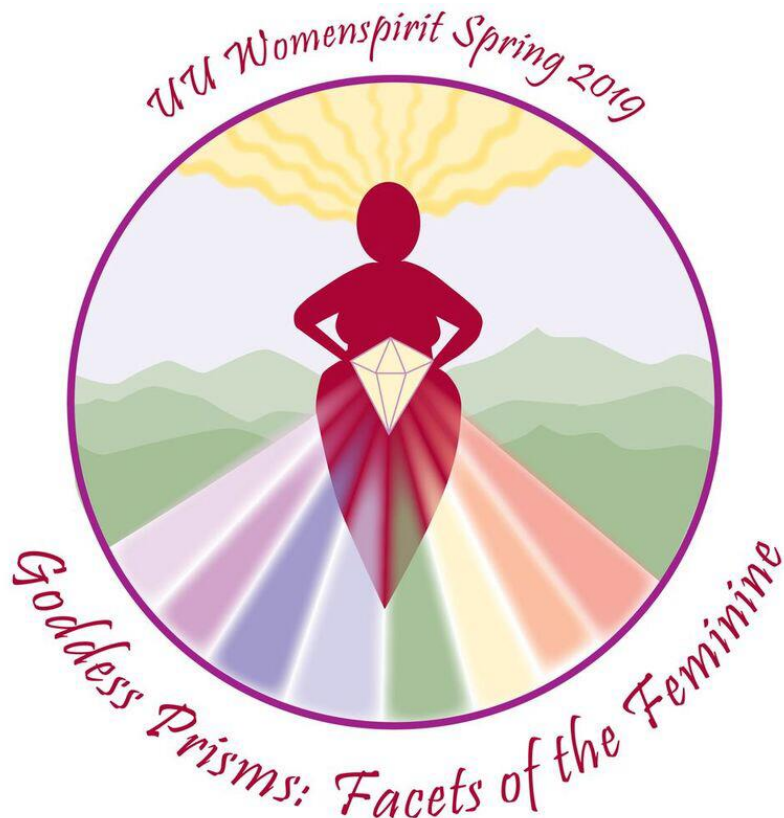


UUWomenspirit Spring 2019 Retreat

The Mountain Retreat and Learning Center, Highlands NC

Weekday Institute: May 15-17 Weekend Gathering: May 17-19



*As a prism casts its multicolored light,
the Goddess manifests herself in many forms.
These archetypes are diverse facets of the vibrant Divine,
which lives in each of us.*



*Logo created by your
Planning Committee Team:*

Tammy Sadler – Event Coordinator

Alexandria Carrico – Worship

Shannon Browning-Mullis – Worship

Adrianna Lee – Tracks & Workshops

Nina Brewer-Davis – Sales & Activities

Karen LeFever – Scribe

Table of Contents

What is UUWomenspirit.....	2
Weekday Institute Tracks.....	3
Weekend Gathering Full-Day	
Workshops	5
Weekend Gathering Half-Day	
Workshops	6
Worship	9
Activities	10
Inspiration	12
Merchandise	13
Registration Information	14

UUWomenspirit Institute and Gathering



UUWomenspirit 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 the 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, which begins on Friday afternoon and runs through Sunday morning, will grow in numbers (and energy) to as many as 100 women. You can attend Institute, Gathering, or both!

Please join us this **Spring, May 14-19, 2019**, to experience

Goddess Prisms: Facets of the Feminine

New women, new cultures, new insights, new joys!

Like the Great Mother, we as women are complex and multidimensional. This spring we will embark on a journey to explore these facets of the feminine and unite the pieces of ourselves. Healer, Warrior, Creatrix, Lover, Wild Woman, and Mystic will come alive to offer us their wisdom and help us connect to their attributes within ourselves.

You are invited to join us in expressing your relationship with the archetypes that you relate to ...or that challenge you!



Scan this QR code with your phone to be taken directly to the registration page, available March 13, 2019. Until then, go to www.UUWomenspirit.org for more information.

Weekday Institute Tracks

Wednesday Evening through Friday morning

Portals to the Soul

All Acts of Love and Pleasure

Sacred Dances Create Sacred Communities

Raised to Rebel

The Heroine's Journey

All Tracks & Workshops have listed an intensity key to help you in deciding what would fit your needs and interests best: Physical Intensity/Activity, Emotional Intensity, Creativity. 1 = not intense at all. 5 = most intense.

Portals to the Soul — *Rev. Maggie Lovins*

Archetype: Healer, Creatrix

Maximum Number 15

\$ 10 Materials Fee

Physical Intensity/Activity: 2

Emotional Intensity: 3

Creativity: 3

The soul is a varied and wondrous thing. It can be unclear what meanings are in our various fragments but when we commune with the healer aspect of the Goddess and ourselves, we can reflect and recognize life's synchronicity in order that our soul can be healed. Before making the pilgrimage to the Mountain, participants will be asked to do a small amount of pre-work to identify our totems. Then through reflection, sharing, and crafting, we will create our own portals in which we will place a representation of our archetype totem in to make them "portable portals". These Portable Soul Portals will hold the deep love we have embellished them with and the meaningfulness of our time together in the magic of UUWomenspirit and The Mountain and they can be used anytime you are feeling the need for a direct portal to self-healing and to the Goddess Herself!

Rev. Maggie Lovins is a member of the Unitarian Universalist Church of Pensacola and serves as the congregation's Community Minister. She previously held many positions in the church before going on to serve the Unitarian Universalist Association's Southern Region as a Field Staff Consultant. Maggie has enjoyed coming to UUWomenspirit for 10 years now and has led tracks and workshops, sold items in the Bazar as well as serving as it's Chaplain. Supporting Maggie in all her endeavors is her partner, Chad, her service animal and partner in ministry Daisy Dog, and two loving felines.



All Acts of Love and Pleasure — *Gail Stephenson*

Archetype: Lover

Maximum Number 20

\$8 Materials Fee

Physical Intensity/Activity: 2

Emotional Intensity: 2

Creativity: 1

Let my worship be in the heart that rejoices, for behold, all acts of love and pleasure are my rituals. Our sexuality has been repressed, controlled, and monitored. Though we may be liberated in many ways, sex and physical pleasure is often still hard for us to discuss and share about. Join your sisters in free and thoughtful conversations about using our bodies to express love and worship the Goddess. Topics will include (but are not limited to) sex through our lives, LGBTQIA+, safe sex, tantric practices, BDSM, learning about our sex organs, and sex for one/two/three/more. You are also encouraged to bring questions.



Be advised that this Track will be explicitly speaking about sex and sex organs. Please check in with yourself and your personal comfort level with this topic before signing up.

Gail Stephenson brings to UUWomenspirit a generous and compassionate heart paired with numerous experiences in our organization. She was the Event Coordinator of Inviting the Sacred Into Our Lives (Spring 2018), has taught on numerous topics, and is known for creating the sacred space of The Red Tent at many events. Outside of UUWomenspirit, Gail has been trained in midwifery and being a doula, honoring our bodies and educating about our sexual health. Gail is excited to share her acceptance and knowledge of sexuality and sensuality with her sisters in this class.

Sacred Dances Create Sacred Communities — *Maggie Moon O'Neill*

Archetype: Wise Woman, Healer

Maximum Number 10

\$15 Materials Fee for copies of music, steps & instructions

Physical Intensity/Activity: 3

Emotional Intensity: 3

Creativity: 3

For thousands of years, dancing in circles alongside everyone in the community was the first form of worship of the Great Mother. Today, Sacred Circle Dance is practiced internationally, and there are many opportunities for UUWomenspirit participants to enjoy these beloved dances at our gatherings. But it can be months between these times if there is no dance circle in your own community. In this Institute Track, participants will be introduced to LEADING Sacred Circle Dance. Leading the dance is a way of creating peace and healing in our communities among people of all ages and backgrounds, and of offering a direct experience of embodied spirituality, the Sacred Feminine. You will be provided with concrete information about how to begin teaching the dances, as well as music and steps for several beginning dances to jump start your own group. Each participant will practice leading a dance during the workshop.

Maggie Moon O'Neill has been leading Sacred Circle Dance for over 20 years all over the US and in other countries, with small and large groups of all ages. She leads dances monthly in her home community of Black Mountain, NC. For Maggie, sharing Sacred Circle Dance is a sacred calling, a way to create more peace, harmony, and joy for the planet, as well as offering to others a direct experience of embodied spirituality of the Sacred Feminine. In November, Maggie took a 3-week pilgrimage to Egypt led by Sacred Circle Dance teachers from Argentina, and she is very excited to share experiences and knowledge with her sisters at UUWomenspirit, to help prepare you to share the dances with your own communities.



Raised to Rebel — *Tavin Whisler*

Archetype: Rebel

Maximum Number 20

Materials Fee: none

Physical Intensity/Activity: 1

Emotional Intensity: 3

Creativity: 1

American culture values independence and individuality, unless you are outside of the accepted societal norms. There are many systems of power in place to control us based on our gender, our race, our education, our bank statement. We will be examining the ways in which we have bent and compromised, how to find our truth, and regaining the strength to live our most genuine life. This is a process that gets passed down through the generations, and so, we must also examine how we are parenting our own children. How do we teach our children to resist oppression? What are we doing to support their voice and individuality? And how in the world (!) do we keep our cool when they use these skills to resist us? This will be a class examining how we have constrained ourselves, how we have placed constraints on our children, and a new model of parenting.



Tavin Whisler comes to us from Spartanburg, SC, where she hosts a monthly red tent and houses her “zoo” of five children. She was raised in a spiritually open family and has carried on the tradition of learning from her kids and fostering their individuality. With an honest, humble, and charmingly real personality she also does life coaching, tarot readings, and has an online store (lotuspetals.org).

The Heroine's Journey — *Jody Coyody*

Archetype: Warrior, with Wild Woman leanings ;)

Maximum Number 12

Materials Fee: none

Physical Intensity/Activity: 1

Emotional Intensity: 4/5

Creativity: 4

Our stories often define our identities--the hurts and the kindnesses, the limitations and the gifts. In mythology, it is vital to remember that the challenges NEVER come at the end of the story. Let's rewrite the stories of our lives as myths that take us where we long to be, that share the gifts we were given, and that connect us with our power.

Jody Coyody has been part of UUWS for 30 years. She has been working hard to overcome her self-inflicted limitations, and to share that process in her desire to work with women who want to save the world but don't know how yet.



Weekend Gathering Workshop Offerings

Saturday

Full Day

Honoring the Goddess Within

The Warriorress is Lovingly Freed

Or

Half Day AM	Half Day PM
Mapping Our Grief Worlds	Embodying the Shadow
Seeking Sanctuary	Bringing Out the Wild Within
Illuminating Our Archetypes with the Medicine of Stones	The Wise Woman and the Rainbow Wheel
	Stone Medicine 101

All Tracks & Workshops have listed an intensity key to help you in deciding what would fit your needs and interests best: Physical Intensity/Activity, Emotional Intensity, Creativity. 1 = not intense at all. 5 = most intense.

Full-Day Workshops

Honoring the Goddess Within — *Radiance Satterfield*

Archetype: All

Maximum Number 40

Materials Fees: none

Physical Intensity/Activity: 2

Emotional Intensity: 4

Creativity: 4

Our world is out of balance – tipped toward hypermasculinity – competition, forcing, and domination are the order of the day. It's unhealthy for women, for men, and for the planet! Help restore feminine balance to your life while joining a fun and enlightening workshop filled with bright ideas and sisterhood. Mother Earth and all of her inhabitants are yearning for balance between masculine and feminine energies. Learn how to reconnect with the Goddess Within to improve your health, your relationships, and raise the vibration of our planet.

Rev. Radiance Satterfield, author of *The Goddess Tribe*, is an Interfaith Minister, business owner, and speaker. After spending years in the corporate world, Radiance has found balance in running her own marketing firm, Aqua Creative Marketing, where she is free to enjoy a spirit-filled life in the digital age. Leading retreats and workshops inspired by her novel, *The Goddess Tribe* to groups across the USA keeps her busy and brings her joy, as she is continuously in awe of the power of an awakening individual. In her downtime, Radiance loves celebrating her Southern heritage by sharing meals cooked southern style for friends and family. Being outdoors always reminds her of the depth of our connection with the natural world. She has degrees from University of Sedona and University of North Alabama.



The Warriorress is Lovingly Freed — *Lisa Kruger*

Archetype: Warrior

Maximum Number 15

Materials Fee: none

Physical Intensity/Activity: 3

Emotional Intensity: 2

Creativity: 1

Our energy bodies are the final defense before negativity reaches our physical bodies and can be where dis-ease gets “stuck.” Through the use of pendulums, dance, stones, and touch we will explore how we can keep our personal chakras healthy and release what blocks us from our most authentic selves and fighting for that which is important to us. Come and be a co-creator in a new personal reality where we will challenge our definitions of strength and vulnerability in order to develop and maintain healthy boundaries. It is time to charge ourselves with love and show the world what strength is.



Lisa Kruger recently graduated from The Medicine Wheel School. After a life changing walk (a FIRE WALK!), she began to refocus on her healing practice. She is eager to share her knowledge of Reiki, ArchAngelic Light, Energetic Healing, and Shamanism. Lisa feels grateful for the opportunity to facilitate a workshop at the event that has shifted her life so positively and hope to help others on their growth path.

Weekend Gathering Half-Day Workshops

Saturday Morning

Mapping Our Grief Worlds — *Joanne Zerdy, PhD*

Archetype: Shadow

Maximum Number 20
\$5 Materials Fee

Physical Intensity/Activity: 0

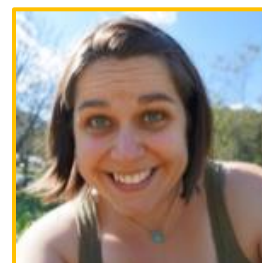
Emotional Intensity: 3

Creativity: 4

We often feel broken, fragmented in grief. Instead of thinking of these fragments as necessarily negative, we can think of the prism. A prism breaks a single ray of white light into multiple colors, a rainbow. If we fold this image into our feeling of brokenness, we can start to see the various colors and textures of our grief terrains. In this workshop, prismatic thinking leads us to maps. Maps are ideal for the plotting of pieces; consider, for instance, how the continents and oceans come together to form the picture of our “world” on geographic maps. In surveying our grief terrains, we will hopefully start to see our grief experiences from a new angle, which will help us to brainstorm the resources we will need to navigate ourselves through these worlds. As we work together, we will discuss the archetype of Shadow as relates to grief, and consider the relationship between shadow and light, piece and whole on our maps.

* This workshop relates to “Embodying the Shadow” but you do not need to attend both in order to benefit from this work.*

Joanne Zerdy, PhD was working as a university professor in theatre arts when her first child Finlay died inexplicably during childbirth. Through her grieving process, she carved out an intuitive path of healing that led her away from academia and toward permaculture design and herbalism. In 2017 Joanne and her husband Will created Inviting Abundance (invitingabundance.net) in their new home of Asheville, NC. Together they offer creative grief work and education consultation online and in person. Joanne also runs an Etsy shop – Finlay’s Garden – where she makes and sells herbal honeys and tea blends.



Seeking Sanctuary — *Sharon Bennett*

Archetype: Wise Woman, Mystic, Community Healer

Maximum Number 15
Materials Fee: none

Physical Intensity/Activity: 0

Emotional Intensity: 4

Creativity: 5

When I was in the Priestess Workshop led by Betsy Bickle at UUWomenspirit several years ago, she asked us a question the Goddess had asked her: “Where is my temple?” That question really made me think. I had been coming to UUWomenspirit for 25 years at the time and I had a personal/spiritual relationship with the Goddess I had come to know and love over the past 25 years. I made a commitment to myself and the Goddess that I would do something to serve Her, to share my love of the Goddess with others, and to educate women about Her love and power. In addition, I wanted to have the experience myself of worshipping the Goddess more often than twice a year at UUWomenspirit! My soul yearned to create a “Temple for the Goddess” in conservative Augusta, GA ; quite a challenge! If you want to create your own Temple for the Goddess in YOUR community or church, come to my workshop and I will share with you how I did it, the group and I will make suggestions and we will support you in your own endeavors.

Sharon Bennett is a long-time member of UUWomenspirit and a Priestess of the Goddess. She is a retired Psychiatric Nurse who practiced for 37 years in staff and advanced practice roles in the hospital, as a private therapist, and an Assistant Professor. She has been a member of two PC's for UUWomenspirit, a Big Sister to "Virgin" attendees, a Searchette, and a volunteer at many events. She has been a Unitarian Universalist since 1975. Her spiritual journey has evolved from Christian to agnostic to Native American, and finally to the Goddess. She has taught many classes and lead many groups, but this will be her first workshop offering at UUWomenspirit.



Illuminating Our Archetypes with the Medicine of Stones — *Anna Featherweaver*

Maximum Number 20

\$5 Materials Fee

Archetype: All

Physical Intensity/Activity: 1

Emotional Intensity: 2

Creativity: 2

True health and wholeness is learning how to integrate all aspects of who we are, including our shadow aspects. Some archetypes speak loudly to us and we run to meet them with open arms, and there are others that we fear and turn away from. When we allow stones to shine light on our all places, we see more of our story, of who we truly are, and begin to discover the unique gifts we carry. As master healers and profound beings of light, the stones are here, as crystallized guides, to teach us to awaken to our true essence by literally lighting us up! In this workshop we will explore the stones and archetypes that naturally call to us, and those that challenge us, the beauty of the dance between light/dark, and how the stones offer their medicine to us; weaving together a journey in discovering a simple yet profound self-healing practice of illumination. This workshop is held in a sacred circle space and will include group discussions and short and sweet guided meditations.



Anna Featherweaver is a Woman, Mother and Child of the Earth & Stars. An artist, dancer, and creatress at heart, she weaves together the magic and medicine of MaMa Earth, the elementals, the plants and stones, and the star beings to anchor in teachings of our evolutionary journey as humans and beyond, inviting a stretch into new realms/dimensions of consciousness. The essence of her work presently is distilled into the wisdom that to heal ourselves, especially as women, is to heal the earth. Anna teaches on Stone Medicine and Earth Healing and creates sacred vibrational stone elixirs in her Medicine Collections, La CREATRIX. Learn more

about Anna and her offerings at serpentinemama.com where she makes and sells herbal honeys and tea blends.

Weekend Gathering Half-Day Workshops **Saturday Afternoon**

Embodying the Shadow — *Joanne Zerdy, PhD*

Maximum Number 20

Materials Fee: none

Archetype: Shadow

Physical Intensity/Activity: 2

Emotional Intensity: 4

Creativity: 4

Grief presents us with the opportunity to explore our shadows: our fears, our emotions, and our past experiences with loss and painful transitions. All of these emotions and experiences are already living in our bodies. Instead of trying to ignore or downplay their impact, why not explore what their presence in us points to? What is the light source that casts these shadows? And then once we recognize the pairing of shadow and light, we can feel for where each resides in the body. This workshop employs gentle embodied activities, drawn from the performing arts, to think about and feel how grief manifests in us and how it can change our relationships with others. Our activities will play with ideas of tempo, rhythm, duration, repetition, and alignment. Our shadows will become tools to help us find center and balance.

* This workshop relates to "Mapping Our Grief Worlds" but you do not need to attend both in order to benefit from this work.*

See **Joanne Zerdy, PhD's** biography above in the Mapping Our Grief Worlds description.



Bringing Out the Wild Within — *Anne Freels*

Archetype: Healer, Creatrix

Maximum Number 15

\$ 10 Materials Fee

Physical Intensity/Activity: 1

Emotional Intensity: 5

Creativity: 5

Leaves, branches, moss, seeds, wool. These are our communication. We, who know the value in things that others discard, will make these natural objects into manifestations of us. In this workshop, you will learn how to build a corn shuck doll out of natural dyed corn shucks, which we will then embellish to create the goddess archetype that lives in all of us! Come prepared to have fun!

Anne Freels has been making corn shuck dolls since 1975, and is a full time craft artist working in natural materials. She is known for her colorful signature style of making contemporary folk art dolls which have origins in this traditional Appalachian craft. She is a member of the Southern Highland Craft Guild and Tennessee Craft, and is the author of "Making Colorful Corn Shuck Dolls." Anne enjoys sharing her craft and teaching others the art of corn shuck dolls.



The Wise Woman and the Rainbow Wheel — *Carole Eagleheart*

Archetype: Wise Woman

Maximum Number 18

Materials Fee: none

Physical Intensity/Activity: 0

Emotional Intensity: 1

Creativity: 1

Join Carole Eagleheart as she shares wisdom from wise woman Grandmother Twylah of the Seneca Wolf Clan Teaching Lodge. Grandmother Twylah stressed that it is important at this time in history to share the teachings of the ancestors in order that the Earth may live. As part of the teachings, she used symbolic colors to create a rainbow wheel that she called the Cycles of Truth. In this workshop we will explore that rainbow wheel and how it can give us insight into our lives.



Carole Eagleheart has been a long time member of UUWomenspirit and is well beloved for her music, her laughter, her knowledge, and her spirit. She has studied with Grandmother Twylah and became a member of the Wolf Clan Teaching Lodge. For more than 20 years Carole has led workshops on many topics throughout the United States and Canada.



Stone Medicine 101 — *Anna Featherweaver*

Archetype: All

Maximum Number 30

\$5 Materials Fee

Physical Intensity/Activity: 1

Emotional Intensity: 2

Creativity: 2

We know our Great MaMa Earth has the ability to heal through her plants and waters. The medicine of stones is something that at times gets overlooked. Our crystalline guides have been here for centuries in the past and will be here for centuries into the future. They have witnessed Gaia's progress through her developmental stages and have accessible knowledge to those that are willing to learn. This will be an introduction to stone medicine focusing on the healing prosperities of different stones and making stone grids.



See **Anna Featherweaver's** Biography above in the Illuminating Our Archetypes with the Medicine of Stones Description.



Volunteering at The Mountain — *YOU!*

Archetype: Creatrix

Maximum Number none

Materials Fee: none

Give back to The Mountain! You'll be guided by Mountain volunteers / staff to help with outstanding projects, improvements, or general maintenance. You'll have the satisfaction of knowing you helped others enjoy this magnificent place. No skill is needed!

WORSHIP

In each worship service we will be visited by an archetype, who will inspire us to look within and find the pieces of ourselves that connect to a facet of the Divine feminine.

The Goddess Archetypes will come alive during each worship with words, songs, dance, movement and war cries! Featured archetypes are:



The Healer (Wednesday evening)



The Warrior (Thursday evening)



The Creatrix (Friday morning)



The Lover (Friday night)



The Wild Woman (Saturday night)



The Mystic (Sunday morning)



Each goddess will ask us to open ourselves to their love and wisdom.

Feel free to embody each of these in whatever way you are called - be it through clothing, accessories, and/or attitude! We will explore both dark and light aspects for each archetype and examine their corresponding manifestations in our lives, understanding that neither lightness nor darkness is more valuable than the other.

Join us on our journey as we restore our health through healing ceremonies, claim our power by sounding war cries, cultivate our ability to create through collaborative art, embrace our passion through poetry and dance meditation, embody the wild woman by communing with the moon, and find our inner mystic by journeying within.

To know thyself - all of thyself - is one of life's most daunting tasks and greatest joys.

Are you ready?

ACTIVITIES

Event Highlights at Gathering

Drawing Down the Moon—We gather on the Lodge porch to honor the full moon.

Cabaret—Share your musical, literary, and performing talents!

Live Auction—At the end of Cabaret, to benefit UUWomenspirit.

Drumming and Ecstatic Dancing—Allow your body to move you beyond the self. Bring your drum!

Sunrise Sacred Circle Dancing—Gentle rhythmic movements. Bring dances and music to share.

Brigid's Bazaar—Women at UUWomenspirit are invited to sell their wares. Please bring checks/cash.

Silent Auction—Bring your gently used items to support the UUWomenspirit Scholarship Fund.

New Member Orientation—First time at UUWomenspirit? Come and be oriented!

Social Hour—Prior to dinner every evening, join in socializing with alcoholic and non-alcoholic beverages.

12 Step Meetings—Group facilitated.

Tea and Talk—Gather for tea, talking and laughs in the dining hall.

Event Highlights at Institute



Fire Circle—Gather around the fire. Will there be singing? Dancing? Drums? Join us and see!

Healing Circle—We will come together to offer care and healing to those in need.

Sacred Circle Dancing—Gentle rhythmic movements. Bring dances and music to share.

Brigid's Bazaar—Women at UUWomenspirit are invited to sell their wares. Please bring checks/cash.

Silent Auction—Bring your gently used items to support the UUWomenspirit Scholarship Fund.

New Member Orientation—First time at UUWomenspirit? Come and be oriented!

Social Hour—Prior to dinner every evening, join in socializing with alcoholic and non-alcoholic beverages.

12 Step Meetings—Group facilitated.

Tea and Talk—Gather for tea, talking and laughs in the dining hall.

Now is the time to start thinking about what you can “Kondo” out of your life and into our silent and live auctions ~ what can spark joy in the lives of your sisters while making room for your new swag from this event?

ACTIVITIES FOR ANYTIME!

Personalize Shirts—Materials available to color and modify your event apparel and anything else you choose.

Photo Spot—A special spot for you to take photos on your own or with your friends!

Labyrinth—Walk this beautiful path among the trees and listen for the voice within.

Hiking—Paths range over and through the mountains.

Meditation Rock—Find solitude just steps away from the Lodge.

Tower—Gazing at the stars, tree tops, mountains, and mists.

Bottomless Cookies—You are invited to contribute something you find yummy.

Chaplain Support—Since our events are often deeply personal growth experiences, we have a Chaplain attending. She is a qualified professional from a spiritual or counseling background. She is available at all times, for anyone who needs to process something unexpected or just to talk. We are blessed to have Krista Meinersmann as our Chaplain for this event.

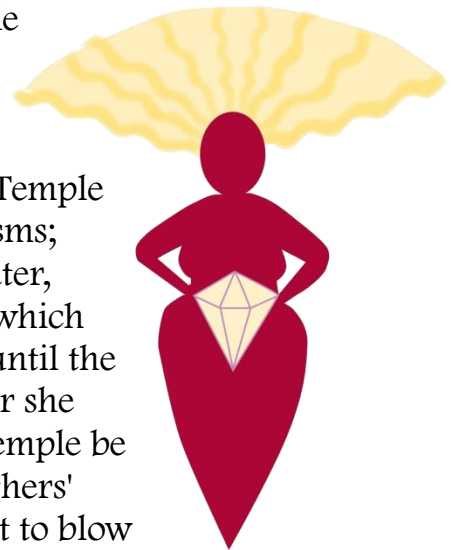


Chaplain Krista

Temple of the Goddess

~ fashioned by Sharon Bennett ~

The Chapel at The Mountain will be set up as our Temple for the Goddess for the Spring Event. This sacred space will be available during the whole event for you to visit, sit quietly, and meditate. We request that event registrants bring personal sacred objects to place in the Temple such as: statues or pictures of the Goddess; crystals; prisms; natural objects such as stones, shells, feathers, sacred water, candles, etc. The objects should be placed on the altars which will be set up at the beginning of the event and remain until the owner removes them at the end of the event or whenever she leaves the event. We ask that all women who visit the Temple be respectful of this Sacred Space and not move or touch others' objects. Candles can only be lit when someone is present to blow them out after use. You may also bring a sit-upon such as a yoga cushion or pillow to sit on to meditate. Thank you for contributing what you can to create our Sacred Temple for the Goddess!



Inspiration

What would the energy of The Mountain, our UUWomenspirit home, be like if our attendance doubled?

What would it be like if there were new women joining us, who bring their perspectives and their wisdom from their own cultures and share their knowledge, skills, and energy with us?

Who do you know in your life who could benefit from the peace and wisdom of UUWomenspirit?

Who do you know who could add their different perspective to our experience?

This is the time to invite those sisters, friends and family members!



In response to these questions, our PC has created a new incentive to encourage us all to bring new sisters to our exciting event:

**Every woman who brings a new sister to this event will receive
a \$10 gift certificate to use in Brigid's Bazaar!**
Please don't feel limited to bringing just one!
Get a gift certificate for every guest you bring.

Sharing this beautiful experience with friends and family is a blessing to us all and an honor to the Goddess!

Aho, Ase', Namaste, Blessed Be!

Tammy, Adrienne, Alex, Karen, Nina, Shannon, Krista

[Each sister who registers for the first time (or the first time in 5 years) needs to name the inviting sister in the comments section of her registration. Certificates will be distributed during sign-in upon arrival.]

Event Logo Merchandise

Sizes: inches are bust size



Fitted V-Neck

Sizes XS/30.5", S/32", M/34",
L/36", XL/39", 2XL/42"
Color: silver (maroon logo) –
monochrome logo, designed for
custom coloring!

Price: \$16



Roomy Crew "Unisex"

Sizes S/36", M/40", L/44", XL/48", 2XL/52",
3XL/56", 4xl/60", 5XL/64"

Color: ice grey (maroon logo)
Monochrome logo, designed for custom coloring!
Basic design, ready to cut for fit & style!

Price: \$16



Swing Dress, Short Sleeve

This amazing bamboo dress is sooo soft and beautiful!
Looks great as a dress or as a top over leggings or jeans.
We found a size Large to be comfortable
and flattering for a wide range of bodies.

- Plus, pockets!
- 95% bamboo, 5% spandex
- Logo will be centered on front top part of the dress.

Sizes XS/35.5" bust, 32.5" length
M/38.5", 33.5" length
XL/41.5", 34.5" length

Color: black (light grey logo)

Price: \$40

S/37" bust, 33" length
L/40", 34" length

XS=0-2, S=4-6, M=8-10, L=12-14, XL=16-18



Stickers

Great for pop sockets, phones,
laptops, dashboards, you name it!
1.5" diameter Price: \$1



Order online when you register. Sales close on April 15!

The proceeds from merchandise sales are used to defray the cost of the event. In the event you are unable to attend the event but would like to order merchandise, please contact Nina at ninacbrewerdavis@gmail.com. Your merchandise can be shipped to you at an additional cost.

Registration Information **Register Online at: www.uuwomenspirit.org**

UWomenspirit 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 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 (4/17/19) 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. 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 rate to attend the event(s). This year the discount is \$20 per program (Institute or Gathering) or \$40 for both programs (Institute and Gathering). Dues are \$45 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 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 (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.

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: Weekday Institute Weekend Gathering Institute and Gathering

Before <u>April 18</u> : (Early Bird Rate)	\$250	\$250	\$500
After <u>April 17</u> : (Regular Rate)	\$270	\$270	\$540

Rate for NON UWomenspirit Members: Weekday Institute Weekend Gathering Institute & Gathering

Before <u>April 18</u> : (Early Bird Rate)	\$270	\$270	\$540
After <u>April 17</u> : (Regular Rate)	\$290	\$290	\$580

No registrations will be accepted after May 8, 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 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 April 10, 2019. 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.

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.

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 and The Mountain. 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 program fees may be refunded. 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. 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 or 828.526.5838.

