

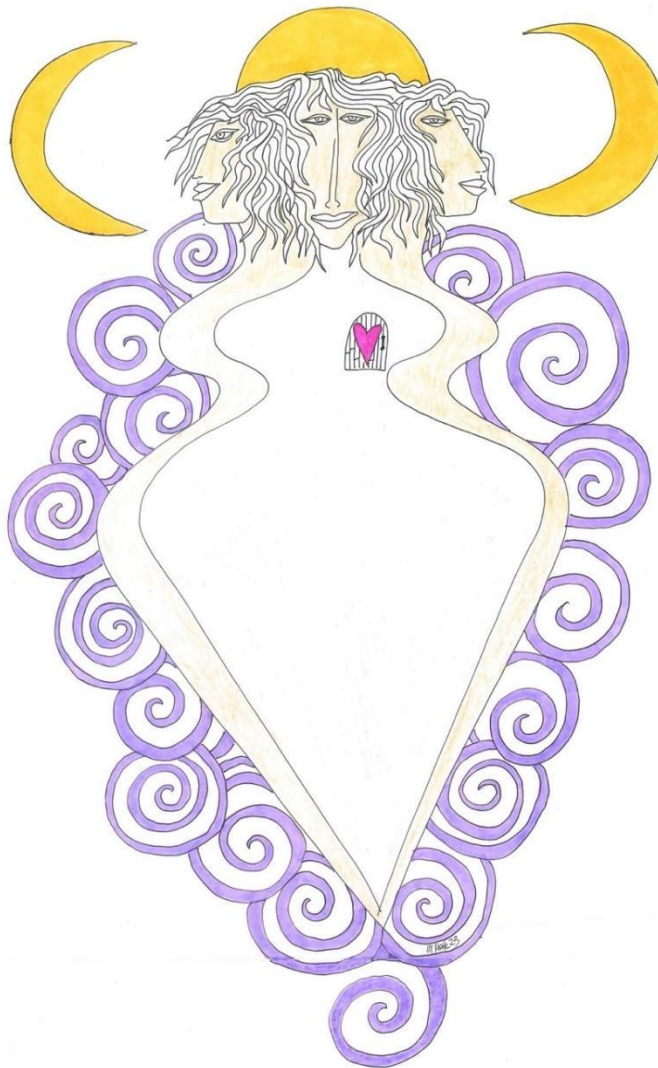
UUWOMENSPIRIT SPRING 2024 RETREAT

WEEKDAY INSTITUTE – MAY 15-17

WEEKEND GATHERING – MAY 17-19

Gather at the Crossroads

...a confluence of intention and happenstance...



... where the ancient and the contemporary intertwine...

Logo by Kathy Kemerait

...and the path forward is ours to choose...

ABOUT UUWOMENSPIRIT

The purpose of UUWomenspirit is to create, conduct, and support activities that encourage and empower women to explore their religious and spiritual origins, experiences, and beliefs. Pursuing, nurturing, and affirming creativity and diversity are major emphases.

All who identify as women, eighteen years of age and older, are invited to attend the 2024 Spring Institute and Gathering at **The Mountain Retreat and Learning Center** in Highlands, North Carolina. Sponsored by UUWomenspirit, events are open to all interested women. We encourage and affirm diversity.



Scan our QR code to be directed to the UUWomenspirit website



Important Dates!

Scholarship Application Deadline: 3/27/24

Early Bird Deadline: 4/3/24

Merchandise Order Deadline: 4/12/24

Last Day to Register: 4/24/24

ABOUT THE INSTITUTE AND THE GATHERING

Two programs are offered: The Weekday Institute and the Weekend Gathering. The Weekday Institute takes place on Wednesday afternoon through Friday morning, and gives women an intimate and intensive environment in which to explore life's journeys, joys, and experiences. The Weekend Gathering begins Friday afternoon and continues through Sunday morning, and offers opportunities for bonding through workshops and social events. You can attend Institute, Gathering, or both.

Please note The Mountain accommodations are rustic and do not have air conditioning. However, indoor plumbing and electricity are in all buildings. Registration information begins on page 13.

MEET OUR PLANNING COMMITTEE

Lisa Sherman– Event Coordinator
Alice Carnes – Worship
Helen Rogers – Worship
Magi King – Tracks and Workshops
Arianna Bara – Sales and Activities
Claire Lending – Scribe
Nancy Hagman - Chaplain



Clockwise from top left: Magi King, Claire Lending, Arianna Bara, Helen Rogers, Alice Carnes and Lisa Sherman

THE EVENT

The Crossroads... the ancient symbol of intersectionality, whose meaning goes far beyond a remote, dark place where two roads come together. It is a place of thoughtful consideration, a place of contemplating known paths and unknowable consequences. On a metaphysical level, The Crossroads can represent the blending of what is tangible and known with the intuitive connection to the ethereal and the unrevealed. The Crossroads appears in careers, in relationships, in marriages and friendships, and any decision that impacts the course of our lives.

Sometimes we find ourselves at The Crossroads intentionally, traveling our chosen path and arriving at an intersection with another path that presents options not previously considered. Other times, circumstances beyond our control place us at The Crossroads and we didn't see it coming... yet here we are, looking out from a place we did not choose to be, and presented with choices we didn't think we would have to make.

Wherever you are on your life's path, join us at The Crossroads as you consider where you are, how you got there, the decisions you must make, and how you move forward.

WORSHIP

We will join together in a sacred ritual each evening and Friday and Sunday mornings.

During worship, we will meet Hekate, Goddess of the Crossroads. She is a psychic, a medium, and a wise woman. It is to her we call to when we are betwixt and between, unsure which path to follow. Do you need to make a change in your life, but feel stuck or unsure? Stand at the Crossroads with Hekate, as she encourages and challenges us to pay attention to our dreams, our intuitive perceptions, and our own inner voice of wisdom.



Hekate Circle, by Raven Stephenson

WEEKDAY INSTITUTE TRACKS

THURSDAY MORNING, MAY 16TH THROUGH FRIDAY MORNING, MAY 17TH 2024

THE THEATER OF RITUAL
WITH LISA ABBOTT

20 PARTICIPANTS
NO MATERIALS FEE

In this track we will share the different paths of ritual, looking at both the shared aspects and the differences. There is no right or wrong way to organize and experience the richness that ritual offers us. We will look at different ways a circle is called, even write some original ones ourselves. We will look at resources that can be used to find language that fits what we want our circle to celebrate or focus on. Finally, we will structure and hold a ritual in a manner that may surprise you, possibly challenge you, and let you reflect on what is key in any ritual structure. Afterwards we will talk through what worked or what didn't. It is my hope that all who participate will take what they need from this workshop to their own private or group practices.

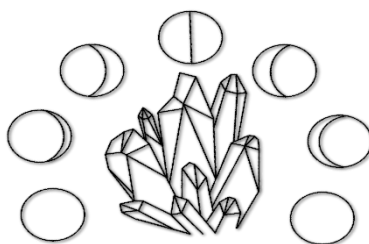
About Lisa: Lisa Abbott is a professor of theatre at Georgia Southern University. She is also an ordained druidic clergy person in the Order of the Sacred Oaks and the former Magistar of the Sacred Oak Grove and High Priestess of the Silver Birch Grove. “Because of my theatrical background, I love exploring the role of ritual in our lives and creating shared ritual experiences that pull from theatrical techniques to make them have a greater impact on the participants. If you have ever been in a ritual that moved you so exquisitely you felt transformed, there were probably theatrical aspects of that ritual that heightened the experience. I am a director and a playwright and that certainly plays a role in how I look at ritual.”

TAROT AT THE CROSSROADS: WHERE CHOICE AND DESTINY INTERSECT
WITH TINA WHITTLE

20 PARTICIPANTS
NO MATERIALS FEE

Tarot is a form of divination—the artful practice of receiving information from the Universe—but it is also a way to direct our actions and intentions. As such, it is a powerful tool for both understanding the energies around us and making the choices that align with our highest love, will, and wisdom. In this track, you’ll be connecting to the tarot as a spirit ally, as your own personal guide on the path, and concluding with the Hekate at the Crossroads spread, a spiraling 23-card reading that is best suited for those with at least a basic knowledge of tarot and some experience working with the cards.

About Tina: Tina Whittle is a writer living in the Georgia Lowcountry. She’s been reading tarot cards for over twenty years and has presented multiple tarot workshops and tracks at both Institute and Gathering. She’s a practicing witch and Reiki worker, and has been attending UUWomenspirit since 2007.



MOON & CRYSTALS BY RAVEN STEPHENSON

WEEKDAY INSTITUTE TRACKS, CONTINUED

THE JOURNEY WOMEN – EMBODYING THE PATH OF INNER KNOWING
THROUGH MOVEMENT

20 PARTICIPANTS

WITH AMY GONZALES NELSON

NO MATERIALS FEE

There is a rumbling within each of us and the voice of our soul calls. Our journey inward consists of many collective movements, a balance with our spiritual, emotional, mental and physical bodies.

Join me for a soul-stirring rhythmic journey, combining the powerful tools of the movement practice NIA, shared experiential exercises, journaling and physical movement. Calling in the wisdom of the goddess Papatūānuku, Mami Wata and Cerridwen, on each mini voyage you will:

- learn to cultivate an understanding between thoughts, emotions and how your body reacts in response to this process
- learn that your thoughts lead to choice which in turn leads to action
- learn about taking action to intuitively listen to your body's cues

No experience necessary! There are no levels in NIA and it is traditionally taught barefoot, however this is all about your comfort so please bring what you need to move. Wear comfortable clothes, bring some layers. Have a journal, pen, water/snacks and a yoga mat. Ultimately this is your time to bring an open heart and mind.

About Amy: Amy is a vibrant, heart-centered Intuitive, Bravery Activator and Speaker. More than a traditional healer, Amy inspires by effortlessly blending the healing components of Reiki, NIA, Mindfulness and sound healing. Teaching the movement practice of NIA since 2013 and her personal practice Conscious Intuitive Movement for 5 years, she has facilitated classes and workshops locally and abroad. Beyond her movement classes, her passion for the awareness and advocacy of mental wellness for women and children has sparked the movement she calls **B.R.A.V.E ON:** (A Bold, Resilient, Authentic, Vulnerable, Energy).

**Information and moon phase image from Susan Baylies,
snakeandsnake.com/moontime.htm**



We will have waxing energy throughout our event with the moon in the gibbous waxing phase. (gibbous = greater than half but less than full.) The 2nd quarter of the lunar cycle is on May 15, the half moon at 7:48 AM EDT. The moon enters Virgo at 5:33 PM on that same day, and will be in Virgo until Sat, May 18, when it progresses into Libra at 6:22 AM EDT.

WEEKEND GATHERING – FULL-DAY WORKSHOPS

SATURDAY, MAY 18TH 2024

YOUR HEROINE’S JOURNEY AT THE CROSSROADS: TAKING THE NEXT RIGHT STEP
WITH BETH BUTTERFIELD

24 PARTICIPANTS
NO MATERIALS FEE

We gather in sacred space and supportive community to give ourselves the precious gifts of time and loving attention. In this full day workshop, we will use tools of ritual, guided meditation, sound, drumming, gentle movement, and creativity to check in with ourselves and ask: where am I at this moment on my life’s journey, and what is facing me today at this crossroads? You may come with a particular issue already in mind, or you may just see what spirit presents you with at the time. We will check in with our higher selves to get a sense of where we are, what choices we now face, what obstacles we may be ready to release, and what resources we can draw upon as we take our next step forward on this heroine’s journey. Gathered together in sacred retreat, we will deepen our connections with ourselves, with our circle of sister-seekers, and with our own spiritual supports. My hope is that you will end the day with fresh clarity and insight, calm, and confidence, reminded of your own strength and beauty, and with a heart overflowing in connection with divine unconditional love.

About Beth: Beth began attending UUWomenspirit in 2022, and this will be the third guided-meditation-centered retreat she has led on The Mountain. She has been using guided meditation, the chakras, and kundalini in her personal practice for 30 years. In real life, Beth is a philosophy professor, she spent many years teaching adult and child religious education at her local UU church, and she is a devoted tree-hugger.

EAST MIND, WEST MIND: THE CONVERGENCE OF YOGA PRACTICES AND MODERN PSYCHOLOGY
WITH IRIS PADGETT

24 PARTICIPANTS
NO MATERIALS FEE

This all-day yoga workshop will explore fundamental themes in yoga philosophy and its roots and the overlaps of these with current psychological thought. You will participate in experiential and reflective activities to learn about mindfulness, dialectical thinking, cognitive flexibility, radical acceptance, Buddhist psychology, positive psychology, transpersonal psychology, and the nature of suffering itself. And of course, we’ll honor a few Goddesses from the yogic traditions. No experience in yoga or meditation is necessary, but you can expect some practice and guided meditation as well as didactic teaching and time for sharing and discussion. Movement will be taught at a gentle or restorative level. Please bring a journal and pen as well as a yoga mat, a blanket, and a couple extra pillows from home. Wear comfortable clothing you can move in and dress in layers.

About Iris: Iris Padgett practices psychotherapy in California and has been a therapist for over a decade. She has a master’s degree in Transpersonal Counseling Psychology from the Institute of Transpersonal Psychology in the Bay Area. She received her yoga teaching certification in 2008 in Carrboro, North Carolina. She has been attending UUWomenspirit on and off for many years and has served on several planning committees. She is currently the editor of *She Speaks*, the UUWomenspirit newsletter.

WEEKEND GATHERING – FULL-DAY WORKSHOPS CONTINUED

SATURDAY, MAY 18TH 2024

CRAFTING YOUR OWN PATH
WITH MELISSA CHRISTOPHER

12 PARTICIPANTS
MATERIALS FEE: \$5

Where is your path along the roads of this life? What does your highest good look like? We will do a short, guided meditation followed by a whole lot of crafting to create a physical representation of YOUR path. Taking bits and pieces of fabric, yarn, ribbons, buttons, charms and lace, we'll each construct a beautiful piece of art suitable for hanging. No sewing experience is necessary. You are welcome to bring objects or mementos to incorporate into your piece.

About Melissa: Melissa Christopher is a long time UUWomenspirit member and has taught various workshops at our events. She and her husband Blake are living their full life as 'empty nesters' now that their 3 children are away at college. Melissa is using her extra time in this new phase of life to travel and explore creating art with fabric and other media.



Mother, Maiden, Crone by Raven Stevenson



Hecate Chiaramonti, Roman - Wikipedia

WEEKEND GATHERING – HALF-DAY WORKSHOPS: MORNING

SATURDAY, MAY 18TH 2024

JOURNEY TO CRETE THROUGH SONGS AND STORIES
WITH SHELLEY GRAFF

30 PARTICIPANTS
NO MATERIALS FEE

Join Shelley as she shares slides and songs/chants from her trips to the magical, mystical island of Crete where ancient women stood at the center of Minoan spirituality. In this matrifocal society, women were highly revered and celebrated as priestesses and goddesses. The imagery, art and ancient temples reflect the importance and presence of the Mother Goddess in their daily lives. Shelley will be sharing stories and teaching original chants inspired by her amazing experiences on this sacred land. No singing experience is necessary! Percussion welcome! (Please bring your imagination, journal, pen, and water)

About Shelley: Shelley Graff, singer/songwriter, believes her sacred journey is guiding her to share the ancient tradition of **Singing in Sacred Circle** with as many women as possible. For the past three and a half decades, Shelley has been traveling around the country performing and sharing the **Sacred in Singing Circle** experience with women at gatherings, festivals, retreats!

TAKE A WALK ON THE WILD SIDE
WITH SUE-ANNE SOLEM

20 PARTICIPANTS
NO MATERIALS FEE

We are often in need of “re-wilding” ourselves. The definition of “wild” is that which is “living and growing in a natural environment”, not domesticated, untamed, natural, indigenous, native. What is “wild” within ourselves at this time? Perhaps nature herself can tell us, as we walk gently among her native plants (at the Highlands Botanical Gardens). We will use nature journaling to connect with nature and what is wild within ourselves. We will walk, write, and share together. Please bring a journal, writing and drawing implements, and a “sit-upon” that enables you to sit comfortably while writing. Remembering that we are in a temperate rainforest, please bring something that will protect you from the rain, just in case. There are places where we can sit protected from the elements.

About Sue-Anne: Sue-Anne Solem is a long-standing UUWomenspirit participant and facilitator. She is a retired Gifted Education Specialist, a NC certified Environmental Educator, singer, composer, writer, dancer, and practitioner and teacher of Mayan and Sufi wisdom. She has led workshops in Spirituality and Humor, A Maya/Sufi Journey, and Nature Journaling.



Photo of a Crossroads, Lisa Sherman

WEEKEND GATHERING – HALF-DAY WORKSHOPS: AFTERNOON

SATURDAY, MAY 18TH 2024

BETWEEN SHADOW AND FLAME : HEKATE’S CROSSROADS
WITH RAVEN STEPHENSON

25 PARTICIPANTS
NO MATERIALS FEE

Dark Mother, Goddess of Witches, Mistress of the Crossroads – Hekate is known by many names and presides over much of the unseen. Typically cast in a mysterious light, She is part of the Dark Divine, a subset of Goddesses known for Their unsettling presences and unusual attributes. Hekate plays a vital part in Greek mythology, traversing the Underworld and guiding the lost. In our time together, we will spend time getting to know the wondrous Hekate, learning about the gifts She shares that we often overlook, and looking within our own darkness to find Her. We will make small offerings for Her to take home and equip ourselves with the knowledge and confidence to call upon Her should we ever find ourselves without a guiding light.

About Raven: Raven currently resides in Roebuck, SC, alongside her long time partner and feline companion. She has been attending UUWomenspirit for several years and has found herself in the midst of a spiritual awakening. Traversing her own crossroads, Raven has taken an apprenticeship under Hekate to learn to see and understand the dark, as well as become a guiding torch for those in their own darkness. Additionally, she has learned a valuable lesson: You can’t outrun a Goddess.

DANCES OF UNIVERSAL PEACE
WITH AMIRA JONES

40 PARTICIPANTS
NO MATERIALS FEE

The Dances of Universal Peace honor all faith traditions, and can best be described as ‘prayers in motion’, with silence held briefly after each one to honor the intention held in the dance. We will alternate between dancing, spiritual practices and teaching, and silence. Taking care of yourself is encouraged, so praying with us from the side is always welcomed. Each dance is taught in the moment, so no preparation is needed ahead of time. The movements are easy and gentle on the body. Come with an open heart, and wear whatever you are comfortable dancing in, shoes or barefoot, either is fine.

About Amira: Amira fell in love with the Dances of Universal Peace and has been leading them for many years. These dances are a significant part of her spiritual practice, and she has been blessed to be able to join others with similar dedication around the world. Currently Amira leads these dances in her Unity community in Atlanta.

****Some tracks/workshops can involve emotional growth experiences which can be stressful. If you are in therapy, you may want to consult with your therapist before making your selection. ****

EVENT ACTIVITIES

INSTITUTE

GREAT ROOM GREET UP: Let's hang out to meet new friends and catch up with old ones. Bring your favorite games and tarot or oracle cards that you no longer use for a Tarot/Oracle Card Swap! **Wednesday night.**

GATHER AT THE FIREPLACE @ BRIDGID'S BAZAAR to share songs and play music together. Bring a favorite song and an instrument, if you have one (some will be provided) or just curl up and enjoy. Remember that your body and voice are instruments too. **Thursday night.**

HEALING CIRCLE: Our Chaplain will lead us as we come together to offer care and healing to each other. **Thursday night.**

FRIDAY AFTERNOON

LABYRINTH WALK: Do a self-guided Labyrinth walk with others at the base of The Mountain. The Labyrinth is a place of reflection and meditation to guide you at your Crossroads. **Friday afternoon.**

GATHERING

SACRED CIRCLE DANCING: This gentle inclusive form of dancing will be offered after worship. **Friday evening.**

CABARET: Share your musical, literary, or performing talents! Both group and solo performances are welcome. This is a safe and supportive space to edge out of your comfort zone. Sign up on the poster in the dining hall. **Saturday night.**

DRUMMING AND DANCING: Immediately following Cabaret, bring drums, other instruments, and your dancing feet. **Saturday night.**

INSTITUTE AND GATHERING

FACILITATED RECOVERY MEETINGS will be held throughout the event.

SACRED SOCIAL HOUR: Come join your sisters before dinner each afternoon for snacks and drinks, both alcoholic and not. *Come try our non-alcoholic Crossroads Fizz!*

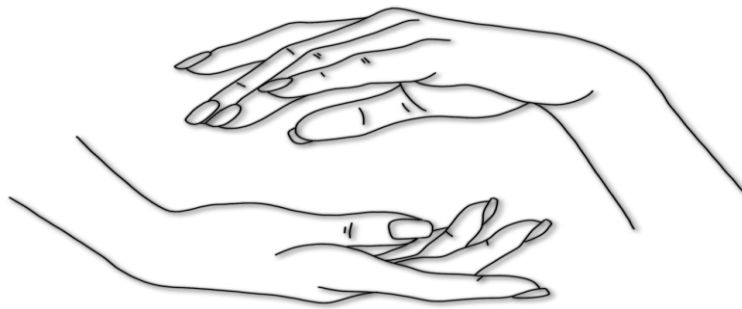
SACRED CIRCLE DANCING: This gentle inclusive form of dancing will be offered before worship at both Institute and Gathering.

EVENING TEA AND TALK WITH OPTIONAL GAMES: Gather late night in the dining hall to make new friends and meet with old. **BYOG:** Bring your own games if you want to play!

SACRED SHOPPING

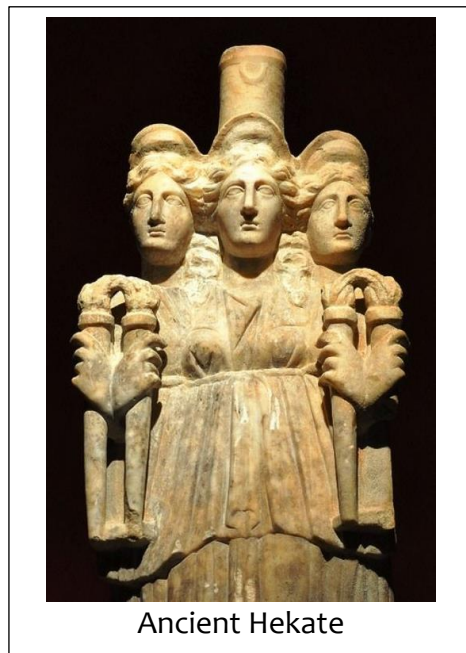
BRIDGID'S BAZAAR: One of the goals of U UWomenspirit is to pursue, nurture, and affirm creativity. We believe one way this goal can be achieved is by providing the space and opportunity for women to show and sell their arts, crafts, and other items. If you are interested in selling your offerings at this event, please complete the online Sales Agreement located on the event page on our website. Vendors pay a commission of 10% to U UWomenspirit. The deadline for submitting the Sales Agreement is May 1, 2024.

MASSAGE THERAPY / REIKI: If you are a licensed massage therapist or Reiki/alternative healing practitioner and would like to offer your services at this event, please contact Arianna Bara, Sales and Activities Coordinator at aria222@aol.com.



Hands by Raven Stephenson

SILENT AUCTION: Donate your gently used items to support the U UWomenspirit Scholarship fund. There will be Silent Auctions at both Institute and Gathering.



Ancient Hekate

EVENT MERCHANDISE

The proceeds from merchandise sales are used to defray the cost of the event. In the event you are unable to attend, but would like to order merchandise, please contact Arianna Bara before April 12th at aria222@aol.com. Your merchandise can be shipped to you at an additional cost. T-shirts will have the event logo printed on the front. **Merchandise orders must be placed no later than April 12th.**

T-SHIRT OPTIONS 1 AND 2:

NEXT LEVEL APPAREL

UNISEX RAGLAN ¾ SLEEVED T-SHIRT

- 1- HEATHER WHITE WITH ROYAL BLUE SLEEVES
 - 2- HEATHER WHITE WITH PURPLE SLEEVES
- VERY SOFT POLYESTER, COTTON AND JERSEY BLEND
LOOSE FIT
SIZES XS-3XL
\$30 PER SHIRT



T-SHIRT OPTION 3:

GILDANS

UNISEX 100% SHORT SLEEVED COTTON CREW NECK

Color: Natural

XS – 3XL

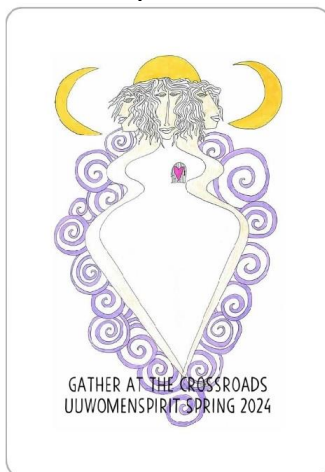
\$25 per shirt



PLAYING CARDS

NEW MERCHANDISE OFFERING!

\$15 per deck



REGISTRATION INFORMATION

Register online at www.uuwomenspirit.org no later than April 24, 2024.

UWomenspirit uses our own online registration program. We do NOT have paper forms. There is a link on our website, along with detailed instructions to help in the process. Before you begin your online registration, PLEASE READ THESE PAGES CAREFULLY to avoid confusion or misunderstanding of policies and procedures.

IMPORTANT: Make sure that you also read the instructions on the UWomenspirit website and follow the registration link found there rather than any bookmarked links you may have. Pay special attention to the **SCHOLARSHIP APPLICATION DEADLINE DATE OF March 27, 2024 and the EARLY BIRD DEADLINE DATE OF APRIL 3, 2024.** Register by this date to receive the Early Bird discount or apply for a scholarship. If you fail to register by the Early Bird cutoff date, you will be charged the regular rate.

It is advisable to register as early as possible to ensure you receive your first choice of track/workshops.

HOW TO REGISTER: Go to www.uuwomenspirit.org. You will see a link to instructions for UWomenspirit online registration and a link to start your registration process. You might find it helpful, especially if you are new to the online registration, to print the step-by-step instructions on how to navigate the registration process. Be sure to register by the Early Bird deadline to receive the Early Bird discount.

While you are registering, remember that members of UWomenspirit will receive a discounted registration rate. Dues are \$45 per calendar year (January 1 – December 31), and members can receive up to \$80 off registration if coming to Institute and Gathering in both the spring and fall. For this event, the discount is \$20 per program (Institute or Gathering) or \$40 for both programs (Institute and Gathering). Please join UWomenspirit and help to support and grow our unique and dynamic organization. As a current member, in addition to being able to attend our meaningful events at reduced cost, you will have an opportunity to use and strengthen your leadership skills, participate in the consensus process, and, best of all, connect with an amazing network of wonderful women.

You must be a member at the time of registration to receive the member discounted rate. You can join at the beginning of the registration process. If you are unsure of your membership status, click the Check Membership button at the beginning of the registration process, or contact the Membership Coordinator, Judy Padgett, at membership@uwomenspirit.org.

FEE PAYMENT: All UWomenspirit and The Mountain fees are due with your registration. Payment can be charged to Visa, Mastercard, AmEx, or Discover. Your registration will not be complete until payment is received. Some tracks and workshops involve materials fees, which must be paid IN CASH during check-in at the event. Remember that you will not be assigned to housing or your track and workshop until your entire fee has been paid.

If you are applying for a scholarship or have earned credit, you will receive a code to enter during checkout.

LODGE OR DUPLEX (DOUBLE OCCUPANCY) RATE:

<u>RATE FOR UUWOMENSPIRIT MEMBERS</u>	<u>INSTITUTE</u>	<u>GATHERING</u>	<u>INSTITUTE & GATHERING</u>
By April 3 (Early Bird Rate)	\$300	\$300	\$600
After April 3 (Regular Rate)	\$320	\$320	\$640

<u>RATE FOR NON UUWOMENSPIRIT MEMBERS</u>	<u>INSTITUTE</u>	<u>GATHERING</u>	<u>INSTITUTE & GATHERING</u>
By April 3 (Early Bird Rate)	\$320	\$320	\$640
After April 3 (Regular Rate)	\$340	\$340	\$680

NEW TO THIS EVENT: A DISCOUNT FOR STAYING IN A BUNKHOUSE!

BUNKHOUSE RATE (4+ WOMEN, ONE BATHROOM):

<u>RATE FOR UUWOMENSPIRIT MEMBERS</u>	<u>INSTITUTE</u>	<u>GATHERING</u>	<u>INSTITUTE & GATHERING</u>
By April 3 (Early Bird Rate)	\$260	\$260	\$520
After April 3 (Regular Rate)	\$280	\$280	\$560

<u>RATE FOR NON UUWOMENSPIRIT MEMBERS</u>	<u>INSTITUTE</u>	<u>GATHERING</u>	<u>INSTITUTE & GATHERING</u>
By April 3 (Early Bird Rate)	\$280	\$280	\$560
After April 3 (Regular Rate)	\$300	\$300	\$600

NO REGISTRATIONS ACCEPTED AFTER APRIL 24, 2024

LODGING: Accommodations at The Mountain have a unique, rustic charm that is an integral part of our events. The Mountain fee for each program (Institute or Gathering) includes meals and lodging for two nights. One set of linens and towels per registrant is included. All rooms and cabins have twin beds and are double occupancy (or more for family cabins and bunkhouses).

You may indicate a lodging preference during online registration. While we do our best to accommodate you, preferences are NOT guaranteed. However, if you have physical restrictions that need to be considered when lodging is assigned, please clearly indicate these during online registration.

Please be aware that your request for single or double occupancy housing or housing in a specific building (i.e., the Lodge) may not be honored because of a limited number of rooms available.

Your lodging assignment will be made approximately one week prior to the beginning of the Institute. If you want to room with specific women, you MUST request each other. Please do NOT request a roommate without checking with her first. If you do not request a roommate, you will be assigned one.

You can request a private room for an additional fee during registration; however, the number of private rooms is limited and we cannot guarantee availability. Click the View Details About Lodging button during registration or visit The Mountain website at www.themountainrlc.org and look under Accommodations for descriptions of the lodging choices.

MOBILITY ISSUES / SPECIAL DIETARY NEEDS: Please consider The Mountain's rocky terrain, altitude of 4,000 feet, and many forms of plant life when registering. Currently, we cannot provide mobility aids to assist in

traversing between buildings on The Mountain. If you have mobility concerns or severe allergies, please contact the registrar, registrar@uuwomenspirit.org. Vegetarian and vegan choices are available for those who indicate such during online registration. If you have dietary needs not included on the registration form, please provide your own food.

SCHOLARSHIPS: UUWomenspirit maintains two scholarship funds to assist members who would otherwise be unable to attend.

Partial Scholarship: This is available to all UUWomenspirit members who are in need, and covers half the amount of expenses (food, lodging, and UUWomenspirit program fee) for the event. Members may apply for a scholarship once per calendar year.

Young Women's Scholarship Fund: This pays the full cost of attendance for first-time attendees under 40 years old, not including membership fees, any additional workshop fees, and merchandise.

*****Note:** If you have never been to UUWomenspirit and would not be able to attend without a scholarship, we would love for you to join us. You are welcome apply for a scholarship. However, you must join UUWomenspirit before receiving a scholarship.

The deadline to submit your scholarship request is March 27, 2024.

For questions about scholarships, contact registrar@uuwomenspirit.org.

Donations: If you can afford to donate to this fund, please do so during online registration or at any time using the link on the UUWomenspirit website.

BEFORE THE EVENT: You will receive an email confirmation letter containing your track and/or workshop assignment (with suggested materials and optional reading information) along with a map and directions to The Mountain, and a list of what to bring with you. When you check-in at The Mountain, you will receive a site map, housing assignment, schedule, etc.

DURING THE EVENT: Throughout the event, all activities are optional. Please make choices that best meet your needs. If you find it necessary to skip a track session or workshop, please let the facilitator know. If you leave The Mountain to shop or hike, please let others, including The Mountain Staff, know where you are going and the time of your expected return. While the attendees at our retreats are all women, The Mountain has a handful of male staff members on hand to assist us during our retreats as needs arise. Their presence during our events is minimal and we are grateful for their support.

Smoking Policy: The Mountain only allows smoking in one designated outdoor spot. There is NO SMOKING in any of the buildings.

NO pets or children are allowed at UUWomenspirit. The Mountain policy will permit guests to bring Service Animals only. If you are bringing a Service Animal, please put a note in the Additional Information on Special Needs box when registering as well as inform The Mountain at www.themountainrlc.org or (828) 526-5838.

Photos: Please be sensitive and ask permission before taking any photographs. No photos should be posted on the Internet without specific permission of those pictured. Worship times are sacred, so we request that no photos be taken during that time.

CANCELLATIONS: If you register but are unable to attend and need to cancel, please immediately contact the UUWomenspirit Registrar at registrar@uuwomenspirit.org. None of the UUWomenspirit fees are refundable. If you have to cancel due to a death in the family or other serious unexpected event, UUWomenspirit will give you credit for the UUWomenspirit fees to be used at either of the next two events. The Mountain cancellation policy is separate from UUWomenspirit; we have no control over it.

Please Note These Policies from The Mountain

Payment is required to register and confirm your space. Unconfirmed participants will not be housed. Paid reservations are considered on a first come, first served basis – preferences will be noted, but housing requests are not guaranteed. Please pay outstanding balances in full at least a week prior to arrival date to avoid housing issues.

When cancellation notice is received more than 30 days prior to arrival date, \$35.00 is retained for each canceling adult; if notice is received within 30 days of your arrival, \$60.00 is retained for each canceling adult.

NO REFUND FOR NO-SHOW, OR FOR CANCELLATION NOTICE RECEIVED ON OR AFTER ARRIVAL DATE.

Policy questions? Contact The Mountain Registrar at www.themountainrlc.org/contact-us or call (828) 526-5838.

Don't forget to enjoy the quarterly UUWomenspirit Newsletter!
<https://www.uuwomenspirit.org/newsletter>

