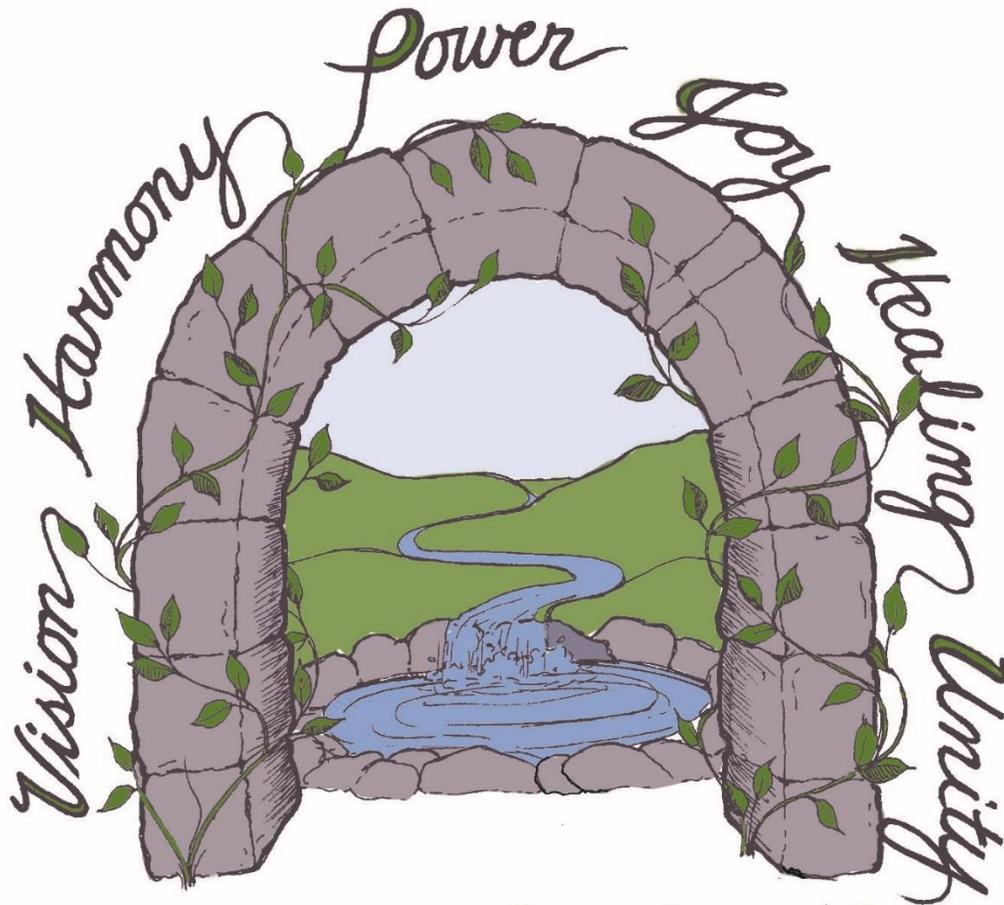


UUWomenspirit Autumn 2019 Retreat

Weekday Institute: Oct.16-18 Weekend Gathering: Oct. 18-20

The Mountain Retreat and Learning Center, Highlands NC



*Come to the Temple:
The Mother's Holy Well*

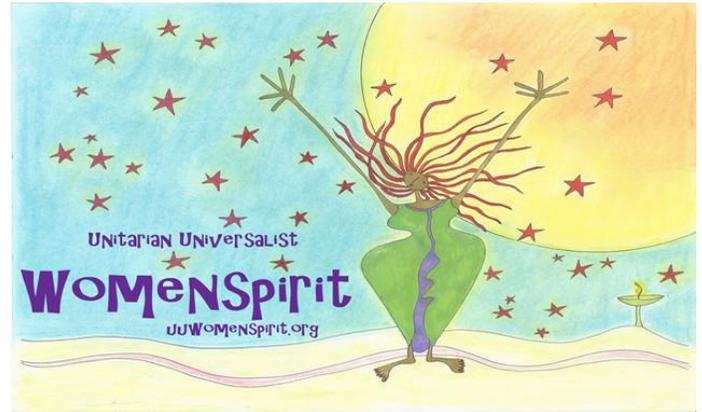
Her Holy Well is deep and loving.

**We gather to renew our Vision, our Joy, our Healing,
our Power, our Harmony, and our Unity.**

Sisters, Come Home Again!

You are warmly invited to return to the source of our wisdom and inspiration—the Mother’s Holy Well. We will experience the Temple of Vision, the Temple of Joy, the Temple of Healing, the Temple of Power, the Temple of Harmony, and the Temple of Unity, considering how we create these sacred spaces within us and in our lives. Connect with women from far and wide to celebrate the Feminine Divine, as together we join to **Come to the Temple: The Mother’s Holy Well.**

UWomenspirit is an all-woman spiritual retreat (18 years and older) where we explore the Feminine Divine all 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. UWomenspirit has been offering retreats since 1987.



The purpose of UWomenspirit 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 UWomenspirit is done by volunteers; there are no paid positions.

Two programs are offered. The **Weekday Institute** is Wednesday afternoon through Friday morning. Choose from a selection of in-depth Weekday Tracks for 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. Full-day and half-day Weekend Workshops offer personal discovery within community connection. The Gathering grows in numbers (and energy) to as many as 80 women or more.

You can attend the Institute or the Gathering or both!

This event is lovingly and happily created and focused by your Autumn 2019 Planning Committee:



From left: Farrunnissa Rosa, Sue-Anne Solem, Katie Bloedau (Event Coordinator), Marilyn Grubbs, Rebecca Moon, Betsy Bickel

Weekday Institute Tracks

From Wednesday evening October 16 through Friday morning October 18

The Colors and Textures of the Mother's Holy Well in Mosaic with Kate Wolverton

**15 participants max.
\$15 materials fee**

In this track we will explore the medium by creating a group mosaic of the "Mother's Holy Well." We will delve into symbols of the sacred yoni, chakras, and the feminine Divine. After being nourished at the well and reflecting on our Divine connection, you will piece together your own piece. You will be using symbols, colors, and tessera (such as tiles) to celebrate your body as a temple.

From Kate: I have been attending UUWomenspirit for 19 years, where I always grow and find joy with my sisters. I love sharing opportunities to create art with others. I have been creating with concrete and tessera for over 20 years and have taught many workshops here at Womenspirit.

The Majick of Sigils: Individual Symbols for Our Personal Sacred Spaces with Toni Stephenson and Andrea Johnson

**15 participants max.
\$7 materials fee**

There are numerous ways to practice magick. In this workshop, participants will be introduced to the magick of sigils, a secret symbolic language. For those new to this, sigils are sacred symbols created by the individual. This workshop will involve using paint and other media to create a personal symbol to adorn our temple or an altar whether they be concrete or abstract. This process will be inviting to the beginner as well as the skilled artist because sigils are deeply personal and take on many forms and interpretations. They are an invented and private language created for specific meanings known only to the creator. They range from very simple to very intricate. In addition, we will learn the herstory of sigils and the many forms they embody.

Toni and Andrea have collectively facilitated numerous workshops at Womenspirit. Andrea is a Language Arts teacher as well as an established artist who has facilitated two art workshops at Womenspirit and has done much of the decorating in the Treehouse for two events. Find Andrea's art in her Etsy shop at www.etsy.com/shop/TigerlilyTangles. Toni has created many workshops on various topics that she has presented at Womenspirit and other venues. As a Wiccan, she practices different types of magick and sigils are one that she recently discovered.

Continued next page

Weekday Institute Tracks, *continued*

Living the Gifts of the Temple with Jane Norton

16 participants max.
\$5 materials fee

In this playshop, we will learn processes to access our inner knowing, choose a joyful vision, clear blocks to achieving that vision, and raise our energy to manifest it. Individually, in pairs, and in group, we will use images (a Soul Collage[®] like process), reflection and journaling, energy exercises such as Emotional Freedom Technique (EFT) and Picture Tapping Technique (PTT), sharing, movement, and ritual to reach into the Holy Well for what our souls desire. We will leave with a menu of creative tools that we can apply to more fully living the rest of our lives. Come Play! Note: Participants may bring images if desired, but there will be an abundant assortment of images available.

Jane Norton is a life, career, and creativity guide, mother of 2, and grandmother of 6. She delights in helping people learn self-help tools that can support their healing and movement forward in their lives in the context of healing the collective. A cancer thriver, she has created a framework, Living Healing[®], that can be used to design a personalized healing path. Certified in EFT (Emotional Freedom Technique) and many other modalities, she is continually learning empowering tools to share. Find out more about Jane's work at Living Nature's Design: <https://livingnaturesdesign.com>

Telling Our Sacred Stories from the Well with Judith Valerie

18 participants max.
No materials fee

What are the stories you carry in your body-spirit? Sharing and listening to each other's stories can create sacred space, deep connection, and healing joy. We find our own authentic voice and increase our internal authority, dignity, and creative power. Judith will lead a variety of simple storytelling forms to help us remember, embody, and share stories from our rich life experiences. Judith will weave in movement, meditation and journaling so our stories come from the whole of us: body-temple, heart, mind, and soul. Storytelling and movement forms are adapted from InterPlay, an active, creative way to unlock the wisdom of the body. InterPlay is based in affirmation and playfully invites participants to express themselves through storytelling, movement, voice and reflection. <https://www.interplaync.org/about>

As a child in England, Judith performed stories, songs, and dances for the fairies, her friends, and her neighborhood! As an adult in the USA, Judith has taught yoga and meditation for 30 years. As a certified InterPlay leader, Judith has led creativity workshops for women in storytelling, movement, and embodied ritual for 25 years. In the early 2000s, Judith performed with "Off the Deep End InterPlay Ensemble." More recently she tells about her escapades in India, Afghanistan, and the Sinai with swamis, camels, monkeys, and men! Judith also performs a one-woman show and discussion group called "Queen B" about overcoming the violence in her family.

<http://www.judithvaleriyoga.com/about/about-judith-valerie.html>

<http://ncstoryguild.org/directory/>

Weekend Gathering Workshops: Saturday, October 19

Full-Day

Gaia, Our Temple: How to Deal with Climate Change Now
with Elizabeth Thomas and Jessica Ohrt

25 participants max.
\$5 materials fee

The crisis of our time is overwhelming. We have all witnessed ways that climate change is harming life now. The effects are all around us and yet we can hardly bear to digest it. In this workshop, let's support each other in grieving for our planet. Let's share facts to help us better understand the scope of this problem and facts that give us hope for the future. Let's help each other shape a plan of action, by putting our hearts, minds, hands, and feet together in service to Gaia. Let's also share our success stories and strategize ways to further advance the changes needed.

Jessica Ohrt has a bachelor's degree in Sustainability from the Arizona State University Julie Ann Wrigley Global Institute of Sustainability. While completing her degree, Jessica worked as a Sustainability Intern at UPS Corporate Headquarters and was the recycling and waste diversion intern with the City of Atlanta Mayor's Office of Sustainability. Elizabeth Thomas's first act of environmental activism was in 1990 during her high school pageant when she delivered a nature-based photographic essay and monologue inspired by Rachel Carson and Walt Whitman. She has volunteered with numerous sustainability groups over the years and is very proud of leading her son's elementary school to gaining the International Eco-Schools' bronze status award in 2015 for their actions on energy conservation, waste reduction, recycling, and composting. Jessica and Elizabeth met while certifying as Climate Reality Leaders by Al Gore's Climate Reality Project in March 2019.

The Ink Well: Sensual Poetry
with Linda Myers

10 participants max.
\$5 materials fee

From the time of our birth into the cold air and then being wrapped in a warm, soft blanket, we have been sensual beings. Utilizing our 5 senses we will, in a gentle and noninvasive manner, explore some elements of sensuality. Our reawakened senses will enable us to attune to our sensual self and create our poetry. We will combine words into phrases into sentences into poems. This easy, no-rule technique will be assisted by pre-made word cards to get us started. No prior experience necessary.

A long-standing member of UUWomenspirit, Linda has, over the years, facilitated many Tracks and Workshops. Her poetry has appeared in the "She Speaks" newsletter and in the book "Spiritual Smut" by Gina Gonzalez, available via Amazon.com. She loves facilitating and gently guiding women from "I can't do that." to "Look what I did!"

Weekend Gathering Workshops: Saturday, October 19

Half-Day – Morning

Lady of Ten Thousand Names with Annelinde Metzner

**30 participants max.
No materials fee**

We will learn songs in praise of the Goddesses of Europe, Africa, and the Middle East from Annelinde's songbook of the same name. Movement, costumes, percussion, and Goddess art add to the fun. Annelinde will bring a keyboard and copies of her songbook, and will teach the songs in unison, or in 2- or 3-part harmony, according to the ability and desire of participants.

Annelinde Metzner devotes her creative life to fostering the reemergence of the Goddess in Her many forms. She directs Sahara Peace Choir for women and the UUCSV Choir in Black Mountain NC, teaches music, and gives concerts of her own works, such as "Feminine Faces of God" in July 2019. Her poetry appears regularly in the We'Moon Datebook and Goddess Pages of Glastonbury. Email Annelinde at annelinde@hotmail.com, or see more at Annelinde's World, annelindesworld.blogspot.com.

Creating 'A Temple for the Goddess' in Your Community with Sharon Bennett

**8 participants max.
No materials fee**

Does your Spirit yearn for a place to be with like-minded women to worship the Goddess between Womenspirit events? Sharon's Spirit yearned to create a Temple for the Goddess in conservative Augusta GA; quite a challenge! This workshop will help us to do the same. Planned Activities: Create our Temple space, call in the Five Directions, place personal sacred objects on directional altars, find spiritual direction from the Goddess Within, share ideas about starting Temples for the Goddess in our own communities or churches, and commit to supporting each other when we return home. What To Bring: Personal journal, a sit-upon or meditation cushion, and personal sacred objects for the altars.

Sharon Bennett is a long-time member of UUWomenspirit and a Priestess of the Goddess. She has been a member of two WS Planning Committees, a Big Sister to "Virgin" attendees, a Searchette, and a volunteer at several events. She has been a Unitarian Universalist since 1975 and currently coordinates a Goddess Group at her church in Augusta GA. She has taught many classes and led many groups in her professional career and coordinated a workshop on creating a local Temple for the Goddess at the Spring 2019 WS event.

Weekend Gathering Workshops: Saturday, October 19

Half-Day – Afternoon

Dip into the Holy Well of Laughter with Cheryl Dent

12 participants max.
No materials fee

Cultivate the joy and power of your inner “ham” through simple games and “exercises” designed to unleash your divine creativity. IMPROV will not mimic the TV show. You will sharpen your listening and interpreting skills while having FUN!!!! Wear loose clothing and expect to laugh A LOT! There are no requirements other than an open mind and a sense of silliness.

Cheryl Dent has served on Planning Committees and presented workshops at UUWomenspirit, and feels especially blessed to have made strong connections with Little Sisters over the years. Since she loves to find laughter in strange places (many of you have heard her cackle, she just can't keep it contained!), she took Margaret's first improv workshop and had so much fun that she agreed to lead it at this event. She looks forward to working together to bring laughter into all of our hearts.

Embodied Music-Making for Personal and Community Meditation with Cathy Kielar

15 participants max.
No materials fee

Lavish your body and spirit with healing laughter, invigorating stretching, and sacred sounding using your voice and your drum in Explore! Rhythm. Reclaim your own voice and internal sense of rhythm. We will ask our body directly what it needs and what it would have us create to meet that need, using our voice and a variety of percussion. We'll create group music using listening techniques and interactive games, as we connect with our community. Learn simple techniques for guiding a group into creative music-making. Our goal is Jelaluddin Rumi's quote “We have fallen into the place where everything is music.” Cathy will provide frame drums. Bring a yoga mat or blanket, and your favorite hand drum; dumbeks and djembes welcomed.

Since 1988, Cathy Kielar has been facilitating interactive community fun in private and public settings., starting her career as a ventriloquist. In 2002 she trained with Arthur Hull as a Village Music Circle Drum Circle Facilitator. Since 2003 she has had numerous trainings in various drumming techniques with Arthur Hull, Layne Redmond, Farrunnissa Rosa, Ubaka Hill, Jim Donovan, Matt Savage, Jim Roberts, Ronnie Pulley, and Christine Stevens. Cathy is currently playing bass drum and hand percussion in Durham's own New Orleans-style street band, Bulltown Strutters. Music Explorium is her business that opened in 2005.

<https://www.musicexplorium.com/>

Our Chaplain



Rev. Stacy Grove is a Jewish Interfaith Minister and Spiritual Director with a background in pastoral care, hospice care, chaplaincy, and Red Cross disaster spiritual care. She is the Consulting Pastoral Care Minister for the Eno River Unitarian Universalist Fellowship in Durham NC.

She will focus our Healing Service, and be available to consult with anyone who needs to process something unexpected that arises or just needs to talk.

Worship Services

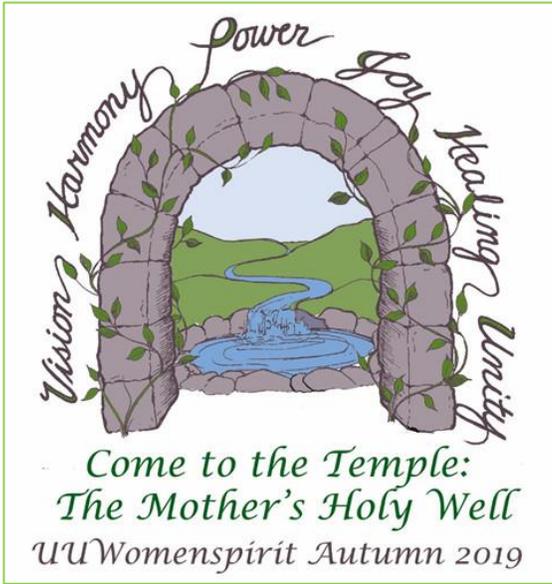
Participatory gatherings by the Planning Committee and our Chaplain

- Institute**
- The Temple of Vision – Wednesday evening
 - The Temple of Joy – Thursday evening
 - The Temple of Healing – Friday morning
-

- Gathering**
- The Temple of Power – Friday evening
 - The Temple of Harmony – Saturday evening
 - The Temple of Unity – Sunday morning
-

Event Activities

- Daily:** Sunrise Sacred Circle Dancing
 Afternoon Social Hour
 Silent Auction: Treasured contributions from participants
 Brigid’s Bazaar: Beautiful items from our industrious vendors
 Sacred Circle Dancing before each Worship Service
- Institute:** Newcomer Orientation Wednesday afternoon
 Sacred Circle Dancing Thursday evening
 Healing Circle Thursday evening
- Gathering:** Newcomer Orientation Friday afternoon
 UU Womenspirit Membership Meeting Friday afternoon
 Fire Circle with Singing Friday evening
 ‘Circle of the Goddess’ Initiation Ritual Friday evening
 Cabaret, co-created by attendees Saturday evening
 Rhythm Circle Saturday evening
 Drumming and Ecstatic Dancing Saturday evening
- Self-Guided:** Morning Yoga
 Afternoon 12-Step Meetings
 Evening Tea and Talk, Coloring and Games
 Labyrinth Walk
 Meditation Rock
 Hiking the Beautiful Mountain Trails
 Stargazing



Merchandise

Order online when you register!

~ Merchandise sales close September 18 ~

All items are 100% cotton and printed with our beautiful logo.

Canvas Boat Tote – \$15

- Natural with Royal Blue contrast
- 100% Cotton Canvas
- Front Outside Pocket
- Open Main Compartment



T-Shirts are 100% pre-shrunk cotton, machine washable, with the printed logo the same softness as the shirt fabric.

Women's Fit Long-Sleeved Jewel Neck T-Shirt – \$19

Shirt color is close to Carolina Blue.

Women's Sizes: S, M, L, XL, 2X, 3X

Women's sizes can run one size smaller than Unisex.



Unisex Short-Sleeved Crew Neck T-Shirt – \$17



Shirt color is close to Ocean Blue.

Unisex Sizes: XS, S, M, L, XL, 2X, 3X, 4X



If you are unable to attend the event but would like to order merchandise, please contact Betsy Bickel at betsybickel@gmail.com. Your merchandise can be shipped to you at an additional cost.

The proceeds from merchandise sales are used to defray the cost of the event, so thank you...

**** You must order merchandise no later than September 18. ****

Registration Information

Register online at www.uuwomenspirit.org no later than Wednesday October 9 2019.

UWomenspirit uses The Mountain's 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 **Early Bird cutoff date of Wednesday September 18 2019**. 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. 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. Visit the UWomenspirit website at www.uuwomenspirit.org, then click the "Join" menu option for a convenient link to PayPal to pay your membership dues, or for how to mail in a check for your dues. If you are unsure of your membership status, contact the Membership Chair, Linda Sterner, 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, 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 online 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 UWomenspirit Members	<u>Institute</u>	<u>Gathering</u>	<u>Institute & Gathering</u>
By 9/18 (Early Bird rate)	\$250	\$250	\$500
After 9/18 (regular rate)	\$270	\$270	\$540

Rate for NON UWomenspirit Members	<u>Institute</u>	<u>Gathering</u>	<u>Institute & Gathering</u>
By 9/18 (Early Bird rate)	\$270	\$270	\$540
After 9/18 (regular rate)	\$290	\$290	\$580

**** No registrations accepted after Wednesday October 9 2019. ****

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. 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 limited, and we cannot guarantee availability. Visit The Mountain website at www.themountainrlc.org and look under Accommodations for descriptions of the lodging choices.

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 for 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 scholarship request is Sunday September 8 2019.** For questions, contact scholarship@uuwomenspirit.org. 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.

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 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. **The deadline for submitting the Sales Agreement is Sunday September 8 2019.**

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 contact the Volunteer Coordinator at volunteer@uuwomenspirit.org.

Cancellations: If you register but are unable to attend and need to cancel, please immediately contact both the UUWomenspirit Registrar at registrar@uuwomenspirit.org and The Mountain at the [Contact Us page](#), selecting 'Cancel Registration' from the Department dropdown list.

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. Depending upon the timing and reason for the cancellation, all or a portion of the UUWomenspirit program fees may be refunded. See *below* for The Mountain's cancellation policy for room and board.

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 balance 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.

Cancellation notice via email is preferred. 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.

Policy questions? Contact The Mountain Registrar at www.themountainrlc.org/contact-us or call 828.526.5838.



*Come to the Temple:
The Mother's Holy Well
UUWomenspirit Autumn 2019*

Come to the temple.
Come to be healed.
Come to be tested,
tempered, and steeled.
Come with your weakness,
with every last flaw.
Come to release them,
to sacrifice all.
Come with your tenderness.
Come with your pain.
Come to the temple.
Come home again.

Chorus of
Come to the Temple
by Betsy Bickel