

UUWOMENSPIRIT FALL 2022 RETREAT

THE MOUNTAIN RETREAT AND LEARNING CENTER, HIGHLANDS, N.C.

WEEKDAY INSTITUTE: OCTOBER 5TH – 7TH WEEKEND GATHERING: OCTOBER 7TH – 9TH

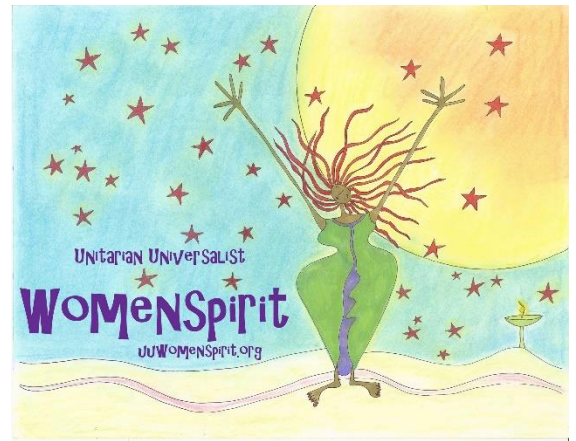


ACCESS THE MAGIC THAT LEADS TO THE DIVINE SPARK WITHIN ALL OF US THROUGH INSPIRATION, HEALING, TRANSFORMATION, AND KNOWLEDGE WITH THE HELP OF THE WELSH GODDESSES CERRIDWEN, RHIANNON, BRANWEN, BLOUDEUWEDD, AND ARIANRHOD.

ABOUT UUWOMENSPIRIT

All women, eighteen years of age and older, are invited to attend the 2022 Fall Institute and Gathering at The Mountain Retreat and Learning Center in Highlands, North Carolina. Sponsored by UUWomenspirit, events are open to all interested women. We encourage and affirm diversity.

The purpose of UUWomenspirit is to create, conduct, and support activities that encourage and empower women to explore their religious and spiritual origins, experiences, and beliefs. Pursuing, nurturing, and affirming creativity and diversity are major emphases. There is a strong commitment to developing the use of consensus as the model for all decision making. All the work of UUWomenspirit is done by volunteers; there are no paid positions. All women are welcome at UUWomenspirit, regardless of sex assigned at birth.



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

Please note The Mountain accommodations are rustic and do not have air conditioning. However, indoor plumbing and electricity are in all buildings.

Scan our QR code to be directed to
the UUWomenspirit website



THIS YEAR MARKS THE 35TH ANNIVERSARY FOR UUWOMENSPIRIT! COME CELEBRATE WITH US!

WHAT IS "THE MAGIC WITHIN THE CAULDRON?"

Inspired by the stories and traditions of the Welsh Feminine Divine, we will spend this event in the presence of Goddesses such as Rhiannon, Branwen, Blodeuwedd, Arianrhod, and Cerridwen, the Great Mother Goddess and keeper of the cauldron and of magic. As the inspiration for this event and the creator of the Divine Spark of Awen, or the Spark of inspiration, creativity, and imagination, Cerridwen and fellow Welsh Goddesses will guide us on our journeys over the course of the event to help us discover and reconnect with our own Awen and learn the tools to carry it with us wherever we are in life's journey.



"Cerridwen is an enigmatic figure for whom we have very little traditional lore, but who has nevertheless captured the imagination of modern Pagans to become one of the most well-known and widely honored Celtic divinities. Today, she is predominantly considered a goddess of magic, but to the bards of medieval Wales, she was their primary Muse; from her cauldron she bestowed upon them the gifts of Awen (divine inspiration), and these bards considered themselves the children of Cerridwen..."

-The Mythic Moons of Avalon by Jhenah Telyndru

WORSHIP

THE MAGIC WITHIN THE CAULDRON

As we enter Cerridwen's sacred forest and sit by Her magical cauldron of inspiration and transformation, we will invite Her and Her sister Welsh Goddesses to assist us in evaluating our lives as we look at what we want to transform in ourselves and our world so that all can thrive in peace. You are invited to worship, to listen deeply, share openly, and be renewed.

MEET OUR LOGO DESIGNER



ANDREA JOHNSON

As a “Renaissance” artist, Andrea experiments with various mediums and has a talent for many art forms. She has always been fascinated with the creative process and finds great joy and satisfaction in creating something beautiful to share with others. This is her second UUWomenspirit logo and she has led UUWomenspirit sisters in several creative workshops. Wonder if her inspiration comes at least partly from Cerridwen's magical cauldron of inspiration?

MEET OUR PLANNING COMMITTEE



CAULDRON QUEENS

Alice Carnes – Chaplain
Andrea Johnson – Sales and Activities
Gail Stephenson – Event Coordinator
Penny Featherstone – Worship Chair
Raven Stephenson – Scribe
Toni Stephenson – Worship Chair
Wendy Lineberger – Tracks and Workshops



WEEKDAY INSTITUTE TRACKS

WEDNESDAY EVENING, OCTOBER 5TH THROUGH FRIDAY MORNING, OCTOBER 7TH 2022

THE MAGIC OF SHAMANIC JOURNEYS
WITH WENDY WEST

20 PARTICIPANTS
\$15 MATERIALS FEE

This track is an introduction to basic Shamanism. Wendy will introduce Shamanic principles and practices including power animals, teacher guides, ceremony, and journeying. The only prerequisite is an interest in the 14,000-year-old practice and how it relates to Welsh ancient traditions. The focus is on individual development and will include music, dance, and FUN! Students will need to bring a blanket, eye cover (scarf or towel), journal, drum or rattle, and water. NO ALCOHOL OR DRUG USE 24 HOURS PRIOR.

Rev. Wendy West found that her personal philosophy resonated with the Indigenous Shamanic tradition that all living things are one, and worthy of respect and reverence. Wendy is an Animal Communicator and Intuitive Guide who facilitates sixth-sensory guidance, including pet-life issues, pet transitions, and an inter-state Shamanic Journey Group for Women. She supports all types of interspecies communications, is a workshop leader, retired art teacher, and spirit counselor. She continues her Shamanic Studies as a student of Alber Viloldo, Ph. D and Michael Harner, best-selling authors and founders of The FourWinds Society and the Foundation for Shamanic Studies respectively.

STIRRING THE CAULDRON: MAGICAL PLANT POTIONS
WITH SHANNON BROWNING-MULLIS

12 PARTICIPANTS
NO MATERIALS FEE

This track will explore the sacred and practical application of herbalism. Generally, it will consider our relationship to plants as healers. Specifically, we'll learn about a few specific herbs and how to make tinctures, salves, lotion, deodorant, and tea. Hands on activities and samples included!

Shannon is a museum professional, historian, and a tree-hugging dirt worshiper. She is not a medical professional, but she has been using herbs for the health and healing of her family for fifteen years and has attended workshops, classes, and conferences to grow her knowledge of medicinal plants. She loves to share what she's learned and to empower people on their own health journey.

PATH OF THE TALISMAN PRIESTESS
WITH LAURA GASPARRINI

15 PARTICIPANTS
\$20 MATERIALS FEE

On this path you will create a Healing Talisman in connection with your Soul's Voice and Embodied Knowledge, and in partnership with the Divine. Through Visioning Practices, Sacred Creativity, Setting Intention, and Witnessing Self and Other, you will connect with *The Wise Woman* and the support, inspiration, and wisdom offered. You'll listen deeply, create from your Inner Knowing, and activate a Healing Talisman that is attuned to your unique essence and vibration. This process can inform an exploration into creating Healing Talismans for yourself and others. No prerequisites are required.

Laura is a Talisman Artist, teacher, author, inventor, and founder of the Om Tara LLC, whose mastery is navigating the liminal space between the Calling to Create and Crossing the Threshold to take that First Step. Laura has thirty plus years of experience in the study of alternative healing methods. She holds an MA in Clinical Psychology and a lifelong interest in Divine Feminine mysteries. Additionally, Laura is an ordained Priestess, creativity catalyst, and champion of creativity as a Sacred Path.

GODDESS JOURNAL
WITH LINDA MYERS

12 PARTICIPANTS
\$15 MATERIALS FEE

The cauldron is life giving, transformative, and a source of inspiration. Join us and be inspired to create a Goddess themed journal. Using rubber stamps of Goddesses and power women, we will create a beautiful "Junk Journal." A Junk Journal is created on a base of unloved paper, junk mail, empty paper towel rolls, used coffee filters, cloth scraps, old book pages, safety pins, etc. This hodgepodge, with new items added and a "no sew" technique, is magically transformed into a work of beauty suitable for personal use or as a gift. Please join us for this easy, addictive, and fun activity. No artistic talent required.

Linda is a long time UUWomenspirit member and has facilitated many Tracks and Workshops. She claims the title of Mixed Media Artist, which means she can't throw anything away because it might be needed in an art project.

WEEKEND GATHERING – FULL-DAY WORKSHOPS

SATURDAY, OCTOBER 8TH 2022

TRADITIONAL HANDWOVEN REED BASKETS
WITH COLLEEN FINEGAN

12 PARTICIPANTS
\$15 MATERIALS FEE

Basketry is an ancient craft (8,000-6,000 BCE) – predating pottery or stone carving. Basket weaving and meditation have long been associated. Both practices require concentration or focus and repetitive movements which help us slow down, calm the mind, and regulate our nervous system. Basketweaving.com says “Basket Weaving and Meditation have a lot in common. When you weave a basket, before you know it, you may find that you’re ‘in the zone.’ You become relaxed, you forget about your problems and your concentration is focused on the project in your lap. You may experience a state of deep rest that’s similar to meditation. As with the practice of other crafts... your blood pressure may lower while your breathing becomes more even, your heart rate lowers, and muscle tension relaxes. Like the results of meditation, basket weaving and other crafts may decrease your risk of dementia while increasing health and well-being. It’s no surprise to us that basket weaving and crafts also boost your creativity and enhance your problem-solving skills in the same way that solving a puzzle does.”

Colleen is a retired teacher and professor, active artist and musician. She has taken several basket weaving workshops and has taught these skills to others.

CREATING A MAGICAL BOOK OF SHADOWS
WITH KATHY MARTIN

8 PARTICIPANTS
\$10 MATERIALS FEE

In the past, those who practiced magic often used a Grimoire as the reference book, as it contained ancient rituals, spells, potions, and other magical items. Many modern practitioners choose instead to create their own Book of Shadows in which they record their personal rituals, spells, potions, and recipes for herbal healing, which have meaning to them on their own unique spiritual journey. In this workshop, participants will create their own Book of Shadows as they dye paper, sew pages, make a cover, and personalize their unique book. Varied art materials will be available for you.

Kathy has done arts and crafts for fifty-four of her fifty-eight years, from metal smithing to painting, to sewing, weaving, and woodworking. She has led activities with Clinton High School Special Education classes, Cub Scouts, people with mental illness, and is involved with the Oak Ridge Art Center where she has taken many classes.



WEEKEND GATHERING – HALF-DAY WORKSHOPS: MORNING

SATURDAY, OCTOBER 8TH 2022

DEPTH OF FEEL: EVOKING EMOTION THROUGH PHOTOGRAPHY
WITH SHAUNA IRELAND

15 PARTICIPANTS
NO MATERIALS FEE

What separates a good photo from a great photo? One of the most important factors is the feeling you get when you look at the image, not necessarily the subject matter. Most people take pictures because they want to remember a moment in time that is meaningful to them. That moment can be a vacation on a beautiful island or it could be an old pair of Wingtip shoes that remind you of a loved one. Whatever the subject, learning how to frame the subject matter can take the image from photo to art. In this workshop, we'll explore different ways to photograph ordinary everyday objects, like a pair of shoes, in a way that creates original pieces that are going to become part of your own personal gallery. The best part: you don't have to be on vacation to experience photo worthy moments, and it is more convenient because most of us always have a camera phone with us. And a camera phone is all you need to take this workshop, although you are welcome to bring your digital camera if you have one. We won't focus on the technical aspects of photography, instead we will explore different techniques to make your photos more meaningful memories.

Shauna Ireland is a (mostly) self-taught professional photographer who, since childhood, has always enjoyed taking photos. Landscapes, nature, and animals are the subjects that initially drew her to photography, but in recent years she has done a deep dive into human portraits. Not to worry, there's always time to snag a quick dog or goat pic. Join her and see how you can add a few tweaks to your pictures, too!

GROWING AND BLENDING HERBAL TEAS
WITH SHELBY REGISTER

20 PARTICIPANTS
NO MATERIALS FEE

In this workshop, participants will learn about growing herbs (and tea leaves) and then blending herbal teas. Topics include how to grow, how to blend, why to blend, types of tea brewing and steeping, and then participants will blend their own batch of herbal teas. Attendees will come away with the knowledge to grow and blend their own teas for various purposes, a tea blend they make themselves, and handouts including recipes for teas and how to blend their own (including how to record their recipes).

Shelby Register is the proprietor of Crow Wyld, an herbal tea and concoction branch of The Preserve at Uppsala, LLC, located in Rydal, Georgia. She has been studying wild-crafting and herbalism for the past twenty years and just recently started offering herbal tea blending workshops. Shelby lives on their homestead with her husband, Andrew, and their two dogs, and enjoys visiting with older Appalachian and tribal generations to share knowledge and recipes.

MORNING TAI CHI
WITH MAGI KING

15 PARTICIPANTS
NO MATERIALS FEE

Magi is excited to share her knowledge and Tai Chi experience with her sisters at Gathering. We will practice some simple Tai Chi warm ups together at the beginning of class along with some Qi Gong moves. Magi will teach a short sequence for folks to learn so they can continue practicing at home. We will take a few breaks to rest and discuss some of the major principles of Tai Chi. Many of the moves can be practiced while sitting in chairs, so you will not have to be on your feet the whole time!! Practicing outside is encouraged to connect our Spirits with Mother Nature... Join us ☺

Magi is a licensed massage therapist and a homebirth midwife (CPM). She holds two different certifications in both yoga and Tai Chi. The thread that weaves her lifetime of injury and study together is her unwavering commitment to the concept of Holistic Health. Having practiced Tai Chi and student taught Tai Chi over the past ten years, Magi used her extra time during the pandemic to get officially certified to teach Tai Chi in two different styles. Her teacher in Charlotte, North Carolina, schooled a small group of students in the Chen Style tradition for a first level certificate and Magi also studied "Tai Chi for Health" online through Dr. Lam.

WEEKEND GATHERING – HALF-DAY WORKSHOPS: AFTERNOON

SATURDAY, OCTOBER 8TH 2022

RECLAIMING THE ALEWIFE TRADITION
WITH ADRIANNA LEE

20 PARTICIPANTS
\$5 MATERIALS FEE

Why are pointed hats and cats associated with witches? How were women in medieval England able to be financially independent? The answer lies in the cauldron of course, though not the cauldron you may be thinking of. Women were able to support themselves financially long before the feminist movement of the 1900s by brewing beers and ales. This class will include a conversation on women and economics, as well as an introduction to brewing (putting the magic into the cauldron again), and sampling some brewed yummys (alcoholic and non-alcoholic).

Adrianna Lee has been attending UUWomenspirit since Fall 2016 and is excited to now be teaching her first class at this event! She became interested in brewing through her involvement with medieval recreation but did not begin her foray into brewing until the pandemic limited access to high quality craft beers and blessed her with an excessive amount of time to start new hobbies.

MUSIC, MOVEMENT, AND MAGIC – EMBODYING THE WELSH GODDESSES
WITH MYLISSA BUTTRAM

20 PARTICIPANTS
NO MATERIALS FEE

In this workshop, we will combine The Nia Technique and Celtic Tarot to move our bodies, feed our spirits, and honor the Welsh Goddesses. EVERYBODY can feel the joy of easy and fun movement inspired by the dance arts, healing arts, and martial arts. No special skills or experience is required.

Mylissa found and fell in love with Nia in 2012 after attending only a couple of classes in her hometown of Oak Ridge, Tennessee. She immediately signed up for NIA White Belt Certification and has been leading classes ever since. She retired early from a long and rewarding career in Human Resources to focus on “taking care of herself.” She has been dancing with “the big C” since 1995 when she received her first of four occurrences of Breast Cancer. Nia and Moving to Heal are both critical elements of her overall personal wellness program. The Nia Technique nourishes her mind, body, and spirit, and is a primary reason she considers herself a “thrivor” rather than a “survivor.” Mylissa lives with two of her four grandchildren, her standard poodle, and her cat. Mylissa is grateful for life and the gifts of life, one of which is her Nia practice. She has presented Nia workshops twice previously at UUWomenspirit and served on the 2018 Planning Committee.

SEASONAL CELEBRATION FOR THE SOUL/SOLE PRACTITIONER
WITH LISA SHERMAN

20 PARTICIPANTS
NO MATERIALS FEE

For women who walk on the sacred path of the Divine Feminine, the annual seasonal changes provide a unique opportunity to reflect on the sacred cycles of the earth’s transformation. By celebrating the Solstices, Equinoxes, and Cross Quarter Days, we honor the cyclical shifts from light to dark, cold to warm, scarcity to abundance, with awe and reverence. In these predictable yet profound cycles, we are reminded of our interconnectedness with the earth as we celebrate in deep and abiding gratitude. However, for many of us, either through geography or circumstance, it is simply not possible to celebrate these seasonal wonders with a group of like-minded women, leaving one to either honor these sacred times alone...or not at all. In this interactive workshop, we will explore some of the many tools you can use to create your own personal rituals to celebrate the seasons. We will consider some of the traditional ways the seasons were celebrated by our ancestors, while having the freedom to create rituals that speak to us on a personal level in these modern and precarious times.

Lisa Sherman is a long-time UUWomenspirit member with prior service on multiple Planning Committees, the Coordinating Council, and nine years as the Editor of She Speaks, our seasonal newsletter. Lisa has been a soul/sole seasonal celebration practitioner for many years and looks forward to sharing what she has learned and also learning from her UUWomenspirit sisters.

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

EVENT ACTIVITIES

INSTITUTE

Healing Circle: Doesn't have to be a circle, it could be a square if you like, either way this is a time to give and receive healing from your sisters.

Sacred Circle Dancing: If those fifteen minutes of sacred circle dancing before worship aren't enough for you, then come join your sisters in the treehouse for an hour and a half. You can learn a new circle dance, lead one, or watch from the sidelines if that's more your style.

Candlelit Labyrinth Walk: Do you feel stuck, like you're walking in circles sometimes? That's usually not a good thing, but here at The Mountain, the Labyrinth is a place of reflection, meditation, or prayerful thought that can help propel you forward.

Breast Cancer Support Group: This support group is a space for those of us who look to the Divine Feminine and have experience with cancer to come together and give each other support and healing and perhaps a chance to ritually acknowledge our struggles with the disease.

GATHERING

Drawing Down the Moon: When the moon is full, women can ritually and symbolically draw down Her powerful energy into themselves. It is also the best time to ask for what you want or need and to bless ritual objects. All you need to bring is yourself and your intention and maybe a special object to be blessed.

Cabaret: UUWomenspirit meets America's Got Talent! Immediately following worship on Saturday night, loosen up and show us what you've got! There is a signup sheet in the dining hall.

Drumming and Dancing: Immediately following Cabaret, bring drums, other instruments, and your dancing feet (even if you have two left ones, no judgement here).

Bedtime Stories for Big Girls: Put on your big girl jammies, brew a cup of tea, and snuggle in for some stories just for you. Join former librarian, Linda Bloedau, and listen to some bedtime stories about Welsh Goddesses and their cauldrons.

SELF-GUIDED

12 Steps Meetings: Space provided in the chapel during social hour.

Making Wands and Travel Journals: Whip up some magic while you create your own wand. Your wand would be perfect for the drawing down the moon ritual Friday evening. While you are creating, you can craft your own travel journal to carry with you to capture moments, ideas or anything you desire. Everything you will need for creating your wands and travel journals will be provided in the dining hall.

Social Hour: Come join your sisters in the Lodge Great Room an hour before dinner.

Evening Tea and Talk: Gather late night with friends in the dining hall if you enjoy laughing until your face hurts. Tea and cookies are available to ease your pain.

MERCHANDISE

The proceeds from merchandise sales are used to defray the cost of the event. In the event you are unable to attend, but would like to order merchandise, please contact [Toni Stephenson at ste45789@gmail.com](mailto:ste45789@gmail.com).
Your merchandise can be shipped to you at an additional cost.

Orders must be placed no later than **31 August 2022**

WOMEN'S FIT LONG-SLEEVED T-SHIRT

Small – 2XL
White w/ Logo
\$15 per shirt



WOMEN'S FIT SHORT-SLEEVED T-SHIRT

Small – 2XL
White w/ Logo
\$15 per shirt



UNISEX FIT SHORT-SLEEVED T-SHIRT

Small – 3XL
Natural Color w/ Logo
\$15 per shirt



Smaller fit than Unisex Short-Sleeved T-Shirt

MUG

White w/ Green Trim and Logo
\$17 per mug



REGISTRATION INFORMATION

Register online at www.uuwomenspirit.org no later than 22 September 2022.

UWomenspirit uses our own new 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 7 September 2022**. 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 track/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. You can join at the beginning of the registration process. If you are unsure of your membership status, click the Check Membership button at the beginning of the registration process, or contact the Membership Coordinator, Judy Padgett, at membership@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. Your registration will not be complete until payment is received. Some tracks and workshops involve materials fees, which must be paid IN CASH during check-in at the event. Remember that you will not be assigned to housing or your track and workshop until your entire fee has been paid.

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

<u>RATE FOR U UWOMENSPIRIT MEMBERS</u>	<u>INSTITUTE</u>	<u>GATHERING</u>	<u>INSTITUTE & GATHERING</u>
By 7 September (Early Bird Rate)	\$270	\$270	\$540
After 8 September (Regular Rate)	\$290	\$290	\$580

<u>RATE FOR NON U UWOMENSPIRIT MEMBERS</u>	<u>INSTITUTE</u>	<u>GATHERING</u>	<u>INSTITUTE & GATHERING</u>
By 7 September (Early Bird Rate)	\$290	\$290	\$580
After 8 September (Regular Rate)	\$310	\$310	\$620

NO REGISTRATIONS ACCEPTED AFTER 22 SEPTEMBER 2022

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. Please be aware that your request for single or double occupancy housing or housing in a specific building (i.e., the Lodge) may not be honored because of a limited number of rooms available. 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. If you want to room with specific women, you MUST request each other. Please do NOT request a roommate without checking with her first. If you do not request a roommate, you will be assigned one.

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

MOBILITY ISSUES / SPECIAL DIETARY NEEDS: Please consider The Mountain’s rocky terrain, altitude of 4,000 feet, and many forms of plant life when registering. Currently, we cannot provide mobility aids to assist in traversing between buildings on The Mountain. If you have mobility concerns or severe allergies, please contact the registrar, registrar@uuwomenspirit.org. Vegetarian choices are available for those who indicate such during online registration. If you have dietary needs not included on the registration form, please provide your own food.

SCHOLARSHIPS: U UWomenspirit maintains a Scholarship Fund from which we provide scholarships to U UWomenspirit members who would otherwise be unable to attend. This partial scholarship covers a portion of the cost for the Gathering or the Institute and may be given for one program per 12-month period. Additionally, our Young Women’s Scholarship fund pays for all but the cost of the U UWomenspirit membership for first time attendees under 35 years old. You must be a U UWomenspirit member to apply for either scholarship. Click “Join” on the U UWomenspirit website for a convenient link to pay your membership dues. A link to the scholarship application form is available on the event page of the U UWomenspirit website. Depending on the availability of funds, additional information may be requested. The deadline to submit your scholarship request is 31 August 2022.

CONTINUED ON THE NEXT PAGE

SCHOLARSHIPS: For questions, contact registrar@uuwomenspirit.org. If you can afford to donate to this fund, please do so during online registration or at any time using the link on the UUWomenspirit website.

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

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

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

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

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 22 September 2022.

MASSAGE THERAPY / REIKI: If you are a licensed massage therapist or Reiki/alternative healing practitioner and would like to offer your services at this event, please contact the Sales and Activities coordinator at amjjma1@yahoo.com.

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

Please Note These Policies from The Mountain

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

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

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

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

Don't forget to sign up for the U UWomenspirit Newsletter!
<https://www.uuwomenspirit.org/newsletter>