



2014 UU Women's Connection Council

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YOUR NAME HERE!
Recruiting for Councilors
starting in 2015—let us
know if you want to help
with the work of connect-
ing women across the dis-
trict!

Voices of Women

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Spring 2014

~ Spring Conference brochure inside this VOW ~

Circle of Friends

From watching sunrises over Lake Michigan to honoring those who had passed away in the last year around a fire, I made memories at last year's fall conference at the DeKoven center.



Our keynote speaker was Shelley Graff who led us in song and laughter. From the opening ceremony on Friday night, to closing ceremony on Sunday morning Shelley joined us in community.

The DeKoven Center last year was just as welcoming and comfortable as it had been the year before. This year though we found where we could buy small bottles of wine that were in the shape of a glass. We used the fireplace outside to hold a small ritual. (Thank you Bonnie for setting up said fire.) Of course we enjoyed the food and the song we sang before every meal led by Diana DeWeese.

Diana also led a group of women in making a labyrinth of corn on the courtyard lawn. Women could walk the labyrinth and then the squirrels could enjoy the corn.



One of the main reasons I enjoy our fall weekends is seeing old friends and meeting new ones. At the opening ceremony we each put a rock on the alter and at the closing ceremony we chose a rock to take home with us as a keepsake of the weekend.

— Sage



Spiritual Work

As a UUWC Council member, I am sometimes asked to write something for the newsletter. It's not required. And at the moment I have nothing newsworthy to impart. But I have some thoughts I'd like to share. If you like my thoughts, I may make this a regular item in the newsletter.

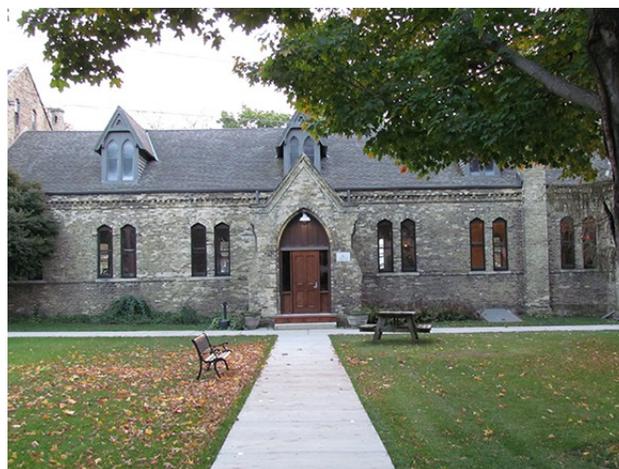
One of my spiritual teachers recently told me that only about 5% of all people are doing spiritual work at any given time. I knew what she meant, at least as it applied to me. But I got to thinking... what is spiritual work; what activities qualify? Also, who's to say what spiritual work is and what isn't? Must it be a conscious effort? Or is everything we do spiritual work? To those last two questions, I guess a case could be made for a positive answer to the latter. But I'm going to go with an affirmative to the former for this discussion. So first things first... let me attempt to define spiritual work. But as with all things spiritual, I know that my definition will be limited and may not match your definition or that of others—all of which are valid.

Mind, body and spirit... I think that in order to do complete spiritual work one must do something for each of these aspects of ourselves. To neglect one or two doesn't mean that we're not doing spiritual work; it just means that there is more to do.

For the mind I believe it's most important to have quiet time. This might be meditating (when one quiets the mind), praying (which I've always thought of as the time for asking) or reflecting (time spent reviewing one's thoughts, actions, day or whatever one wishes to reflect upon, but reflecting without judgment). In addition to quiet time, reading, writing, creating art or focusing our minds in

some other creative task can be very spiritual.

For the body, we must take care of it as best we can in a mindful way. Doing your best to eat right is one way. Whether you read up on the latest nutritional news, simply go organic or, no matter what you eat, you take your time, eat mindfully and are grateful for what you are eating. Exercise for the sake of feeling good and taking care of



yourself can also be spiritual. Whether you do yoga, dance, walk a treadmill, take a Zumba class or run marathons. As with eating, purpose or intention is what matters. Whatever you do, if you do it with mindfulness and by following your intuitions, if your purpose is to take care of yourself because your body is precious this is spiritual work.

For the spirit we must do service. For years I struggled with the notion of figuring out how and why I'm supposed to interact with my fellow humans. There was a part of me that thought it really didn't matter how or if I interacted, so long as I was not intentionally hurtful or cruel. I wasn't on the verge of becoming a hermit, but I wasn't really doing anything much for anyone but myself. But now I've come to understand that being of service to others

on this planet is a big part of why I'm here—why we are all here. There are so many ways one can be of service, from doing very small things—holding the door for someone, smiling at people you pass—to giving significantly of your time in volunteer service. It doesn't so much matter what you do as it does that you do something regularly and you do it with the intention of giving for the sake of giving and, need I say, expecting nothing in return. And by nothing I mean nothing—not even that good feeling you often get when you do things for others. If you get that feeling, good for you. But the idea is to do the work with no expectations. For more on serving others, I found this article that I thought had good perspective: <http://tinybuddha.com/blog/create-meaning-by-helping-others-without-doing-it-for-validation/>

I suppose there are many other things that could be considered spiritual work. And I have to add here, who am I to judge what another's spiritual work is? When I look at those I consider to be some of the most spiritual (at the top of my list would be Buddhist monks) I know that their lives are simple. They are mostly vegetarian (body), they meditate (mind), and they do service—some for their fellow monks, others for community (spirit). Of course, one does not need to be a monk or a nun or clergy of any kind to do spiritual work. But I do think that spiritual work is more than just having religious or spiritual beliefs, going to church, trying to behave in a moral and ethical fashion. These things are all good, but to me, don't define spiritual work. What do you think?

~ Janet Adams



All Hands on Deck!

Calling Forth Your Divine Feminine Captain

UU Women's Connection

Spring Conference

June 6 – 8, 2014

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"/> \$80	<input type="checkbox"/> \$95	
Saturday Only, including everything listed above, plus 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"/> \$140	\$ _____
Upper Conference Center – Double Preferred Roommate _____	<input type="checkbox"/> \$125	
Upper Conference Center – Triple Preferred Roommate(s) _____	<input type="checkbox"/> \$115	
Lower Conference Center (dorm type room with shared bathroom) Preferred Roommate(s) _____	<input type="checkbox"/> \$105	

3. **Membership Renewal**

***The date is on the upper right corner of your mailing label**

<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 23, 2014**

<input type="checkbox"/> \$20	\$ _____
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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: \$ _____

**On the Electronic list? Email us to discover your membership renewal date. info@uuwomensconnection.org*

Please REGISTER ONLINE on our website, www.uuwomensconnection.org
or mail completed registration form with payment to:

Nicole Nichols, 1461 Meadowside Drive, St. Louis, MO 63146

Make checks payable to: **UU Women's Connection**

Questions?? - Call Nicole – 314-409-7027 or email – registrar@uuwomensconnection.org

Workshop Choices - Circle your choices:

1—2:30 p.m. #1 2:45—4:15 p.m. #2 or #3 4:30—5:30 p.m. #4

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

Dietary concerns/restrictions Please list _____

Vegetarian meals preferred Indicate type of vegetarian _____

Other Please list _____

Open Mic Saturday night: Share your passion in song, dance, poetry or music! Time limits will be applied.
What talent(s) are you sharing? _____

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, towel and washcloth 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 15. 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.

~ Spring Conference Workshop Schedule ~

1 - 2:30 p.m.

#1— Women's Issues Panel Discussion with Peggy Patty, Barb Carraway and Tori Kilhoffer

We'll be discussing many topics which may include how women can help advance other women, how we can identify and work on women-related prejudices, and how we can turn to ourselves for insights to growth.

2:45 - 4:15 p.m.

#2 — Chariti Gent Workshop – Vision Boarding: Creating a Visual of Your Future Self.

This interactive, hands-on session begins with a guided visualization to meet your Future Self - YOU, twenty years in the future. From that visualization, each participant creates her own pictorial representation of her future. The representation can be fashioned out of cutouts magazines, newspapers, pictures, drawings, etc., and is glued onto larger-sized sheets of paper. Participants are encouraged to share their Vision Boards and ideas with each other after the session. Each participant will leave the conference with his or her own completed board for future inspiration!



#3 — Writing Ritual Workshop, led by Sage Hagy

A creative opportunity to celebrate our inner muse, nurturing ourselves and exploring exciting ways to become the goddesses we all know ourselves to be.

4:30 - 5:15 p.m.

#4 — Social Justice Workshop - Book Discussion - Behind the Kitchen Door

In *Behind the Kitchen Door* (Ithaca, NY: Cornell University Press, 2013), author Saru Jayaraman reveals how restaurant workers live on some of the lowest wages in America and how poor working conditions—discriminatory labor practices, exploitation, and unsanitary kitchens—affect the meals that arrive at our restaurant tables. The author, who launched a national restaurant workers organization after 9/11, tells the stories of ten restaurant workers in cities across the United States as she explores the political, economic, and moral implications of eating out: What's at stake when we choose a restaurant is not only our own health or "foodie" experience but also the health and well-being of the second largest private sector workforce—10 million people, many immigrants, many people of color, who bring passion, tenacity, and insight into the American dining experience.

Behind the Kitchen Door is the 2013-14 Unitarian Universalist Association (UUA) Common Read. In the workshop we will explore follow-up actions we can take, such as advocacy for just working conditions for restaurant workers, as part of a commitment to ethical eating.

Our **Do-It-Your-Self Art Project** will be green—we'll be using cardboard and scrap paper, and making beautiful pins and refrigerator magnets. Let our imaginations guide us. What could be more fun than paper and glue, and the time to play! Of course we will have our usual mandalas with lots of colorful markers. Time to play, to chat, and to relax—it's our Spring Conference.



UU Women's Connection | 56th Annual Spring Conference

June 6-8, 2014 | Princeton, IL | Pilgrim Park Conference Center

Presents Keynote Address:

All Hands on Deck!

Calling Forth Your Divine Feminine Captain

When the sea of life gets rough and choppy, it can be a challenge to stay on course. Despite our best intentions, there are days when it is incredibly difficult to stay on track, to remain positive and confident in the direction we are headed, and to trust that we will succeed in our mission and purpose on this earth. The myriad of "dangers at sea" can cause us to lose focus, get knocked off balance, and fail to be effective, productive, positive, and assured. Fortunately, when this happens, we have recourse. Within all of us lay a DIVINE FEMININE CAPTAIN, who has deep wisdom, benevolence, certainty, clarity, and courage. In this experiential presentation, Chariti Gent takes you on a journey to a place where you learn how to call forth this Divine Feminine Captain that resides within each of us. She will share with you some simple, pragmatic strategies for tapping the strength of this wise inner leader (even in the toughest of circumstances!) so that you can move forward in your life's work with strength, confidence, and power.



Captain Chariti Gent

Bio: Chariti Gent

Chariti Gent, of Chariti Gent Coaching and Consulting, is a long-time Madison, WI resident and Midwesterner. After spending fifteen years coaching and training adults within academia, government, and corporate America, Chariti ventured out on her own. Her company exists to inspire happiness, confidence, and freedom in the lives of her clients and the people of this world.

Chariti received her professional coach training from the world-renowned Coaches Training Institute (CTI), based out of San Francisco. She holds the designation of Certified Professional Co-Active Coach (CACC), as well as Associate Certified Coach (ACC). Chariti is a UW-Madison alumni, and she earned a Master's Degree in Political Science and Public Policy from the University of Colorado at Boulder. Chariti is on the Board of Directors of the Wisconsin Woman Entrepreneurs - South Central Wisconsin, is an active member of Phenomenal Woman Wisconsin, and regularly volunteers her time and talents to train "up and coming" coaches through CTI. Chariti Gent Coaching and Consulting is a member of ICF-Wisconsin Chapter, as well as a global member of the International Coaching Federation.

Chariti lives in Madison, Wisconsin with her hunky hubby, her darling daughter, and two four-legged friends. Chariti enjoys belly laughing, strong espresso, fresh-cut flowers, girlfriend getaways, juicy fiction, and naps in the afternoon.



CHARITI GENT
COACHING & CONSULTING

www.charitigent.com | chariti@charitigent.com | (608) 334-4501

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 2014. Register a unit of 10 members for \$13 each!

The Connection's 32nd Annual Fall Retreat at The DeKoven Center with Guest Presenter: Joyce Higginbotham

Start making plans!

The UUWC's 32nd Annual Fall Retreat is October 10-12, 2014 at The DeKoven Center in Racine, Wisconsin.

Our guest presenter this year will be Joyce Higginbotham.

Joyce, along with her husband River, has taught Paganism classes throughout the past decade. She has planned and organized local and national Pagan gatherings, written articles for Pagan publications, appeared on radio and television broadcasts, spoken at Christian and Unitarian churches, and attended interfaith councils. She also helped found the Council for Alternative Spiritual Traditions, which hosts public Pagan and alternative events in the Midwest. Joyce has co-authored three

books: Paganism: An Introduction To Earth-centered Religions, Pagan Spirituality: A Guide To Personal Transformation, and Christopaganism: An Inclusive Path. Look for more information soon on our website about how Joyce will contribute to our retreat and the enrichment of our lives.

Those of us who have attended the Fall Retreat in the past 2 years can't stress enough just how beautiful, comfortable, warm and inviting the DeKoven Center is. Come and help us to continue creating our new tradition.



UU Women's Connection 2014 Budget

INCOME

Dues	\$ 1,500.00
Interest Earned	\$ 25.00
Scholarship Donations	\$ 500.00
IN-Fall Event	\$ 7,500.00
IN-Spring Conference	\$ 4,000.00
Grants Received	\$ 300.00
From Checking	\$ 2,075.00
TOTAL INCOME	\$ 15,900.00

EXPENSES

Administrative Expenses	\$ 1,660.00
Incentive Grants (child care \$40 each)	\$ 240.00
Social Action&Grants	\$ 200.00
Vow, Web, PR	\$ 1,500.00
Scholarships	\$ 500.00
Out-Fall Event	\$ 7,500.00
OUT-Spring Conference	\$ 4,000.00
Emily Meter Scholarship Event	\$ 300.00
TOTAL EXPENSES	\$ 15,900.00
OVERALL TOTAL	

Checking Account reserves were used to balance budget



UU Women's Connection

1461 Meadowside Drive

St. Louis, Missouri 63146

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 2014.*

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

*Send to the Connection Treasurer, **Nicole Nichols, 1461 Meadowside Dr., St Louis MO 63146***

Units of 10 register for \$130 in 2014. Register a unit of 10 members for \$13 each! 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 _____



2014 "Get Connected" Calendar

- March 23.....1st Quarter Meeting
- June 6-8.....Spring Retreat,
Pilgrim Park, IL
- May 28.....2nd Quarter Meeting
- September 6.....3rd Quarter Meeting,
Olympia Brown UU
Racine, WI
- October 10-12.....Fall Retreat,
DeKoven Center, Racine, WI
- November 8.....4th Quarter Meeting &
Council Annual Meeting,
Springfield, IL