

Unitarian Universalist  
Women's Connection

Fall 2007 Conference - Lake Geneva  
25th Annual Fall Retreat



Join us November 9 - 11, 2007

Lake Geneva at Aurora University  
George Williams College Retreat Center  
at Williams Bay, Wisconsin

# Join us and "Feel the Rhythm"

**The Women of North Shore Unitarian Church and the Central Midwest District's UU Women's Connection** invite you to join us in a weekend of singing and sharing.

**Where:** George Williams College Retreat Center on Geneva Lake, Wisconsin.  
350 Constance Blvd., Williams Bay, WI

**When:** November 9, 10 & 11, 2007 - beginning at 4:00 p.m. Friday and ending after lunch Sunday.  
(See schedule on page after next.)

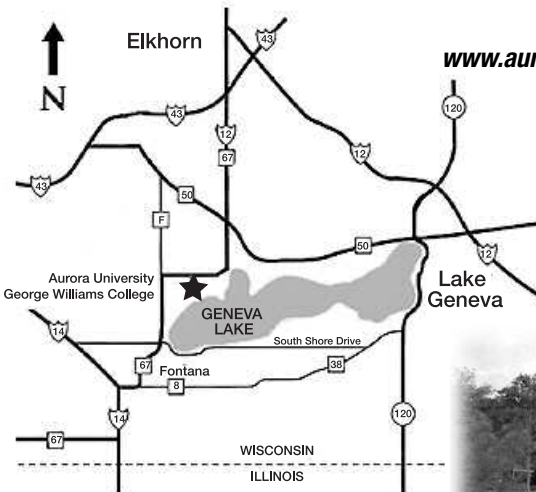
**What:** "Feel the Rhythm" with Shelley Jackson Denham. Workshops will help you find, slow down or speed up your Rhythm.

Come join us for a weekend of music, movement, comraderie and nature.

George Williams College is on the shore of beautiful Geneva Lake in Southern Wisconsin.

For a virtual tour of the campus, visit:  
[www.aurora.edu/gwcampus/virtualtour.htm](http://www.aurora.edu/gwcampus/virtualtour.htm)

Note to previous attendees:  
Campus set-up has changed since past years. You may want to take time to reorient yourself.



*Feel the Rhythm*

## Shelley Jackson Denham

*The theme for our weekend - "Feel the Rhythm" was inspired by Shelley Jackson Denham's song, Affirmation, the lyrics of which weave throughout these pages. This will be the focus of Shelley's talk.*

*Shelley will challenge us to look thoughtfully at our lives - where we have been, where we are now, and where we want to go from here.*

*Together, springing from the text of the entire song, we will reflect upon the great religious questions of "Who am I, what is sacred to me, and how shall I live my life?"*



Originally from Cincinnati, Ohio, Shelley graduated from Cincinnati College's Conservatory of Music, with a degree in Voice Performance. She has four tunes and five texts in *Singing the Living Tradition* hymnbook and a number of published songs and anthems (including the recently released *Hymnbook Supplement* and the *UU Musicians Network Children's Songbook*). Shelley currently serves as Director of Program & New Initiatives at the Mountain Center near Highlands, North Carolina. ([www.mountaincenters.org](http://www.mountaincenters.org))

*Close your eyes and hear the voice of Life within you.  
Feel the rhythm of your body and your soul.  
Search for Grace among your pains and imperfections,  
as the deepest sea embraces rocky shoals.*

*Hear the echoes of the many people here before,  
and the whispers of those people yet to be:  
They have their dignity and insight to impart to you,  
if you open up your soul and let it see.*

# Schedule for November 9 - 11

## Friday, Nov. 9

5:00 - 9:00 p.m.	Registration
5:15 - 6:30 p.m.	Dinner
7:30 - 9:30 p.m.	Opening Ceremony Tea*

## Saturday, Nov. 10

7:00 a.m.	Morning Yoga with Sandy Moore
8:00 - 9:25 a.m.	Registration
7:30 - 9:00 a.m.	Breakfast
9:30 - 11:00 a.m.	Keynote with Shelley Jackson Denham
11:45 a.m. - 1:00 p.m.	Lunch
1:30 - 3:00 p.m.	Workshop 1
3:15 - 4:45 p.m.	Workshop 2
5:15 - 6:30 p.m.	Dinner
7:30 p.m.	Open Mic & Drumming
9:00 p.m.	Bonfire & Games

## Sunday, Nov. 11

7:00 a.m.	Morning Yoga
7:30 - 9:00 a.m.	Breakfast
10:00 - 11:15 a.m.	Closing
11:45 a.m. - 1:00 p.m.**	Lunch & Goodbyes

\*In celebration of the 25th Anniversary of the Fall Conference.  
Wear your favorite or most interesting hat!

\*\*Sack lunch is available Sunday for those who must leave immediately after closing. This must be requested on registration form.

## 1:30 - 3:00 Workshops



### Simply Mindful Rhythm - 1A

Libby Christianson

Is the rhythm of your life too frenetic? Moving too fast? Filled with too many things? What would it be like to actually FEEL our rhythm by slowing down and paying attention to what is truly important to us? Join us as we explore how being “Simply Mindful” we can slow down the rhythm.

*Libby is mom to Kaily and Lucy and wife to John. Her spiritual path includes Simplicity and helping to connect volunteers to working in the Homeless Community. Professionally she does contract work in Human Resources.*



### Breath of Life - 1B

Sandy Moore

Inhale, open to receive healing energy. Exhale, soften and relax. Breath is the gift of life, bestowed upon us at birth. By intuning to our breath it is possible to feel and direct the flow of subtle energy or prana within. Breathwork will include the practice of conscious, unrestricted, natural breathing, deep full breathing and alternate nostril breathing to balance energy flow. Between breathing practices we will do gentle yoga exercises, engaging expansion (stretch) and release through the energy of breath. We will conclude with relaxation and a short meditation. If possible,

please bring a mat and blanket or cushion to sit on. Chairs also will be available.

*Sandy Moore is a certified yoga instructor, teaching privately and in a variety of settings, including Wellness Place, a resource center for cancer survivors. Sandy finds in yoga a meld of her lifetime love of movement and interest in spirituality.*



### Writing Through Music - 1C

Polly Hansen

Listening to selections of music, participants will be invited to tap into their subconscious selves and to describe through written word the characters and places that emerge as inspired by music. The participants will then create a storyline guided by music, weaving the characters and places together as the beginnings of their own personal myth, fable or short story. We will leave time to share as many stories as possible. There will be

dancing to recorded loud drumming to get the juices flowing.

*Polly Hansen is a flutist and writer who earns her living doing both. She's a member of North Shore Unitarian Church in Deerfield and will be going to her monthly Moon Group until the day she dies.*

# 1:30 - 3:00 Workshops

## Dances of Universal Peace - 1D

Carolyn Mots and Sandy Mysko

Dances of Universal Peace draw on themes from a variety of spiritual traditions. The songs and dances are simple to learn and do not require any special musical or dancing ability. The emphasis is not on performance. It is on experiencing the joy of singing, dancing and creating peace in the community of a dance circle. Come join the circle!



*Sandy Mysko and Carolyn Mots have been leading Dances of Universal Peace at the Evanston UU Church for the past 6 years. Dances are a way to join together in community and raise peaceful energy within ourselves and our dance circle that we can send out into the world. To create a more peaceful world, the place to begin is within ourselves.*

## Voice of My Faith - 1E

Shelley Jackson Denham

This interactive workshop will focus on giving voice to our faith, our spirituality in all we say and do – and thereby, “being the peace we wish to see”. Through stories and songs, we will encourage one another to define our faith, embrace the challenges we face, and find the “still small voice within” so that we might be instruments of peace and compassion.

*We are honored to have Shelley as our keynote speaker for this conference.*



*And then be thankful to the wonder of your Being:  
You are a miracle of body, soul and mind!  
And the space that you fill on this earth never will  
be the same in the future of all human kind.*

*You are born into a world of complications.  
Your emotions reach their peaks, and then they dive.  
And in solitude you seed your inspiration,  
and the courage that you need just to survive.*

*Feel the Rhythm*

## 3:15 - 4:45 Workshops



### Natural Dye Workshop: Unmasking the Rhythms of Nature - 2A

Julie Martin

Plant pigments, or dyes stuffs, are capable of adhering to protein strands, or yarns. Come experience a hands on workshop using various collected plant materials and learn the techniques necessary for safely dyeing organic cotton, wool and silk. See how the undertones of nature combine for visual beauty in the rhythm of light revealed.

We will also explore the history of dyeing and its connection to the lives of women through history and contemporarily. We will discuss exciting aspects of plant pigments on women's health. These same plant pigments can often have medicinal action and may be the precursors to drugs or the model for certain classes of drugs, taking action on the various proteins of the human body.

Materials Fee: \$25.00

*As a Naturopathic Physician, Julie has a professional interest in the gifts of the plant kingdom.*



### Writing Nature's Rhythms- 2B

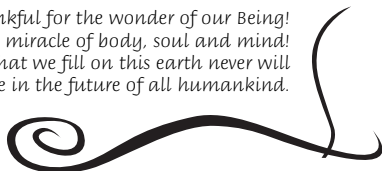
Jane Richards

The natural world can inspire us on many levels - intellectual, emotional, artistic and spiritual. Nature writing weaves together two or more of these levels and in the process deepens the writer's ties to nature. On a short hike we will explore the rhythms of the lake and her shores, then enjoy some quiet time connecting with our surroundings. Back inside, writing exercises will help trigger our creativity. Bring writing materials, walking shoes and clothing appropriate for the weather.

*Jane Richards gathers the inspiration for her prose and poetry from her volunteer work at Volo Bog and Bangs Lake. She holds a Masters Degree in Creative Writing and has published in literary and nature journals.*

Look around at all the people in earth's family,  
And the faces that you'll see reflect your own.  
Take the hands of love and friendship that are near to you,  
(and) have the wisdom to admit you're not alone.

Let's be thankful for the wonder of our Being!  
We are a miracle of body, soul and mind!  
And the space that we fill on this earth never will  
be the same in the future of all humankind.



# 3:15 - 4:45 Workshops

## **Livin' the Rhythm: For yourself, for community - 2C**

Heather Poyner

Balance, peace and centeredness—pretty much what we all ask for on a daily basis. Giving ourselves time to seek and live in this space, however, is not so simple. During the course of this workshop—and hopefully long after—Heather Poyner will share her path of choice—indigenous and intuitive music making. Using ethnic drums, a collection of “found sounds” and basic rhythm concepts, participants will discover how to access their creative musical spirit. We will discover that with the joy of remembering our own rhythms we can become healers to those in community with us.



*Heather Poyner is a rhythm facilitator, writer and peace keeper who lives in Kenosha, Wisconsin. A former newspaper reporter who discovered the goodness of community drumming, she is author of Some Kind of Magic: Livin' the Rhythm of Community Drumming. Her life vision is to help connect people to their passions and potential.*

## **Writing Your Poetic Rhythm - 2D**

Susan Nelson

In this workshop we will write poetry in perfect meter and rhyme based on something easy and familiar and then have the opportunity to perform it for the group. Everyone will have a turn to perform her poetry and then watch others do the same. It will be fun and delightful as you feel the rhythm within you that comes out in this musical spoken form.



Materials fee: \$6.00

*Susan Nelson is a former high school foreign language teacher, a mother of five children, a first-time grandmother of a recently born granddaughter, a member of the Illinois State Poetry Society, and a published poet. She wordsmiths daily, performs her poetry at various venues, and often finds herself unintentionally rhyming in perfect timing during ordinary conversation! "My brain must be wired for rhyme and meter!" Yours may be, too. Come and find out.*

## **Moving Chi - 2E**

Sharon Fullington

Chi is the life force that moves through us and around us through movement of body, movement of mind & movement of spirit you can invigorate your own self to feel and experience. In this class we will do stretches to open up your meridians, some meditation and some breathwork and mindwork.

*Owner of shiatsu and natural health for 12 years, Sharon integrates her knowledge of energy meridians, meditation, breathwork and positive thought. A private practice and offering classes has brought her much joy!*





## Ritual

### Opening Tea - Friday, 7:30 p.m.

Join us to celebrate the 25th Anniversary of the Fall conference. We will sing, laugh, cry and reminisce, with old friends and make new ones.

Wear your favorite or most interesting hat!

## Vendors

We have a variety of vendors with items to decorate your body, home and spirit. Massage therapists will be available for massages. Schedule your appointments when you arrive.

## Coffee House

### Saturday, 7:30 p.m. to 10:00 p.m.

Come share your talent, those hidden and those out there. This is where you get to shine, come share a poem, just written or one that is an old friend. Come teach us a new song or reintroduce an old one.



*Pat & Meredith perform at the Coffeehouse,  
Nov. 1999*

## Game Room

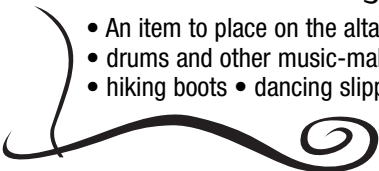
Come play some late night games or just sit around and talk with friends old and new. We will provide some games but please feel free to bring your own.

## Campfire

If weather permits we will have a campfire Saturday night. We can share ghost stories, sing those old camp songs and roast marshmallows.

## Remember to Bring...

- An item to place on the altar
- your favorite hat for Friday's celebration tea
- drums and other music-makers
- layered clothing
- camera
- hiking boots
- dancing slippers
- an open mind and a creative spirit



# At The Gathering Room

The Gathering Room is a place where refreshments will be available and you can visit the tables mentioned below. This room is located in Cratty. Stop by in between or after sessions for a snack or drink, to share secrets and to mingle.

## Social Action Table

Do you have a special cause or an event you would like to champion? This table will showcase flyers for a variety of your causes and events. Attendees may drop off flyers, samples or brochures at this table for others to see and take home.

## T-Shirts and Tote Bags

T-Shirts and Totes emblazoned with our “Feel the Rhythm” logo will be available to commemorate the 25th Anniversary of the Lake Geneva Fall Conference. This wonderful image, which graces the cover of this brochure, was created by Marcy Hamilton. *Limited quantities will be made. Please remember to pre-pay for these items when you register for the conference.*

## Message Board

Trying to contact someone? Post a message on our bulletin board. And make sure to check the bulletin board in case a long-lost friend is trying to get in touch with you!



*Bette, Faith, Karen & Donna enjoy the Fall leaves at George Williams campus, Oct. 1998*

# Sponsors and Hosts

## UU Women's Connection Organization

The UU Women's Connection name represents our mission to connect women within the district, to stimulate interest in the many aspects of the Unitarian Universalist movement and concerns of the world, and to serve as liaison between women of the district and the larger UU movement.

## Financial Assistance

Membership of the UU Women's Connection has always felt it is important to provide opportunities for grants or scholarships to deserving women who want to attend our retreats and other programming. We offer various options:

- **Childcare grant** – to relieve some of the costs of childcare encountered by mothers who attend our retreats, a reduced registration fee of up to \$20 is available to those who request it.
- **Ministerial student grant** – our membership recognizes the importance of supporting our ministers in training. We offer one ministerial grant at \$100 on a first-apply-first-receive basis for students.
- **Need-based grant** – the UU Women's Connection budget provides for four grants of up to \$100 each to reduce the financial burden for women who could not otherwise attend due to monetary hardship.
- **First-time attendees grant** – to encourage new members to participate in the retreat, the first five women to register, who have not previously attended, will receive a reimbursement of their \$50 registration fee.

To donate towards additional grants, please indicate the amount on the registration form. To request a scholarship, mail both your completed registration form and a brief explanatory letter to Sage Hagy\*, **POSTMARKED NO LATER THAN OCT. 1, 2007.**

## Hosted by the women of Northshore Unitarian Universalist Congregation of Deerfield, Illinois.

We greatly appreciate everyone's love and energy in creating this conference.

Co-chairs: Emily Meter & Sage Hagy

Committee members: Joyce Bleier, Marcy Hamilton, Sandy Moore, Valerie Walker, Marsha Wells, Pat Wozniak

\*Contact: Sage Hagy, [csageh@comcast.net](mailto:csageh@comcast.net)  
2373 Arbeleda Lane, Northbrook, IL 60062  
847-498-9333

To download a brochure or registration form, visit: [www.uuwomensconnection.org](http://www.uuwomensconnection.org)



Hand mural created Oct. 1994

UU Women's Connection Conference  
c/o Sage Hagy  
2373 Arbeleda Lane  
Northbrook, IL 60062

*[www.uuwomensconnection.org](http://www.uuwomensconnection.org)*

Return service requested

**Dated Information –  
Respond by Oct. 1, 2007**

**UU WOMEN'S CONNECTION LAKE GENEVA RETREAT - - NOVEMBER 9-11, 2007**  
**REGISTRATION FORM** (Please fill out both sides.)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

E-mail: \_\_\_\_\_ Congregation: \_\_\_\_\_

Roommate( s): \_\_\_\_\_

Arrival Day / Time : \_\_\_\_\_ Departure Day/ Time: \_\_\_\_\_

1<sup>st</sup> Women's Connection Retreat? (Y / N) \_\_ Grant request? (Y / N) \_\_\_\_ (If Yes, fill in application on reverse side.)

Fees	I am Sending
<b><u>Registration Fee</u></b> All (Full & Sat. Only) participants, except workshop Leaders <b>\$ 50.00</b>	
<b><u>UUWC Membership Dues</u></b> New & Renewing members (if your renewal date is before 11/07) My renewal date is _____ (note the upper right corner of your mailing label.) <b>\$10.00</b>	
<b><u>Room</u></b> 1 <sup>st</sup> Choice Building name: _____ <input type="radio"/> See reverse side for costs to enter. If you are requesting a multiple occupancy room (other than a dorm 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	
<b><u>Meals</u></b> <b><u>Full Conference</u></b> (Friday dinner – Sunday lunch) <b>\$ 85.00</b> <input type="checkbox"/> For those who must leave immediately after the closing ceremony Sunday, Check here to order a box lunch "to go" (there is no additional charge, but it must be ordered with registration) <b><u>Saturday Only Participants</u></b> <input type="checkbox"/> Camp usage fee + lunch <b>\$ 25.00</b> <input type="checkbox"/> Camp usage fee + lunch and dinner <b>\$ 35.00</b>	
<b><u>Late Fee</u></b> Registrations postmarked after October 1, 2007 are assessed a late fee <b>\$ 20.00</b>	
<b><u>Scholarship Contribution:</u></b> voluntary, be an angel and help a sister	
<b><u>T-Shirt \$10 each</u></b> (50% poly / 50% cotton). Indicate number and size(s) below ____ Small, ____ Medium, ____ Large, ____ XLarge, ____ XXLarge _____ number of shirts x \$10.00 =	
<b><u>Tote Bags \$10 each</u></b> (canvas open book-bag style) _____ number of bags x \$10.00 =	
<b><u>Workshop Materials Fee:</u></b> For workshops 2A (\$6.00) or 2D (\$25.00)	
<b><u>Make check payable to "NSUC"</u></b> (North Shore Unitarian Church) In the Memo space include: "Women's Connection Conference" <b><u>Total:</u></b>	

**Send form & fees to:** Sage Hagy 2373 Arbeleda Lane, Northbrook, IL 60062 **by October 1, 2007.**  
 (Full refund if cancelled **before** October 10th deadline.) You'll receive a confirmation letter and map.  
**Questions?** Contact Sage Hagy 847-498-9333 or e-mail at: csage@comcast.net

**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. 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 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> choice on the lines below, circle # in room pr person amount, and ***enter your first choice type and cost on the front page of the registration form.***

You will be contacted if adjustments are necessary.

<b><u>Building</u></b>	<b><u>Choice</u></b>	<b><u>Single</u></b>	<b><u>2 in a room</u></b>	<b><u>3 in a Room</u></b>	<b><u>4 in a room</u></b>
<b>Emery (Maple) Lodge</b> <i>(1 full, 1 twin, 1 daybed, private bath)</i>	_____	\$160	\$112./person	\$86./person	\$74./person
<b>One Step Lodge</b> <i>2 (queen beds, private bath, elevator access)</i>	_____	\$160.	\$112./person	\$86./person	\$74./person
<b>Lakefront #8</b> <i>(1 full, 1 twin, 1 rollaway private bath)</i>	_____	\$130.	\$96./person	\$75./person	\$64./person
<b>Hickory/Oak</b> <i>(4 bunk beds and 1 rollaway)</i>	_____	\$74.00/person ( designating roommates is optional in dorms )			

**Saturday Workshop Choices**

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

**Session 1 (1:30 – 3:00 PM):** 1<sup>st</sup> Choice \_\_\_\_\_ 2<sup>nd</sup> Choice \_\_\_\_\_

**Session 2 (3:15 – 4:45 PM):** 1<sup>st</sup> Choice \_\_\_\_\_ 2<sup>nd</sup> 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 childcare expense. *Note: On-site childcare is not available, though nursing babies are welcome.*

**Applications must be postmarked by October 1, 2007.** 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. \_\_\_\_\_  
\_\_\_\_\_