



Voices of Women

Newsletter of the UU Women's Connection

Summer/Fall 2013

2013 UU Women's Connection Council

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~FALL RETREAT BROCHURE INSIDE THIS VOW!~

Come Spend Time with UUs in October

- Are you needing time for reflection, regeneration and support from a community of friends or some "ME" time alone?
- Are you considering new directions in your life?
- Would you like to find that unknown part of you or reclaim your ability to feel good?
- Do you just want to interact with other women, providing them wisdom and strength while gaining the same from them?
- Are you ready to share in the tranquility, peace and blessings of this natural setting between the water and the woods?
- Do you want to be the brightest light you can be?
- Are you adventurous, willing to find and express your most authentic voice whether in singing or just communicating with others?
- Do you need to get away to rest and just listen to yourself?
- Do you need a heart and body restoration?
- Are you ready for some great food (that you don't have to prepare) and scrumptious desserts?

Our retreats offer many opportunities, much more than reflected above. If you're returning to DeKoven, it's like coming home. If this is your first time, you'll have fun exploring the grounds, the buildings, and the events offered. All activities are optional, so you're not pressured to do anything you're not into. On the other hand, you may feel like moving out of your comfort zone and doing something new. Although we always find neat things to do, most feel it's just the energy of coming together that makes the retreats memorable. Some of you will live closer to DeKoven than others but it's also the journey that adds to the richness we'll take away.



Reflections on the Spring Retreat

Pilgrim Park greeted us with magical spring weather on our June 7th weekend—**Pilgrim Park is truly a sanctuary.**

Friday after registration, dinner, and our opening ritual, we relaxed, played our sophisticated games like Apples to Apples (if you have kids in your life—you know that game) and Go Goddess—both games led to lots of discussion and soul searching.

On Saturday, our Keynote speaker, Teressena Bakens, an artist, presented us with her unique slide show, with paintings and collages of images of the feminine primordial archetype throughout the ages: of the maiden, mother, and crone. As we viewed the images, she asked us to think what those images represented to us, and how these images relate to our self-image. Through Teressena's talk, and our discussion, we realized that we all carried within us, the triple Goddesses. Teressena emphasized how the triple power and wisdom of these goddesses permeates all life and resides within us. During the weekend, we got to know Teressena better. She participated in our activities and knowing her enriched our weekend.

On Saturday afternoon Marissa DeWeese led us in Musical Chairs, A Painted Canvas Adventure. We all came home with a dynamic and collaborative painting, even if we had no painting experience. We

Painted, and listened to cool music. Each time the music stopped, we moved to another part of our shared painting. This gave us a chance to share our talents, and was a fun way to spend an afternoon.

After Saturday's dinner, we milled around our silent auction items: out-bidding one another for the fun of it, browsing over the books we brought for sale, and then for our grand finale for the evening we had our open mic. Janet trusted us enough to play a piano piece, she did great! Both Dorothy and Marissa are talented flute players so we had two flute solos. Tori, aided and abetted by Nicole (in a very colorful snake-shaped lit head-piece), read us a women's poem. Peggy, who earlier in the day had told us about her experiences in Springfield advocating for same sex marriage, led us in rousing equality songs. All in all, it was a very inspiring and exuberant open mic. We finished with the song Sanctuary, and the sing-with-your-feet song (you know the one I mean ;). If you want to learn it, you must come to our retreat in the fall. Then more games, drumming, and relaxing.

Sunday morning came too soon. It was time for breakfast, our closing ritual, and goodbyes until next time.

The Councilors of the Women's Connection all wish all of you, a Happy and Safe end of Summer, see you in October at DeKoven!

Membership Dues—Now for 2013

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 help you grow spiritually.

\$25 Sustainer

You are committed to sustaining the work of the UU Women's Connection.

\$50 Visionary

Your contribution helps ensure the future growth of the UU Women's Connection.



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

SINGING IN SACRED CIRCLE

FEATURING:



UUWC Fall Retreat ~ October 18-20, 2013

DeKoven Retreat Center
600 21st Street ~ Racine, WI 53403

Saturday Afternoon Program

On Saturday afternoon you may choose to attend two workshop sessions from an engaging selection on offer. Here's what we have so far.

WORKSHOPS

Singing in Sacred Circle

Singing in Sacred Circle is an opportunity to look into your sister's eyes and share voice and spirit through song. While learning short, repetitive women-centered songs from a variety of traditions, power rises from the center of the circle as all voices create an energy that is both empowering and healing. This opportunity is intended to allow women, regardless of singing experience, to share their voices in a noncompetitive, relaxed, safe space. Come sing along!

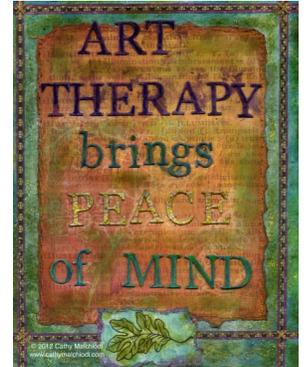
Shelley Graff is a feminist singer, songwriter, guitarist, and Singing in Sacred Circle facilitator. She has been sharing her songs with audiences throughout the past twenty-one years. Her folksy, personable approach to performing and facilitating Singing in Sacred Circle workshops draws her audiences down a path of political inquiry, peace, healing, and transformation.

Drumming Our Way Home

Since the beginning of humankind, cultures throughout the globe have sat in circles to express themselves through percussion song. What prompted our foremothers and fathers to gather in a circle? What is the effect on us as we create percussion in community today? Participants will take a journey into "drum circle communion" through hands-on drumming. Learn how the ancients did it and how the drum circle continues to work its magic and medicine. Some instruments provided, but please feel free to bring your own!

Create your own Declaration of Independence!

Explore your creative side, your way, with a visual or written art project. You will take home your own piece of creative genius as an inspired and inspirational memento of the weekend, and a reminder of your personal strengths, fortitude and MORE! What more could you ask for at a Women's Retreat?



Make your own Native American Flute

Limited to 10 participants (Materials Fee T.B.D.)

Here is an opportunity for you to explore a unique instrument that produces the warm heartfelt sound that has come to be identified with the spiritual and cultural ethos of the Native American. We will learn the simple fingering for the basic pentatonic scale and play a few simple melodies. Each woman will paint and decorate her "plain vanilla" white flute made from PVC pipe so that it will be uniquely hers!



Learn to Make a Labyrinth

The knowledge of how to draw a "classical" labyrinth and how to transfer that skill to the construction of a full size labyrinth on the ground, has been passed from one generation to another for thousands of years. In this workshop, we will learn a foolproof method for drawing the classical labyrinth and creating a labyrinth of your own.



T-shirt fun!

Bring a t-shirt, or several, to embellish with beads, labyrinth iron-on transfers, or make a crazy t-shirt quilt.





UU WOMEN'S CONNECTION Fall Retreat

"Singing in Sacred Circle"

October 18-20, 2013

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 – complete Room & Board option below	<input type="checkbox"/> \$60	<input type="checkbox"/> \$75	\$ _____
Saturday Only (incl registration, use fee, plus lunch)	<input type="checkbox"/> \$85	<input type="checkbox"/> \$100	
Saturday Only (incl. registration, use fee, plus lunch AND dinner)	<input type="checkbox"/> \$100	<input type="checkbox"/> \$115	

2. **Room & Board – Please check your room selection and write the amount in the box:**

Single Occupancy – one twin bed	<input type="checkbox"/> \$200	\$ _____
Double Occupancy – two twin beds	<input type="checkbox"/> \$180 each	
Must Specify Roommate _____		
(Single Occupancy rooms are very limited and will be assigned on a first-come basis.)		

3. **Membership Renewal**

Supporter	<input type="checkbox"/> \$15	\$ _____
Sustainer	<input type="checkbox"/> \$25	
Visionary	<input type="checkbox"/> \$50	

4. **Emily Meter Scholarship Fund Contribution**

Scholarship donations go directly to help sisters in need attend this Retreat or the Spring Conference. Won't you lend a sister a hand?

\$ _____

5. **Late Fee – if mailed after October 11, 2013**

\$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 mail completed registration form with payment to:

Diana DeWeese, 716 S Douglas Ave, Springfield, IL 62704

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

Questions?? - Call Diana DeWeese – 217-546-5834 or email – kidi71@aol.com

OR REGISTER ONLINE AT www.uuwomensconnection.org

OTHER NEEDS/REQUESTS (We will try to do 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, unless otherwise stated.
- Meals included are Friday dinner (6:30-7:30 p.m.) through Sunday Lunch (pack & go).
- Check-in time is 4 p.m. Friday. Room checkout time is 11 a.m. Sunday.
- *There are a limited number of rooms at the DeKoven Center, so send in your reservations early! If you choose not to stay at the DeKoven Center, there are several hotels within a few miles of the DeKoven Center campus.*

SCHOLARSHIP/GRANT APPLICATION

The UU Women's Connection has a limited amount of funds for scholarships.

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 September 20. These go fast!

You'll get an answer to your request within 10 days.

My need is _____

My home church/group will provide _____

If you are a ministerial student please list school name and degree sought.

REMEMBER—

Please indicate if you are interested in the Flute-making workshop—it is limited to the first 10!

UU Women's Connection
LENDING LIBRARY

Remember, we have a wealth of material in our lending library available to UU women and women's groups. Any woman wanting to borrow any of the curricula should send a request to

connections@uuwomensconnection.org

The Goddess Diaries – a CD created by Carol Lee Campbell. She created the Diaries as an experiment after years of working as a women's advocate in the DC area. Inspired to produce a show about real women's lives she asked women in her community, many of them members of her congregation, to write down their stories and then she tied them together through a common thread: the agricultural seasons of the year. Borrowed from the ancient Western European calendar of equinoxes, solstices and cross-quarter days, each monologue represent a specific time in the growing/harvest season and each season becomes a metaphor for these life events.

The Water Ritual by Carolyn McDade and Lucile Longview – the script for the original workshop service *Coming Home, Like Rivers to the Sea: A Woman's Ritual* – distributed at the 1997 General Assembly of the UUA in Phoenix, Arizona.

Return to Wholeness, The New Book of Crone Stones by Carol Lee Campbell. Accompanying the book is a set of crone stones created by the author.

Rise Up and Call Her Name – a woman-honoring journey into Global Earth-based Spiritualities written and edited by Elizabeth Fisher. Leader's Guide, Sourcebook, music CD, and DVD.

Unraveling the Gender Knot – Challenging the Systems that Binds Us – by Barbara Schonborn, Alison Campbell, and Rosemary Matson – a Study Guide for the book - *The Gender Knot – Unraveling our Patriarchal Legacy* by Allan G. Johnson which can purchased through the UUA Bookstore online. The course examines ways the patriarchal system we live in affects girls and women, boys and men.

Becoming Women of Wisdom – Marking the Passages into the Crone Years – a curriculum in thirteen circles – by Melody Lee with Karen Edwards and Dorothy May Emerson. The curriculum is designed to prepare women to take on the important role of Wise Women in their communities.

Goddess Gatherings - Thirteen sessions for a year of study in a small circle of friends by Melinda Morris Perrin.

Cakes for the Queen of Heaven - Part 1 - In Ancient Times, and Part 2 - On The Threshold

We also have **The Queen of Myself** by Donna Henes.



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 September 2013.*

Include recent updates 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

October 18-20.....Fall Retreat, Racine, WI
TBD.....Council Annual Retreat, TBD
TBD.....4th Qtr. Council Mtg. TBD