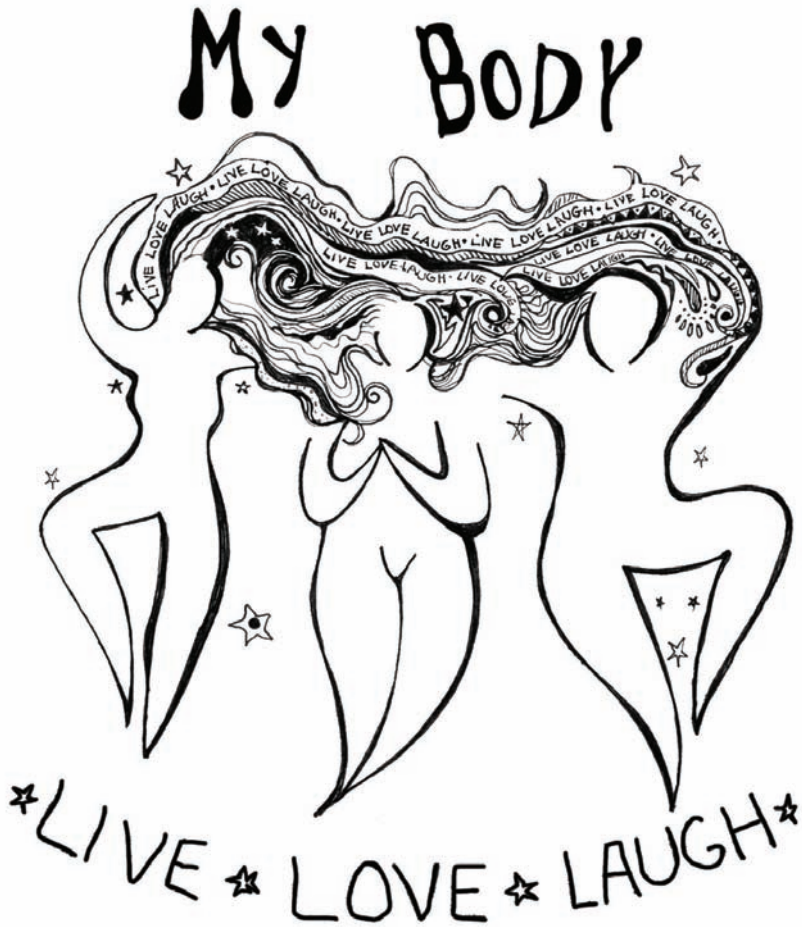


**Unitarian Universalist
Women's Connection**

Lake Geneva Fall 2006 Conference



Join us at beautiful Lake Geneva at Aurora
University-George Williams College Retreat Center.

**Williams Bay, Wisconsin
November 10-12, 2006**

The Unitarian Universalist Women's Connection ALUUC proudly presents:

Celebrate your wondrous body with women friends, familiar and new. Like the RED TENT the Fall Retreat is the place to tell your story in all its aspects, to relax and be your bold self.

The women of the Abraham Lincoln Unitarian Universalist Congregation invite and welcome you to the 2006 Lake Geneva Fall Conference November 10-12. **My Body: Live, Love, Laugh.**

Come with us; explore the idea of returning home to our bodies. Pay attention to what resonates there.



The Planning Committee's insights on the theme:

"So many women disassociate from their bodies. Let's think of the whole...and be there completely in our lives."

Amy Blankenburger, 27

"Coming back to my body means bringing all the pieces together...my human life."

Penny Wollan-Kriel, 61

"Mind connections that mean taking care of yourself, your well being, your wellness."

Nichole Lisk, 33

"I've got to live with my body... might as well laugh at it."

Karen Brauer, 50

SCHEDULE for NOVEMBER 10-12, 2006



FRI., NOV. 10

- 4:30 - 7:30 p.m. Registration
6:00 - 7:00 p.m. Dinner Buffet
7:30 - 9:00 p.m. **Opening Worship Service**

SAT., NOV. 11

- 7:30 - 9:00 a.m. Breakfast Buffet
8:00 - 8:45 a.m. Registration for Saturday attendees
9:00 - 10:00 a.m. **Keynote: Judy Piazza**
10:15 - 11:30 a.m. **Workshop 1**
12:00 - 1:00 p.m. Lunch Buffet
1:15 - 2:30 p.m. **Workshop 2**
2:45 - 4:00 p.m. **Workshop 3**
4:00 - 5:15 p.m. Social and Quality time
4:15 - 5:15 p.m. UU Connection Informational meeting
5:15 - 6:30 p.m. Dinner Buffet
7:30 - 10:00 p.m. **Coffee House Celebration**
10:00 p.m. - on Open Drumming, dancing, and games

SUN., NOV. 12

- 7:30 - 9:15 a.m. Breakfast Buffet
8:00 - 9:15 a.m. **Workshop 4**
9:30 - 11:00 a.m. **Closing Worship Service**
11:45 - 1 p.m. Lunch and Departure



KEYNOTE SPEAKER:

Judy Piazza

We bring you Judy Piazza from Michigan , a well known and much loved percussionist, singer/songwriter, multi-instrumentalist, recording artist, music therapist, and educator.

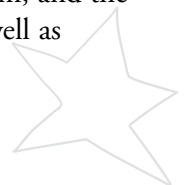
Judy is founder of Resonance & Rhythms, and facilitates workshops and presentations on Frame Drums, Rhythms & Songs, and Sound Healing in and out of the country. She is a solo as well as ensemble performer (Ubaka Hill's Shapeshifters, Repercussions, and Yatra), skilled on drums from around the world, native flute, didgeridoo, dulcimer, guitar, and vocals.



Judy brings her passion as well as considerable experience and explorations to the weekend regarding the nature and use of rhythm and sound to live life more fully! She has travelled to Peru, Brazil, Central America, Japan, and India, as well as been with many distinguished indigenous teachers here in the States (Glen Velez, with whom she has performed; Luz Clara from Chile's Mapuche traditions; Nikolai from Tuva's throat-singing traditions; Russill Paul, Silvia Nakkach, and Ganesh Kumar, studying India's Yoga of Sound traditions).

Judy's presentation will take us on a journey of sound exploration through performance, demonstration and participatory experience. Premised on the knowledge that the primary mechanism of creation is vibration, we'll learn simple yet powerfully effective ways of using sound, rhythm, and voice to energize life, love, joy, healing, and vitality. We'll become more conscious and aware of the nature of sound, the rich traditions as well as personal experience we have to draw from, and the power of sound to effect transformation in the personal as well as communal body.

For more information or to be on her mailing list please visit her website. www.resonanceandrhythms.com



SATURDAY, NOV. 11

10:15-11:30 p.m. WORKSHOPS (select a 1st and 2nd choice)



1A

Beneath Our Skin

by Rachell Anderson

In this workshop you will explore secrets of the body and access their archived messages, tap passion contained in them, and use the passion to bring change. We will begin our journey towards reclaiming our memories and making use of the messages within. Dr. Rachell Anderson is a professor, author, story teller and mother. Come explore this process with her, and let the process allow our spirits to take wing.



1B

Our Bodies: A Portal for Divine Energy

by Judith Corvin Blackburn, www.empoweringthespirit.com

Our body has a profound capacity to connect us with the Divine. Incredible messages are held about our emotional and spiritual well-being. The more conscious we become of the gifts and signals it offers, the easier it is to live an inspired life. Judith promotes transformation through her psychotherapy practice, workshops and books. Join Judith in guided visualization, activities, and group discussions to connect with our bodies.



1C

Keynote Follow-up and YOGA OF THE VOICE

by Judy Piazza, www.resonanceandrhythms.com

Drawing from ancient traditions of sound, we'll chant, use mantra (sound formulas), and sing in simple call and response style from Hindu as well as other vocal traditions (including harmonic overtone singing), entering a stream of consciousness and devotion that has been flowing for centuries. No experience necessary! We'll sing from the natural voice, creating a gentle space of invocation, prayer, and heartfelt expression.



1D

Toning for One and All

by Jackie Wollan Gibbons

Toning evolves into a tapestry of sounds rising to help us live, love, and laugh more deeply. Led by Jackie Gibbons, who guides us to connect to our loving hearts and listen to what is within ourselves and all around us. She is a mother, teacher, facilitator of workshops in the southwest, and an accomplished student of the Group Spiritual Direction Program at the Shalem Institute. This workshop requires no prior musical experience.

SATURDAY, NOV. 11

1:15-2:30 p.m. WORKSHOPS (select a 1st and 2nd choice)



2A

Head and Heart

by Delinda Chapman

A participatory, hands-on activities workshop providing a personal look at the grief process and ways to work through it by living, loving, laughing and paying attention. Among Delinda's many activities and participation in organizations, she hosts and produces "The Learning Curve", an Access-4 cable television program in Springfield, Illinois.



2B

I Am My Own Vibrator

by Teri Freesmeyer

This is a permission slip to be your own vibrator! You'll experience interactive tools to help you raise the vibrational energy of your your life. Teri invites you to live full out in your truth, as well as, your shadow. Celebrate your uniqueness. Laugh, cry, dance. Be your own collage! Teri is a massage therapist, an Estheteia and a Transformation Game facilitator. She also studied forms of Energy Therapy and the Native American Healing Path.



2C

Loving through Drum Circle Rhythms

by Phyllis Lau and Peggy Patty

Join in the fun of a drum circle! Discover life's healing rhythms through drumming and chanting. Participants are encouraged to bring drum, percussion instruments or use hands to clap.

Peggy, an attorney, and Phyllis, an environmental biologist, have been facilitating women's drum circles as well as participating in drumming workshops and performances for many years.



2D

The Transitions of Womanhood

by Brenda Wade and Buffy Lael

We'll focus on navigating the seasons of a woman's life. From first menstrual cycle to childbirth to menopause, a woman undergoes amazing transformations. Come explore the transitional cycles of a woman's life as a means to gain a greater understanding of the female body, mind, and spirit. Buffy and Brenda have been active participants in the local CUUPs chapter at ALUUC in Springfield, IL. They also teach Pagan spirituality to college freshman at Milikin University in Decatur, IL.

SATURDAY, NOV. 11

2:45-4:00 p.m. WORKSHOPS (select a 1st and 2nd choice)



3A

Getting to Know you Tea Party

by Ceceilia Haasis

Come get to know others and have wonderful teas and desserts. Dress as your favorite character or wear your favorite hat and bring your favorite tea cup. Be prepared for lively conversation with the other guests at your table. Ceceilia has been attending the Women's Connection retreats for many years and delights in hosting a workshop whose main objective is slowing down enough to get to know one another.



3B

Reclaiming the Sacred Energy

by Carley Mattimore

Sexuality was once revered as a spiritual connection to the divine within ourselves, our lovers, and the goddess/god. This workshop is dedicated to reclaiming the sacred energy of our feminine sexuality by utilizing education, personal reflection, and visualizations. Carley is a grandmother, child & family/marriage & family psychotherapist. Co-teaches with her husband the Our Whole Lives (OWL) curriculum for the ALUUC jr. high class.



3C

WHAT IT MEANS TO BE PART OF THE INTERCONNECTED WEB.

by Cheryl Springwood

How do my actions effect the environment--personal and global? How does my environment effect me? It's a two-way road. Cheryl Springwood is a mom, wife, daughter, sister, grand and great-granddaughter currently teaching high school Chemistry. Sustainable gardening/farming enthusiast and concerned environmentalist studied nutrition at Purdue University.



3D

Spirit of Life Liturgical Dance

by Penny Wollan-Kriel

Learn the basics, the embellishments, and joy of singing through your body movements. Non-dancers are welcome as are those in wheelchairs. Taught at Lake Geneva in 2000, these inspirational movements can be easily taught to your home congregation. A dance teacher for 12 years, Penny has been active in the Abraham Lincoln UU Congregation for many years in many capacities.

SUNDAY, NOV. 12

8:00-9:15 a.m. WORKSHOPS (select a 1st and 2nd choice)



4A

Reflective Scrapbooking

by Eugena B. Austin

Eugena will be offering a mini album workshop in which you can collect all of your special memories, pictures, affirmations and revelations from this weekend. Detailed instructions will be available if more time is needed to complete. (\$10 fee for materials.) Eugena B. Austin is a Licensed Massage Therapist who lives in Virden, Illinois. She works with her husband, Todd, in their Chiropractic clinic for 10 years.



4B

Accepting our Bodies through Yoga

by Ami Flammini, www.ahhyoga.net

Ami will teach yoga suitable for beginners and experienced practitioners. The class will focus on compassionately accepting our bodies as they are. This 5,000 year old practice will remind us that our bodies are vehicles for our souls. Since 1994 she has completed teacher training in integrative yoga therapy and teacher training in ashtanga yoga. She began teaching in 2003 when she opened Ahh Yoga in Springfield, IL.

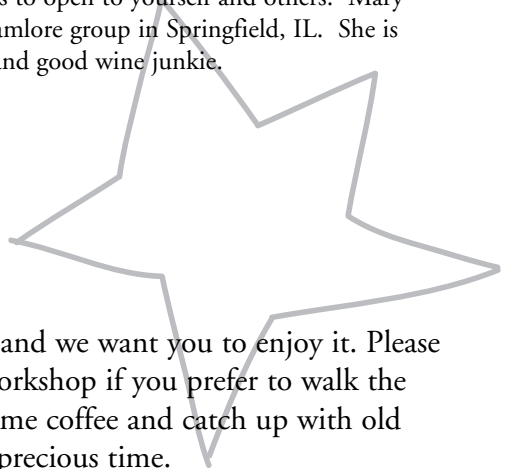


4C

My Body and My Dreams

by Mary Jo Stevens

This workshop will explore ways to work with dreams-either individually or in groups. Bring a dream (or piece of one) to share and a willingness to open to yourself and others. Mary Jo Stevens leads a dreamlore group in Springfield, IL. She is a massage, chocolate and good wine junkie.



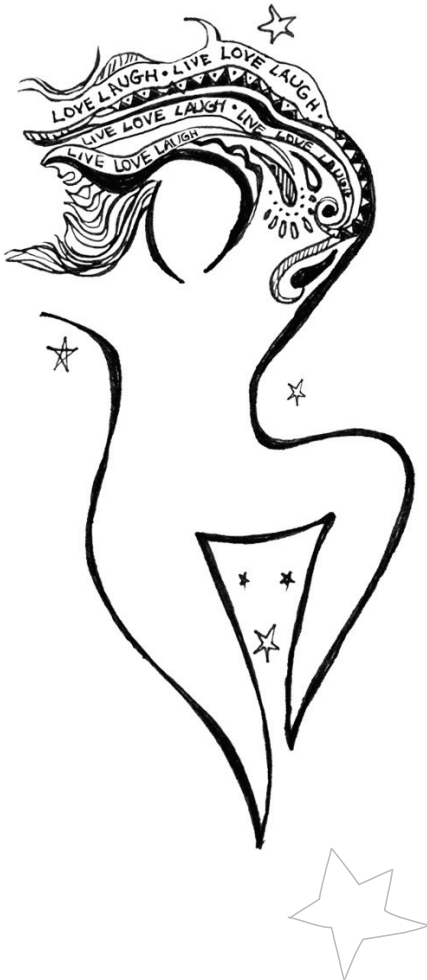
This is your weekend, your time and we want you to enjoy it. Please don't feel obligated to attend a workshop if you prefer to walk the beautiful Lake Geneva or grab some coffee and catch up with old and/or new friends. Enjoy your precious time.

AT THE GATHERING ROOM

We call the Gathering Room a place where refreshments will be served while you visit the various tables mentioned below. This room is located in Frank's place. Stop by in-between or after sessions for refreshments to tell your 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 fliers for a variety of your causes and events. Attendees may drop off fliers, samples or brochures at this table for others to see and take home.



T-SHIRTS AND TOTE BAGS

Our beautiful logo created by Alison Coffey of Springfield, IL will be silkscreened on t-shirts and tote bags. Limited orders will be made, remember to pre-pay for your items when you register for the conference.

BOOK SALE

Save your books and bring them to the conference for a book sale. We guarantee a selection of interesting books at a reasonable price.

MESSAGE BOARD

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

MORE BODILY DETAILS

RITUAL/WORSHIP

Opening Service 7:30 p.m.

Join us this weekend as we re-unite and appreciate our sacred bodies.

Closing Service 9:30 a.m.

As you leave this weekend let's think of the whole body... and be there completely while we continue to Live, Love, and Laugh.

VENDORS

We have a variety of vendors with items to decorate your body, home and spirit. Some items are : pagan themed jewelry, elemental forces of nature masks, goddess clothing drums, belly dance jewelry and romance toys. Massage therapists will be available for massages. Schedule your appointment early.

BE YOUR BOLD SELF – COFFEE HOUSE

Saturday 7:30 p.m. to 10 p.m.

Don't forget to pack clothing for Saturday night the makes you feel like a goddess. Entertainment will be provided by our sisters, workshop-inspired performance, poetry reading, song and as always, some surprises. Delicious treats will remind of our "juicy" selves. The coffee house will be followed by open drumming, dancing, board games, late walks or campfire.

GAME ROOM

If you're looking for some fun with friends; get in your pajamas and come to our late night game room. We have board games like Imaginiff, Scrabble, and more to choose from or bring your own.

WALKING THE LAKE

If you prefer to opt out of a workshop feel free to go for a walk. Bring your walking shoes to this hilly setting. Enjoy the rustling leaves and walks by the lake and don't forget the flashlight for moonlit nights.

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 waiver of their \$50 registration fees.

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 the Registrar: Diana DeWeese, **POSTMARKED NO LATER THAN OCT. 20TH.**



Hosted by the women of Abraham Lincoln Unitarian Universalist Congregation of Springfield, IL

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

Co-Chairs: Rhiannon Gurley (rhi_connection@yahoo.com)

Co-Chairs: Ceceilia Haasis (ceceilia_haasis@yahoo.com)

Registrar: Diana DeWeese (kiDi71@aol.com ph:217-546-5834)

Treasurer: Nicole Lisk

Workshops: Amy Blankenberger

Vendors: Karen Brauer

Ambiance: Eugena Austin and Amy Heap

Marketing: Meg Evans

Rituals: Penny Wollan-Kriel and Mary Capparelli

Book Exchange: Vi Lanum

Logo design: Alison Coffey

**UU Women's Connection Conference
c/o Abraham Lincoln Unitarian
Universalist Congregation
745 Woodside Road
Springfield, IL 62702**

www.uuwomensconnection.org

Returned service requested

U.S. Postage Paid
Non-Profit Organization
Permit No. 299
Springfield, IL

UU WOMEN'S CONNECTION LAKE GENEVA RETREAT - - NOVEMBER 10-12, 2006
REGISTRATION FORM (Please fill out both sides.)

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE (____) _____ Email: _____

CONGREGATION _____ FIRST TIME PARTICIPANT? y/n _____

GRANT REQUEST? _____ UU WOMEN'S CONNECTION RENEWAL DATE _____
(Also fill in application on other side.) (You will find it at the upper right of your mailing label.)

ROOMMATE(S) _____

ARRIVAL DAY/TIME: _____ DEPARTURE DAY/TIME: _____

REGISTRATION FEE \$50
(for those staying overnight on campus)

SATURDAY-ONLY PARTICIPANT FEE
\$60 includes registration, usage fee and lunch.

EXTRA SATURDAY MEAL
Add \$10 for each extra meal _____

\$10 LATE FEE (if registration mailed after October 20)

ROOM/BOARD
Room type requested _____
(See reverse side for types and costs to enter →)

\$10 UUWC MEMBERSHIP DUES/RENEWAL
(New member or if renewal date is 11/06 or earlier)

SCHOLARSHIP CONTRIBUTION

T-Shirt (\$12 each) – specify size _____
Small, Medium, Large, XLarge, XXLarge

Tote Bag - \$15

HOW MUCH SHALL I SEND?
(Room/board details on reverse)

REGISTRATION: _____

SATURDAY-ONLY: _____

EXTRA SATURDAY MEAL(S): _____

LATE FEE: _____

ROOM/BOARD: _____

MEMBERSHIP/DUES: _____

SCHOLARSHIP CONTRIBUTION: _____

T-SHIRT: _____

TOTE BAG: _____

TOTAL: _____

Make check payable to ALUUC.

Send form & fees to Diana DeWeese, 716 S. Douglas Ave, Springfield, IL 62704 by October 20, 2006.

*(Full refund if cancelled **before** October 10th deadline.)*

You'll receive a confirmation letter and map. Questions?

Call Diana DeWeese at 217-546-5834 or send her an email at: kidi71@aol.com

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/BOARD INFORMATION

Rates listed are per person for the entire conference period, Friday evening through Sunday noon. Meals included are Friday dinner (6-7 p.m.) through Sunday lunch (noon-1 p.m.). Check-in time is 4 p.m. Friday. Check-out time is 1 p.m. Sunday. The minimum stay for overnight participants is 1 1/2 days. Contact registrar for partial stay rates. Sheets, pillow, blanket, towel and washcloths are provided.

Please indicate 1st, 2nd and 3rd 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>Room Types</u>	<u>Single</u>	<u>Double</u>	<u>Triple</u>	<u>Quadruple</u>
The Lodge (Maple Lodge) (1 full, 1 twin, 1 daybed)	_____ 255.00	_____ 182.00	_____ 167.00	_____ 160.00 (check if wheelchair accessible room is needed _____)
Lakefront (1 full, 1 twin, 1 rollaway)	_____ 208.00	_____ 148.00	_____ 135.00	_____ 130.00 (check if wheelchair accessible room is needed _____)
Recreational Wellness Lodge (2 queen beds)	_____ 255.00	_____ 182.00	_____ 167.00	_____ 160.00 (check if wheelchair accessible room is needed _____)
Hickory (4 bunk beds and 1 rollaway)	_____ 102.00			

WORKSHOP CHOICES

	Sat. Morning	Sat. Early Afternoon	Sat. Late Afternoon	Sunday Morning
1st Choice	_____	_____	_____	_____
2nd Choice	_____	_____	_____	_____

SCHOLARSHIP/GRANT APPLICATION

The UU Women's Connection budget funds four grant 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 20th.** You'll 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 sought.
