



2014 UU Women's Connection Council

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YOUR NAME HERE!
Recruiting for Councilors starting in 2015—let us know if you want to help with the work of connecting women across the district!

Voices of Women

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Summer/Fall 2014

~ Fall Retreat brochure inside this VOW ~

UU Women's Connection – Spring Conference 2014 – a few pages from Juli's Journal



Every Spring, as I arrive at Pilgrim Park, peace settles over me. It seems to have the same effect on all of us, we just settle in. Pilgrim Park is set in farm country, with old stately trees, calm water, walking trails, a porch for just sitting, reading, or chatting. Every year I feel lucky to get away for this quiet weekend with no responsibilities: a time to relax.

For me, Pilgrim Park is also a joyous place: old friends, lots of hugs, catching up, and new attendees, greeted and introduced.

I was up early Saturday, a beautiful day, and was out for a walk. By the lake I saw a woman I didn't know, moving slowly and peacefully in Tai Chi. (It was Kathy Salzano!) I stepped behind her and started following her slow flowing moves. I didn't know Tai Chi, and she didn't know me, but that didn't matter. She glanced at me, and continued.



For fifteen minutes or so, in the quiet morning, with birds chirping, and frogs croaking, I was one with nature, moving slowly and gracefully. Later, when I told her how much I enjoyed it, I asked her if maybe she would do a Tai Chi morning workshop next year.

I could share the rest of my day, but in this newsletter, you can read others' accounts. I will close with Saturday night Open Mic, a retreat tradition. If my



morning was quiet, Open Mic was rowdy, entertaining and fun. We felt comfortable enough to share our assorted talents with an encouraging, appreciative, and noisy audience. Audience participation is always encouraged. Poetry, singing, lots of music. My favorite part went on for hours: singing led by Gretchen Ohmann. I love to sing, but croaking morning frogs sound better than I do. Here, I was allowed to sing. We all made suggestions as to what to sing, and we did favorite chants, songs, and songs in our hymnal. When it

(Continued on page 2)

All Hands on Deck – Calling Forth Your Divine Feminine Captain – Chariti Gent



What do you get when you put a bunch of creative visionary women in a room with lots of art supplies? Vision boards! Chariti Gent, the Spring Conference keynote speaker, led a workshop on creating vision boards that started with a guided meditation. Participants imagined visiting and sitting down for a chat with their future selves. Chariti asked us to put that positive future on paper and brought a huge assortment of magazines, craft paper, stickers, markers, glue and, of course, some gentle inspiration and encouragement. After the workshop, the visionary women displayed their future projections for the rest of the weekend, and some chose to share and explain their creations. Each vision board was as unique as the woman who made it. Our thanks to Chariti Gent for a lovely experience.

— Sue Wilhelm



(Continued from page 1)

was late, I suggested “Enter, Rejoice, and Come In”. It was suggested that we sing it the next day. And that's what we did! In our closing ceremony on Sunday, we sang “Enter, Rejoice, and Come In”. We sang and we drummed. Then we said Goodbye until we see one another at our October Retreat, or next year again at Pilgrim Park.

— Juli Cicarelli

UU Baby Blessing Ritual

Another workshop at the Spring Conference was a how-to workshop on writing rituals led by Sage Hagy. We share a deep need for ritual and connection, especially at great times of change. Ceremony helps us embrace the stages of our lives in a positive and exciting way, recognizing and witnessing those stages. Brenda Wade, one of the women in the workshop, was inspired to adapt a baby

blessing originally performed by Buffy Lael and Brenda 4 years ago. Thank you Brenda!!!

To download a copy of the UU Baby Blessing Ritual go to www.uuwomensconnection.org, click on Resources, click on Rituals or type this URL: <http://www.uuwomensconnection.org/resources/160-rituals> into your web browser.

Women as Voices of Wisdom and Compassion

Let's celebrate ourselves as women, and the unique voice we bring to the expression of wisdom and compassion. How do we grow our wisdom to the greatest depth and our compassion to its greatest span? What does it mean to us to be wise women? Compassionate women? How do we express it in this complex world? Together we will explore a progression of worldviews, try on their perspectives of moral span and compassion, and discuss their impact on ourselves and the groups with which we interact.

Joyce Higginbotham, along with her husband River, has taught Paganism classes throughout the past decade. She has planned and organized local and national Pagan gatherings, written articles for Pagan publications, appeared on radio and television broadcasts, spoken at Christian and Unitarian Universalist churches, and attended interfaith councils. She also helped found the Council for Alternative Spiritual Traditions, which hosts public Pagan and alternative events in the Midwest. Joyce has co-authored three books: *Paganism: An Introduction To Earth-centered Religions*, *Pagan Spirituality: A Guide To Personal Transformation*, and *Christo-Paganism: An Inclusive Path*.



Rise and Shine – Saturday morning and join us for Tai Chi!

Tai Chi, QiGong and Breathing Techniques

Kathy Salzano, 3rd Degree Black Belt, Instructor of Tai Chi and Women's Defense with Jean Tracy, 3rd Degree Belt Belt and 2nd level teacher of Kundalini Yoga. Tai Chi helps reduce stress and anxiety and increase flexibility and balance. Tai chi promotes serenity through gentle, flowing movements and is often described as meditation in motion. This workshop on Saturday morning before breakfast will include Tai Chi and breathing techniques to energize and to relieve stress.



Spring Conference Workshops

Exploring our Wise and Compassionate Selves through Conscious Listening and Communication – Our Keynote – Joyce Higginbotham

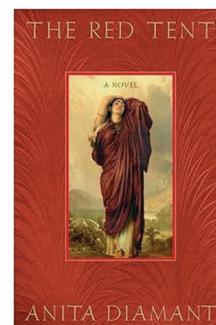
As we unfold more deeply into our wise and compassionate selves, we may find the tools of conscious listening and communication to be invaluable. In this workshop we explore the elements of hearing and speaking from a receptive place that can help us open further to our depths, and share ideas on how to take these skills home to live them in the world.

The Red Tent - Workshop Leader – Sage Hagy

Maybe you read this book awhile ago in another book group; maybe you have never read it but have heard about it; maybe you have never heard about this book before. This group is for all of you who would like to discuss a community of women with our community of women.

The Red Tent by [Anita Diamant](#) was published in 1997.

Her name is Dinah. In the Bible, her life is only hinted at in a brief and violent detour within the more familiar chapters of the Book of Genesis that are about her father, Jacob, and his dozen sons. Told in Dinah's voice, this novel reveals the traditions and turmoils of ancient womanhood--the world of the red tent. It begins with the story of her mothers--Leah, Rachel, Zilpah, and Bilhah--the four wives of Jacob. They love Dinah and give her gifts that sustain her through a hard-working youth, a calling to midwifery, and a new home in a foreign land. Dinah's story reaches out from a remarkable period of early history and creates an intimate connection with the past.



The Healing Energies of Crystals – Workshop Leader – Kathy Riley.

Ever wondered what the whole “crystal thing” is about? What are the benefits? What crystals should I use when? How do I clear them, program them, use them in grids? Then this workshop is for you! We will review several topics at a high level to get you familiar with the crystal realm and get you started on your crystal journey.



Kathy Riley is a strong intuitive that has been trained in multiple Reiki modalities. She has obtained her Master certification in both Usui and Crystal Reiki, and a Level 2 certification in Karuna® Reiki. In 2012, she obtained her Crystal Healer certification via the Hibiscus Moon Crystal Academy.

Surrogacy – Workshop Leaders – Buffy Lael and Brenda Wade



What would you do for a friend? Share concert tickets? Let her borrow your favorite dress? Babysit her kids? Offer a year of your time, let her borrow your uterus and deliver a baby for her? And how about trust? Do you trust her with your car? How about with your family heirloom earrings? What about your unborn child?

Surrogacy relationships have historically been shrouded in secrecy and mystery. Brenda and Buffy would like to lift the veil of mystery and share their surrogacy journey with you. Their story is unique as they were not strangers, but rather best friends. They were not sisters, but became so much more during their journey. Non-related surrogates are a rare occurrence in the surrogacy world and they had to

navigate many areas on their own. Come and learn about this unique experience with two women who say they are “forever changed because of it.”

Photography – Nature – Up Close

Take a walk with Diana DeWeese to discover the beauty of the buildings and grounds of the DeKoven Center. If you sign up for this workshop you must have a digital camera, so that you can immediately view the picture you’ve taken. Diana DeWeese is a blossoming photographer and would like to share the photographic treasures she found at DeKoven.



Make and Take – Photo Note Cards



Turn the photographs you just took at DeKoven Center into beautiful photo note cards. You will need to have used a digital camera with a removable memory card. With guidance from Diana DeWeese each woman will print 5 of their photographs on high quality photo paper and make 5 beautiful, photo note cards. \$10 – workshop fee.

Our **Do-It-Your-Self Art Project**. Of course we will have our usual mandalas with lots of colorful markers. Time to play, to chat, and to relax.



Fall Retreat

October 10 – 12, 2014

Women as Voices of Wisdom and Compassion

UU Women's Connection

DeKoven Retreat Center • 600 - 21st Street, Racine, WI 53403

REGISTRATION FORM

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE (_____) _____ E-mail: _____

CONGREGATION _____

CONFERENCE FEES

1. Membership Dues

*The renewal date is on the upper right corner of your mailing label

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

\$ _____

2. Conference Fees

- No lodging, no meals \$95
- No lodging, lunch Saturday \$105
- No lodging, Saturday lunch & Dinner \$115
- No lodging, Friday dinner, Saturday lunch and dinner \$125

- With lodging, Single occupancy \$255
(Single Occupancy rooms are very limited and will be assigned on a first-come basis.)
- With lodging, Double occupancy \$235

\$ _____

Must Specify Roomate _____

- Are you a member of UU Women's Connection? Yes (\$15 discount)
- No (no discount)

- \$ _____ (if you are a member)

3. 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?

\$ _____

4. Late Fee – if mailed after October 3, 2014

- \$20

\$ _____

TOTAL CONFERENCE FEES

- Please add the amounts in each of the boxes above: \$ _____
This is the Total Amount Due. Be sure to have subtract \$15 if you are or are becoming a UUWC member.
- 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

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 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.

Units of 10 register for \$130 in 2014. Register a unit of 10 members for \$13 each!

A "cupcake" for the women of Olympia Brown UU Church in Racine, WI

September 5 – 7 The women of the UU Women's Connection Council will be traveling to Racine, Wisconsin to meet with the women of the Olympia Brown UU Church. Many thanks to Leann Pomaville, the Director of Religious Education for the congregation, for providing home hospitality and organizing the luncheon on Saturday, September 6. The Council will hold its quarterly meeting on Saturday morning and after lunch present a session from "Cakes for the Queen of Heaven – On the Threshold", volume II of "Cakes for the Queen of Heaven", a woman-honoring adult RE curriculum by Rev. Shirley Ranck. The council will be presenting one of the six sessions in Volume II – or a "cupcake".



Spring Conference 2015 – June 5 – 7

Our 2015 Spring Conference Keynote will be Marsha Forrest, a health and wellness consultant. In her own words:

I am a woman of Mohawk ancestry who was born and raised on the Six Nations Reservation in Ontario, Canada. I was encouraged by a large extended family to pursue my goal of becoming a Registered Nurse. I lived in Haida Gwaii, the Queen Charlotte Islands of B.C., for thirty three years, and was adopted into the Ts'aalth Clan of the Eagle Clan of the Haida. I moved with my husband from Haida Gwaii to Southern Illinois and I am working with the Cherokee and women's groups in that area.



I have always had a strong sense of helping and being a support to others as they go through both minor and major transitions in their lives. Now as a Health and Wellness Consultant, I support people in ways to help them discover their own strengths and responsibility for their well being and their environment. I hold the vision of a holistic view of health which finds the balance of the spiritual, emotional, physical and mental aspects of one's own being as they grow towards their full potential. I believe every person has an opportunity to make a positive difference to others and our precious world, just by their willingness to be compassionate, respectful and loving. I am now retired from nursing and most of my career took place in a hospital setting. It has been fulfilling to continue to incorporate both western and complimentary techniques into my work. Some of these techniques include acupressure, reflexology, polarity therapy, massage and traditional healing practices. I have been taught by many native Elders over the last thirty years and have been grateful to learn about the traditional teachings and ceremonies.

For more information about Marsha Forrest's teachings

http://members.earthpeoplesunited.org/wisdom_keepers/3-marsha-forrest



UU Women's Connection

1461 Meadowside Drive

St. Louis, Missouri 63146

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 2014.*

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 \$130 in 2014. Register a unit of 10 members for \$13 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 _____



2014-2015 "Get Connected" Calendar

September 6.....3rd Quarter Meeting,
Olympia Brown UU
Racine, WI

October 10-12.....Fall Retreat,
DeKoven Center, Racine, WI

November 8.....4th Quarter Meeting &
Council Annual Meeting,
Springfield, IL

June 5 – 7, 2015.....Spring Conference,
Pilgrim Park, Princeton, IL