



Voices of Women

Page 1

Fall 2019

2019 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
connecting women across
the Region!

Fall Retreat at Dekoven Center, October 11 - 13, 2019

Be prepared to chant and be enchanted with Kellianna! At the DeKoven Center in Racine, Wisconsin. Our keynote, Kellianna is an American pagan singer/songwriter. She is internationally renowned for her powerful performance of song and chant inspired by myth, magic, sacred places, and ancient times. With guitar and vocals, she brings to life stories and sagas of the Gods and Goddesses. With primal frame drumming and soaring vocal chants, she honors the Earth and the Ancestors.
www.kellianna.com.

The theme of the weekend is **Connection and Healing**. We will celebrate the direction **North**, and the element **Earth**.

Plan on a fun weekend filled with music and activity. On Friday evening, join Jenny Ross to watch the documentary [She's Beautiful when She's Angry](#) about the American Women's Movement in the 1960s, 70s and 80s, reconnect with old friends and make new ones.

On Saturday start your morning with Gong Meditation with Heather Poyner. Enjoy the keynote and her early afternoon workshop. Choose an afternoon workshop: Sound Meditation with Dawn Frase, The Positive Power of Anger with Jenny Ross, and Medical Cannabis with Heather McMeekan. Enjoy the Lake Michigan shoreline and the beautiful grounds of the DeKoven Center. Participate in activities on Saturday evening that will including a Croning ceremony if there is enough interest.

Sunday morning, enjoy Gentle Movement with Kathy Salzano, breakfast and our closing ritual. The weekend at DeKoven ends at noon on Sunday, but if you would like to stay and see part of Racine you can join Sage Hagy and Jenny Ross in visiting the Frank Lloyd Wright buildings at SC Johnson and Wingspread. We will start at Wingspread at noon and then go to the 2pm tour at SC Johnson. Both tours are free but you need to sign up on-line at <https://www.scjohnson.com/en/a-family-company/architecture-and-tours>.



Rocky at Ronora

Summer retreat at Ronora was fun and magical, from the lake, to nature walks, to cool art workshops, to the campfire, and singing. The weather was perfect and the food was awesome. What a wonderful time we had sharing our adventure!

Membership Dues

We've created three levels of support for 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 spirituality.

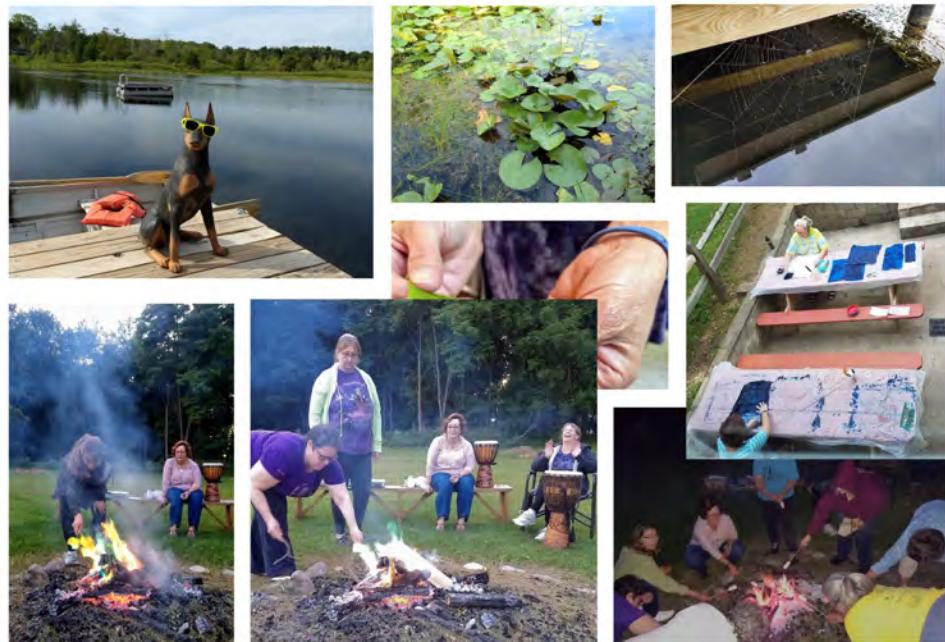
\$25 Sustainer

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 2019.
 Register a unit of 10 or more members for \$13 each!**



Nothing was rocky--It was all smooth sailing, singing, and socializing until...We noticed that a critter must have broken in to our chocolate supply. Then later that evening, when we had broken out the ukuleles, we heard a rustling up in the rafters. Suddenly our visitor popped out along a ceiling beam in the common room to observe the show, and we did not disappoint! Lisa and Gretchen started to serenade the creature, "you are so cute, but you don't belong here..." As it gazed at us, and we lined up and gazed back, talking excitedly and taking pictures, it seemed to feel right at home. Even more wondrous than our new mascot, was the enchanted chatter and cries of all of us women. We ended up naming it Rocky after the famous Rocky the Flying Squirrel and welcomed it into the lodge. Rocky ran along the center beam and disappeared into a crevice in the wall.

I know all of us who were there will treasure our time on retreat, and share as well the common memories of Rocky, the Baby Hawk song modeled after Baby Shark, and burning regrets, anger, and disappointment in the colorful flames of the fire.

I personally feel great gratitude and am rejuvenated with songs and stories, and the memories of my time in the company of women, which always lifts my spirits.

See you at DeKoven! **Kathy Salzano**

Traveling and Spirituality

I have had many unexpected experiences of the spirit while traveling. What follows are some anecdotes and how I "grew" spiritually.

Since I retired from teaching four years ago, all I have wanted to do is travel. I had never been outside the US until I was 49. Some of my travels have brought me to Ireland, Jordan, France, Great Britain and Norway.

I have traveled with friends and I have traveled solo. My solo travels were the most fruitful and spiritually rich. I remember on one trip, I felt very needy and I was very aware that I was traveling "alone." I would go to my room and feel lonely, certain that everyone else was having a great time, and there I was alone. One day my suitcase wouldn't close correctly, and I had to call someone from the hotel to help me. One day, I was walking back to the hotel and got lost, and I had to call the tour guide to help me. These were seemingly little things, but my anxiety grew and grew. Finally, one day, the straw that broke the camel's back came when I missed my connection with friends and couldn't find them. I made my way back to my room quite dejectedly. I was very sad. I sat on the bed, and a voice inside my head said, "Look, you're at this exotic place. Don't make this about you being sad. Get out there and enjoy the sunset at this wonderful location!" And I was suddenly filled with the knowledge and confidence that I could handle any situation that came my way. I remembered I was not a stupid or helpless woman, I was smart and capable and could solve problems. It did not serve me to worry excessively over what could happen. I would take the moment and enjoy what WAS happening to the fullest. I was suddenly calm and self-assured. I put a smile on my face, exited my room, and had a spectacular time for the rest of the tour. I felt a new freedom in deciding what I was going to do. When some people asked me to join them for an activity, I found that what I really wanted was to sit at an outdoor cafe and enjoy a cappuccino while people watching, and that's just what I did. I had saved myself, I had rescued myself. It took going halfway round the world to come face to face with my own strength.

Now, I find that traveling solo is my preferred way to travel. Of course it is also nice to travel with a friend, but not necessary. I like being responsible for myself. I enjoy meeting new people and learning about them, even as I learn about the country we are in. The bonding and joviality among new friends is a beautiful thing and a special experience all unto itself. When I return home, I am not the same person. I am the sum of my experiences -- hopefully more sensitive and courteous to others from different cultures.

And just a word about Ireland. My ancestors came from here. Such is my connection to the "auld sod" that when the plane broke through the large cloud bank the first time I went to Ireland and I saw Ireland from the air, I started crying. I was home. There was just a deep resonance between the land and me. Somehow, I knew this land, and it knew me. Identifying as a pagan, it was deeply moving to visit New Grange in County Meath, and the Hill of Tara, where the High Kings of Ireland were once crowned. It squeezed my heart to visit a ruined village on Achill Island, a place of starvation and nothing left but crumbling, despair-filled, abandoned buildings. At the same time, it also filled me with a pride at the toughness of the Irish and their scrappiness to endure. Now, I know that I am Irish in the U.S., but I am American when I am in Ireland.

Travel can teach some unexpected but rich lessons of the spirit. -- Pat Hyams

To Serve with Love

At the end of 2019, I will finish my 2nd 3-year term on the UU Women's Connection Council. I previously had served two 3-year terms (2007-2012) with a 1-year break in 2013 -- as allowed by our bylaws. I am so grateful for this time together with all of you. I have learned so much -- deepened my UU Pagan spirituality.

We have had so many amazing women as our keynotes and workshop presenters at our Spring and Fall Retreats, and now we have started our Ronora Summer Retreat -- a great get-away at the end of a busy summer.

I've learned to lead a drumming circle with confidence. We've done red tent at my church. I've led workshops on making goddess gowns, understanding your color palette, dyeing silk scarves, and making wind chimes with colored glass. Most of those skills I had to teach myself, before I was able to lead the workshop.

Even our quarterly business meetings are fun -- even those we have via conference call. And we have eaten some fabulous meals together. I love, love, love every woman who has been on the council with me. I've made really good friends and I enjoy seeing them every time we get together. Such talented women!

Our lending library has grown to 8 bins of books, CDs, cassettes, VHS, and DVDs donated by women, for women in the MidAmerica Region.

I've been able to spread the word about UU Women's Connection at the MidAmerica Regional meetings and at UUA General Assemblies. We've co-sponsored a Women's Leadership Day to honor women in UU congregations. Councilwomen have traveled to congregations throughout the region to spread the good news about the Connection. We've provided programming -- Margaret Fuller Conversations and Cakes for the Queen of Heaven "Cupcakes" -- single sessions during our visits.

We will have vacancies on the Council next year. They are 3-year terms. Please consider this opportunity to service the women of the MidAmerica Region. I did, and was glad I did.

---- Diana DeWeese

Fall Retreat Workshops

Curious about Medical Cannabis?

Join workshop presenter Heather McMeekan, MS for this informational program for those new to medical cannabis. By the end of this workshop, participants should be able to:

- List three strains of cannabis
- Name three active ingredients of cannabis
- List one indication and one contraindication for each strain
- Name 3 methods of delivery for medical cannabis
- List at least one benefit and one caution for each method
- Name 3 areas of the human body with cannabis receptors
- List 3 conditions/symptoms treated successfully with medical cannabis

Sound Meditation

Workshop leader Dawn Frase is a Vibrational Sound Therapy Certified Practitioner. Sound meditation helps recipients to harmonize their personal vibrations and experience peace, tranquility, and restoration! Himalayan singing bowls have been used for centuries for healing and meditation purposes. They create a range of sounds that help to restore the normal vibratory frequencies of out-of-harmony parts of the body, mind and soul. Being surrounded by the sound frequencies of singing bowls, chimes and other instruments during a sound meditation makes it easier to quiet your mind and achieve deep relaxation, which reduces stress and facilitates healing. Please bring a yoga mat and/or cushion, so you may lie down comfortably for this meditation, if space allows.



The Positive Power of Anger

Many of the most powerful women in history and some of the most powerful Goddesses were angry. Their anger gave them power and they used it as a force for positive change in themselves and in the world. We are taught that anger isn't feminine and that good girls, good wives and good mothers are not angry, or at least never express their anger. What if what we were taught is wrong?

Join Jenny Ross in a discussion of the revolutionary power of women's anger and ways that you can channel your own anger as a positive force for change on Saturday afternoon. On Friday evening, we will show the documentary "She's Beautiful when She's Angry".

“Connection and Healing”

UU WOMEN'S CONNECTION

Fall Retreat - October 11 - 13, 2019

DeKoven Center, Racine, WI

REGISTRATION FORM



NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE (_____) _____ E-mail: _____

CONGREGATION _____

RETREAT FEES

1. Membership Dues

- \$15 Supporter
- \$25 Sustainer
- \$50 Visionary

\$ _____

2. Retreat Fees:

No lodging, no meals \$75

No lodging, lunch Saturday \$105

No lodging, lunch and dinner Saturday \$115

No lodging, Friday dinner, Saturday lunch and dinner \$125

\$ _____

With lodging, Single occupancy \$295

With lodging, Double occupancy \$275

3. Are you a member of UU Women's Connection?

Yes, \$15 discount
No, no discount

- \$ _____
(if you are a member)

4. Scholarship Contribution

Scholarships go directly to help sisters in need attend our Retreats. Won't you lend a sister a hand?

\$ _____

If you are a Youth (ages 12-17), please contact registrar@uuwomensconnection.org, for additional registration paperwork.

Registrations must be received by October 4, 2019 – we must notify the Retreat Center on that date. We cannot take registrations after October 4, 2019.

TOTAL RETREAT 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: \$ _____

*On the Electronic list? Email us to check your membership renewal date. info@uuwomensconnection.org

Please REGISTER ONLINE on our website, www.uuwomensconnection.org, or
mail completed registration form with payment to:
Kathy Salzano, 517 N Walnut St, Elmhurst, IL 60126
Make checks payable to: UU Women's Connection
Questions?? - Call Kathy at 630-202-1900 or email her at: ktsalzano@gmail.com

Workshop Choices

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

- Curious about Medical Cannabis?** – Workshop Leader –Heather McMeekan, MS
 Sound Meditation Workshop – Workshop Leader – Dawn Frase, Vibrational Sound Therapy Certified Practitioner
 The Positive Power of Anger – Workshop Leader - Jenny Ross

There will be a Croning Ceremony on Saturday evening. Please indicate if you will be participating.

- Yes, I will be participating. I'm ready to cross the threshold into cronehood!

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

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

*ROOM/BOARD INFORMATION

- Rates listed are per person for the entire retreat, 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, towel and washcloths are provided.

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 September 27. 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.

UU Women's Connection
716 S. Douglas Ave
Springfield, IL 62704

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 September 2019. Include recent update below and make check payable to "UU Women's Connection."

Send to the Connection Treasurer, **Kathleen Miezio, 2357 South 54th Street, Milwaukee, WI 53219**

Units of 10 or more may register for \$13 each in 2019. Save \$20 by registering as a group. Individual memberships are \$15.

Membership/Mailing List

Have you moved? Let us know so you won't miss a thing.

NAME: _____

ADDRESS: _____

PHONE: _____

E-MAIL: _____

CHURCH/
ORGANIZATION _____

2019-20 "Get Connected" Calendar

October 11-13 Fall Retreat
DeKoven Center, Racine, WI

May 29 - 31, 2020 Spring Retreat
Pilgrim Park Retreat Center, Princeton, IL

August 7 - 9, 2020 Summer Retreat
Ronora Lodge, Watervliet, MI