

# UUWomenspirit Fall 2018 Retreat

The Mountain Retreat and Learning Center, Highlands, NC

Weekday Institute: Oct. 10-12

Weekend Gathering: Oct. 12-14

**LIKE THE PHOENIX WE RISE: STRONG. FIERCE. WISE.**



Original Artwork by Andrea Johnson

For millennia, women have hidden in the shadows afraid to speak out for what fires their hearts. The 21<sup>st</sup> Century is about changing these old patterns so that women can walk equally, hand in hand with the masculine in order to create a New World in which the feminine is honored and valued.

It is time for us to burn the past that no longer serves all of humanity and like the mythical Phoenix rise from the ashes with power, strength and determination. It is time to reveal our burning, to show the glory that is inside us and to step out in our personal magnificence as we allow hope to catch fire.

This fall experience tracks and workshops that empower us as we create vision boards, healing dolls, warrior shields, explore the wisdom of the Mayans, dance, learn to be activists and visit our inner warrior. Worship gatherings will inspire us using the Archetypes: Priestess, Healer, Scientist/Architect, Artist, Warrior and Visionary. United we can co-create this New World we envision. Together we are incredibly powerful!

*Join us as we give rise to the world that we wish to birth. Out of the ashes of the old, comes the promise of the new. We want YOU to be a part of what's next . . . as we generate power on The Mountain and send our intentions out into the Universe with the enormous electrical energy of UUWomenspirit.*

Unitarian Universalist Womenspirit is an all-woman spiritual retreat (18 years and older) where we explore the Feminine Divine in Her many forms. Spirit-nourishing workshops and worship services are combined in an atmosphere full of community and fun at The Mountain Retreat and Learning Center in Highlands, North Carolina. UUWomenspirit has been offering retreats since 1987.

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. There is a strong commitment to developing the use of consensus as the model for all decision-making. All the work of UUWomenspirit is done by volunteers; there are no paid positions.

Two programs are offered. 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 on Friday afternoon and runs through Sunday morning, will increase in numbers (and energy) to as many as 80 or more women. You can attend Institute, Gathering, or both!



*Back row: Kit Hoffman, Toni Stephenson, Mylissa Buttram. Front row: Serene White, Margaret Schmidt, Andrea Johnson*

Your Planning Committee Members are happy to present  
The Fall 2018 Unitarian Universalist Womenspirit Retreat

Event Coordinator: Toni Stephenson

Worship Committee: Kit Hoffman and Serene White

Scribe: Mylissa Buttram

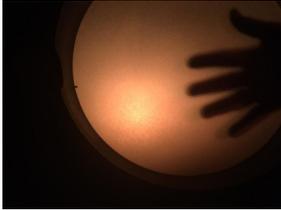
Sales and Activities and Art Coordinator: Andrea Johnson

Tracks and Workshops Coordinator and Brochure Designer: Margaret Schmidt

Chaplain: Ellen Hitchcock

# The Institute: October 10-12

We are excited to share this wonderful event with you and have a variety of activities for you to experience. Worship gatherings are offered daily and will explore through meditation, ritual and music, different aspects of our theme: **Like the PHOENIX We Rise: Strong. Fierce. Wise.** We hope you will find many opportunities for relaxation, fun, friendship, and growth. We encourage you to make the choices that best meet your needs, realizing that all activities are optional.



## Special Evening Activities at the Institute:

Creating with the PHOENIX on Wednesday

Sacred Circle Dancing on Thursday

Healing Circle on Thursday



## Institute Tracks : Wednesday Evening to Friday Morning

### Moving Through the Energy of Change: Embodied Goddesses, Women Warriors

Maximum of 15 participants, No Fee

Embodied Goddesses are those women warriors working for the balancing of energies for peaceful and effective solutions for ourselves, our relationships and our world. In this track we will explore the subtle world of our energy body as a part of our physical body; the higher functions of humans such as clairvoyance and how they are developed as well as exploring the deep-seated rhythms our bodies create that inform and connect us to the energies that are available to us. We will explore our deepest connection to life in and of this planet through journey work and ground this information into our body to gain more personal power when creating.

**Sheri Treadwell**, LMT, conducts a professional healing arts practice in Knoxville, Tennessee. Her offerings include individual coaching and healing sessions, workshops and classes on the Human Energetic System. She is well known for creating fun and exciting workshops that inspire others to their highest potential.



### Vision Board Quest for Your Purpose

Maximum of 15 participants, Fee \$3

These are the times that try women's souls!! We have more power and wider connections than ever before in history, and current events are inspiring many of us to be more than the roles that we have been relegated to in the past. There are so many possibilities, and sometimes it's hard to get clear on what to do. A Vision Board is one great way to decide what you want your future to look like, to see what you want to accomplish, and how you would really love to live--and then have a visual reminder that you can see every day, making your decisions based on these desires!! I will send a questionnaire to participants before the event so that you can come prepared with some well-considered ideas.

**Jody Gundersen** has been a leader in the women's community for nearly 30 years and has been a regular at UUWomenspirit. She has always felt that she is here for a reason, and as soon as the presidential "election" was over, she understood what it is!! She wants to help women step into our shoes and create the change that needs to happen. It's Time!!



## Institute Tracks Continued

### The Artist: Creating Sacred Figures

Maximum of 12 participants, Fee \$15

Goddess images are a visual reminder to remain Strong, Fierce, and Wise. Join us as we easily create an original figure of your choice. Will she be a Warrior, Crone, Wise Woman or a Goddess? The figures are approximately 18" tall with the emphasis on creating a figure that speaks to the participant's inner wishes, needs and strengths. A second figure may be created, time permitting. No artistic talent required.

**Linda Myers** got her start as an artist by accepting and embracing her inner artist while attending UUWomenspirit retreats. Now a mixed media artist, jewelry maker, doll maker, and artist of all sorts, this retired Registered Nurse has had photos of her work published multiple times in national magazines such as Just Steampunk, Just Mixed Media, and Just Cards. She loves introducing other women to their inner artist.



### Embodying the Goddess

Maximum of 20 participants, No fee

To rise as fierce, strong priestesses we need to feel healthy, balanced, flexible and joyful in our bodies. We will use belly dance, goddess grace yoga, massage and bodywork, singing and conversation to focus our energies on increasing the light in our physical selves so that we can shine it more brightly in the world.

**Betsy Bickel** is a long-time member of UUWomenspirit. She is a massage therapist, belly dancer, singer/songwriter, priestess and has taught some variation of this track previously.

## Daily Activities

**Social Hour:** Every late afternoon, usually on the deck outside the Commons. Come mix with your sisters, share your day's experiences, catch up with old and new friends. Light snacks, pop corn, wine and beer will be available. Bring cash to donate for your beverages.

**Silent Auction:** This year Rosemary and Shauna Ireland will be organizing and monitoring our silent auction. Please donate Sacred treasures/Goddessy items that you no longer need. This is NOT a rummage sale, so please bring only appropriate items. All proceeds go to the scholarship fund.

**Morning Meditation** Each morning at 7 am in The Hatchery (Chapel) led by our Chaplain, Ellen Hitchcock.

**Brigid's Bazaar:** Sacred gift shopping! Checks, cash and some vendors accept credit cards. Discover the talented UUWomenspirit artisans' handmade crafts, jewelry, clothing, and much more. Bring your cards and brochures to spread the word on your business to the "networking" table for women entrepreneurs. The latest info on our KIVA involvement as well as flyers for the Spring 2019 UUWomenspirit Retreat will be on display.

**Tea, Talk & Coloring:** Every night until . . . . In the Dining Hall. Join your sisters as we unwind and let our hair down. Laughter is guaranteed to be present.

**12 Step Meeting:** Self-led every late afternoon in The Hatchery (Chapel).

**Our Chaplain,** Ellen Hitchcock will be available for private consultations, if needed.



# Weekend Gathering Full-Day Workshops

## Saturday, October 13

### **Visionary: Exploring Tarot and the Chakras through the Lens of Meditation.**

Maximum of 20 participants, No fee

One way to reclaim your power is to manage stress through meditation. No study of meditation is complete without an examination of the energy centers that can store stress and emotions in key points of the body. Exploring Tarot after clearing the chakras can open you to a deeper opportunity for clarity in interpreting or processing your reading. Join us to take a fresh look at Tarot as a meditative tool for healing and connecting with your chakras. Some familiarity with Tarot is helpful. We will have limited loaner decks but recommend bringing yours along.



**Susie Sherman-Hall** has been coming to UUWomenspirit since 2011. One of the first workshops she took was an Intro to Tarot with Tina! She went through a 200 RYT training in 2014 and a Mindfulness training in 2017. All life changing experiences!

**Tina Whittle** is an author and has generously shared her knowledge of Tarot with us for many years. She's presented several workshops or tracks on Tarot as well as writing and journaling. She has been coming to UUWomenspirit for longer than she can remember!



In Fall 2016 Susie and Tina teamed up as Worship Coordinators for the Moon Energy event. They are excited to create a workshop together to share with our sisters and play with Tarot! Come explore with us!



### **Warrior Shields**

Maximum of 10 participants,  
Materials fee \$10

In this workshop we will be making plaster cast breast, or face shields. We will imbue our intent to see the strength of our feminine selves and create a thing of power and protection. We will pair off in the morning and form our shields. In the afternoon we will finish the shields with paint, collage, decorative items and special pieces. We will consecrate our shields and stand in our power: Strong. Fierce. Wise.



**Kate Wolverton** loves to be in the creative process with people. She has led a similar workshop 2 times, along with several others: making Didgeridoos, studying the labyrinth and creating steppingstones. She has been attending UUWomenspirit for 15 years, and has grown and been enriched by the embrace and support UUWomenspirit has provided.

**Volunteers are needed to assist with clean-up at the close of our retreat. Please be kind and sign up on the registration form.**

# Weekend Gathering Saturday, October 13, Half-Day Workshops

## Morning

## Afternoon

### Knowing How to Rise

Maximum participants: 10 , No fee

How do we rise through all the difficulties and constant challenges life delivers? How can we become strong and wise from now to life's end? I am still on what has been a 4-year journey to explore the topic of aging and how to remain juicy until the end. Spirit is speaking and the answers are the same for rising at any age. Come explore & learn them well.

**Betty Brown** has given many workshops for UUWomenspirit over the years. She facilitated one of our first Crone Ceremonies as well as given several workshops at National Crones Counsel. She has strong experience developing and delivering training and facilitating group discovery.



### Sacred Mayan Journey

Maximum participants: 15, No fee

We will explore the Sacred Mayan Calendar (the Tzolkin) as a template for daily spiritual practice. We will pay special attention to the Sacred Energy of the Day of the workshop. Through ritual, ceremony, guided visualization, song, chanting and sacred circle dance, writing and drawing we can find our own Sacred Path.

**Sue-Anne Solem** previously facilitated a workshop at UUWomenspirit using the Mayan calendar and Sufi practices. As well, she has facilitated half day retreats and short day and evening programs about the Mayan calendar and spiritual practice.



**Big Sister/Little Sister:** *If you are new to UUWomenspirit and would like to have a Big Sister "show you the ropes," please indicate it on the registration form. Big Sisters, please volunteer on the registration form if you would be willing to welcome a new sister .*

### Sacred Circle Dance

Maximum participants: 15, No fee

Dance was the first form of worship, and was universally practiced in communities all over the world to honor the Great Mother Goddess. This workshop includes dances that speak to our hearts and spirits of the Maiden, Mother, Queen and Crone aspects of the Goddess, as represented in these phases of our lives as women. Participants will be asked to bring an object for the Center altar that represents their own experience of rising from the ashes. Following each dance there will be an opportunity for sharing these experiences. Each dance will be gently taught and no previous dance experience required.

**Maggie Moon O'Neill** has 25+ years experience teaching dance, Sacred Circle Dance, and facilitating personal growth workshops. She also has spent 30+ years on the faculty of Virginia Commonwealth University, developing and teaching continuing education courses.



### Finding Your Passion for Activism

Maximum participants: 12, No fee

Participants will conduct a Life Vision, a Vision for the World, and an inventory of what change work they have done. They will integrate these three areas and find their passions for making change in the world.

**Terri Lyon** is a newcomer to UUWomenspirit who unexpectedly became an activist after traveling to DC to attend the Women's March in 2017. Soon after she wrote *What's on Your Sign?: Inspiring you to change yourself and the world.*

Her book serves as a one-of-a-kind, extensively researched guide for those searching for a way to make a difference in the world but not sure how to get started. Terri is a member of the Foothills UU Fellowship in Maryville,



# Gathering Activities

## Special Activities at the Gathering include:

### Friday Evening

**UWomenspirit Membership Meeting:** Friday before dinner. Get officially welcomed, an update on the health of our organization, and a chance to win a door prize generously provided by artisans of Brigid's Bazaar.

**Sacred Circle Dancing:** To connect with your Sisters and the Ancient Ones.

**Labyrinth:** Enjoy our beautiful candle-lit labyrinth at the base of the Mountain.

**Creating with the PHOENIX:** Come see what our talented Andrea has arranged for us. Even if you don't consider yourself a crafty person, she makes it easy and you will be surprised at the results.

### Saturday Evening

**RE-Birthday Party:** A surprise for all of us!

**CABARET:** A fun Saturday night opportunity to channel your inner performer. No experience necessary or required. You or your troupe will have three minutes to perform a skit, play an instrument, read a poem, or sing your heart out.

**Drumming and Dancing:** Now is the time to boogie up a storm as we celebrate !!!!!

**Creating with Sacred Geometry (Mandalas):** Andrea again has some great ideas for non-crafty women.



## UWomenspirit Retreat Merchandise

**Sales Close **September 12, 2018**, so ORDER NOW!!**

**Want a professional print of our wonderful logo to frame and hang on your wall at home? One (or more) can be yours for \$15 each. They are numbered and signed. Note: This does not include matting.**



### T-Shirts

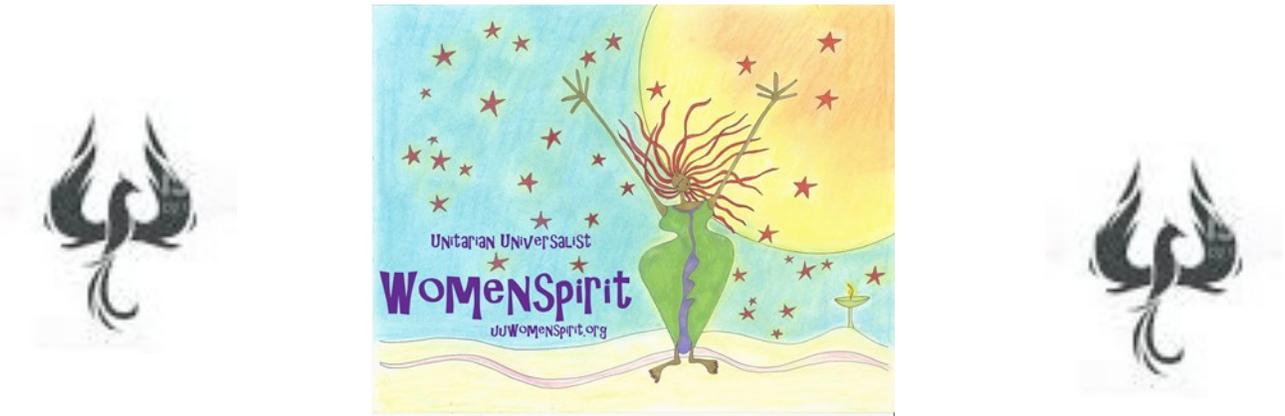
Shirts are black heavy duty 100% cotton by Gildan and feature our marvelous logo.

**Women's Fit Crew Neck Long-Sleeved T-shirt** .....\$19. Available in sizes S through 3X.

Be aware that Women's cut shirts run at least 1 size smaller than normal.

**Unisex Short-Sleeved Crew Neck T-shirt** .....\$17. Available in sizes S through 3X.

The proceeds from merchandise sales are used to defray the cost of the retreat. In the event you are unable to attend this time but would like to order merchandise, please contact Andrea Johnson, [andrea.johnson@ccpstn.net](mailto:andrea.johnson@ccpstn.net) Your merchandise can be shipped to you at an additional cost. **You must order merchandise no later than September 12, 2018.**



### Registration Information

Register Online at: [www.uuwomenspirit.org](http://www.uuwomenspirit.org)

UUWomenspirit uses The Mountain's online registration program. There is a link on our website, along with detailed instructions to help in the process. We do **NOT** have paper forms. 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 UUWomenspirit website and follow the registration link found there rather than any bookmarked links you may have. Pay special attention to the **Early Bird cutoff date (9/12/18)** and register by this date to receive the Early Bird discount. 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 tracks/workshops. 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.

**How to Register:** Go to [www.uuwomenspirit.org](http://www.uuwomenspirit.org). You will see a link to instructions for UUWomenspirit 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...

**UUWomenspirit Membership Discount:** Members of UUWomenspirit will receive a discounted rate to attend the event. The discount is \$20 per program (Institute or Gathering) or \$40 for both programs (Institute and Gathering). Dues are \$30 per calendar year (January 1-December 31) 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, 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.

Visit the UUWomenspirit website at [www.uuwomenspirit.org](http://www.uuwomenspirit.org) (click "Join" on the menu) for a convenient link to PayPal to pay your membership dues.

If you are unsure of your membership status, contact the Membership Chair, Linda Sterner, [membership@uuwomenspirit.org](mailto:membership@uuwomenspirit.org).

IMPORTANT DATES TO REMEMBER: September 5: Deadline for scholarship applications

September 12: End of Sales, end of Early Bird Pricing

October 3: No more registrations will be accepted

**Fee Payment:** All UUWomenspirit and The Mountain fees are due with your registration. Payment can be charged to Visa or MasterCard or you can mail a check to The Mountain. Do NOT mail cash. 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. If you are applying for a scholarship or have earned credit, check the relevant boxes during on-line registration and pay the balance. Remember that you will not be assigned to your track and/or workshops or housing until your entire fee has been paid.

**Rate For UUWomenspirit Members:**

	<u>Weekday Institute</u>	<u>Weekend Gathering</u>	<u>Institute and Gathering</u>
Before Sept 12: (Early Bird Rate)	\$250	\$250	\$500
After Sept. 12: (Regular Rate)	\$270	\$270	\$540

**Rate For Non UUWomenspirit Members:**

	<u>Weekday Institute</u>	<u>Weekend Gathering</u>	<u>Institute and Gathering</u>
Before Sept 12: (Early Bird Rate)	\$270	\$270	\$540
After Sept. 12: (Regular Rate)	\$290	\$290	\$580

**No registrations will be accepted after October 3, 2018.**



*Blue Valley in the Mist from Meditation Rock*

*Photographer unknown*



*Photographer unknown*

**Lodging:** Accommodations at The Mountain have a unique, rustic charm that are 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 are 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. If you have physical restrictions that need to be considered when lodging is assigned, you MUST clearly indicate these during online registration.

Your lodging assignment will be made approximately one week prior to the beginning of the Institute and will be listed in the welcome packet you receive during check-in.

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 very limited and we cannot guarantee availability. Visit The Mountain website at [www.themountainrlc.org](http://www.themountainrlc.org) and look under Accommodations for descriptions of the lodging choices.



*Watching an approaching storm over Blue Valley. View is from the deck outside the Lodge.*

*Photo by Beth Flannagan.*



*UUWS member enjoying the view from Meditation Rock.  
Photo by RC Edwards*

**Special Dietary Needs or Mobility Issues:** Be sure to indicate this during online registration. Remember that vegetarian choices are reserved for those who indicate such during online registration. If you have special dietary needs not included on the registration form, you should provide your own food.

**Scholarships:** UUWomenspirit maintains a Scholarship Fund from which we provide a limited number of partial scholarships to those UUWomenspirit members who would otherwise be unable to attend. You must be a member of UUWomenspirit to apply for a scholarship. Click "Join" on the UUWomenspirit website for a convenient link to PayPal to pay your membership dues. The partial scholarship covers a portion of the cost for the Gathering or the Institute and will be given for one program per 12-month period only. A link to the online scholarship application form is available on the event page on the UUWomenspirit website. **The deadline for submitting your request is September 5, 2018.** If you can afford to donate to this fund, please do so during online registration or at any time using the PayPal link on the UUWomenspirit website. For questions, contact [scholarship@uuwomenspirit.org](mailto:scholarship@uuwomenspirit.org).

**Before the Event:** About 2 weeks 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 welcome packet with 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.

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 comment section when registering as well as informing The Mountain at [www.themountainrlc.org](http://www.themountainrlc.org) or (828) 526-5838.

If you bring a camera, 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.

**Sales:** One of the goals of UUWomenspirit 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.

**Massage Therapy/Reiki:** If you are a licensed massage therapist, Reiki/alternative healing practitioner and would like to offer your services at this event, please complete the online form located on the event page on our website.

**Cancellation Policy:** If you register but are unable to attend and need to cancel, please immediately contact both the UUWomenspirit Registrar [registrar@uuwomenspirit.org](mailto:registrar@uuwomenspirit.org) and The Mountain. Due to our online registration process, both fees for The Mountain and UUWomenspirit have been combined into one total fee per event. The room and board portion charged by The Mountain is \$190 per program. The UUWomenspirit program fee is \$60 per program (\$80 after early bird deadline) for UUWomenspirit members and \$80 per program (\$100 after the early bird deadline) for non-members. UUWomenspirit has no control over what The Mountain may be willing to refund.

Please note The Mountain policy below:

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 balance in full at least a week prior to arrival date to avoid housing issues.

When 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 NOTICE RECEIVED ON OR AFTER ARRIVAL DATE.** Notice via email is preferred.



*Photographer unknown*

The Cancellation/Administrative Fee is retained except in the case of medical emergency. Remaining Fees are refunded within 72 hours to credit card or by check within 7-10 days when no credit card is on file. Questions? Contact The Mountain Registrar at [www.themountainrlc.org](http://www.themountainrlc.org) or 828.526.5838.

