

UNITARIAN UNIVERSALIST
WOMENSPIRIT

30TH Anniversary Event ~ May 17-21, 2017
Institute and Gathering

The Mountain Retreat and Learning Center, Highlands, NC

ANCIENT WHISPERS:
A PILGRIMAGE TO WOMEN'S MYSTERIES

A reunion and a journey through time and place to remember our sacred heritage and revive the rich mysteries of our inner being.



Artwork Created by Kathy Kemerait

Once upon a time, long ago, women were cherished and revered as symbols of the Mother Goddess, the source of all life. For thousands of years people lived in peace, creating civilizations that honored harmony and community. Tragically, those civilizations were crushed. Nevertheless, through the centuries, women worked in secret to keep alive the sacred knowledge of how to nurture life, how to perceive and work with energy, how to heal, how to stay in tune with the forces of nature and how to create and maintain balance. These became women's mysteries, carefully passed along from woman to woman through generations.

Some of these mysteries were lost, but today we are working to reclaim them, not only for ourselves and our loved ones, but for the survival of the planet. Join us as we listen for these ancient whispers, travel in pilgrimage to women's mysteries and celebrate our journey together.

UNITARIAN UNIVERSALIST
womenspirit



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 which takes place on Wednesday afternoon through Friday morning, 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 or Gathering or both!

~ Planning Committee ~

Event Coordinator – Judy Padgett

Scribe – Kathy Kemerait

Tracks and Workshops – Judy Padgett

Sales and Activities – Iris Padgett

Worship – Arianna Bara, Carole Eagleheart, Farrunnissa Rosa

Chaplain – Cynthia Stewart

~ Weekday Institute ~

Wednesday Evening, May 17 through Friday Lunch, May 19

Institute tracks begin on Wednesday evening, continue through Thursday, and end on Friday morning. These in-depth tracks allow us to journey more deeply into the soul of each session topic. For additional information, contact Judy Padgett, Tracks and Workshops Coordinator for this event, at jpadg@shelby.net. The materials fees listed (if any) need to be paid **IN CASH** at the event check-in.

When filling out your registration form, please indicate your first and second choices. Participants are enrolled on a first-come, first-served basis for tracks and most have a limited number of participants. Each track must meet a minimum in order for it to proceed. If your first choice is filled or cancelled, you will be placed in your second choice. You also have the option of choosing free time if you want to just relax and take time for yourself.

~ Tracks – Overview ~

Journeying Into Your Ancient Herstories
The Finer Points on the Ancient Wheel
Ancient Whisperings from the Spirit of Stone, Part I
Priestessing in Our Time
A Pilgrimage to Explore Mosaic

Journeying Into Your Ancient Herstories

Alice Carnes

Imagine your life if.....you had always known and embraced the divine feminine. Imagine hearing myths that honored and celebrated your wondrous body including your menstrual cycle that so closely resembles the waxing, full, and waning moon. Imagine our society honoring all phases of a woman's life: not just maiden and mother, but also our wise crone selves. In this track, we will explore and reclaim our ancient herstories through visuals, small group discussions, dance, song, meditation, journaling and art, by incorporating selected sections from both iconic Unitarian Universalist curriculums: *Cakes for the Queen of Heaven* and *Rise Up and Call Her Name*.

“Cakes for the Queen of Heaven” was originally written in 1986 by Shirley Ann Ranck, and re-authored in 2007 with the subtitle: “A Seminar in Feminist Theology”. “Rise Up and Call Her Name” was written by Elizabeth Fisher in 1994 with the subtitle: “A Woman-Honoring Journey into Global Earth-Based Spiritualities”. These two curriculums were the ground from which UUWomenspirit sprang forth. For additional info: www.uuwr.org

Alice Carnes attended her first UUWomenspirit in 1993, beginning a twofold love affair: the first with UUWomenspirit and the second with The Mountain. Over the years, she's created worship services for several events. She served on the CoCo as the Marketing and Outreach Liaison and is honored to present this track at the 30th anniversary of UUWomenspirit.

Materials Fee – None

Maximum # of Participants – 15

For millennium, the survival of our ancestors depended on a deep connection to the earth and a sacred attunement to the seasons. Although modern conveniences have separated humans from this divine connection, we can reestablish this spiritual bond through awareness and intention, once again living in harmony with the unique gifts each season has to offer. By honoring the seasons and living in symmetry with them, we connect on a visceral level to our foremothers and carry this bond forward to future generations.

In this track, we will explore in-depth the seasonal points on the Wheel of the Year known as the Cross Quarter Days - Imbolc (February 2nd), Beltane (May 1st), Lammas (August 1st) and Samhain (October 31st). We will explore how our ancestors celebrated these seasonal wonders, and also consider more modern celebratory interpretations. We will deepen our exploration of the Cross Quarter Days through guided meditation, divination, ritual and journaling. If the weather permits, we will also spend some time outside.

By the end of our journey together, you will have a broad understanding of each Cross Quarter Day and be inspired to create your own, unique seasonal celebratory traditions.

Lisa Sherman is a practicing attorney whose reverence for the seasons began decades ago. Since 2011, Lisa has researched the Cross Quarter Days through her service as the Editor of *She Speaks*, our quarterly newsletter. Lisa is excited to share the information she has learned with our community of women as we walk together on the ancient path of the Divine Feminine.

Materials Fee - \$10

Maximum # of Participants – 18

Lisa and The Spirit of Stone partner as Healer to facilitate opening into a deeper understanding of the Sacred Self. As an experienced seeker, Lisa shares knowledge of connecting to inner guidance through the carving of stone. This action-based meditation supports a process of self discovery while creating a finished stone sculpture that reflects the qualities of each individual's Divine Essence. The stone you will work with in this track is soapstone and can be carved easily with tools which Lisa will provide. No experience is necessary. As your relationship develops with your individual stone, the essence of your creation will make itself known, resulting in a lovely work of art. In previous workshops like this at UUWomenspirit, an amazing and beautiful array of sculptures has emerged. **NOTE: This workshop extends through The Gathering, as this amount of time is needed to fully complete and finish your creation. There is an additional \$10 Materials Fee for Part II of this workshop.**

Lisa Wolff is a compassionate loving teacher who shares her life experiences freely while teaching her combined knowledge of stone carving as a process of self-revelation. For over twenty-five years she has had a deep understanding of and relationship to the Spirit of Stone and has carved countless individual stones into sculpture. Lisa's passion with stone began with rock climbing, when she discovered her special relationship to stone. She then studied rock carving at Georgia Tech, became an apprentice to her teacher and started showing her work. After years of study with many masters and also teaching, Lisa asked a new question "Are you stones each individuals or are you all one?" The answer came through a series of visions that spoke of the elemental Spirit of All Stone. This encouraged her to seek out more teachings about the elemental forces. Lisa began to incorporate this intuitive understanding of stone into her classes to encourage others to learn to connect to this form of wisdom. These are the classes that she now presents, a combination of technical information about stone carving paired with creating the vision to interact with the Spirit of All Things.

Materials Fee, Part I - \$20

Maximum # of Participants – 13

Priestessing in Our Time

Betsy Bickel

In ancient times priestesses served as personal and community healers, counselors, ritualists, leaders, artists, visionaries and oracles. Together we will journey to our ancient foremothers to learn their secrets. We will bring that collective wisdom into the group through an intensive participatory ritual involving conversation, meditation, song, dance, writing, art, trance, healing and initiation. The intent of this workshop is to immerse ourselves in priestessing and re-emerge clearer, stronger and knowing how to bring that transformation into our daily lives in a way that helps to sustain and heal ourselves, our relationship with the Goddess and our beautiful troubled world.

Betsy Bickel has studied women's mysteries for over 40 years. She is the creator of Goddess Grace: A Moving Meditation, which evolved from her years as coven member, belly dancer and healer. She lives in Durham, NC where her roles include massage therapist and healer, political activist, singer/songwriter with Jewelsong, wife, friend and party hostess.

Materials Fee – None

Maximum # of Participants - 20

A Pilgrimage to Explore Mosaic

Kate Wolverton

In this workshop, our intention will be to form a mosaic for yourself that represents a beacon of hope, a reminder of faith or a renewal of love.....a symbolic pilgrimage to reach for your divine feminine self. We will be recreating ancient mosaic meandering patterns and exploring two different styles of mosaic. We will be considering "What does pilgrimage mean to you?" while also working on a group piece which will be gifted to The Mountain. I will be demonstrating some techniques for cutting glass and pottery; however the focus will be piecing together and finishing your own sacred mosaic.

Kate Wolverton has been a UUWomenspirit participant for 17 years. She is amazingly creative and has facilitated a number of workshops including making stepping stones, making didgeridoos and breast casting. She loves to be in the process of creating with others.

Materials Fee - \$10

Maximum # of Participants - 10

A Bit of Our Herstory.....

Our first event was held in May of 1987. We started with one event per year, but the demand for this type of experience was so great that we quickly expanded to offering biannual events in 1992. The theme for our first event was "Strengthening Women in their Choices", still relevant today. The upcoming event will be our 56th! From the outset, everyone involved in the functioning of UUWomenspirit and in the planning of events has been a VOLUNTEER. We have no paid staff and are incredibly unique in this aspect, considering our longevity.

Another wonderful feature of our organization is that all decisions are reached by consensus. This means that we do not vote, but we listen, consider, discuss and decide, when total agreement has been reached.

From the beginning, our events have always been held at The Mountain and this place is as much a part of who we are as anything else. We consider The Mountain to be sacred and most of us feel like we are "coming home" when we arrive here. Thank you to The Mountain staff for 30 wonderful years.

~ Weekend Gathering ~

Friday Evening, May 19 through Sunday Lunch, May 21

Gathering workshops are offered on Saturday. You will select one Full Day or one AM and one PM workshop. These sessions provide a variety of ways to focus your energy during the weekend. For additional information, contact Judy Padgett, Tracks and Workshops Coordinator for this event, at jpadg@shelby.net. The materials fees listed (if any) need to be paid **IN CASH** at the event check-in.

When filling out your registration form, please indicate your first and second choices. Participants are enrolled on a first-come, first-served basis for workshops and most have a limited number of participants. Each workshop must meet a minimum in order for it to proceed. If your first choice is filled or cancelled, you will be placed in your second choice. You also have the option of choosing free time if you want to just relax and take time for yourself.

~ Workshops – Overview ~

FULL DAY
The Staff – A Symbol of Our Pilgrimage
Journey Back to the Red Tent
Ancient Whisperings from the Spirit of Stone, Part II
Sacred Woman, Sacred Dance

Or

HALF DAY AM	HALF DAY PM
Sanctuaries of the Goddess	Through Water and Flame: Divining the Future, Discovering Ourselves
A Shamanic Journey	Pilgrimage of Voices
Prayer Flags to Honor Women’s Mysteries	Fundamental Rhythms: A Journey Back to Balance and Resilience

~ Full Day Workshops ~

The Staff - A Symbol of Our Pilgrimage

Andrea Johnson

In this workshop we will explore the origin, varieties and uses of staffs through guided and organic discussion while crafting our own staffs. Various embellishment materials will be provided (stones, crystals, beads, wire, paint, ribbon, cloth, etc.) and the energies of the various materials and their colors will be explored. Fallen branches/limbs offered by the forests of East Tennessee will be available for each of the workshop participants as well as tools to strip and smooth the wood. Our task will be to explore the energies of the staffs and the various materials used for the embellishments and choose the ones that speak to each of us (or choose us) as we create. At the close of the workshop, each woman will have the opportunity to consecrate her staff and then use what she has created as a tool and a symbol of guidance along the path of her pilgrimage.

Andrea Johnson says “I have been engaged in some form of art since I was old enough to remember. I have always been fascinated with and driven by the creative process. I find great joy and satisfaction using my hands and my spirit to create something beautiful to share with others. For the past five years my primary medium has been wire and beads, but for me, nothing is off limits. Everything I see and touch is considered.

Materials Fee - \$5

Maximum # of Participants - 15

Journey Back to the Red Tent

Gail Stephenson

There was a time when the cycles of women were honored and the stages of a woman's life were regarded as holy. As we pilgrimage, we will delve into our own bodies, our mysteries and heritage including the Red Tent/Temple Movement. We will be introduced to Goddesses who help us through the different phases of our life, make and drink tea, make clay yoni pendants and use pastels to have a conversation with our bodies and translate what the Goddesses tell us in our meditation. We will spend time together in our very own Red Tent, a beautiful sacred space.

Gail Stephenson has been attending UUWomenspirit for more than 10 years. She has served on several planning committees, taught workshops and tracks and led worship. Gail has created a lovely Red Tent environment in the chapel for several events, which serves as a space to meditate, rest, relax and be apart from the busy schedule of the event. She is a doula and former midwifery student. She has a passion for the Red Tent/Temple movement and passing on that tradition of supporting women through their mysteries and life phases.

Materials Fee - \$10

Maximum # of participants – 15

Ancient Whisperings from the Spirit of Stone, Part II

Lisa Wolff

For a description, please see Part I in the listing of Tracks in the previous section for The Institute. **You must attend Part I of this session in order to attend Part II.**

Materials Fee, Part II - \$10

Maximum # of participants – 13

Sacred Woman, Sacred Dance

Maggie Moon O'Neill

Dance was the first form of worship of the Great Goddess. In ancient times, when God was a woman, people in every culture all over the world came together in circles in their communities. They danced together to worship the Goddess, to honor the Earth, the seasons, the harvest, and to celebrate and mark the passages of life and death in their communities.

Dance has also been an important part of women's rituals throughout human history. Women have gathered to honor the Goddess and women's wisdom and mysteries through dance and song in caves, on mountaintops, in the sacred groves, at holy wells and springs, in fields and in the desert, and on the sands of the ocean.

These ancient circle dances were usually done to very simple steps. In fact, amazingly, we find the same steps in dances from widely different parts of the world. In our time, Sacred Circle Dance was taught initially at Findhorn Community in Scotland, then all through the British Isles, and now all over the world. Currently there are choreographers, including myself, who apply these steps to modern pieces of music and chants. Some of the dances are meditative, while others are celebratory and joyous. Many of the dances reflect the places where women gathered for their rituals to create connection, balance, openness, and power. Most dancers find that they experience deep peace and joy through the dance.

In this workshop we will form a Sacred Circle to dance these ancient dances, and some modern ones too, from all over the world. We will dance 4 sets of dances, each honoring a different archetype of women's lives: the Maiden, the Mother, the Queen, and the Crone. We will honor the sacred within each of us as we move together in ancient patterns and forms. After each set of dances there will be time for personal journaling and for sharing about our experiences.

No previous dance experience is required to participate; each dance will be gently taught. Participants will be encouraged to honor the unique needs of their own bodies, to adjust their movements or sit out when they need to, or to sit in the center of the circle and enjoy the dancers swirling around them. After each dance there will be time to notice the energy created by each dance in our bodies.

Maggie Moon O’Neill has been leading Sacred Circle Dance since the 90s for local, regional, and national groups. She finds that these dances allow participants to have a direct experience of embodied spirituality, and thus the Divine Feminine. Maggie retired from over 25 years of teaching at Virginia Commonwealth University in Richmond, VA, and recently moved with her husband of 45 years to Black Mountain, NC

Materials Fee – None

Maximum # of Participants - 25

~ Half Day AM Workshops ~

Sanctuaries of the Goddess

Toni Stephenson

We will take a visual pilgrimage together to many ancient sites where the Goddess was worshipped by ancient people. Since many of these are places that Toni has visited, the workshop will include her personal reflections on these sacred places and the mysteries she experienced there. This will be a nice relaxing workshop to perhaps aid you in planning your next pilgrimage!

Toni Stephenson is a long time member of UUWomenspirit and has facilitated many workshops at our events and at other venues. Through the years she has had the opportunity to travel on pilgrimage with like-minded women to ancient sacred sites and she would love to share her experiences with you.

Materials Fee – None

No Maximum # of Participants

A Shamanic Journey

Ellen Hitchcock

The shamanic journey is a “non-ordinary reality” of wakeful dreaming. The repetitive rhythm of the drum induces a natural, altered state of consciousness and provides space for soul-shifting. The shamanic journey is a divine pilgrimage into the mystery. Visions and insights emerge through symbols which can be healing and guide you to creative possibility. There are three worlds to which one may travel and seek the mystery of divine guidance as you deepen your connection to the “web of life” - your Feminine Creative Spirit.

Ellen Hitchcock is an author, personal life coach, spiritual mentor, transpersonal psychotherapist and workshop/retreat facilitator. She is a Licensed Clinical Social Worker trained in conflict resolution, Rule 31 Family Mediation, clinical psychotherapy, and Life Coaching. Ellen facilitates workshops and retreats that focus on personal and professional growth. She incorporates her years of training to assist clients in bridging their personal and professional lives with authenticity and sufficiency. Go to www.EllenHitchcock.com to learn more about her work.

Materials Fee – None

Maximum # of Participants – 24

Prayer Flags to Honor Women’s Mysteries

Cindy Wieger

In this workshop, participants will have the opportunity to create personal prayer flags that reflect their own connection to women’s mysteries and the feminine divine. Templates of goddess figures will be available or one can just use her own creativity and imagination. Either way, your creation will reflect your own personal

journey and spiritual pilgrimage. All materials will be supplied. These prayer flags are meant to be hung outside and fray over time, carrying your prayers to the heavens on the wind.

Cindy Wieger is a longtime lover of the Divine Feminine and has been part of different women's circles over the years. She has attended several UUWomenspirit events and co-facilitated worship services this past Fall. She has gone on pilgrimage to many sacred sites around the globe that honor the Goddess and is happy to share those experiences. For many years, she and her sons have created personal prayer flags at the New Year. Cindy is excited to share this activity with her UUWomenspirit sisters.

Materials Fee - \$5

Maximum # of Participants - 12

~ Half Day PM Workshops ~

Through Water and Flame: Divining the Future, Discovering Ourselves

Victoria and Alexandria Carrico

Since the beginning of time, women have drawn upon the elements of nature to connect with the universe and to divine the future. Practitioners have long understood that divination is not only an activity, but also a state of mind that requires one to look inward in order to connect with the sacred in our daily lives. Thus, in this session we will not only explore the what, why, how and when of divination, but also practice entering sacred space in order to connect with our own inner sight. Divination can be performed in a myriad of ways, each as diverse as the women who practice it. Many of us have experience with tarot and runes, but may be less familiar with other ancient techniques. This workshop in particular will focus on pyromancy and tea-leaf reading using tools created during the workshop and experimenting with practical techniques for engaging in divination outside of UUWomenspirit. Spoiler alert: you will probably not discover winning lottery numbers! Get ready for some surprises, joyful relaxation and fun.

Victoria Carrico has been attending UUWomenspirit for 8 years. She is an artist and now "semi-retired" physician. **Alexandria Carrico** has had the pleasure of attending UUWomenspirit for three consecutive Springs. She is an ethnomusicologist who studies traditional Irish music and disability studies and loves all things related to music and dance. She has been studying divination techniques alongside her mother, Victoria, and is excited to share her experience and learn from the insight of others. Their lives have been spiritually enriched since being introduced to UUWomenspirit and they are thrilled to present their first workshop together.

Materials Fee - \$5

Maximum # of Participants - 20

Pilgrimage of Voices

Liza Jane Alexander

Women have used our voices as tools to establish our Sacred Place since ancient times. Join Liza Jane as she guides us on a pilgrimage through chanting and singing the vocal tones of creation, Goddess names in a variety of ancient languages, the names of our ancestors and simple chants to connect with each other, with the divine feminine and with our own power.

This pilgrimage of the voice is a path of Great Heart! If you love to chant and sing or have never experienced this part of women's spiritual journeying you are welcome to join this gathering. No vocal training or reading of music is necessary to raise your voice in celebration! We will chant very simply to generate the energies of peace and joy! Please note: Come empty handed (you carry a drum with you in the Juba of your body) or bring a rattle, click sticks or drum to accompany our voices.

Liza Jane Alexander says, “I am a spiritual seeker who honors heart and voice. I am a life-long musician and educator. I live in East Tennessee where I perform Southern Appalachian mountain music with my partner. I am committed to generating the energy of peace. Music is a primary source of transformation, wisdom and healing for me. I am a musical midwife at the other end of life and sing for hospice patients. I sing Dharma songs with Buddhist sangha and enjoy singing Kirtan. I am gathering in resources to honor the Divine Feminine through song and chant. I honor my Mother in all that I do. Music is a healing salve! I sing to be myself! I will help you weave the ancient artistry of chant and song into your spiritual practice.”

Materials Fee - \$3

Maximum # of Participants – 13

Fundamental Rhythms: A Journey Back to Balance and Resilience

Susan Arthur-Whitson

These days of living in a constant state of heightened anxiety have made it clear just how vulnerable our bodies are to their environments. Consistent with the spirit that animates us all, the Alexander Technique is a means to access the innate control we have over our bodies. By experiencing delicate hands-on and verbal guidance, participants will learn how to recognize and release damaging constrictions lodged in their bodies, which are the result of a lifetime of psychological and physical assaults. Thus they will be provided with the tools to achieve physical enlightenment.

Susan Arthur-Whitson began her study of the Alexander Technique 30 years ago, as a means for dealing with her own chronic and disabling back pain. Finding it to be essential to her well-being, she became a certified teacher in 1993. Susan also is a visual artist whose principal medium is photography; previously, she spent many years working as a gallerist in New York. While art and healing may seem to be distantly related, Susan says, “The Alexander Technique is about cultivating a somatic awareness and a clarity of thinking, which together increase the body’s capacity for ease and mobility, both advantageous to achieving success in any endeavor or profession.”

Materials Fee - \$2

Maximum # of Participants – 12

~ WORSHIP ~

We gather each day in circle to celebrate the Divine Feminine by singing, dancing, meditating and sharing inspirations. Worship is central to our events and is always unique to each theme and is a special time of reconnecting to Spirit.

Come with us on a pilgrimage. Listen for the whispers of the ancestors. They call to us to remember the Women’s Mysteries that were handed down through the ages. Prepare to lift your pilgrim lamp and explore six sacred sites, opening yourself to a deep understanding of the Mysteries.

***Bring white clothing to wear on Friday night* as we join in a procession, following in the footsteps of the ancient pilgrims. Together, during this event, we will discover how to survive and how to create a consciousness that nurtures and celebrates life.**

Join us on the journey!

~ Event Highlights ~

The Perennial Favorites.....

Big Sister/Little Sister – If you would like to offer a bit of orientation to a new member and help her feel more welcome and at home, indicate this on your registration form. Highly recommended!

Brigid's Bazaar – Sacred Shopping! Bring your own creations or woman-centered items from your woman-owned business to sell in our bazaar. Visit or contribute to the networking table. Bring cash or checks - many vendors do not accept credit cards. Fill out the Sales Agreement Form on the website to reserve a vendor spot in the bazaar.

Nighttime Illuminated Labyrinth Walk – A beautiful experience at the labyrinth in the forest.

Healing Circle – A time to give and receive healing from your sisters.

Membership Meeting – Friday afternoon, good info, great door prizes donated by our vendors.

Tea and Talk – Gather late night with friends in the dining hall; tea and treats always available.

Cabaret – Join in the fun! Show off your talents. Saturday night after worship.

Drumming and Dancing – Saturday after Cabaret. Bring drums, other instruments and your dancing feet for a free-form spirited celebration!

Silent Auction – Bring your gently used woman-centered objects for our Silent Auction, to benefit our Scholarship Fund.

12-Step Meeting – Self facilitated.

Social Hour – Every night we gather before dinner for refreshment and hors d'oeuvres.

Sacred Circle Dancing – Led or spontaneous...often happens late in the evening.

Red Tent – The Chapel serves as a meditation/relaxation/escape spot. For this event it will be set up as a beautiful Red Tent space. Visit if you need a little quiet time away from the event.

Massage/Body Work – May be available for extra fee, if practitioners are attending.

Walk in Nature – There are beautiful trails on and adjacent to The Mountain.

Star Gazing – Climb to the top of the Tower for a spectacular view of the night sky.

Time to Be – Refresh, unwind, let go.....

And for this Event.....

Goddess Display – We will be setting up a display of our beloved icons. Bring yours to enhance the display.

Photo Display – We are creating a display of photos taken at past events. If you have photos to share, please bring and add to our display.

Our Herstory – If you have anything that pertains to the 30-Year Herstory of UUWomenspirit, please bring to share.

Our Newest Quilt – Anne Freels is crafting our newest quilt, displaying the t-shirt fronts from the last 10 years. It will be unveiled at the event!

Chaplain

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.

~ Merchandise ~



\$13.00



\$13.00



\$13.00



\$15.00

Choose your style in Gildan 100% cotton shirts. Sizes run from S-3X.

Women's Cut Short-Sleeve T-Shirt ~ Unisex Short-Sleeve T-Shirt
Women's Cut V-Neck Short-Sleeve T-Shirt ~ Women's Cut Long-Sleeve T-Shirt

All shirts listed "True to Size"



TOTE BAG

14" Wide X 12" High X 6 1/2" Deep

Left Outside Pocket

Smaller Interior Pockets

\$13.00

The proceeds from merchandise sales are used to defray the cost of the event. If you are unable to attend the event but would like to order merchandise, please contact Iris Padgett, Sales and Activities Coordinator for this event: irislydia@gmail.com Your merchandise can be shipped to you at an additional cost. YOU MUST ORDER BY THE EARLY BIRD DEADLINE, APRIL 19.

~All merchandise sales are final.~

~ 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 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 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...

UWomenspirit Membership Discount: Members of UWomenspirit are eligible for a discounted rate to attend the event. Make sure you check the discount box during registration to take advantage of this membership benefit. 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 at the discounted rate, 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 Coordinator, Christine Grewcock, membership@uuwomenspirit.org

~ Registration Information, continued ~

Fee Payment: All U UWomenspirit 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.

Rates for U UWomenspirit Members

• **MEMBERSHIP DUES MUST BE PAID BEFORE YOU COMPLETE YOUR REGISTRATION** •

	Weekday Institute	Weekend Gathering	Institute & Gathering
Before April 19 (Early Bird Rate)	\$250	\$250	\$500
After April 19	\$270	\$270	\$540

Rates for Non-U UWomenspirit Members

	Weekday Institute	Weekend Gathering	Institute & Gathering
Before April 19 (Early Bird Rate)	\$270	\$270	\$540
After April 19	\$290	\$290	\$580

No registrations will be accepted after May 12, 2017.

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 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 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.

~ Registration Information, continued ~

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 12, 2017.** Contact the Scholarship Committee at scholarship@uuwomenspirit.org if you have questions. 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 Licensed Service Animals only. If you are bringing a Licensed Service Animal, please put a note in the comment section when registering as well as informing The Mountain at themountainrlc.org and click on “Contact Us” or call (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. Vendors/Therapists pay a 10% Sales Commission to UUWomenspirit.

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.

~ Registration Information, continued ~

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. 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 Cancellation 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 cancelling adult; if notice is received within 30 days of arrival, \$60.00 is retained for each cancelling 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 with 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 themountainrlc.org and click on "Contact Us" or 828-526-5838.

We sincerely hope you are able to join us for this special
30th Anniversary Event! Blessed Be!

