



2015 UU Women's Connection Council

Diana DeWeese, Chair
kidi71@aol.com

Debbie Czarnopys-White,
Vice-Chair
bdcw@frontiernet.net

Susan Wilhelm, Secretary
jaderosequartz@yahoo.com

Janet Adams, Treasurer
jllandaiche@yahoo.com

Juli Cicarelli, At Large
cicj_2000@yahoo.com

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

Buffy Lael, At Large
moonsgirl292@hotmail.com

Brenda Wade, At Large
witchiwoman71@yahoo.com

Tracy Zieber-Minks, At Large
TracyZieber@gmail.com

YOUR NAME HERE!
Recruiting for Councilors starting in 2016 — let us know if you want to help with the work of connecting women across the district!

Voices of Women

Page 1

Spring 2015

~ Spring Conference brochure inside this VOW ~

Fall Retreat 2014 — Juli's Journal

During our fall retreat in the beautiful DeKoven Center we truly celebrated our lives as women. With the guidance of our keynote speaker, Joyce Higginbotham, we explored how to value and deepen our wisdom as women while reaching out to others in a compassionate way. Higginbotham, the coauthor of three books on Paganism, discussed Pagan Spirituality, and through meditation led us all on an exploration of our own unique life experiences. During discussions we learned much about each other, and at the same time realized that as women we shared many common concerns.



In her workshop Higginbotham, talked about the Sacred Act of Listening. Using material from the Parliament of the World Religions in 2009, she defined the sacred art of listening as:

1. the art of becoming a listening presence.
2. a way of being that opens us up so that we can listen to people from diverse cultures and religions, with beliefs and points of view unlike our own.



3. being a presence of understanding rather than judging.
4. being open, curious, and attentive to others in such a way that at the end of the conversation they have fully expressed themselves and feel more alive.

As we came together we talked, we listened, and we learned about one another. Listening to one another with attention, with understanding and without judg-

Continued on page 2

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 helps you grow 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 2015. Register a unit of 10 or more members for \$13 each!

Continued from page 1

ment was a gift we gave freely to one another. At our closing ritual on Sunday morning we drummed, we sang and we said goodbye.

When words didn't seem to express our feelings, we sang. We sang "How could anyone ever tell you, you are less than whole". We sang Shelly Graff's song – "You are Not Alone".

"We hear your cry, deep in the night"

"You're not alone, We'll hold you tight."

"Deep in our hearts, wrapped round your soul"

"Open up your heart, and you will know"

Sadly with fond memories, off we went. We'll be together again at Pilgrim Park in the Spring, and hope you will join us. Whatever your cares are, whatever your concerns, you will find you are not alone.

~ by Juli Cicarelli

The Healing Energies of Crystals

I attended The Healing Energies of Crystals workshop, led by Kathy Riley. I've been studying crystals and their energies for some time but was pleased to learn more about the cleaning and programming aspects of how to use them. Also, adding mantras or affirmations was a new concept and one that I'll incorporate in future uses.

Kathy Riley led the group through a quick lesson on the chakras and the stones, by corresponding color, associated with activating them. Additional information was added to her chakra charts that I hadn't seen before and so enjoyed learning this to a greater depth. She provided common uses for using healing stones for physical ailments that were most useful. Making gem water to drink as opposed to laying the crystals on a body is another technique covered, with the caution to check a toxic crystal list first. Toxic crystals can be used but should be placed in a different container inside one holding the water to be consumed. The energy will flow through the first glass into the consumable water safely. Many stones were shown and passed around so we could all become more familiar with their appearances and uses.

The instructor also covered how to place crystals in a grid or geometric design to achieve the purpose for which you are using it. A grid can be made up of all the same stone or complimentary stones that would work together for your purpose. With colorful pictures depicting different ways to use a grid, along with the useful information contained throughout the handout, the workshop was a sure hit for me and I hope to continue to refer to it in future crystal work.

~ by Debbie Czarnopys-White



57th Annual Spring Conference
Pilgrim Park Conference Center, Princeton, IL

June 5-7, 2015

Journeys of the Spirit

Our 2015 Spring Conference Keynote will be Marsha Forrest, a health and wellness consultant and spiritual guide.

Her keynote address will be "Journeys of the Spirit: The Quest for who we are and what life is about." Answer the call to the ongoing adventure and our place in this wonderful Circle of Life.

Marsha is a woman of Mohawk ancestry who was born and raised on the Six Nations Reservation in Ontario, Canada. She lived in Haida Gwaii, the Queen Charlotte Islands of B.C., for thirty three years, and was adopted into the Ts'alth Clan of the Eagle Clan of the Haida. Marsha now lives in Southern Illinois and is working with the Cherokee and women's groups in that area.

As a Health and Wellness Consultant, Marsha supports people in ways to help them discover their own strengths and responsibility for their well being and their environment. She holds the vision of a holistic view of health which finds the balance of the spiritual, emotional, physical and mental aspects of one's own being as they grow towards their full potential.



Weekend Activities

Our element for this conference will be EARTH. We will be focusing on earth-honoring in our rituals.

We'll be offering yoga exercises Saturday and Sunday mornings before breakfast.

At this year's Spring Conference we will be drumming, chanting and dancing around our bonfire on Saturday night. Bring your drums and other percussion "toys".

Our growing UU Women's Connection Lending Library will be on display. You can return materials you checked out at the Fall Retreat or check out something new! You are welcome to make donations to our library. Bring books, pamphlets, CDs or DVDs with you when you come. Because space is limited we will not be doing a silent auction or have a book sale this year.



DIY Craft

As part of our Do It Yourself Art Project we will be making cards that will be sent to families who have lost their loved ones to gun violence. Crafting supplies will be available all weekend. This project was started by Moms Demand Action which was founded by stay-at-home mom Shannon Watts on December 15, 2012, in response to the devastating shooting at Sandy Hook Elementary School. More information about Moms Demand Action for Gun Sense in America can be found on their website <http://momsdemandaction.org/>

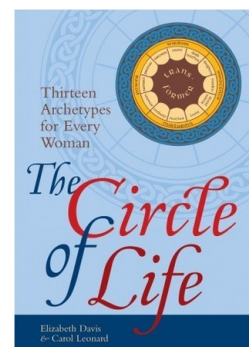
~ Workshops ~

Marsha Forrest, our keynote speaker will also lead a workshop on "Aligning Ourselves with the Natural World". During the workshop, she will further outline the teachings of the seasons and the connections of that season to the directions, the elements, the Natural world, the Spiritual realms and your place within the Circle of Life.

Beyond Maiden, Mother, and Crone — 13 Feminine Archetypes

Go beyond Maiden, Mother, and Crone! Based upon the teachings of Elizabeth Davis and Carol Leonard, learn about the thirteen archetypes women experience in their lives, from young childhood, all the way to advanced maturity. Discover how these powerful stages of life connect us as sisters!

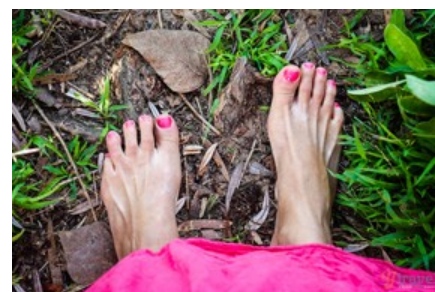
Tracy is basing her workshop on *The Circle of Life* by Elizabeth Davis and Carol Leonard. Tracy says, "It's a great read and I would recommend it to anyone, but it's not necessary for the ladies to have read it in order to take the workshop."



Earthing

Are you Earth-starved? When was your last walk on the ground, without shoes?

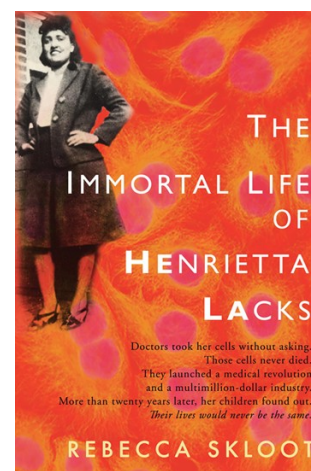
In our world today, the opportunities to spend time in direct contact with the Earth have all but faded completely away. And with that, we have also removed our body's natural ability to release negative ions from our bodies. Stress hormones, illness, disease are all negative energies that can sometimes consume our bodies. Come and learn about the newest discovery in health that rests in the most ancient form....Earthing.



Book Discussion: The Immortal Life of Henrietta Lacks

The book selected for the Spring Conference Book Discussion workshop is *The Immortal Life of Henrietta Lacks*. Henrietta Lacks, known by scientists as HeLa, was a poor black tobacco farmer whose cells—taken without her knowledge in 1951—became one of the most important tools in medicine, vital for developing the polio vaccine, cloning, gene mapping, in vitro fertilization, and more. Henrietta's cells have been bought and sold by the billions, yet she remains virtually unknown, and her family can't afford health insurance.

The Immortal Life of Henrietta Lacks tells a riveting story of the collision between ethics, race, and medicine; of scientific discovery and faith healing; and of a daughter consumed with questions about the mother she never knew. It's a story inextricably connected to the dark history of experimentation on African Americans, the birth of bioethics, and the legal battles over whether we control the stuff we're made of.



Journeys of the Spirit
UU WOMEN'S CONNECTION
Spring Conference - June 5-7, 2015
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 (incl registration, use fee, plus lunch & dinner)	<input type="checkbox"/> \$82	<input type="checkbox"/> \$97	
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 – Single (on the main floor, with private bath)	<input type="checkbox"/> \$145	
Upper Conference Center – Double Specify Roommate _____	<input type="checkbox"/> \$130	
Upper Conference Center – Triple Specify Roommate(s) _____	<input type="checkbox"/> \$120	
Lower Conference Center (dorm type room with shared bathroom) Specify Roommate(s) _____	<input type="checkbox"/> \$105	
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? \$ _____

5. **Late Fee – if mailed after May 28, 2015**

\$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 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

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

- Steps are a problem
- Mobility/stamina problems
- Dietary concerns/restrictions Please list _____
- Vegetarian meals preferred Indicate type of vegetarian _____
- Other 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.
- *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 5. 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.



We spent an hour photographing the beauty of the buildings and grounds of the DeKoven Center campus, taking pictures of flowers and leaves, the lake, and the architectural details of the buildings. Afterwards each woman selected five pictures to print on high quality photo paper and made beautiful, photo note cards. Here is a collage of some of those photographs.



Surrogacy – Brenda and Buffy share their story.

I took this workshop out of curiosity and was stunned to realize that my life had been altered by it. Buffy and Brenda eloquently recount their mutual experience of surrogacy, but, believe it or not, this beautiful story serves as the background for the real story - that of a friendship deeper and broader than any I have ever experienced. It is humbling to witness their story and realize that we have opportunities every day to reach out to our own loved ones in such a spirit of generosity.

~ by Patricia Hyams



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 2015.*

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 2015. 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 _____



**2015 "Get Connected"
Calendar**

June 5-7.....Spring Retreat,
Pilgrim Park, IL

October 9-11.....Fall Retreat,
DeKoven Center, Racine, WI