

WOMEN IN TRANSITION...WOMEN ON RETREAT  
 November 13-15  
 George Williams College, Wms. Bay, WI  
 Emergency Phone - 414-245-5531

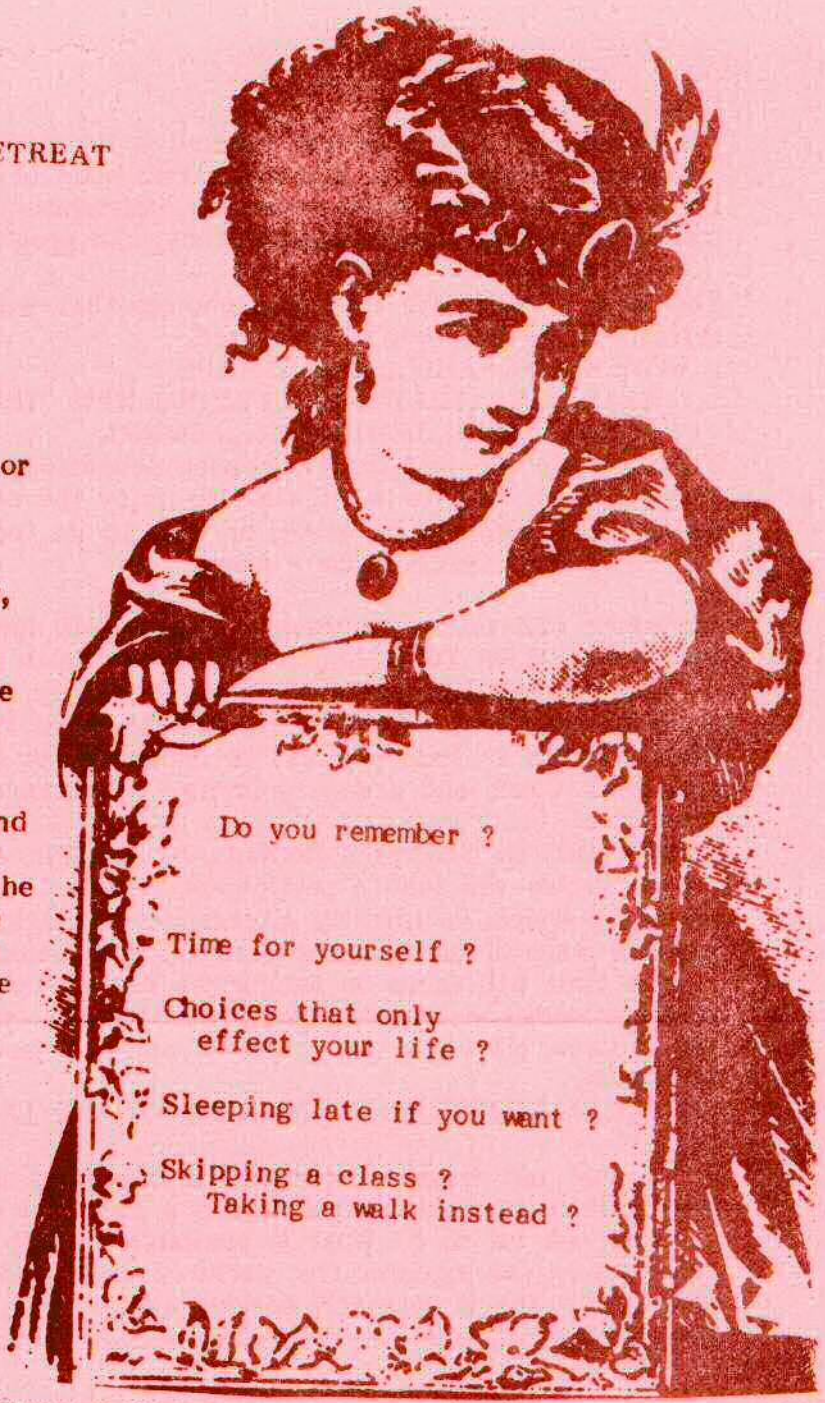
Saturday morning, keynote speaker will  
 be Ruth Barnard, M.A.T., LD/BD.

HOW TO SURVIVE WHITE-WATER RAFTING or  
 MAKING SENSE OF LIFE'S CHANGES

Transitions...whether chosen by us or forced  
 upon us...cannot be avoided. In order to grow,  
 life decrees that we must give up loves,  
 illusions and dependencies. Change is natural;  
 the steps are universal. We face and negotiate  
 the three step process many times during our  
 stay on this earth.

We experience the ending, the neutral zone and  
 beginning phases of our "rites of passage". By  
 understanding why our own experience takes the  
 shape it does, we can learn how to deal more  
 constructively with it. We can give ourselves  
 permission and encouragement as we travel the  
 "white-water" way.

References for the morning workshop:  
 Viorst, Judith. NECESSARY LOSSES,  
 Ballantine Books, 1986.  
 Bridges, William. TRANSITIONS,  
 Addison-Wesley Publ. Co., 1980.



- Do you remember ?
- Time for yourself ?
  - Choices that only effect your life ?
  - Sleeping late if you want ?
  - Skipping a class ?
  - Taking a walk instead ?

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CMD/UUWF Fall Retreat, Nov. 13-15, George Williams College,  
 Williams Bay, WI

Name \_\_\_\_\_ Phone \_\_\_\_\_ )

Address \_\_\_\_\_

Church attending \_\_\_\_\_ Today's date\*\*\*\* \_\_\_\_\_

Please check the appropriate lines:

Vegetarian \_\_\_\_\_ Smoker \_\_\_\_\_ Snorer \_\_\_\_\_  
 I have trouble with: stairs \_\_\_\_\_ climbing into an upper bunk \_\_\_\_\_  
 I prefer housing in: Lowery \_\_\_\_\_ Lakeside \_\_\_\_\_

Roommate choice/s \_\_\_\_\_  
 Enclosed is a deposit of \$ 25.00 ( and \$ 2.00 CMD dues) = \_\_\_\_\_

( dues payable before the retreat if not already paid in local unit.)  
 \*\*\*\*\* first come, first served

Housing choices include:

Lakeside for 2 or 3 people \$ 88.00 @ for 2, \$ 82.00 for 3, \$107.00 for 1,  
Lowery , rooms for 4, consist of two bunk beds... \$ 55.00 @  
Costs include, room, food, insurance, refreshments, dining room gratuity,  
mailings, bedding, towels, washclothes, and program.

This is a weekend for choices... choices that will send you home on Sunday,  
refreshed, re-vitalized, re-energized.

WOMEN....WORSHIP....WORKSHOPS

THINKING....TRUSTING....TRYING NEW THINGS

LISTENING....LEARNING....LOVING.

Your choices can include any session scheduled, or an agenda all your own.  
There will be time to walk, time to enjoy the beauties of the Lake Geneva  
countryside, time to be alone, or time to be together. Make your choices  
and enjoy your special time - away !

Workshops offered on Saturday afternoon will include:

FROM SHOULDERS TO SELF RESPECT, by Helen Seely, ACSW

Who or what can you depend on ? Are you doing as much as you can to  
shore up your own Wisdom and Power to make life worth living in spite of  
life's changes ? Explore ways to uncover your own resources, come to terms  
with "old rules", and accept your own importance as the basic ingredients of  
your life.

PARENTING IN TODAY'S WORLD, by Kathryn A. Brown, Ed. D.

Dr. Brown will lead a participant session to explore the roots of our  
parenting styles, to identify alternative strategies for today's issues, and to  
examine ways of meeting our personal well being under family stress.

The time will focus on taking the struggle out of power struggles,  
surviving someone else's crisis, separating our ego from our children's success  
and failures, silencing the voices of our own parents which speak loudly in  
our heads.

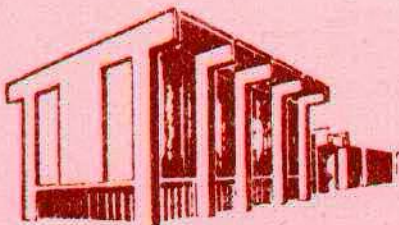
CHEMICAL DEPENDENCY OF SOMEONE WE LOVE, Connie Garry, M.S.,  
CCSAC

Alcohol and drugs are creating a downward spiral for someone we love...a  
family member, a relative, a friend, a lover, or ourself. What are the signs  
? What can we do ? What is available to help ? Connie will answer these  
questions as she explores the world of drugs and their effects on the world  
around us. She is currently serving as Director, at Highland Hospital in  
charge of a program for chemically dependent adults.

the UNITARIAN church

4848 TURNER STREET  
ROCKFORD, ILLINOIS 61107

Address Correction Requested



TIME VALUE MAIL - PLEASE EXPEDITE