



2016 UU Women's Connection Council

Tracy Zieber-Minks, Chair
tracyzieber@gmail.com

Diana DeWeese, Vice Chair
kidi71@aol.com

Patricia Hyams, Secretary
patriciahyams@att.net

Janet Adams, Treasurer
jadams5357@att.net

Juli Cicarelli, At Large
cicjimjuli@gmail.com

C. Sage Hagy, At Large
csageh@comcast.net

Karin Janowski, At Large
karin_janowski@yahoo.com

Buffy Lael-Wolf, At Large
moonsgirl292@hotmail.com

YOUR NAME HERE!

Recruiting for Councilors — let us know if you want to help with the work of connecting women across the district!

Voices of Women

Page 1

Spring 2016

~ Spring Conference registration form inside this VOW ~

Keynote Speaker: Christine Organ

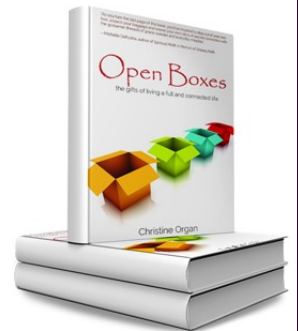
“Honoring Our Sacred Stories”



Christine Organ is a writer, author, and speaker who seeks to inspire, connect, and celebrate the human condition. Her book *Open Boxes: the Gifts of Living a Full and Connected Life* is a collection of stories about grace, wonder, and everyday miracles. Her work has appeared on *The New York Times*, *Washington Post*, and *Huffington Post*, among several other well-known publications. She frequently speaks at UU congrega-

tions on topics related to everyday spirituality, and has lead a number of writing workshops. You can find her online at christineorgan.com.

Christine's topic will be “Honoring Our Sacred Stories”. She will focus on the importance of accepting, honoring, and sharing our stories. Following a quiet reflection on our own stories, women will have an opportunity to share their own untold stories.



AIR is the element we will be honoring at our 58th Annual Spring Conference for UU Women's Connection. Join us! We will dance to sacred songs, fly some kites, and watch our handmade prayer flags float in the breeze. We'll drum and chant around the bonfire in the evenings, and share our talents at Open Mic on Saturday night.



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 help grow your 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 2016. Register a unit of 10 or more members for \$13 each!

The Red Tent: Women as Voices of Wisdom and Compassion

At the request of our Keynote Speaker, Dr. Isadora Liendenfrost, we had written down without signing our names, but with complete honesty, a deep fear or life issue we were dealing with. In our afternoon workshop we gathered together in the Red Tent and sat silently as we passed a paper bag around. In turn each of us stood up, drew out a slip of paper, and read of a concern or fear one of us was facing.

The strip of paper each of us picked became a deeply felt responsibility. Our task was to give advice to a woman among us, who had written of her pain or fear. We all watched and listened as each of us struggled to truly give wise and compassionate guidance. We learned that giving meaningful advice is not easy, and what we had experienced was a gift. Each of us had been a listening presence, listening to another woman's concern in silence, without speaking or judgment, and then listening to advice given with thoughtful wisdom and compassion.

We all experienced the gift of listening, and of hearing our concerns listened to with compassion. This Red Tent workshop made me value, even more, what we experience every time we come together in a Women's Connection Retreat.

~ by Juli Cicarelli

Gong Song Meditation, Reflection and Workshop

Entering the Red Tent for this workshop, I could only hope that the mystery and wonder would continue. As I was one of the last participants to enter the Red Tent space had become limited, but I found a relaxing open area on the floor for me to lie down. With a little introduction, Heather Poyner began with soft, resonating sounds of a gong. She introduced different techniques, rhythms and levels of intensity to grab my attention and immediately help me to focus on the "now".

Bringing her 14 didgeridoos, Joy Wolf interlaced the melodies of the gongs (Heather had brought two), with the many dimensions of her own instruments. They were made of different substances and were different lengths. At times, it sounded as though the vibrations were near, then far away. This is because they, in fact, were. Both Heather and Joy took painstaking effort to move among us with their instruments, sometimes with just one of them using their instrument, and other times, both combining the magic.

To say that I felt bathed in timelessness and space would be an understatement. I wished it could have gone on so much longer, but was grateful for the gift of the sharing that both Heather and Joy gave. Afterward, both discussed their instruments in depth and I can personally say that it was very much appreciated. I actually have both instruments, although I don't use them very often because I had felt intimidated by my lack of experience. They both showed me to just "do it" and enjoy whatever the outcome would be, because it would all be good.

~ by Deb Czarnopys-White

Entering a Red Tent....and Entering New Possibilities

My name is Katie and I want to share an experience I had this past fall. Let me start out by saying that I am new to Countryside Church and the Unitarian Universalist faith. I've been attending this church since April of 2015. I can honestly say that I am very pleased with what I have experienced with not only the beliefs, but even more with the minister and the members of the church. Never have I felt so welcomed, and free to feel and say what I want, knowing that I won't be judged for my thoughts.

I immediately joined the Feminine Divine Women's Group and again found the same warm and fuzzy feeling among this group of women. One woman in particular, Juli Cicarelli, started talking about a fall retreat in Wisconsin and she really seemed to be truly engaged with this mission to tell us all about it and the fun to expect. "Well," I thought, "how can I not go?" If what I have seen so far, then a woman's retreat could only be the cats meow. Well let me tell you, it was just that and so much more.

I wasn't sure what to expect, since this was my first retreat ever. I was a bit nervous, but that left the moment I walked in the doors. What an organized, fun, educational, weekend I had. The women were kind, gentle, loving, listening, and lots of fun. Beside the wonderful workshops they had, we all had a great fun time. I did things I haven't done in years and it felt great. I flew a kite, practiced Tia Chi, Yoga, learned how to drum, attended a gong meditation, played games and yes even colored in a coloring book, which I now tell everyone to do, what a stress reliever. This particular event hosted Dr. Isadora, with her Red Tent. What a treat that was. I had an overflow of emotions all weekend long, with laughing, soulful crying, and more laughing. Oh and lots of hugs.



In closing, all I have to say is see you in the spring, at the Spring Conference.....and to anyone reading this, if you haven't attended a weekend sponsored by UU Women's Connection, I highly recommend it.

~ by Katie Bollinger

Welcome Pat Hyams to the Connection Council!

I'm from Deerfield, IL. I am a member of the North Shore Unitarian Church. Having recently retired from teaching fourth graders in Grayslake, a career that was extremely fulfilling, always interesting, and deeply loving, I am excited to begin a new chapter in my life. Being on the UU Women's Connection Council is a nice part of that transition. I enjoyed making a pilgrimage to Crete in September/October, 2015 with Carol Christ, and leading chants on its sacred mountains and caves. I am loving being a grandmother to three, playing guitar, drumming, and having more time to read. Making music and singing to the Goddess are central to my spirituality.



Conference & Retreat Scholarships

You've probably seen on the Spring Conference and Fall Retreat registration forms a place to add money in for scholarships and also a place to request scholarship funds to help you attend. And if you look at the UU Women's Connection budget you'll see a line item in both the income and expense sections for Scholarships.

At each of our events several women take advantage of our offer of scholarship dollars to defray their costs so that they may attend. Some also ask specifically for money to help with childcare while they are away from home for the weekend.

On behalf of those women I just want to take this opportunity to thank all of you who donate to this fund. It's just one more way that we connect with our sisters, help each other out and put love out into the universe.

~ Janet, Treasurer

UU Women's Connection 2016 Budget

INCOME

Dues	\$ 1,250.00
Interest Earned	\$ 25.00
Scholarship Donations	\$ 350.00
IN-Fall Event	\$ 9,050.00
IN-Spring Conference	\$ 4,500.00
Grants Received	\$ 150.00
TOTAL INCOME	\$ 15,325.00

EXPENSES

Admin	
<i>Board Travel</i>	\$ 200.00
<i>Conference Registration Reimbursement</i>	\$ 480.00
<i>Copying</i>	\$ 5.00
<i>Meeting Expense</i>	\$ 150.00
<i>Phone & Communication</i>	\$
<i>Supplies</i>	\$ 50.00
<i>Other Admin.</i>	\$ 500.00
Total Admin	\$ 1385.00
Incentive Grants (child care \$40 each)	\$ 160.00
Social Action & Grants	\$ 100.00
Vow, Web, PR	\$ 400.00
Scholarships	\$ 450.00
Out-Fall Retreat	\$ 8,500.00
PayPal Fees	\$ 130.00
OUT-Spring Conference	\$ 3,900.00
Emily Meter Scholarship Event	\$ 300.00
TOTAL EXPENSES	\$ 15,325.00

Welcome Karin Janowski to the Connection Council!



I was born and raised in Germany, and moved to Chicago, my husband's home town, in 1970. We have 2 children who are in their 40's and 5 grandchildren. I'm a member of the Unitarian Church in Hinsdale and the Prairyerth UU Fellowship, which has members all over the country. Having retired from International Banking and an assignment as a special education teaching assistant at our local inclusive grade school a couple of years ago, I now spend my time volunteering for various organizations and enjoying the freedom to travel whenever I want to. My last big trip was the same pilgrimage to Crete that Pat Hyams also enjoyed.

I became involved with women's groups after moving to Western Springs and attending a Drum Making Workshop at UCH in the early 90's. It literally changed my life and created a balance to the male corporate world I worked in. I became part of a group of 13 women who used Jamie Sams' The 13 Original Clan Mothers to explore and learn about Native American spirituality. After this it was just a short step to Women Spirituality and finding the Church I always belonged to.

The Croning Ritual

On Saturday evening after dinner, eight women, I among them, met with Diana, Debbie and Juli to prepare the final steps on our journey to becoming Crones. We came prepared to answer the questions that would tell us if we were ready to begin this new journey of Cronehood. As we sat in circle, the questions were posed to us again and we took time to reflect on our answers.

As the time for the ceremony drew near, we processed across the quad chanting, "Gathered Here." We arrived in Assembly Hall. How fortunate we eight women were to have our croning ceremony take place in a Red Tent! We set the mood and called to Spirit to witness our event: "Oh Great Spirit, Earth, Sun, Sky and Sea, You are inside and all around me."

The ceremony began with a reading of "The Charge of the Crone," followed by more chanting with a spiral dance: "She changes everything she touches and everything she touches changes." The candidates were then given the opportunity to speak. Some came with words written; some spoke spontaneously. All messages were powerful and profound. Next came the challenge. Were we ready to become Crones? Were we ready to give up the physical trappings of youth, to relinquish the potential for childbearing, to gather our personal energy and magnify our personal power? And lastly were we ready to be spiritual warriors in the service of the Highest Good? We were eight women, ready to do these things and more.



Gifts were bestowed... first we were crowned (crone means crowned one) and given a wand. Goddess soap with which to wash away the old was given, along with a wooden disk painted with a crown. We were gifted with 4 stones:

- Lava Stone - formed from magma erupted from a volcano, a stone of strength and courage.
- Amethyst - meditative and calming - which works in the emotional, spiritual and physical planes to provide calm and balance, love of self and for others.
- Nephrite - related to the heart chakra, it blesses all that it touches, a stone of protection.
- Moonstone - tied to Grandmother Moon, the feminine and water, provides good fortune and protection in dark times, best used or invoked during an almost or completely full moon.

Lastly and most importantly we were honored and blessed by all in attendance.

If you're considering taking a formal step into Cronehood, there are many questions to ask yourself about your readiness. As I was considering my own readiness, I was having second thoughts. But then it occurred to me, instead of asking myself if I was ready, I asked, "What am I waiting for?"

The women of the UU Women's Connection are here to help you in the process of becoming a Crone. We would be delighted to do this ceremony again. Let us know when you think you are ready and the next time we have 5 or more interested women we will schedule it. What are you waiting for?

~ by Janet Adams

“Don’t Take Anything Personally” and Other Lessons I’m Learning

This past October, at the Fall Retreat, I participated in the Croning ceremony. In preparation, we, the croners-to-be, were asked to contemplate our answers to some important questions. One of the queries was to list some of our accomplishments. What I came up with were not so much accomplishments as they were things I’ve learned that I have been able to integrate into my life. That, to me, is an accomplishment. I’d like to share two of my accomplishments with you.

Many years ago I had a revelation. I figured out that I have the final say over my emotions. It began when I was in grad school. I was walking home from a class feeling depressed, something I seemed to do often back then. Maybe it was something in class that got me thinking, I don’t recall. But I realized I didn’t know why I was feeling depressed. More importantly I realized that I didn’t have to be. (I feel the need to make a disclaimer here. I am not talking about clinical depression. I don’t think of that as something different from what I was experiencing, just more extreme. But that’s for another discussion.) It occurred to me that I had some control over how I felt about things, about life. Simple as it sounds, it wasn’t an easy idea to put into practice and it has taken me years, but I’ve been getting pretty good at it. And it’s not just feelings of depression. I’ve come to realize that we are responsible for all of our emotions. Again, not an easy thing—no switch to flip—but we can learn to choose how we feel.

Whenever anyone tells me that they have no choice in certain matters, sometimes I bite my tongue and sometimes I tell them, “There are always choices.” We may not see any apparent options available to us, but we can always choose how we react to or feel about something.

I know a young man who was accused of sexual misconduct with a child. This young man had recently graduated from college with a degree in education and was just beginning his teaching career. The accusation never went anywhere and I truly believe it was unfounded. The child was not the one to actually make the accusation and authorities couldn’t get her to confirm it. Many people would be angry and hurt, not only that this false accusation was made, but that it could ruin their career. But not this young man. He chose not to be angry. When asked why, he said, “What good would it do?” What I take from that answer is that it takes a lot of energy to be angry. He found other ways to channel his energy, one of which was to find a new career, in which he has been very successful. He chose other more helpful emotions.

Another choice this young man made brings me to my second accomplishment or bit of wisdom, which is “Don’t take anything personally.” He chose to not take the accusation against him nor the situation personally. Don’t take anything personally. Sound familiar? This statement comes from the book *The Four Agreements* by Don Miguel Ruiz. In it Ruiz explains...

Nothing other people do is because of you. It is because of themselves. All people live in their own dream, in their own mind; they are in a completely different world from the one we live in. When we take something personally, we make the assumption that they know what is in our world, and we try to impose our world on their world.

Even when a situation seems so personal, even if others insult you directly, it has nothing to do with you. What they say, what they do, and the opinions they give are according to the agreements they have in their own minds. Their point of view comes from all the programming they received...

And by programming he means the learning and conditioning that takes place from childhood. He also calls this programming the “collective dream.” It’s how we learn to behave, to speak and especially how to

(Continued on page 7)

(Continued from page 6)

think. Learning to not take things personally, we begin to come out of the collective dream and to see the world as it truly is. And we can begin to take charge of our emotions and reactions to things.

The first time I read the book, I really needed to hear about this agreement. It was, as Oprah might say, a light bulb moment. I found this agreement easier to comprehend if I thought about it in the other direction. What I say about other people is not really about them, it's about me and what's in my head. It's my own thoughts that I'm projecting onto others.

I would add to Don Miguel's description of this agreement that not taking things personally should be extended to events that are not initiated by people... things that happen... accidents, natural disasters, illnesses, personal loss and such. You might think "of course we don't take these things personally." But we really do. Don't we say "this happened to me"?

So what happens when people say things or things happen to us? What do we do? "Things" could be as simple as being called a name we don't like, being given praise for a job well done, or the not-so-simple things such as losing a loved one in a tragic accident or winning a lot of money. When things happen to us, good or bad, most of the time we react. We give free reign to our emotions especially in circumstances where we feel put upon, judged, or experience great loss or great gain. Our emotions and reactions to things are just that, emotions and reactions. I'm not going to judge and say you shouldn't have that reaction or that feeling. What I am going to do is to suggest that, when something does happen to you to cause an emotional reaction, you take a moment to consider not taking it personally.

"How can I do that?" you might ask. Or "how can I not react?" That just takes practice, sometimes many years of practice to get really good at it. You might also ask, "If you're talking about me, then it's about me, right?" Well, sort of. Say one person calls another person stupid, or it could even be something not negative, like pretty. Those 2 words are subjective—they are opinions or judgments. They may have little to do with reality or with what's important in life. Taking things personally is tied closely to self-esteem. If it means a lot to you to be called pretty, smart, nice, or if you feel bad when called ugly, stupid or mean, especially when you know these things are not true, then your self-esteem is at stake here. When you start to not take things personally, you begin to understand that it's your own opinion of yourself that matters. If that opinion is not good, you may need to do some healing. When you begin to stop taking things personally, yet you find yourself unable to stop believing the things about yourself that are not true, then you need to seek healing.

Not taking things personally and choosing your emotions is much easier to do in the simple situations. Say your boss praises your work. If you take it personally, your thoughts are likely to go in the direction of praising yourself in return: "I did do great. I deserve a raise." Or the opposite: "she's just saying that because she wants something else from me" or "I'm really not as good as all that". See how all these reactions are tied to self-esteem? If you don't take this compliment personally, you would thank the giver, perhaps look for anything constructive you can take from it, and know that it's not really about you except whatever you want to take from it and apply to you. Then it becomes about you but not because your boss said it, but because you chose to believe it or have an emotional reaction to it. What I'm saying here is that in order to communicate with others and participate in life, you don't ignore the compliment, but you must not let it be tied to your self-esteem. In your boss's mind the statement might be about what the boss thinks you need or want to hear; it might be because she does want something else from you; it might be because her boss told her to give you this compliment. You don't know and it's not important. Of course, we're human and humans have emotions. This compliment will most likely make you feel good

(Continued on page 8)

(Continued from page 7)

about yourself and that's okay. But remember it was still not about you. But if it helps you to build your self-esteem, then that's a good take-away.

Now when things go horribly wrong in our lives—tragedy, serious illness, job loss—it's so much more difficult to step out of the situation and not take it personally. It's also near impossible to choose our emotions. In fact telling yourself not to take it personally or not to feel a certain way may not help you get through the difficult times—or it might. But, if you try and it doesn't seem to help or makes you feel worse, don't punish yourself. You'll get there eventually. Just do what you need to do.

If any of this sounds the least bit doable to you, start with trying to see tragic events as not personal. We know that mourning and grieving are important emotions to experience at certain times. It's truly okay to experience, even to choose those emotions. But understanding that pain and loss have not happened to you, or especially not because of you, they just happened, then you begin to come closer to a place of balance and closer to healing. You begin to shed the drama of the situation, as painful as it may be. And the event has less power over you.

When we don't take things personally this gives other people and situations less power over us, eliminates a lot of drama from our lives, allows us to let go of guilt, and brings us closer to balance. Balance is healing. Some people claim that you can't heal from certain things. I disagree. I think healing is always possible. There may be scars and they may be painful scars. But if you don't take things personally, you're not allowing your wound to fester, which then allows it to heal. Does healing dishonor those who suffered, or your own suffering? I sometimes think that people believe this—that to heal dishonors those who suffered or what happened. But to me that's just drama. To find a way to heal and to find balance should be our goal. It allows us to move forward more productively. We can get to a place where we can begin to choose more balanced emotions.

If I had to choose just one emotion to experience all the time, it would be contentment—to feel serenity or ease. Here's why. I believe in the concept of yin and yang—if you have one extreme you must have the other. It's the universe always striving for balance. So even theoretically, experiencing one emotion all the time is not possible or desirable. But if I were to choose joy (which to me is more intense than contentment), that takes me further away from a place of balance and I would also have to experience sorrow. To be content is to be at ease, so I would expect to experience some unease. But contentment, in my opinion, is the closest emotion to the middle or to that place of perfect balance. It's not an extreme emotion, requiring an opposite extreme for balance. It's one of my goals in life to strive for balance. As humans I believe that we can't experience that place of perfect balance for extended periods of time—that's just part of the human experience. If we cease to experience some imbalance, then it is probably our time to leave this life. You might think, “to strive for balance is to strive for death”. Well sort of. It's more of striving to reach balance before I get to the end of my life.

So in striving to reach balance I am attempting to choose my emotional reaction to life and to events and to not take things personally. The two work well together. They help each other out. But it's all a process. I find that for myself, I still react to a lot of things that I wish I wouldn't. But at least now even after I've reacted to something in a way I wish I hadn't, I'm able to mentally step back, cease to take whatever happened personally and then re-choose my emotion. This process has brought me better self-esteem and greater peace of mind. Certainly there are other challenges in life that I have yet to overcome. I know that tempering my emotions and not taking things personally are bits of wisdom that will help me along the way.

~ Janet Adams

"Honoring Our Sacred Stories"



UU WOMEN'S CONNECTION
58th Spring Conference — June 3-5, 2016
Pilgrim Park, Princeton, IL 61356

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"/> \$60	<input type="checkbox"/> \$75	_____
Saturday Only (includes registration, use fee, plus lunch & dinner)	<input type="checkbox"/> \$85	<input type="checkbox"/> \$95	
Saturday Only (includes all of the above and breakfast)	<input type="checkbox"/> \$90	<input type="checkbox"/> \$105	

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

Upper Conference Center – Double Specify Roommate _____	<input type="checkbox"/> \$135	_____
Upper Conference Center – Triple Specify Roommate(s) _____	<input type="checkbox"/> \$125	
Higgins Lodge – Double Occupancy Only (a short walk from the main building) Specify Roommate _____	<input type="checkbox"/> \$125	

3. Membership Renewal

<input type="checkbox"/> \$15 Supporter	_____
<input type="checkbox"/> \$25 Sustainer	
<input type="checkbox"/> \$50 Visionary	

4. 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?

\$ _____

Registrations must be received by May 20, 2016 — we must notify the Conference Center on that date. We cannot take registrations after May 20, 2016.

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: — _____
- This will be your amount due at the retreat: = _____

Please REGISTER ONLINE on our website, www.uuwomensconnection.org , or

mail completed registration form with payment to: Janet Adams, 1310 Clement Street, Joliet, IL 60435

Make checks payable to: UU Women's Connection

Questions?? - Call Janet at 815-727-1948 or email her at: jadams5357@att.net

WORKSHOP CHOICES

Please indicate your **first choice** for a workshop on Saturday. You will have an opportunity to sign up for a second workshop when you check-in on Friday or Saturday.

_____ **Writing as Spiritual Practice** - with Christine Organ (Keynote Speaker)

_____ **Sacred Movement** - with Juli Cicarelli

_____ **Creating Prayer Flags** - with Jenny Ross

_____ **Using Air for Healing, Play, & Social Justice** - with Heather McMeekan

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

Dietary concerns/restrictions Please list _____

Vegetarian meals preferred Indicate type of vegetarian _____

Other (including mobility issues) 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, bed spread, towel and washcloths are provided. If you have a favorite pillow, bring it too!
- *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 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 May 6. 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.

Workshops at the Spring Retreat

Writing as Spiritual Practice - with Christine Organ (Keynote Speaker)

Participants will discover the ways writing can serve as a spiritual practice, and through various exercises, experiment with different methods of using writing as a tool for tending to your spirit.

Christine Organ is a writer, author, and speaker who seeks to inspire, connect, and celebrate the human condition. Her book *Open Boxes: the Gifts of Living a Full and Connected Life* is a collection of stories about grace, wonder, and everyday miracles. Her work has appeared on *The New York Times*, *Washington Post*, and *Huffington Post*, among several other well-known publications. She frequently speaks at UU congregations on topics related to everyday spirituality, and has lead a number of writing workshops. You can find her online at christineorgan.com.

Sacred Movement - with Juli Cicarelli

We'll learn to choreograph simple flowing movements to some of our favorite UU hymns: "Spirit of Life", "A Rose in the Winter Time", and "'Tis a Gift To Be Simple". You don't have to be a dancer to enjoy this workshop, Juli and her friends have taught and performed these simple movements in her church services, religious education programs, local nursing homes, and previous retreats. It truly brings joy to move gently to the words and spirit of these beautiful hymns.

Creating Prayer Flags - with Jenny Ross

Join in creating your own personal Prayer Flag in this hands on workshop, led by Jenny Ross. In the Buddhist tradition, prayer flags carry silent prayers and blessings that are spoken on the breath of nature. Prayer flags are simple devices that, coupled with the natural energy of wind and air, quietly harmonize the environment. They release happiness and good fortune among all living beings. Modern interpretations include The Prayer Flag Project (theprayerflagproject.blogspot.com) and individual Flags for Peace initiatives. In our workshop, participants will use fabric, stencils, paint and optional embellishments to create one or more personal prayer flags and a communal project for display at future UU Women's Connection events.

In her professional life, Jenny Ross is an engineer and works for the FAA. She completed her first embroidery project as a small child playing with burlap, large plastic needles and knitting yarn while her mother sewed and did laundry. More than 45 years later, she continues to be fascinated with the many magical things that can be created with fibers and needles. She is a longtime member of North Shore Unitarian Church in Bannockburn, IL, and has attended several UUWC retreats.

Using Air for Healing, Play, & Social Justice - with Heather McMeekan

Air is an essential element for life. Unseen, but felt by all living beings, many of us already use air as a tool of meditation and relaxation. Air can also be used for grounding, body awareness, healing, mindfulness, gentle physical activity, social justice, and good ol' fun! Join Air Savant Heather McMeekan in this workshop designed to give every participant an "air element tool kit" suitable for using the air to bring more joy, healing, & hope into their lives and communities."

Our popular **Open Mic** will be on Saturday evening. Bring your poems, stories, musical talents, and songs to share. Of course we'll be bringing our usual board games, or drums, or whatever you choose. This after all is your weekend, away from responsibilities and a time to share our talents, joys and concerns.



UU Women's Connection
 1310 Clement Street,
 Joliet, IL 60435

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 March 2016.*

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

Send to the Connection Treasurer, Janet Adams, 1310 Clement Street, Joliet, IL 60435

Units of 10 or more may register for \$13 each in 2016. 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 _____



**2016 "Get Connected"
 Calendar**

April 9-10.....Second Quarter Business Mtg
 Macomb Fellowship, Macomb, IL

June 3-5.....Spring Retreat
 Pilgrim Park, IL

October 14-16.....Fall Retreat
 DeKoven Center, Racine, WI