



UU Women's Connection
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531 Woodbine Ave.
Oak Park, IL 60302

RETURN SERVICE REQUESTED.

Due to changes at George
Williams Bay Campus, this will
be our final retreat at this Lake
Geneva location.

November 6, 7 & 8 2009

Central Midwest District UU Women's Connection
2009 Fall Retreat at Lake Geneva

It is what it is...



NOVEMBER
6, 7 & 8
2009

Presented by
the Women of
Unity Temple
Unitarian Universalist
Congregation
Oak Park, Illinois

healing in hard times

I am

the woman who holds up the sky...

The rainbow runs through my eyes.

The sun makes a path to my womb...

My thoughts are in the shape of clouds...

But my words are yet to come...

- Ute Poem



About the CMwD UU Women's Connection



The CMwD UU Women's Connection strives to connect UU women within the district and to serve as a liaison between women of the district and the larger UU movement. The UUWC Annual Meeting to be held during our retreat. Join us and let your voice be heard.

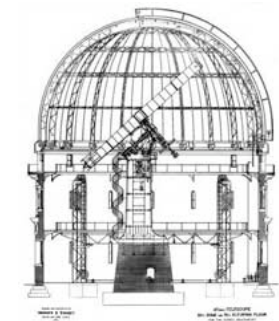
Ask a council member about how to get involved or about bringing programming to your congregation. For more information visit www.uuwomensconnection.org.

Conference planners: Jennifer Evans, Marge Harmon, Regina Janszyn, Judith Plum, Cathy Busking, Janet Holden, Rosemary Sammons, Carrie Bankes & Carol DiMatteo – plus many helping hands from UTUUC.

Registration Deadline: October 4th, 2009

Yerkes Observatory

Yerkes Observatory is a facility of the Department of Astronomy and Astrophysics of the University of Chicago. It was established in 1897. Until the mid-1960's, Yerkes Observatory housed all of the Department's activities. Today the 77-acre park-like site provides laboratory space and access to telescopes for research and instruction. Because of Yerkes' historical context the astronomy world is drawn to the observatory. The International Year of Astronomy 2009 is a global effort initiated by the International Astronomical Union and UNESCO to help the citizens of the world rediscover their place in the day-and night-time sky, and thereby engage a personal sense of wonder and discovery.



Friday Night In-Gathering: Walking the Medicine Wheel

For Harmony to exist on this Earth, we must recognize our own dignity as women. This sacred ceremony is designed to make women proudly aware of the stages of life through which they pass. With great respect and humility, we view this life as an Earthwalk around a Medicine Wheel. The outer Circle may be marked in many ways. In some traditions, the four main Directions, East, South, West, and North are marked by large stones with a central cairn and lines of rocks (spokes) connecting the center to the outer circle. Colors have also been associated with the eel, representing four of the nations of peoples - white, yellow, red and black. For our weekend, the stones around the Medicine Wheel represent a Journey of a Woman's Life. At the Friday In-gathering, the Medicine Wheel will be introduced and throughout the weekend, each woman may walk the circle and read the scripts honoring each stage.

Self Guided Walking Meditation

For a fruitful experience try a self guided walking meditation created by Judy Plum available all weekend long. The need to unwind and decompress is greater than ever. What better way to de-stress than taking a walk in nature?

Yerkes Evening Program 7-8 PM Weather Permitting

All are invited to view the night sky from the Yerkes Observatory's backyard only a 10 minute walk up the hill from campus (bring a flashlight). From the reasonably dark confines of Yerkes's yard we can with the unaided eye get superb views of numerous constellations, thousands of stars, planets, artificial satellites, and the splendor of the Milky Way. Afternoon workshop participants will want to bring their star charts and practice using them outside.

Saturday Open Microphone Coffee House

Back to the Barter System Treasure Trade

We are looking for your treasures! Bring antiques, jewelry, books, and things that you are willing to trade and your treasure will find a new home.

Bonus

Laughing Yoga Workshop with Caryl Derenfeld, Cert. Laughter Yoga

leader

Laughter yoga is NOT hatha yoga positions, but a series of body/mind actives which will help you achieve a greater sense of well being, increase your oxygen intake and endorphin levels, therefore providing your body with the most joyous aerobic activity.

KEYNOTE:

Living The Golden Years – Without The Gold

Peering into the Pot at the End of the Rainbow with New Eyes with Rev. Dr. Rebecca Armstrong

It is high time to return to the wisdom of the ancestors – especially the Wise Old Woman – to peer into the possible future we are creating for ourselves and our daughters and sons. The treasure trove of deep knowledge represented by our myths and fairytales stretches back thousands of years, into the pre-Christian forests and caves of old Europe and the Middle East. There is no disaster – natural or man-made – that has not been witnessed or experienced by these ancestors who, literally, “lived to tell the tale!” In our time of present need we can do no better than to drink deeply from this well of wisdom and ponder its meaning for our own predicament which, in all its apparent novelty, is yet not strange to the collective psyche which has lived through it all.

The highly charged symbol of gold has been a constant presence in human culture for over seven thousand years and has acquired a dense pattern of meaning for us which is still potent in today's world. By unpacking these ancient symbols, we unleash enormous energies that can be used to break out of stagnant belief systems and spur us on toward more meaningful and satisfying lives. Understanding what the gold really is and how the archetypal heroes and heroines of yore went about discovering it may prove to be enriching quest!

Rev. Dr. Rebecca Armstrong is a minister, musician & mythologist. She is a second-generation folk singer and storyteller who appears on numerous recordings and has performed all over the world including before Nelson Mandela's 1999 acceptance speech of a world peace award in South Africa. Rebecca and her mother toured *Myths to Live By* in the Chicagoland public schools. Rev. Armstrong worked for Joseph Campbell Foundation's international program, has served 2 UU churches, co-founded *The Friends of Compassion* and began *The Soul of the City* program in Brazil, Mexico, & Ecuador. Her current ministry is serving interfaith and non-denominational couples seeking to get married as well as pre-marital counselor & divorce mediator.



Reverend Armstrong also teaches a comparative religion at Indiana State Prison.

WORKSHOP SCHEDULE & DESCRIPTIONS:

Choose one workshop from Session A and one from Session B unless you are going to Yerkes Observatory then choose only Yerkes since the Yerkes field trip will run long. You would have time to select both workshop A1 and A4 if you choose.

Saturday Workshops Session A 1:30 – 3 pm

A1 *Stealing Gold From the Dragon: Reclaiming Our Inheritance*

& Living Happily Ever After Rev. Rebecca Armstrong * 1pm -2pm

The mythologist, Joseph Campbell, used to joke that dragons horde gold and beautiful virgins – neither of which is of any use to them! But to us, as potential Wise Old Women, the reclaiming of gold – our True Soul – and virginity – Wholeness Unto Herself – is an essential task before we can move into maturity. This workshop will introduce the major archetypal figures from myth and fairytale who represent the inner energies that must be activated if we are to undertake the quest to release the gold from its captor. Along the way, it will be shown how these symbolic moves relate to outer actions in the real world, where the dragons of corrupt tyrants, corporations and bureaucracies continue to horde the wealth of the people.

A2 **Reiki Workshop** Debbie Czarnopys-White

Reiki is a natural method of healing used for stress reduction and relaxation that also promotes healing at different levels - mental, physical, spiritual and/or emotional. It is administered by "laying on hands" and is based on the idea that "life force energy" flows through us. It also works in conjunction with other medical or therapeutic techniques to relieve side effects and promote recovery. Come explore the experiences of a Reiki practitioner. Debbie Czarnopys-White is a practicing Reiki Master who studied yoga, meditation, mindfulness, and reiki at the Omega Institute in New York. Some of her interests include the study of qigong, Dances of Universal Peace, & drumming.

A3 **Healing Power of Sound** Roz Lutz

Quantum physics has determined that all matter, including ourselves are in a state of vibration. Each person, organ, tissue and every cell has a unique vibrational frequency, which together makes up our personal song. Stress, poor health habits, unhealthy thought patterns and pollution can pull our song out of harmony. Certain tones and chants can restore our songs to beauty and balance. We will explore the sacred vowels of the Tiwa language, which can heal our emotional, mental, physical and spiritual bodies. We will learn a chant, which connects us to our ancestors, healing their genetic and energetic patterns so that we may be free of generations of unhealthy patterns. We will also learn to "chant our bones" in order to maintain their health.

Rosalyn Lutz, who is a certified Sound Therapist and SomaEnergetics practitioner, will facilitate this workshop. The workshop will be approximately one third didactic and two thirds experiential. For more information on Rosalyn's background, and sound in general, please visit her web site at www.chantingbear.com.

A4 Yerkes Observatory Field Trip 2:30 – 4pm

Saturday's afternoon workshop (\$15 materials & tour fee) is an introduction on finding one's way across the night sky using a star chart. The workshop involves a 10 minute walk up the hill to the nearby observatory for a tour of the facility. Climbing 30 steps of the spiral staircase to look through the large 24 inch diameter telescope at many fascinating celestial objects such as the Moon, the Ring of Nebula and a global cluster. Space limited.

Saturday Workshops Session B 3:30–4:45 pm

B1 **What's Happening on Wall Street? And How Does It Affect Me?** Mary and Jennifer Marling

The media is sending off alarms daily on the economic downturn - what should you do? Join mother-daughter presenters *Mary & Jennifer Marling* for an experienced, non-professional approach to personal finances. They will also spend some time talking about the fundamentals of investing, take a peak behind the sound bytes and try to add some new words to your vocabulary. Hopefully you'll walk away with some information to help take the sting out of the headlines. They will offer lots of tips and plan to send you home with good building-block material to help you navigate the financial roadmap. Sound heavy? Don't worry there will be humor.

B2 **Creative Aging: Discovering the Upside of Growing Older** Shirley Lundin

Borrowing ideas from Nancy Millner's book by a similar title, this workshop is for anyone growing older, with a special focus on those sixty and beyond. All life stages have gifts, developmental tasks to accomplish and the potential for getting stuck. Navigating these stages and transitions successfully can lead to a more satisfying final stage of life. What does a creative older age look like and how do we get there? Who are our role models? This workshop is a combination of information and introspection, with perhaps some poetry as well. Come with a special over 70 person in mind.

B3 **Yoga Fusion: Celebrate Your Body, Mind & Spirit** Diane Coates

Yoga Fusion combines aspects of various Yoga systems: meditation, core strengthening, qi gong, traditional Chinese medicine, innovative movement and mind/body/spirit techniques. This workshop will give you the tools to calm your spirit, eliminate stress and find the energy within. Whether 18 or 80 you will leave feeling strong, relaxed and refreshed. Please bring a mat or towel and dress comfortably.

B4 **Shiatsu Self Care** Ken Heyden

This workshop will present a very basic understanding of the body's chi "energy" meridians and how they effect the body and mind. You will learn a series of pressure points and a series of easy stretches that you can do in a few minutes each day that will promote relaxation, stress release and energize you. You will also learn some very effective points to press on a partner to help them release tension and promote relaxation.

UU WOMEN'S CONNECTION LAKE GENEVA RETREAT - - NOVEMBER 6-8, 2009
REGISTRATION FORM (Please fill out both sides.)

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____ Phone: (____) _____

E-mail: _____ Congregation: _____

Roommate(s): _____

Arrival Day / Time : _____ Departure Day/ Time: _____

1st Women's Connection Retreat? (Y / N) __ Grant request? (Y / N) _____ (If Yes, fill in application on reverse side.)

| Fees | I am Sending |
|---|--------------|
| Registration Fee for ALL participants \$50 | |
| Dues Date due _____ (note the upper right corner of your mailing label.) \$10 | |
| Room (Includes Meals) 1 st Choice Building name: _____ <input type="radio"/> See reverse side for costs to enter. If you are requesting a multiple occupancy room you must list roommates above. <input type="radio"/> Note: if a roommate does not come you may be charged the higher rate <input type="checkbox"/> Check here if a wheelchair accessible room is needed <input type="checkbox"/> Check here to order a box lunch to go on Sunday (There is no additional charge, but it must be ordered with registration) | |
| Saturday Only Participants <input type="checkbox"/> Camp usage fee + lunch \$25 <input type="checkbox"/> Camp usage fee + lunch and dinner \$40 | |
| \$20 LATE FEE \$20 Registrations postmarked after October 5, 2009 are assessed a late fee Full refund if cancelled before October 5 th . | |
| Scholarship Contribution: voluntary, be an angel and help a sister | |
| Yerkes Observatory Star Chart Workshop materials fee: \$15 | |
| Total: | |
| First Payment: Send with Registration At least 1/2 of Total | |
| Final Payment: Due at retreat check-in on November 6th | |
| Make check payable to: Unity Temple Unitarian Universalist Congregation | |

Send form & check to: Judy Plum, 1103 Marengo Forest Park, IL 60130-2349.
 Questions? Contact ripeprunus@att.net or jenniferevans1@comcast.net.
 You'll receive a confirmation letter and map.

REGISTRATION FORM (Please fill out both sides.)

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

Steps are a problem _____ Mobility/stamina problems _____

Dietary concerns/restrictions _____ Vegetarian meals preferred _____
(Please list type.)

Other (please list) _____

Open Mic Saturday Evening (10 minute limit) What talent(s) will you be sharing? _____

ROOM INFORMATION

Rates listed are per person for the weekend and includes five meals—Friday dinner through Sunday lunch. To maximize participation with limited room space we encourage roommates. Check-in time is 4 p.m. Friday. Check-out time is 1 p.m. Sunday. Sheets, pillow, blanket, towel and washcloths are provided. Please indicate 1st and 2nd choice on the lines below and **enter your first choice type and cost on the front page of the registration form.** You will be contacted if adjustments are necessary.

| <u>Building</u> | <u>Choice</u> | <u>Single</u> | <u>2 in a room</u> | <u>3 in a Room</u> | <u>4 in a room</u> |
|---|----------------------|----------------------|---------------------------|---------------------------|---------------------------|
| One Step Lodge <i>(queen beds, private bath, elevator access)</i> | _____ | \$ 252. | \$204. /person | \$176 /person | \$164/person |
| Lakefront #8 <i>(1 full, 1 twin, 1 rollaway, private bath)</i> | _____ | \$ 222. | \$186. /person | \$166/person | \$154./person |

Saturday Workshop Choices

- - - enter workshop numbers from the brochure - - -

Session 1 (1:15 – 2:45 PM): 1st Choice _____ 2nd Choice _____

Session 2 (3:30 – 4:45 PM): 1st Choice _____ 2nd Choice _____

SCHOLARSHIP/GRANT APPLICATION

The UU Women's Connection budget funds four grants of up to \$100 each. Additional \$20 grants are available to help with child care expense. *Note: On-site child care is not available, though nursing babies are welcome.*

Applications must be postmarked by October 4, 2009 You will get an answer to your request within 10 days.

My need is _____

My home church/group will provide: _____

I would like UU Women's Connection to provide: _____

An additional scholarship is allocated for ministerial students. Please list school name and degree program. _____