



Voices of Women

Newsletter of the UU Women's

Winter 2012/2013

2013 UU Women's Connection Council

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YOUR NAME HERE!

Recruiting for 2 more
At Large Councilors—let us
know if you want to help with
the work of connecting women
across the district!

Connecting with the Wisdom of the Ancients

The weekend of October 18th - 20th, 37 women gathered at the DeKoven Center in Racine WI. The theme of our conference was Connecting with the Wisdom of the Ancients and the keynote was Geri Schrab. This was our first time at the DeKoven Center but **definitely** not our last.

We gathered Friday evening for our first of many flavorful meals provided by DeKoven's wonderful kitchen staff. After dinner (which ended with flourless chocolate cake) we gathered in the Meeting Hall for our first look at the Dealers and silent auction. We gathered in a circle for our opening ritual. This gathering is always a time to see old friends and meet new ones. It is to catch up with women that we haven't seen in a while and to even check in with women who we see at church on Sundays but don't have to sit down and really talk.

On Saturday morning we woke-up to the sun rising over Lake Michigan. The early birds enjoyed yoga with Sandy Moore. After a healthy breakfast of oatmeal, hard boiled eggs and other choices we gathered again at Meeting Hall. Geri Schrab then gave her keynote speech. She shared with us her path from full

time court reporter to artist. Geri now paints watercolors inspired by pictographs and carvings mostly done by Native Americans in this country. She has visited many sites around the country, some of them in her home state of WI. Geri shared with us not only her art, but the inspiration to follow our own dreams and passions.

In the afternoon, we attended our choice of two workshops, or we went for walks, took a nap, or a combination of these activities. Women gathered to drum, to learn about the Medicine Wheel, to get in touch with the Ancient Wisdom within us, to learn what Tarot cards can teach us. Some of us were guided by Geri to make our own watercolor paintings. I spent the afternoon needlepointing with a small group of women and now have a beaded, hopping rabbit to remind me of the weekend.

Dinner again was a very tasty meal with choices for vegetarians and vegans and ended with a lemon cake. After dinner we gathered for a Croning Ceremony. Fifteen women participated in this ceremony lead by Deb Singleton. I was one of the fifteen women that honored this stage of their lives. This ritual was very meaningful to me and I have been finding it helpful in my everyday life. Holding it at a Fall Retreat

meant I was able to do it with friends from all over the district.

Sunday, Juli and I woke up early and walked over to the Meeting Hall, where the sun rising over the lake greeted us through the windows. We then enjoyed yoga lead by Debbie Czarnopys-White. We were the only early birds that morning.

After breakfast, we gathered together to open the circle and make our last purchases of the weekend. We then began to pack up and say our good-byes. The DeKoven Center provided a buffet where we could make our own sandwiches and goodies either for the ride home or as some of us did, a picnic on the grounds over-looking the lake.

Next year we will be holding our retreat again at the DeKoven Center with Shelley Graff (www.shelleyg.com) as our keynote speaker. **Any women or church interested in helping plan or organize this event should contact any one of the Council Members listed to the left.** The council, as always, will provide back-up help for planning.

~C. Sage Hagy

Linda Sievert-Haynes

My husband and I started attending the ALUUC in 2005 and then we came members soon afterward. I became very active there helping with coffee hour, then chair of the fellowship committee for two and a half years, helped with various fund raisers, was newsletter editor for the "Sisters" group for the women of the church and was newsletter editor for the church newsletter for a year.

Janet Adams

Janet has been a member of the UU Church of Joliet for seven years. She currently serves on the Music & Worship Committee, having chaired it in the past. Not having a Director of Music at the small congregation, Janet is the Music Liaison, coordinating musical selections with service presenters and serves as a substitute pianist. In her life away from church, Janet has been a Career Counselor at Joliet Junior College for 15 years.

In Closing—2012

This has been an exciting year for me and my involvement in the UU Women's Connection. Having served as Chair this year, I've come to appreciate even more the Connection committee's willingness to come up with ideas to continue to offer women opportunities for growth. The spring retreat at Pilgrim Park was melodious for sure, but also mellow. I connected with the activities and group and also disconnected for some time to and for myself. Both are not only permitted, but also encouraged. I'm now the proud owner of two bundt pans, which I consider some of my better chimes, thanks to Pam Hinkle. I've not only come to appreciate music in all its many forms, but also the music of nature and even the music of silence. Pilgrim Park may not be easy to find, but the journey is also part of the adventure, so all was good.

The fall retreat at DeKoven Center in Racine was phenomenal! The scenery of the lake nearby and the forested grounds of DeKoven were very healing for me. I took photos of squirrels on a nearby roof and so many trees in unbelievable combinations of colors. And the food – okay the CHOCOLATE – at almost every meal, was amazing.

The crowning ceremony will remain a warm spot in my memory. So much effort by caring people was put into the planning of the event. And such special ladies participating! I met new people and got to know other friends at even deeper levels. The workshops were, again, very creative and fun! I really have come to appreciate the reconnection to having FUN that the retreats offer. Fun is a form of nurturing and I don't believe we women very often take the time to do nurturing for ourselves. This is nurturing the spirit or the soul, whichever you would choose to call it. I don't think anyone can say they've attended one of our retreats and

come back home unchanged. And change isn't "required" but it's just a way of kicking our feelings up a notch – a little lighter and a little brighter.

Our 2013 retreats next year continue our fine reputation for offering the best. I was introduced to Teressena Bakens by another person at the spring retreat. I've followed up on meeting her while in Hot Springs with a friend and have enjoyed a wonderful relationship as student to Teressena's shamanic teachings. I believe her open knowledge of goddess, shamanic and so much more will be another great opportunity for attendees to learn and grow. This will be not only about themselves as individuals but also with our relationship with nature, which we sometimes forget or get too busy to feel.

I first met Shelley Graff at the UU International Women's Convocation in Texas several years ago. Shelley presented a workshop, which I have to admit, I was a bit dubious in attending. I wasn't sure what the women were going to do, but went anyway. We sang in a circle with eyes meeting and hearts connecting. If anyone has attended an event with Shelley, you probably have experienced similar feelings. And it's time to experience those again and bring friends and relatives to do the same for next year's fall retreat.

I look forward to continuing to work with the Connection ladies (missing Diana already and hoping she'll return in a year), getting updates on the ladies also continuing into the near year and welcoming our two new members. I hope you'll join us, not only in our retreats but also in sharing your experiences of growth. Blessings all.

~ Debbie Czarnopys-White



Like our page: **UU Women's Connection of the CMwD**

Visit our Website: www.uuwomensconnection.org

SAVE THE DATE!

Spring Conference KEYNOTE: Teressena Bakens JUNE 7-9, 2013



Pilgram Park Princeton, IL



Teressena is a spiritual midwife helping people heal and transform through shamanic ceremony. Her path of shamanic study began with Ojibwe Grandmother, Woman of the Four Skies and Oneida Grandmother, Bright Day Star Woman, who shared their Native American wisdom with her. Teressena passes on the wisdom shared with her by conducting women's circles, shamanic ceremony, and facilitating workshops. She is also a full-mesa carrier in a Peruvian lineage of shaman and a graduate of the Healing the Light Body School. Over the past 13 years, she and her husband, Martien, have studied and received initiations with Mayan and Olmec elders. Together they facilitate sacred journeys to the Mayan lands. She is also the guardian of the crystal skull, Opheleah.

Teressena is a visionary artist and published author. She has been a keynote speaker and presenter at several conferences and symposiums in the United States and abroad. Teressena is a mother and grandmother and resides with her husband in Hot Springs, Arkansas.

UU Women's Connection LENDING LIBRARY

Any woman wanting to borrow any of the curricula should contact Diana DeWeese: 217-546-5834 or kidi71@aol.com

Title	Author/Artist	CD/DVD/Book
2 Seconds Away	Melissa Li	CD
Avalon	Margie Adam	CD
be the VOICE	Intro to Women's Studies- Kalamazoo College	CD
Becoming Women of Wisdom - Marking the Passages into the Crone Years	Melody Lee w/ Karen Edwards & Dorothy May	Book / Curriculum
Blue Road	Rhythm Works	CD
Chants - Ritual Music	Reclaiming & Friends	CD
Cries of the Spirit	edited by Marily Sewell	Book
Cunningham's Encyclopaedia of Crystal, Gem and Metal Magic	Scott Cunningham	Book
Dance the Spiral Dance		Book
Discover Spirit in Sound - Chanting	Robert Gass	CD
Find a Quilt Corner		Book
Goddess Gatherings	Melinda Morris Perrin	pamphlet
Goddesses in Every Woman - A New Psychology of Women	Jean Shinoda Bolen, M.D.	Book
Good Asian Drivers on the Road-Live	Kit Yan	CD
Heart to Soul	B Alford	CD
I Gotta Crow - Women, Voice, and Writing	Jill Hackett	Book
In Bloom	Vida	CD
Koi	PC Davidoff	CD
Let it Begin Now		Book
Lord Teach me to Pray in 28 Days	Kay Arthur	Book
Medicine Voice: Simple Songs & Chants	Mary beth Saunders	CD
Mothe Wit - A Feminist Guide to Psychic Development	Diane Mariechild	Book
Murther & Walking Spirits	Robertson Davies	Book
Music for the Goddess		Book
Music for the Goddess	Goddess Madala	CD
O Beautiful Gaia	with Carolyn McDade	CD - 2
Queen of Dreams		Book
Relationships with Life	Betty Pingel	Book
Return to Wholeness, The New Book of Crone Stones	Carol Lee Campbell	Game & Book
Rise Up and Call Her Name – Sourcebook	Elizabeth Fisher	Book / Curriculum
Seasons of the Witch		Book
Second Chants	Reclaiming & Friends	CD
Shape Shifters		CD
The Bridge Called Respect	Tom Owen-Towle and January Riddle	Book
The Complete Book of Incense, Oils and Brews	Scott Cunningham	Book
The F Word - Feminism in Jeopardy - Women, Politics, and the Future	Kristin Rowe-Finkbeiner	Book
The Goddess - Creation, Fertility, Female Essence, the Sovereignty of Woman	Shahrukh Husain	Book
Workshop, Love Abundance		
The Goddess Celebrates		Book
The Goddess Diaries		CD
The Goddess Path - Myths, Invocations & Rituals	Patricia Monaghan	Book
The Guernsey Literary and Potato Peel Pie Society - A Novel	Mary Ann Shaffer & Annie Barrows	Book
The Pantyhose Declarations		Book
The Queen of Myself		Book
The Serpent & the Goddess-Women, Religion, and Power in Celtic Ireland	Mary Condren	Book
The Women Gather	Sweet Honey in the Rock	CD
The World of Wild Flowers		Book
Tonally Modal	Lauren Lane Powell	CD
Unraveling the Gender Knot - Challenging the System that Binds Us	Barbara Schonborn, Alison Campbell, Rosemary Matson	Book / Curriculum
Water Ritual, The	Carolyn McDade and Lucile Longview	pamphlet
Winter Solstice Carols		CD
Winter Solstice Live		CD
Women Artists - An Illustrated History	Nancy G. Heller	Book
Womyn with Wings / Recently Added		CD
Yoga Meditation		CD
Yoga Tranquility	Riley Lee	CD

4th Quarter and Annual Council Meeting

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.

On the weekend of November 10th, four of your UU Women's Connection Councilors met for a lovely fall weekend (with President Debbie Czarnopys-White joining us by phone) at Diana DeWeese's home in Springfield to go over our budget, review the DeKoven weekend (from your comments everyone liked being there), and make plans for the Spring Pilgrim Park Retreat and next year's fall retreat again at DeKoven.

One of the weekend's bittersweet moments came when we gave Diana hugs and presented her with a Goddess necklace as we thanked her for all her many years of leadership, expertise, and loving warmth on behalf of the UU Women's Connection and its members. If you have ever gone to a retreat, Diana's efforts, ideas, and work helped make it happen. If you enjoyed the keynoter, liked the venue and the meals, did an arts and crafts project, learned from a workshop, made new friends, felt enriched by the weekend, and even needed directions --thank Diana. Diana is going off the Council this year, but reassured us that we can call upon her for help at any time. We, the Council, thank her for her past leadership, and we will certainly continue to depend on her warmth and smarts for years to come. We accomplished a lot, both budget and planning wise, at Diana's, and made plans for

next year's schedule, including planning for our quarterly Council meetings. If this sounds like a lot of work, it's not. We enjoyed one another's company and felt a sense of accomplishment. Besides, being at Diana's was like being at a friendly bed and breakfast, with lots of being taken care of and really good food. Sounds good, doesn't it? If you want to do some good work for the Council, help plan and run the retreats, and make good friends (we are a friendly, fun-loving bunch) join us as a member of the Council. It certainly is a learning experience; take it from any of us.

We're at seven councilors now: President Sage Hagy, Vice President Debbie Czarnopys-White, Recorder Tori Kilhoffer, Treasurer Nichole Nichols, Councilor At-Large Juli Cicarelli, and our newest Councilors At-Large, Janet Adams and Linda Haynes. We'd love to recruit two more councilors, representing different areas of our district, and other UU Churches. If you would like to join us, we'd love to welcome you to our merry band of smart, interesting, and dedicated women. Call or email any of us if you have questions, or would like to know more about the work (and fun) of the Council.

~Juli Cicarelli

2013 Annual UU Women's Connection Budget

INCOME

Dues	\$1,500
Interest Earned	25
Scholarship Donations	500
IN-Fall Retreat	7,500
IN-Spring Conference	4,000
Grants Received	300
<u>From Checking *</u>	<u>2,075</u>
TOTAL INCOME	\$15,900

* Checking account reserves were used to balance the budget.

EXPENSES

Administration	
Board Travel	\$ 500
Conf Regis Reimburse	900
Copying	5
Meeting Expense	200
Phone/Communication	5
Supplies	<u>50</u>
Total Administration	\$1,660
Incentive Grants	240
Social Action/Grants	200
VOW, Web, PR	1,500
Scholarships	500
Out-Fall Retreat	7,500
Out-Spring Conference	4,000
<u>Emily Meter Scholarship Event</u>	<u>300</u>
Total Expenses	\$15,900



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 January 2013.*

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 2013. 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 _____



2013 "Get Connected" Calendar

April1st Qtr Mtg — Macomb, IL
June 7-9Spring Confernece, Pilgrim Park, IL
TBD.....2nd Qtr Mtg — TBD
October 19-21.....Fall Retreat, Racine, WI
TBD.....Council Annual Retreat, TBD
TBD.....4th Qtr. Council Mtg. TBD