU Women's Connection's Annual meeting, November 18, 2017

Buffy Lael-Wolf's term on the Council ended. Tracy Zieber got a new job! and decided to resign from the Council. We wish both of them well and hope to see them at our retreats in the future! The council decided to ask Kathleen Miezio and Kathy Riley to join the council. Both agreed! Yeah!

The Officers for 2018 are Diana DeWeese (President), Deb Czarnopys-White (Vice-President), Janet Adams (Treasurer) and Pat Hyams (Secretary).

The Council set the following Goals for 2018.

- Increase outreach and marketing activities for purposes of increasing awareness of our group and our events.
- Offer Social Action opportunities at each retreat.
- Get Facebook users to "like" our Facebook page. 300 by 11/18.
- Identify contact person per UU Fellowship/congregation in our region, and develop a working list.
- Use the Google calendar as an outreach tool.

The Council set the 2018 Calendar for UU Women's Connection

- Spring Retreat – Pilgrim Park Camp and Conference Center, Princeton, IL, June 1 - 3, 2018
- Summer Retreat – Ronora Lodge & Retreat Center, Watervliet, MI, August 3-5, 2018
- Fall Retreat – DeKoven Center, Racine, WI, October 12 – 14, 2018
- First quarter – February 24, 2018 in Joliet
- Second quarter – April 28, 2018 in Hinsdale
- Third quarter – July 14, 2018
- Fourth quarter & Annual Meeting – October, 27, 2018

The Council set the Direction and Element that will be honored at the Spring and Fall Retreats:

- Spring, 2018 Pilgrim Park East, Air
- Fall, 2018 DeKoven Center South, Fire

One of Our New Council Women!

Kathleen Miezio

I am a member of the First Unitarian Society of Milwaukee, and have been a member of several fellowships and smaller UU churches for the past 40 years. I participated in "Cakes for the Queen" when it was introduced and never looked back.

My mundane life centers around my family — I have 6 lovely grandchildren, Progressive politics, and my desire to protect and honor Mother Earth. I work at the Milwaukee School of Engineering where I am a Professor in the Engineering Management Program.



"Finding Your Voice"

UU WOMEN'S CONNECTION

Spring Retreat -- June 1 -3, 2018
Pilgrim Park, Princeton, IL 61356



REGISTRATION FORM

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE (_____) _____ E-mail: _____

CONGREGATION _____

CONFERENCE FEES

1. Registration Fees - Please check the appropriate registration fee and write the amount in the box:

	UUWC Member	Non-Member	
Full Conference	<input type="checkbox"/> \$60	<input type="checkbox"/> \$75	_____
Saturday Only (includes registration, use fee, plus lunch & dinner)	<input type="checkbox"/> \$85	<input type="checkbox"/> \$95	
Saturday Only (includes all of the above and breakfast)	<input type="checkbox"/> \$90	<input type="checkbox"/> \$105	
			\$ _____

2. Room & Board – Please check your room selection and write the amount in the box:

Upper Conference Center – Double	<input type="checkbox"/> \$145	_____
Specify Roommate _____		
Upper Conference Center – Triple	<input type="checkbox"/> \$130	
Specify Roommate(s) _____		
Higgins Lodge – Double Occupancy Only (a short walk from the main building)	<input type="checkbox"/> \$130	
Specify Roommate _____		\$ _____

3. Membership Renewal

<input type="checkbox"/> \$15 Supporter	_____
<input type="checkbox"/> \$25 Sustainer	
<input type="checkbox"/> \$50 Visionary	
	\$ _____

4. Scholarship Contribution

Scholarship donations go directly to help sisters in need attend this Conference or the fall Conference. Won't you lend a sister a hand?

\$ _____

Registrations must be received by May 18, 2018 — we must notify the Conference Center on that date. We cannot take registrations after May 18, 2018.

TOTAL CONFERENCE FEES

- Please add the amounts in each of the boxes above: _____
This is the Total Amount Due.
- Subtract the amount enclosed with this form: — _____
At least 50% of the total must be included with your registration form.
- This will be your amount due at the retreat: = _____

Please REGISTER ONLINE on our website, www.uuwomensconnection.org , or
mail completed registration form with payment to:
Janet Adams, 1310 Clement Street, Joliet, IL 60435
Make checks payable to: UU Women's Connection
Questions?? - Call Janet at 815-685-4880 or email her at: jllandaiche@comcast.net

Workshop Choices

Our keynote's workshop – Shamanic Breathwork will be offered after our lunch break. Everyone is welcome to participate in Carley's workshop. Following her workshop we will offer 3 more workshops. Please select your first choice.

- _____ **Book Discussion – “Waking up White and Finding Myself in the Story of Race”**
by Debby Irving - with Jenny Ross
- _____ **Say It with Chimes – make and take** – with Diana DeWeese
- _____ **Beginning Drumming** with Heather McMeekan

OTHER NEEDS/REQUESTS (We will try our best to accommodate.)

- Dietary concerns/restrictions Please list _____
(e.g. gluten-free; lactose intolerant)
- Vegetarian meals preferred Indicate type of vegetarian _____
- Other (including mobility issues) Please list _____

*ROOM/BOARD INFORMATION

- Rates listed are per person for the entire conference period, Friday evening through Sunday morning.
- Meals included are Friday dinner (6-7 p.m.) through Sunday breakfast.
- Check-in time is 4 p.m. Friday. Room checkout time is 10 a.m. Sunday.
- Sheets, pillow, blanket, bed spread, towel and washcloths are provided. If you have a favorite pillow, bring it too!
- *There are a limited number of rooms in the Upper Conference Center, so send in your reservations early!*

SCHOLARSHIP/GRANT APPLICATION

The UU Women's Connection budget funds four grants of up to \$100 each.

Additional \$40 grants are available to help with childcare expense. *Note: On-site childcare is not available, though nursing babies are welcome.*

Applications must be postmarked by May 5. These go fast!

You'll get an answer to your request within 10 days.

My need is _____

My home church/group will provide _____

An additional scholarship is allocated for ministerial students. Please list school name and degree sought.

Coming Home to Our Selves - Our First Summer Retreat

We gathered in Trilogy Lodge at Ronora Lodge and Retreat Center in Wauvliet Michigan in mid-August 18-20. Our theme was "Coming Home to Our Selves". Catered gourmet Vegan meals, nourishing workshops, wild-flower walks and worship circles made up this weekend "back to the land" on the 400+ acres of woodland and lake within the spirit-filled place called Ronora. A few workshops, plus time to explore, relax, drum, sing and commune with nature and each other. In 2018, our Summer Retreat at Ronora will be August 3 - 5. Mark you calendars!



One of Our New Council Women!

Kathy Riley

Hi Everyone! I'm Kathy Riley, and I'm honored to be on the Women's Council. I have been attending the UU Women's Retreats for several years. Gathering with women who truly care and support each other is something every woman should have in her life, and I'm so glad I found all of you!

So, a little bit about me. I will turn 50 in November... woohoo! I live in Mundelein, IL and am married with two children. My son is 26 and recently married and my daughter is 15. I have a full-time left-brained corporate day job but I'm more passionate about creative/metaphysical things. I love to read and write (poetry, unpublished novels, rituals). I love yoga and crocheting (can't knit a thing though, lol). I am an intuitive/medium and have multiple Reiki certificates (Usui Reiki Master/Teacher, Crystal Reiki Master, Karuna Reiki Level II) and am also a certified Crystal Healer. I have 6 tattoos, 3 of which I designed myself and have special meanings. I was raised Catholic, but have chosen a Pagan path for my life. A personal goal for me is to get more involved in direction action regarding the social issues I am passionate about.



I hope to see all of you at this year's retreats and have an opportunity to get to know you better.

Blessed Be.



UU Women's Connection

1310 Clement Street,

Joliet, IL 60435

www.uuwomensconnection.org

RETURN SERVICE REQUESTED

Time to renew your membership? *It is, if the date on your mailing label shows a date earlier than March 2018.*

Include recent update below and make check payable to "UU Women's Connection."

Send to the Connection Treasurer, Janet Adams, 1310 Clement Street, Joliet, IL 60435

Units of 10 or more may register for \$13 each in 2018. Save \$20 by registering as a group. Individual memberships are \$15.

<p style="text-align: center;">Membership/Mailing List</p> <p>Have you moved? Let us know so you won't miss a thing.</p> <p>NAME: _____</p> <p>ADDRESS: _____</p> <p>PHONE: _____</p> <p>E-MAIL: _____</p> <p>CHURCH/ ORGANIZATION _____</p>	<p>2018 "Get Connected" Calendar</p> <p>April 28.....2nd Quarter Business Meeting, Hinsdale, IL</p> <p>June 1-3.....Spring Retreat Pilgrim Park, Princeton, IL</p> <p>July 14.....3rd Quarter Business Meeting, Hinsdale, IL</p> <p>August 3-5.....Summer Retreat Ronora Lodge, Watervliet, MI</p> <p>October 12-14.....Fall Retreat DeKoven Center, Racine, WI</p> <p>October 27.....4th Quarter & Annual Business Meeting</p>
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