



## 2012 UU Women's Connection Council

Debbie Czarnops-White,  
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618-787-2929

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847-498-9333

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309-963-6090

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Juli Cicarelli, At Large  
847-797-0634

Diana DeWeese, At Large  
217-546-5834

**YOUR NAME HERE!**  
Recruiting for 3 more  
At Large Councilors—let us  
know if you want to help with  
the work of connecting  
women across the district!

# Voices of Women

Newsletter of the UU Women's Connection

Summer/Fall 2012

## ~FALL RETREAT BROCHURE INSIDE THIS VOW!~

### Sharing Sisterhood and Appreciating Growth Opportunities

Having attended the recent Spring Retreat at Pilgrim Park, I'd like to give gratitude to all who helped plan and execute this wonderful time of retreat. Our retreats don't promise change but they open the door to possibilities, growth and sisterhood. The rest is up to each individual. We were offered music, dance and laughter. I saw many, in addition to myself, take advantage of this. Pam Blevins Hinkle and Bonnie Ettinger took us from the depths of becoming grounded to soaring to

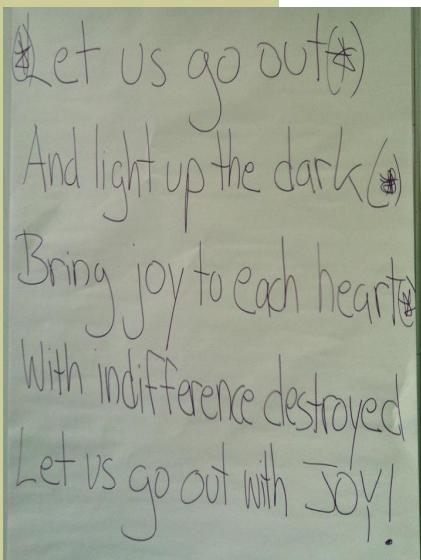
the heights of beautiful sounds and vibrations. It was enlightening to hear the notes and tunes that came from the instrument of our body. We are, as always, offered the choice of participating, just observing, or taking personal time to rest and reenergize.

Our Fall Retreat at DeKoven Center in Racine, WI promises to offer more opportunities to connect with ourselves, the speakers and programs, and the beautiful natural surroundings on an 11-acre wooded campus on the shores of Lake Michigan. Geri

Schrab will be speaking on "Accessing Ancient Wisdom Through Rock Art". This isn't just for archeologists or history buffs, but also for those of us desiring to explore our ancestors and journey to find or rediscover our own connections with Mother Earth.

Work is also underway for next year's Spring and Fall Retreats and they promise to be every bit as exciting and opportunity-filled. If you're searching within yourself or with others, please consider joining us at these fantastic events. ~by Debbie C-W





### The Sabbath of Mutual Respect

(an excerpt)

*Praise the lives you did not choose. They will heal you, tell your story, fight for you. You eat the bread of their labor. You drink the wine of their joy.*

*Praise our choices, sisters, for each doorway open to us was taken by squads of fighting women who paid years of trouble and struggle, who paid their wombs, their sleep, their lives that we might walk through these gates upright. Doorways are sacred to women for we are the doorways of life and we must choose what comes in and what goes out.*

*Freedom is our real abundance.*

—Marge Piercy

### More Reflections on the Spring Retreat

Enveloped in the pure sounds of women's voices as we chanted, hummed and sang, I felt truly in a sanctuary. We all need sanctuaries in our lives, to feel connected and safe. I left Pilgrim Park with my heart open, fully alive, and full of gratitude to Pam and Bonnie, and our very own Mother Goddesses Diana and Pat—they do take really good care of us, don't they. To all of you who brought your voices, your creative energies, and your loving spirits: Thank you. I'm sending you all a virtual, but loving hug. I hope to see you in Racine in the fall, and then again, next year, at Pilgrim Park. Come, and bring your friends.

Also I finally had time to read info about our fall conference (that was in our packets). Our keynote speaker will be Geri Schrab. She will speak on "Accessing Ancient Wisdom through Rock Art". She has found that although the style and execution of the original rock art images may vary from area to area, there is an underlying unity. This ancient unity echoes our common heart and essential connection to Mother Earth. Her ideas stem from the knowledge that a woman's body is a macrocosm of Mother Earth's body and that respect for the Earth and for women go hand in hand. Looking forward to seeing you there! ~ Juli C.

### Membership Dues—New for 2012

We've created three levels of support for the Unitarian Universalist Women's Connection for 2012. *Select the level that is right for you!*

#### \$15 Supporter

The UU Women's Connection's programs helps you grow 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.



Like our page: **UU Women's Connection of the CMwD**

# CONNECTING WITH THE WISDOM OF THE ANCIENTS



**UUWC Fall Retreat ~ October 19-21, 2012**

DeKoven Retreat Center  
600 21st Street ~ Racine, WI 53403

## **Saturday Afternoon Program**

*On Saturday afternoon you may choose one of two paths. In Path 1, you may attend two workshop sessions from an engaging selection of six on offer. In Path 2, you may attend an afternoon facilitator training on an exciting UU women's curriculum. Here is what we have lined up for you.*

## **PATH 1: WORKSHOPS**

### **Painting with the Ancients (Workshop begins on Friday evening, continues during the Saturday afternoon program; see description) (Session One: 1:30-3:00 p.m.)**

In this workshop, Geri will assist you in creating your own watercolor painting inspired by these ancient, sacred images and your personal connection to Mother Earth. This will be a two part workshop. On Friday evening play with paint on paper to create your background painting for Saturday's workshop. This is a very easy process that will take about 15 minutes. On Saturday, using this background and choosing images that speak to you, create your personal rock art watercolor painting inspired by these ancient images and your personal earth connection. Geri will provide guidance and an accompaniment of meditative drumming/flute music. Finally, spend time at the end of the workshop, or on your own, journaling about what your painting says to you about your connection to Mother Earth, what the ancient messages say to you and your personal life journey. **Please note: Absolutely no painting experience or skills required!** (Geri tells us that elementary students often make paintings using this method that wow her!) All art materials will be supplied. Please bring your own journal.

Geri Schrab is a self-taught, award winning artist from DeForest, Wisconsin. Her sole artistic focus is petroglyphs and pictographs, carvings and paintings created on rock faces hundreds to thousands of years ago by ancient, indigenous people around the world. Geri has exhibited widely, served as Artist in Residence in many schools and parks, including this September at Petrified Forest National Park, Arizona. Her work has been on the cover of numerous publications, and is featured on the Missouri Archaeological Society 2012 poster. She is currently writing a book. If you are interested in knowing more about Geri's work, please visit her website at [www.artglyphs.com/geri.htm](http://www.artglyphs.com/geri.htm)

**Drumming Our Way Home (Session One: 1:30-3:00 p.m.)**

Since the beginning of humankind, cultures throughout the globe have sat in circles to express themselves through percussion song. What prompted our foremothers and fathers to gather in a circle? What is the effect on us as we create percussion in community today? Participants will take a journey into “drum circle communion” through hands-on drumming, story sharing and personal journal reflection. Learn how the ancients did it and how the drum circle continues to work its magic and medicine. Instruments, inspiration and journal books provided.

Heather Poyner is a drum circle facilitator and hand drum instructor from Kenosha, Wisconsin. She is the owner of the Drum Hut in downtown Kenosha.

**Link with Ancient Native American Traditions: Create Your Own Piece of Wearable Art**

**(Offered twice/ Session One: 1:30-3:00 p.m. and Session Two: 3:15-4:45 p.m.)**

**(You may attend one or both Sessions; see description) (Materials Fee \$10.00)**

The Mibres people lived 1000 years ago in the desert Southwest. Although their civilization disappeared long ago, the symbols on their pottery provide inspiration to 20th and 21st century Native American Artists, particularly women. Learn about this ancient art work, look at some modern interpretations, and create your piece of wearable art in this workshop. We will be creating our own symbolic pins out of wool felt, beads, colorful threads, and fabrics. **No previous sewing or embroidery experience is necessary.** This workshop will be offered twice during the day. You can sign up once and bring your project home to complete it or sign up for both sessions and bring home a completed piece of wearable art. Instructions for basic stitches and a list of website and book resources will be available. \$10.00 materials kit fee can be paid to the instructor.

Jenny Ross is a member of North Shore Unitarian Church in Deerfield, Illinois. She has a longtime interest both in embroidery and in Native American art.

**Native Wisdom – Medicine Wheel: A Simple Way of Living (Session Two: 3:15-4:45 p.m.)**

Discover self in a Native American Medicine Wheel! Where are you? Where are you going? Where have you been? Where are you stuck? We shall focus on utilizing the wonderful tool of the traditional Native American Medicine Wheel to resolve on release patterns of anger, situation or frustration that may have stunted daily living. You will be directed in meditation, reflection, and writing during this class. Bring a notebook or journal.

Mercedes Dzindzeleta has received permission from Medicine Woman Rosalynne Bruyere to share this Medicine Wheel. This is a fantastic way of looking at ourselves and the rest of the world around us. Mercedes is a member of Olympia Brown Unitarian Universalist Church. She is a message therapist

**The Ancient Wisdom Within (Session Two: 3:15-4:45 p.m.)**

What is the wisdom you seek? Perhaps healing wisdom, guidance about a conflict (inner or outer), inspiration for a project, new skills for coping, or a new perspective? Within each of us are Wisdom Keepers, holders of the wisdom of the ages, including Earth wisdom. They are ancient, compassionate, wise and ready to help – if only you ask. In sacred and confidential space, we will explore meditative techniques known for millennia to tap into the ancient wisdom within and help you find the answers you seek. We will include time for group sharing (optional) and journaling or drawing the wisdom received.

Deb Singleton (Starfire) joyfully nurtures whole individuals living in harmony with the Earth. She is a dynamic educator and public speaker, compassionate energy/shamanic healer, spiritual counseling facilitator, worship/ritual leader and passionate advocate for being our empowered, joyful Highest Selves. Deb has practiced and facilitated meditation and shamanism for over 20 years, and has studied with teachers from around the world and diverse traditions –from Judeo-Christian and Humanist to Shamanic, Native American, Celtic, Hindu, and Buddhist. She enjoys teaching and doing healing work with individuals, and with groups large and small.



# UU WOMEN'S CONNECTION FALL Retreat

"Connecting with the  
Wisdom of the Ancients"  
October 19-21, 2012



## 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 – complete Room & Board option below  
Saturday Only (incl registration, use fee, plus lunch & dinner)

\$60       \$75  
 \$100       \$115

\$ \_\_\_\_\_

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

Single Occupancy – one twin bed  
Double Occupancy – two twin beds

\$200  
 \$180 each

\$ \_\_\_\_\_

Must Specify Roommate \_\_\_\_\_

(Single Occupancy rooms are very limited and will be assigned on a first-come basis.)

3. Membership Renewal

\$15

\$ \_\_\_\_\_

4. Emily Meter Scholarship Fund Contribution

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

\$ \_\_\_\_\_

5. Late Fee – if mailed after October 6, 2012

\$20

\$ \_\_\_\_\_

### 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 mail completed registration form with payment to:

Diana DeWeese, 716 S Douglas Ave, Springfield, IL 62704

Make checks payable to: UU Women's Connection

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

**OTHER NEEDS/REQUESTS** (We will try to do 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 \_\_\_\_\_**There will be a Croning Ceremony on Saturday evening.** Please indicate if you will be participating. Yes, I will be participating.**ROOM/BOARD INFORMATION**

- Rates listed are per person for the entire conference period, Friday evening through Sunday morning, unless otherwise stated.
- Meals included are Friday dinner (6:30-7:30 p.m.) through Sunday Lunch (pack & go).
- Check-in time is 4 p.m. Friday. Room checkout time is 11 a.m. Sunday.
- *There are a limited number of rooms at the DeKoven Center, so send in your reservations early! If you choose not to stay at the DeKoven Center, there are several hotels within a few miles of the DeKoven Center campus.*

**SCHOLARSHIP/GRANT APPLICATION**

The UU Women's Connection has a limited amount of funds for scholarships.

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 20. These go fast!**

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

My need is \_\_\_\_\_  
\_\_\_\_\_

My home church/group will provide \_\_\_\_\_

If you are a ministerial student please list school name and degree sought.  
\_\_\_\_\_*REMEMBER—**Please make your workshop selections and mail with this registration form!*

### **Tarot Wisdom (Session Two: 3:15-4:45 p.m.)**

Tarot is the most popular form of divination in the Western world – as well as a powerful gateway to the intuitive self. Karen Carnabucci, LCSW, LISW-S, TEP, shares how to use the cards for problem solving, personal and spiritual growth and developing intuition. Bring your own deck of cards if you are able; Karen will give a Tarot lesson and have a selection of loaner decks.

Karen Carnabucci, MSS, LCSW, TEP, is a holistic psychotherapist and trainer in private practice in Racine, Wisconsin. She employs a variety of non-traditional methods and processes when she works with people, including psychodrama, family constellation work, symbols and dreams, tapping and guided imagery. She is coauthor of “Integrating Psychodrama and Systemic Constellation Work: New Directions for Action Methods, Mind-Body Therapies and Energy Healing,” published in 2012, and “Healing Eating Disorders with Psychodrama and Other Action Methods: Beyond the Silence and the Fury,” scheduled for publication in 2013. See [www.lakehousecenter.com](http://www.lakehousecenter.com) for more information.

## **PATH 2: FACILITATOR TRAINING (1:30-4:45)**

What would it have been like to grow up in a world where the divine was imaged as female?

### **Cakes for the Queen of Heaven**

“Cakes” was credited on its introduction in 1986 with providing women an opportunity of discovery and empowerment within the Unitarian Universalist goddess movement. We will bring this revised, multi-session curriculum by Unitarian Universalist Minister Shirley Ranck to those who wish to teach it in their local congregations to the many young and new UUs who have never experienced it. Or to others who want an injection of inspiration. “Cakes” is rising again in UU congregations all over the continent. Now experience Part I “In Ancient Times” and Part II “On the Threshold.”

Would you like to present this curriculum in your congregation? This is an opportunity to receive facilitator training and purchase the curriculum. Workshops include:

- Presentation by experienced leaders.
- Experiential and interactive sessions.
- Herstory, music, poetry and thoughtful sharing.
- Curriculum resource materials and inspiration.

You are invited to bring a Goddess symbol and/or a symbol of peace to put on the altar.

Please bring the curriculum with you if you already own it. We will have copies to use. You are also invited to bring other resource materials that you have in your library.

Curriculum and music CDs will be available to buy.

Agenda:

Welcome / Overview / Opening

Session 1 -The Sacred Female

Strategies for Success

~ Short break for stretching, restroom, drinks ~

Session 5 - Reclaiming Women’s Heritage of Peace

Reactions / Closing Ritual

If you’d like more information prior to the workshop, please visit [www.cakesforthequeenofheaven.org](http://www.cakesforthequeenofheaven.org).

**Path 2: Facilitators**

Gretchen Ohmann is a long-time UU from Southwestern Michigan, where she is currently Music Director at her local Fellowship. Involved in UU women's groups since the late 90s, she has facilitated Cakes and Cakes Facilitator sessions dozens of times, and believes in the transforming power of women's circles. As a co-convener of the Continental UU Women and Religion organization, she works with UU women's groups all over the US and Canada. By day she is a mild-mannered web designer, but on weekends she heads out to the racetrack to push a 1991 Ford Festiva through its paces on an autocross track. And she can drive a [broom] stick!

Diana DeWeese has been a UU for the past 26 years. She is currently a member of the Abraham Lincoln Unitarian Universalist Congregation in Springfield, IL and the Church of the Larger Fellowship. She has served a number of roles within UU Women's Connection over the past six years. Diana has co-lead Cakes I and lead Cakes II at her congregation. She was the registrar for the series of Train the Trainer Workshops in 2008 that took place around the district and co-facilitated the workshop held in St. Louis, MO and the workshop held in Peoria, IL.

*Please detach and send with registration form*

## **Workshop Choices**

### **PATH 1**

#### **SESSION 1 - WORKSHOPS – 1:30 – 3:00 PM RANK YOUR 1<sup>ST</sup>, 2<sup>ND</sup>, AND 3<sup>RD</sup> CHOICE**

- Painting with the Ancients**  
(Workshop begins on Friday evening, continues during the Saturday afternoon program)
- Drumming Our Way Home**
- Link with Ancient Native American Traditions: Create Your Own Piece of Wearable Art**  
(Offered in both sessions) (You may attend one or both Sessions; see description)  
(Materials Fee - bring \$10.00 to the workshop)

#### **SESSION 2 – WORKSHOPS - 3:15 – 4:45 PM RANK YOUR 1<sup>ST</sup>, 2<sup>ND</sup>, AND 3<sup>RD</sup> CHOICE**

- Native Wisdom – Medicine Wheel: A Simple Way of Living**
- The Ancient Wisdom Within**
- Tarot Wisdom**
- Link with Ancient Native American Traditions: Create Your Own Piece of Wearable Art**  
(Offered in both sessions) (You may attend one or both Sessions; see description)  
(Materials Fee - bring \$10.00 to the workshop)

~OR~

### **PATH 2**

- FACILITATOR TRAINING (1:30-4:45) – for Cakes for the Queen of Heaven Curriculum**

UU Women's Connection  
**LENDING LIBRARY**

Remember, we have a wealth of material in our lending library available to UU women and women's groups. Any woman wanting to borrow any of the curricula should send a request to

[connections@uuwomensconnection.org](mailto:connections@uuwomensconnection.org)

**The Goddess Diaries** – a CD created by Carol Lee Campbell. She created the Diaries as an experiment after years of working as a women's advocate in the DC area. Inspired to produce a show about real women's lives she asked women in her community, many of them members of her congregation, to write down their stories and then she tied them together through a common thread: the agricultural seasons of the year. Borrowed from the ancient Western European calendar of equinoxes, solstices and cross-quarter days, each monologue represents a specific time in the growing/harvest season and each season becomes a metaphor for these life events.

**The Water Ritual** by Carolyn McDade and Lucile Longview – the script for the original workshop service *Coming Home, Like Rivers to the Sea: A Woman's Ritual* – distributed at the 1997 General Assembly of the UUA in Phoenix, Arizona.

**Return to Wholeness, The New Book of Crone Stones** by Carol Lee Campbell. Accompanying the book is a set of crone stones created by the author.

**Rise Up and Call Her Name** – a woman-honoring journey into Global Earth-based Spiritualities written and edited by Elizabeth Fisher. Leader's Guide, Sourcebook, music CD, and DVD.

**Unraveling the Gender Knot – Challenging the Systems that Binds Us** – by Barbara Schonborn, Alison Campbell, and Rosemary Matson – a Study Guide for the book - *The Gender Knot – Unraveling our Patriarchal Legacy* by Allan G. Johnson which can be purchased through the UUA Bookstore online. The course examines ways the patriarchal system we live in affects girls and women, boys and men.

**Becoming Women of Wisdom – Marking the Passages into the Crone Years** – a curriculum in thirteen circles – by Melody Lee with Karen Edwards and Dorothy May Emerson. The curriculum is designed to prepare women to take on the important role of Wise Women in their communities.

**Goddess Gatherings** - Thirteen sessions for a year of study in a small circle of friends by Melinda Morris Perrin.

**Cakes for the Queen of Heaven** - Part 1 - In Ancient Times, and Part 2 - On The Threshold

We also have ***The Queen of Myself*** by Donna Henes.



UU Women's Connection

1461 Meadowside Drive

St. Louis, Missouri 63146

[www.uuwomensconnection.org](http://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 2012.

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

Send to the Connection Treasurer, **Nicole Nichols, 1461 Meadowside Dr., St Louis MO 63146**

Units of 10 register for \$120 in 2012. Register a unit of 10 members for \$12 each! 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 \_\_\_\_\_



**2012 "Get Connected" Calendar**

October 19-21.....Fall Retreat, Racine, WI

November 2-3....Council Annual Retreat, Athens, IL

November 3.....4<sup>th</sup> Qtr. Council Mtg. Springfield, IL