



Voices of Women

Newsletter of the UU Women's Connection of the CMwD

Spring 2011

“The Joy in Now” Spring Conference 2011



Join Spring Conference keynote, Teri Freesmeyer at the Connection's THE JOY in NOW Conference, June 3-5. Rejuvenate by allowing yourself this time to explore and nurture your senses. Join your sisters, nature, and inner reflection in Pilgrim Park Retreat

Center's peaceful and natural surroundings.

All of nature awaits us as we reclaim our natural rhythms; feed our souls by pausing to be available to ourselves in kindness. With the Earth's dynamic expressions all around us, it is within US the true shifting takes place. June 3-5 is a time for YOU. Spring brochure and registration form may be found on pages 2-4. And our website: www.uuwomensconnection.org

Good Bye Lake Geneva. Hello Lake Michigan.

By Tori Kilhoffer March 18th-20th Council gathered at George Williams College on Lake Geneva in WI. The big, bright full moon greeted us as we arrived. We spent the evening connecting with each other and sharing our passions. Talking into the night about what moves us to action, a total of 14 passionate women planners, councilors and wise women contributed their ideas in strategic planning sessions on Saturday.

Planners for 2011 and 2012 spring gatherings met and developed a vision for both weekends. See the 2011 spring brochure in this issue of the VOW. Early planning proceeded for the 2012 musical conference with Pam Hinkle and Bonnie Ettinger, popular musical director and pianist at the Annual Summer Assembly, who have been signed for spring 2012.

The Lake Geneva fall retreat has been close to the heart of this organization for 28 years. Councilors were nervous and

excited planning a fall retreat in a new location, with many changes, but keeping the same wonderful connecting woman's weekend that we have loved. More specifics about this year's fall retreat can be found in on page 4.

Yearly, Councilors travel the district meeting women and offering programming to the local congregations. The Margaret Fuller Conversations we facilitated were always enjoyable and always different. Time has come however, to offer something new. We have gathered a great list of new ideas for congregation programs. Might your congregation host one of the Connection's quarterly meetings so you can sample these new offerings? Check our website www.uuwomensconnection.org for more information about hosting a council meeting in 2012.

Saturday night at Williams Bay we celebrated the spring equinox--danced and sang and laughed and shared our joy. Some walked by the lake to say goodbyes to this place that has meant so much. Sunday morning in the rain, we had a ceremony to thank this place for the memories. We are grateful to the Wise Women who joined Council discussions: Sue Wilhelm, St Louis, MO; Teri Freesmeyer, Springfield, IL; Gretchen Ohmann, St Joseph, MI; Nancy Irons, Northbrook, IL; Peggy Patty, Athens, IL and Heather Poyner, Kenosha, WI.

We are going GREEN!



The UU Women's Connection is switching to electronic mailing unless paper copies are preferred. We've two really good reasons to go GREEN: to save trees, help the environment and to save costs. Paper, printing and mailing costs continue to increase yearly and we can start to reduce this budget line item with your help. That way we can continue to offer quality programs, scholarships and grants. Please consider this request and provide us with your most current e-mail as soon as possible but no later than June 1st. Send it to connections@uuwomensconnection.org so you won't miss a thing. You need do nothing if you wish to continue receiving the newsletter in the mail.



Unitarian Universalist Women's Connection

Spring Retreat at Pilgrim Park Camp
Princeton, IL

June 3-5, 2011

Register by
MAY 15th

THE JOY OF NOW!

BACK by Popular Demand:

Teri! Freesmeyer

Join us in **THE JOY OF NOW** to rejuvenate and reconnect by allowing your Self this time, exploring and nurturing your senses, reconnecting with your sisters, nature, and inner reflection.

The elements await us as we reclaim our natural rhythms, feed our souls by pausing in the moment, and be available to ourselves in kindness. With the Earth's dynamic expressions all around us, it is within us the true shifting takes place.

Take a moment to save the date, send your registration, and pencil in time for you to experience fully in the **JOY OF NOW**.

◆ Moving Musical Moments

Sit, watch, listen, move in your chair, *follow* a simple choreographed lead, OR let the music *move your body, your way!* Whatever you choose, enjoy these short musical interludes throughout the day!

NOW for some YOU Time!

Enjoy an aromatherapy sugar scrub or salt scrub for your face or your hands/arms. Do it yourself, or find a partner to pamper and trade! Come away with soft, sweet smelling skin and a rejuvenated spirit!



PLUS treats, fun, pleasure, pampering, and many opportunities to enJOY a spa for your soul.

WORKSHOPS

SPONTANEOUS U! CONNECTED U!

A workshop filled with activities designed to bring your unique spirit into the **NOW** and nurture a satisfying and fulfilling connection with yourself, others, and the world around you. Based on theories of comedy improvisation, therapeutic play, and the neuroscience of your brain, this experience will explain and explore what keeps us in the moment, the "yes, and" attitude, connection and attachment, and how your brain grows and changes, throughout life, through relationships.

CREATE YOUR JOY NOW

NOW—this moment—is the true source of happiness and peace. **NOW** is the key to letting go of suffering and living a fulfilled and meaningful life. This workshop will explore the works of Eckhart Tolle, Gina Lake, and Steven Hays on how we can invite the present into our life to create growth and foster **JOY**. Participants will discuss the books *Embracing the Now* by Gina Lake and utilize Acceptance and Commitment Therapy (ACT) exercises from *Get out of your mind and into your life* by Steven Hayes. No previous experience with these books is necessary but participants are welcome to read them prior to the workshop.

JOY OF VIBRATIONAL SOUND

Vibrational Sound can help bring us into balance and harmony, thus it can bring more **JOY** into our lives. **NOW** is the time to allow your body to be immersed in the healing sounds of the universe around you! Come experience the relaxation and power of these healing sounds.

THE JOY IN NOW

ZIZI WOMEN'S CONNECTION

Spring Conference June 3 – 5, 2011



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"/> \$50	<input type="checkbox"/> \$60	\$ _____
Saturday Only (incl registration, use fee, plus lunch & dinner)	<input type="checkbox"/> \$77	<input type="checkbox"/> \$87	
Saturday Only, plus breakfast	<input type="checkbox"/> \$85	<input type="checkbox"/> \$95	

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

Upper Conference Center – Single (on the main floor, with private bath)	<input type="checkbox"/> \$140	\$ _____
Upper Conference Center – Double Specify Roommate _____	<input type="checkbox"/> \$125	
Lower Conference Center (dorm type room with shared bathroom) Preferred Roommate(s) _____	<input type="checkbox"/> \$100	\$ _____
Higgins Lodge – Double Occupancy Only (a short walk from the main building) Specify Roommate _____	<input type="checkbox"/> \$120	
Tent Camping (bring your own tent and bedding)	<input type="checkbox"/> \$50	\$ _____

3. Membership Renewal

Check the date on the upper right hand corner of the mailing label. \$10

4. Scholarship Contribution

Scholarship donations help sisters in need attend this or the fall retreat.
Won't you give a sister a hand?

TOTAL CONFERENCE FEES

- Please add the amounts in each of the boxes: \$ _____
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: \$ _____

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

- Steps are a problem
- Mobility/stamina problems
- Dietary concerns/restrictions Please list _____
- Vegetarian meals preferred Indicate type of vegetarian _____
- Other 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, towel and washcloths are provided (except tent camping. (Bring your own tent and bedding).
- *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 grant 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. *An additional scholarship is allocated for ministerial students. Please list school name and degree sought.*

My need is _____

My home church/group will provide _____

Please mail completed (both sides) registration form with payment by MAY 15th to:

Diana DeWeese, 716 S Douglas Ave, Springfield, IL 62704 Make checks payable to: **UU Women’s Connection**

If registration is not postmarked by May 15th, please add a \$20 late fee.

Questions?? - Call Diana – 217-546-5834 or email – kidi71@aol.com





Welcome Peggy Patty

Peggy, a member of the Abraham Lincoln UU Congregation in Springfield, Illinois, worked in the field of domestic violence as an attorney for 25 years. She is a Reiki Master/Teacher, Certified Tuning Fork Practitioner, Crystal Bowls and Drum Circle Facilitator and has presented various Sound Healing workshops throughout the Midwest such as “The Power of Vibrational Sound”. Peggy facilitates a women's Drum Circle group and a Crystal Bowl Mediation group monthly. In June 2011 the State of Illinois will finally enact a law which partially legalizes the 26 year anniversary with her partner, Phyllis Lau. Unfortunately Illinois will still not equally recognize their marriage from Iowa.

DISTRICT ASSEMBLY

April 29-30, 2011



Fuzzy Aspirations & Hard Realities

Rev. Mark Morrison-Reed will be Keynote Speaker in Bloomington Illinois at the Chateau Hotel and Conference Center. **Register online at regonline.com/DA2011.**

2011 UU Women’s Connection Council

- Diana DeWeese, Chair.....217-546-5834
- Debbie Czarnopys-White, Vice Chair.....618-787-2929
- Tori Kilhoffer, Recorder.....309-963-6069
- Nicole Nichols, Treasurer.....314-569-7103
- Pat Goller, At large.....217-787-0687
- Sage Hagy, At large847-498-9333
- Juli Cicarelli, At large847-797-0634
- Peggy Patty, At large.....217-636-8875

Fall Retreat on the Lake

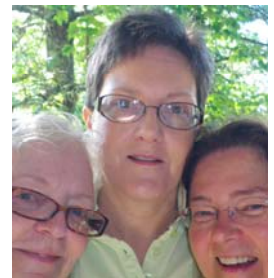
October 21—23, 2011 Kenosha, Wisconsin
New Lake Michigan Conference Location!

BREATHE “A Lake Front Retreat Experience.”

The UU Women's Connection district-wide planning committee is very excited to begin planning for the 2011 Fall Retreat at a beautiful new location in Kenosha, Wisconsin on Lake Michigan.

Plan to join us at the edge of Lake Michigan in Kenosha as we gather together to relax and enjoy the blessings of community, inspiring workshops, and the eclectic waterfront delights that Kenosha offers! The Conference also keeps an eye to spread healing and justice in the world.

SAVE THE DATE October 21-23, 2011 Find more details as planning continues in the Summer VOW or at www.uuwomensconnection.org



Farewell to Cathy

We are sad to say goodbye to Councilor Cathy Kline of the Carbondale, Illinois Unitarian Fellowship who has resigned the Connection governing council to concentrate on her volunteer work with the Carbondale fellowship.

Thank you for your many contributions, especially your presentation, about “achieving balance in our lives” at the final Lake Geneva Retreat in November 2010 and for the pleasure of your company on last year’s council trip to The Mountain UU Retreat Center in Highlands, NC.

Cathy is shown above center with councilors, Pat Goller and Diana DeWeese, on the last day of their Mountain adventure. We will miss you.

**“A good companion shortens the longest road.”
---Turkish Proverb**



UU Women's Connection
 1331 W. Glenn Avenue
 Springfield, Illinois 62704

www.uuwomensconnection.org

2011 UU Women's Connection Goals:

- Recruit additional councilor.
- Pam Hinkle- keynote Spring 2012.
- Women's leadership event for 2012.
- Expand resource library.
- Continue unit payment incentive.

RETURN SERVICE REQUESTED

Time to renew your membership? It is, if the date on your mailing label shows a date earlier than March, 2011.

NEW FOR 2011: Units of 11 register for \$100 in 2011. Register a unit of 10 members, get the 11th membership free!" Individual memberships are \$10.

Membership/Mailing List
Have you moved? Let us know so you won't miss a thing.
NAME: _____
ADDRESS: _____
PHONE: _____
E-MAIL: _____
CHURCH/ORGANIZATION _____

	2011 "Get Connected" Calendar
April 29-30.....	CMwD Assembly, Bloomington, IL
May 13-15.....	2 nd Qtr. Council Mtg. Columbia, MO
June 3-5.....	Spring Conf. Pilgrim Park, Princeton, IL
June 22-26...	UUA General Assembly, Charlotte, NC
August 26-28.....	3 rd Qtr. Council Mtg. Palatine, IL
October 21-23.....	Fall Retreat, Kenosha, WI.
October 22... 4 th Qtr.	/2011 Annual Mtg. Kenosha, WI