

VOW

Volume 10 Issue 3

April 1988

VOICE OF WOMEN



PRESIDENT'S MESSAGE

Our March UUWF/CMD Board Meeting was held at the Bloomington Church and was an unqualified success. Women of the Church hosted our group and were extremely hospitable. They made us feel so welcome that it was a joy to be with them. From the wonderful meals to home hospitality and from the sharing and games to a productive meeting, it was fun and enjoyable. Special thanks to Mary Zeller, Mary Leung and the many women who made everything flow so smoothly.

We had a final report from Jo Jameson and Carol Lowe, Peoria, about the program for Allerton. It sounds like a stimulating and nourishing conference, so look for information in this issue of VOW and watch for the brochure that will be mailed to you in early May. Save the dates, June 14, 15, and 16th.

Di Lovett, a director on the Board from Webster Grove, MO presented a preliminary plan for a brochure about our CMD/UUWF. She and Nancy Babel, another of our directors from Glendale, MO have been putting together ideas for a brochure which we hope will encourage more women to join UUWF or form units in the Central Midwest District. They have done some commendable work and we hope to show you some ideas about

the brochure at Allerton, maybe even a rough copy of what it may look like.

Our other two directors on the Board are Chris Schmidt of Shorewood, WI and Mary Leung of Bloomington, IL. Chris is working on getting together a slide show of past Allerton Conferences. We hope to see it at Allerton in June.

These four women, who are directors, plus the officers I introduced last month make up the UUWF/CMD Board. They are a special group of women and all are a delight to work with; my spirit feels replenished and nurtured when I am with them.

Two other women who do a lot of work toward making the District visible and cohesive are Pat Murray and Pat Scanlon. Pat M. from Rockford is the editor of VOW and that is a job she carries out in her typical, unassuming but dedicated, responsible manner. Pat S. from St. Louis prepares the mailing list, keeps track of members, changes of address and a myriad of other duties in her quiet, efficient way.

THANKS to all of those on the Board and those who help as well as all of you who make our District women a caring, luminary group. I love working with all of you. I feel that I am enriched and my spirituality renewed each time I have the opportunity to be with such loving people. I thank you all for the many lessons I am learning and for your support.

If anyone wants to get involved - and that's a wonderful way to meet and share with all these special, caring women - let any of us know. It's a way to help the membership grow as well as advancing your own personal growth. May your inner peace grow with each new day.

Jai Bhadwan,

Joanne

SPRING RETREAT

Camp Wyman Retreat will be on April 22, 23, and 24th. Chairperson is Roz Marx, 9 Mountain View Court, Manchester, MO 63011. Phone 314-394-6341. This retreat was originally developed for the women in the southern most part of our district, but all are welcome.

Congrats....

The Board and especially Ruth Davis, Treasurer, sends CONGRATS to the Vow Editor for helping to get in \$ 886.00 in dues to date 111 (Put this in VOW.)

"MONEY MONEY MONEY makes the world go around..."

Remember....

Dues for UUWF/CMD are only \$ 2.00 per year. How do you know when they are due? Look at the mailing sticker on your VOW. There are two numbers that have nothing to do with your address. The first is the month of the year when dues are due. The second is the year when they are due. Presidents and treasurers of all units take note. The work of the district and the newsletter are worthy of your support.

Notable quotes....

"You are a part of the World. Don't be afraid to take the risk of living." Flavia Weedin.

"A friend is someone who leaves your freedom intact but who, by what she/he thinks, obliges you to be fully what you are..." J. Libaurux

FEMINIST THEOLOGICAL SCHOLARSHIP

CMD/UUWF has recently sent in matching funds for the Feminist Theological Scholarship for \$ 80.00 from Oak Park, \$ 93.00 from Peoria, and \$ 50.00 for individual donations. There are still funds available for matching local or individual gifts to the fund left in the treasury. You can send in your gifts to: Ruth Davis, P O Box P, Avon, IL 61415 and they will be forwarded to Boston Continental UUWF FTS Fund along with matching funds from the district. Why not double your gift to this good cause ?

ALLERTON RESOLUTIONS

If you have ideas for projects or policies that you feel the CMD/UUWF should support, please bring your ideas in Resolution form to the Annual Meeting in June at Allerton. Please have them in written form ready to present to the membership. Now is not too early to be thinking of and preparing for work on major issues.



CRYSTAL
GAZING-
THE MANY
FACETS
OF WOMAN

PEACEMAKERS, POLITICIANS, and PATHFINDERS,
THE MANY ROLES OF WOMEN AROUND THE WORLD.

Keynote address to be given Tuesday at
7:15 by Jean Peterson, Director of the
Women's Studies Program at the University
of Illinois.

Registration begins on Tuesday, June 14th
at 10:00 AM. Come and celebrate the many
facets of your womanhood through worship,
art, dance, massage, music, affirmations,
and self awareness training. Share,
learn, and enjoy your own uniqueness by
attending workshops, taking a walk,
dressing up as someone you've always
wanted to be, stretching, participating in
a skit or just relaxing.

Tuesday there will be a workshop, free
time and a celebration (worship). The
Hester Huff Award and Reception will also
be Tuesday night. Later in the evening,
we'll celebrate with games, dancing, and a
sing-a-long.

UUWF/CMD
ALLERTON
CONFERENCE

PRESENTED BY
PEORIA UNIT
JUNE 14, 15, 16, 1988

Wednesday will include an early
morning celebration, free time
and our first Business Meeting.

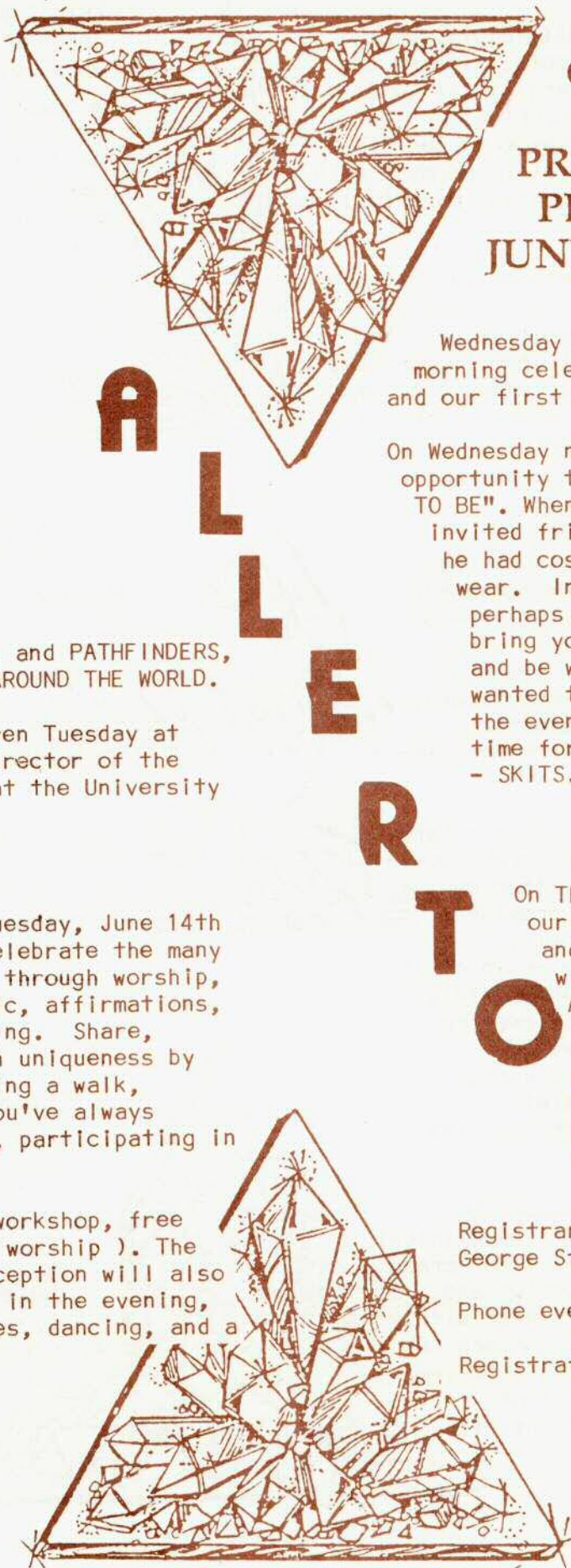
On Wednesday night you'll have the
opportunity to "BE WHO YOU WANT
TO BE". When Robert Allerton
invited friends for a weekend,
he had costumes for them to
wear. In that spirit,
perhaps you'll want to
bring your own costume
and be who you've always
wanted to be. Later in
the evening, there'll be
time for an old favorite
- SKITS.

On Thursday some stretching,
our second Business Meeting,
and a final Celebration
will conclude the "88"
Allerton Conference.

Registrar: Carol Wike Nudo, 401
George St., Avon, IL 62002

Phone evenings: 618-462-3160

Registration forms coming in MAY.



WORKSHOPS.....

CRYSTAL ENERGIES - Julie Scott, who counsels, conducts crystal clinics and researches crystal energy, will guide each participant into discovering her own powers of higher self aspects and allow her to become more total in harmony with self and enjoy the universal opportunities of our time.

EATING AWARENESS TRAINING - Janice Norris has operated a health food store and studied natural foods nutrition. She will teach us to learn to listen to our body as it relates to food and regain our birthright of eating without compulsion, guilt, anxiety or obsession.

HEALING HANDS - Helen Cox. This will be an experiential workshop exploring the body/mind connection and each participant will interact with her own energy field as well as another in the group. There will be some work with therapeutic touch, polarity and Edu-Kinesthetics. Helen is a holistic nurse consultant who has her own private practice.

AFFIRMATION FOR SELF ESTEEM - Carol Albee who has conducted workshops at Allerton before, will offer an experiential workshop providing tools to identify priority affirmations and practice in giving and receiving them appropriately. These developmental affirmations help us to face changes and challenges in our lives and give us an opportunity to complete unfinished business from earlier stages.

DOES YOUR BUCKET HAVE A BOTTOM ?

Dorothy Murray, a Certified Clinical Mental Health Counselor, who works at the Human Service Center and Bradley University will deal with self-esteem, respect, love and the importance of developing a central and caring sense of self of enhancing one's quality of life.

LET IT BE A DANCE WE DO ! Pat Johnson has discovered a whole new world of dance, food, art and music

In those green Wisconsin hills at the Folklore Village and will share her enthusiasm by teaching us some easy folk dances from many countries. No experience necessary - just happy feet.

BASIC SELF MASSAGE TECHNIQUES - Anita Schiavi, UWF member from Joliet, is a graduate of the Chicago School of Massage Therapy and a certified neuromuscular therapist. Techniques will be utilized which enable each person to reduce stress and promote relaxation with particular emphasis on reducing neck and shoulder tightness.

RECORDER MUSIC FOR WORSHIP - Shirley Cunningham has been playing and teaching recorder to adults during the past fifteen years. Anyone who has had recent playing experience in order to play at the intermediate level with a minimum to rehearsal is welcome. These people will play for our final worship service on Thursday and should bring a music stand. Shirley will send music if you indicate an interest in this workshop.

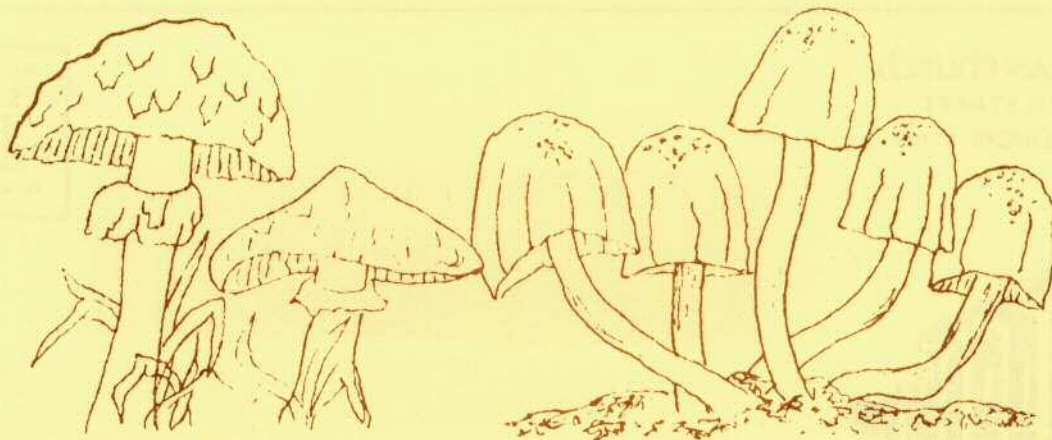
Bring along:

1. something funny, useful, clever, new or old, something for the SILENT AUCTION.
2. a thought, a feeling, a quote or brief poem - to share at our participatory Celebration.
3. a T-shirt to decorate
4. a good book to share

A DIFFERENT TEN COMMANDMENTS

The following list came originally from the newsletter of the First Unitarian Church of Palm Beach County, Florida. These "Ten Commandments" are from the book of ECCLESIASTICUS, a pre-Christian era document which only made it into the Apochrypha. What do you think ?

1. **Keep Your Faith** "Whether or not you keep faith is yours to decide." (15:15)
2. **Keep Your Self Respect** "Keep your self respect and value yourself at your true worth." (10:28)
3. **Live the Best You Can** "...live the best you can." (10:28)
4. **Be Humble** "The greater you are the humbler you will be." (1:4)
5. **Don't Be Too Pious** "Do good without scolding" and don't "give small gifts and long lectures." (18:15)
6. **Practice Moderation** "The moderate eater enjoys healthy sleep; he rises early feeling refreshed." (30:20) "Do not prove your manhood by drinking, for wine has been the ruin of many." (35:25,27)
7. **Admit Your Mistakes** "Never be ashamed to admit your mistakes." (4:26)
8. **Be Careful With Your Speech** "Before you speak, learn." (18:19) "Speak...it is your privilege...but come to the point." (32:3) "Have you heard a rumor ?...let it die with you." (19:10)
9. **Be Cheerful** "The sign of a happy heart is a cheerful face." (13:26)
10. **Don't Give Up** "...woe unto you who have given up the struggle..." (6:6; 2:14)



1987 - 1988
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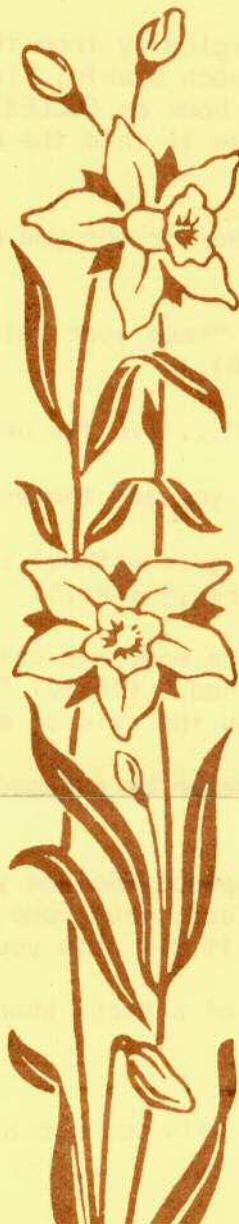
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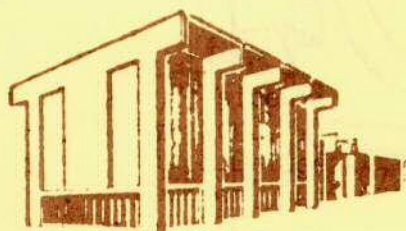
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RETREATS.....

1. Spring - Roz Marx
(see inside)
2. Allerton - Jo Jameson
6538 N Cedarbrook Lane
Peoria, IL 61614
309-692-7393
3. Fall - Sandy Drenth



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