

RETURN SERVICE REQUESTED

UU Women's Connection
www.uuwomensconnection.org
Diana DeWesse, Registrar
716 S. Douglas Avenue
Springfield, Illinois 62704



GOOD VIBRATIONS

A Journey of Personal Intention

Central Midwest District
UU Women's Connection

2010 Lake Geneva Fall Retreat
November 5-7

Connecting Women across the CMwD

Good Vibrations A Journey of Personal Intention.

Where do you find the vibrations of your being?

At water's edge or forest's mossy floor, in the immensity of the night sky, or the whisper of a fall breeze? Come journey with us as we set our personal intention to explore all those good vibrations.

It is a journey to ourselves.

Our Journey to Achieve *BALANCE*



Cathy Kline, UU Women's Connection Council Member, will lead us on a journey to achieve balance in our everyday lives. When life is busy, or all your energy is focused on a special project, it's all too easy to find yourself "off balance", not paying enough attention to all the areas of

The balance wheel can help you consider each area of your life in turn and assess what's off balance. And so, it helps you identify areas that need more attention, which you can then begin to address.

Cathy is a member of Carbondale UU Fellowship in Carbondale, IL and is currently serving as their Board President.

Registration Deadline: October 20, 2010

Go confidently in the direction of your dreams. Live the life you've imagined. ~ Henry David Thoreau

UU Women's Connection Fall Retreat

Continuing the Journey...

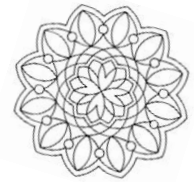
Morning Movement

We will again offer an opportunity to awaken our senses and our bodies with movement in the mornings.



Mandala Meditation

Center your body and mind while coloring your own mandala. Mandalas are sacred circles with intricate designs that have long been used to facilitate meditation.



Coffee House

Join us at our annual coffee house and share your unique talents. Are you a singer, musician, poet, or story teller? Would you like to share with us? Remember to pack clothing for the evening that makes you feel like the goddess you are!



Vendors & Practitioners

We have a variety of vendors, artists, & craftswomen with many items to embellish your spirit, home, or body. Make sure to leave some time to relax in the vendor area—practitioners, including Reiki, tuning forks, massage therapists & heated stone massage will be available by appointment—schedule early!



Self-Guided Walking Meditation

Continue the journey on your own with a self-guided walking meditation.



Game On!

Come join your sisters playing Mexican Train, Go Goddess, or other fun games. Have a favorite, bring it along!



Connecting Women across the CMwD

SATURDAY EVENING

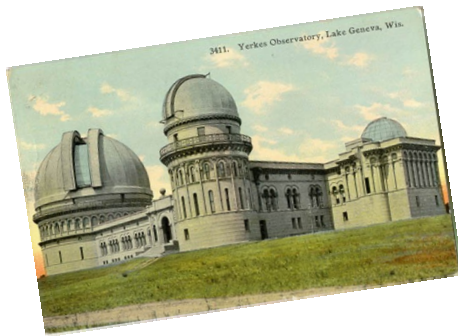
Journey with us (once again) to the

YERKES OBSERVATORY

Back, by popular demand, an evening at the observatory (weather permitting). The program will start outside with a brief introduction to the night sky. Our journey continues with a 39 step climb up into the NE dome that houses the 24-inch reflector telescope. There will be a fee of \$15 to attend.

From the reasonably dark confines of Yerkes Observatory we can get superb views of the Moon, planets, constellations, thousands of stars, artificial satellites, and, on moonless nights, the splendor of the Milky Way. This observatory is rife with wonderfully carved ornamentation including Masonic, pagan, and astrological/zodiac symbols.

More info at: astro.uchicago.edu/Yerkes/



Continuing the Journey

Book Sale and Silent Auction

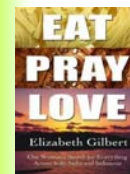
Remember to bring items for the book sale and silent auction! These annual events are always a favorite!

UU Women's Connection Fall Retreat

SATURDAY WORKSHOPS

It is our intention to offer non-competing workshops at this retreat. So many times, we have wanted to be in two places at once because of all the wonderful opportunities to enrich our personal journey offered at events like this. You can choose to attend a workshop, participate in one of the alternative activities listed on page 5, or do nothing at all—whatever makes your personal journey complete.

Eat, Pray Love...



Live with intention, aspiration, and imagination.

Whether you've read the popular book, seen the movie, or not—join Jennifer Evans, former UU Women's Connection Council Member, in this relaxed, yet structured, workshop on living the life you desire.

Structured into 4 parts:

- A short discussion of the book
- Imagine living your fantasy life for a year... how would you live if you could do anything?
- Practical application of the fantasy
- Meditation as a vehicle toward balance, intention, and a

Jennifer is from Oak Park, Illinois and is a member of Unity Temple UU Congregation. Jen is a past chair of UU Women's Connection.

Raising Your Vibration with Reiki



Join Debbie Czarnopys-White, UU WC Council Member, as we explore different ways to raise your energy (*vibration*), with an in-depth look at Reiki, a method of using energy to promote self-healing. Learn about clearing the aura bodies surrounding your physical one for physical, mental, spiritual and emotional wellness.

Debbie 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, and drumming.

Connecting Women across the CMwD

SATURDAY WORKSHOPS *continued...*

UU Meditation Beads



When you are praying, mediating, or whatever you to refer as that quiet time spent in reflection, would you like to have something tactile to ground you and in some cases guide you? Come join Sage Hagy, UU Women's Connection Council Member, to make UU Meditation Beads (in a bracelet form). Cost for workshop materials—\$5.

Sage is from North Shore Unitarian Church in Deerfield, Illinois. Our newest UU Women's Connection councilor, Sage is a 7th generation UU with roots traceable to Josiah Ballou.

Keepers of the Beat



Make and Take Frame Drum Workshop

Come join Heather Poyner to build and decorate an "Native American style" frame drum and mallet from non-traditional materials including boards, packing tape and wood dowels. When we're done we'll learn several drum

rhythms that can be used in drum circles ranging from traditional spiritual to bonfire jams. Cost for workshop materials—\$15.

Heather Poyner is a drum circle facilitator and hand drum instructor from Kenosha, WI. She provides drum circle events for children of all ages (2-102!) throughout southeastern Wisconsin and northern Illinois and has a retail store called The Drum Hut in downtown Kenosha. A former journalist, she is author of "Some Kind of Magic—Livin' the Rhythm of Community Drumming." She is also an instructor at Gateway Technical College, and the parent of two wonderful young adults.



UU Women's Connection Fall Retreat

SATURDAY ALTERNATIVES

Whether this is your first Lake Geneva retreat or your 20th, do you want to learn more about this quaint little town? Up for a boat tour or a little antique shopping?

Lake Geneva Cruise Lines offers 2 boat tours:

Geneva Bay Tour (1 hour)

A fully narrated excursion where you can enjoy the highlights of the elegant estates as you travel around the eastern end of the lake know as "Geneva Bay". The tour boat departs at 11am and 3:15pm. The ticket price is approx. \$19.

Full Lake Tour (2 hours)

Relax and enjoy all the scenic beauty of the lake as you cruise completely around lovely Geneva Lake. You won't miss any of the unique estates and will also be provided an in-depth commentary about the history of the area. The cruise passes by the Villages of Williams Bay and Fontana and takes in the world famous Yerkes Observatory and historic Black Point Estate. The tour boat departs at 1 p.m. The ticket price is approx \$25.

Call 262-248-6206 to confirm ticket price, departure time and make a reservation. Boat rides leave from Lake Geneva dock.

Shopping anyone? Whether you're in search of antiques, interested in fine art, hunting for the latest style trends, or looking for unique and eclectic gifts...Lake Geneva has exactly what you need. More info at:

www.lakegenevawi.com/Shopping

There will be signup sheets at registration so that women wanting to take a boat tour or shop in Lake Geneva may connect and make arrangements to carpool. Conference attendees are individually responsible for making these arrangements.



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

- Steps are a problem
- Mobility/stamina problems Please explain _____
- Dietary concerns/restrictions Please list _____
- Vegetarian meals preferred Indicate type of vegetarian _____
- Other Please list _____

I plan on attending these workshops (check all that apply):	
<input type="checkbox"/> Eat, Pray, Love	10:15a.m. – 11:45 a.m.
<input type="checkbox"/> Reiki	1:00 p.m. – 2:15 p.m.
<input type="checkbox"/> UU Meditation Beads - \$5 fee	2:30 p.m. – 3:30 p.m.
<input type="checkbox"/> Drum Building - \$15 fee	3:45 p.m. – 5:15 p.m.

- I have display material for the Social Action Table Please explain _____

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 lunch.
- Check-in time is 4 p.m. Friday. Room checkout time is 1 p.m. Sunday. Sheets, pillow, blanket, towel and washcloth are provided.
- *There are a limited number of single rooms available, so send in your reservations early!*
- *Because we are limited to only rooms in Lakefront and One Step Lodge, please consider sharing your room with other women attending the conference.*

SCHOLARSHIP/GRANT APPLICATION

The UU Women’s Connection conference budget includes funding for scholarships for women in financial need. Scholarships are also funded by donations made by conference attendees through the registration process. The amount of funds available for individual requests will be determined by the number of requests for financial assistance we receive.

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 October 5. These go fast!

You’ll get an answer to your request by October 15, 2010.

My need is _____

My home church/group will provide _____

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

UU WOMEN'S CONNECTION
Lake Geneva Retreat November 5 - 7, 2010

REGISTRATION FORM

(Complete both sides of 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"/> \$50	<input type="checkbox"/> \$60	\$ _____
Saturday Only (includes registration, use fee, plus lunch)	<input type="checkbox"/> \$75	<input type="checkbox"/> \$85	
Saturday Only, (includes registration, use fee, lunch & dinner)	<input type="checkbox"/> \$90	<input type="checkbox"/> \$100	

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

Lakefront			\$ _____
Single <input type="checkbox"/> \$230	Double <input type="checkbox"/> \$195 each		
Triple <input type="checkbox"/> \$175 each	Quad <input type="checkbox"/> \$163 each		
One Step Lodge			
Single <input type="checkbox"/> \$260	Double <input type="checkbox"/> \$215 each		\$ _____
Triple <input type="checkbox"/> \$185 each	Quad <input type="checkbox"/> \$173 each		
Roommate(s) for Double/Triple/Quad _____			

3. **Membership Renewal**
Check the date on the upper right hand corner of the mailing label. \$10 \$ _____

4. **Scholarship 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. **Workshop Fees**

Yerkes Observatory Evening Star Party	<input type="checkbox"/> \$15	\$ _____
Drum Building workshop	<input type="checkbox"/> \$15	
UU Meditation Beads	<input type="checkbox"/> \$5	

6. **Late Fee** – if mailed after October 20, 2010 \$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

no later than ✨ **October 20, 2010** ✨

Make checks payable to: UU Women's Connection

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