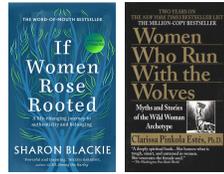


## Member Contributions

NOW DISTRIBUTED  
THROUGHOUT THE  
NEWSLETTER



WOMENSPIRIT  
BOOK CLUB  
PAGE 10



SPRING EVENT  
PAGE 11



ORGANIZATIONAL  
NEWS  
PAGE 4

# SHE SPEAKS



Sisters,

This Beltane I'm pondering Hope. I'm sure by this point it's no surprise to anyone that I read a thing on social media, continued to ponder it, but later couldn't find it again. This one was about Hope, and it went something like this. *Hope is not a fragile, ethereal maiden. Hope is*

*a woman with dirt in her hair, bruises on her cheeks, spitting out blood as she pulls herself of the cement, determined to rise.* I love that.

When I see quotes about Hope, I always imagine people evoking rainbows and unicorns while the world burns. I roll my eyes at their passivity and plow forward. But this image resonated. Hope is not pretty, light, and flowery. Hope is a badass who looks the worst in the eye and refuses to flinch, who crawls up from the ground when it seems impossible. And isn't that what the world needs? Hope? Refusal to give in? As long as we continue to hope and to take action toward that hope, we can create the world we want to live in, no matter how many tries it takes.

In the words of Jericho Barrons, "Hope strengthens, fear kills."

Be well,  
Shannon Browning-Mullis, editor

### A New Blog is Coming your Way!

Womenspirit is trying out a new communication format. This is great news for people who want to submit something between newsletters. Be sure to continue sending your art, writing, announcements, and photos to [newsletter@uuwomenspirit.org](mailto:newsletter@uuwomenspirit.org). Look for blog posts coming to you over the next several weeks and let us know what you think.

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## News from the CoCo

*The Coordinating Council, or CoCo, is the governing body of UUWomenspirit. The current members are Nina Brewer-Davis (Marketing and Outreach Coordinator), Tammy Sadler (Volunteer Coordinator), Linda Sterner (Membership Coordinator and Registrar), Judy Padgett (Treasurer), Krista Meinersmann (Program Resource Liaison), and Melissa Christopher (Scribe and Keeper of the Sacred Text).*

Greetings friends, from the CoCo. Merry merry Beltane!

We have been working on background structures and supporting the PC for the upcoming event, which we are all looking forward to, as I'm sure you are too! The CoCo had our annual meeting near Charlotte, NC in early April, at Judy Padgett's home. It was good to meet in person; what a difference from meeting over zoom! Good to be in each other's presence and discuss aspects of running the organization in that more open way that makes room for the imagination. And we were able to dance together!

We are working on a new registration program, which we plan to roll out for the Fall event. We think this will be more user friendly, and hope you will like it! Keep an eye out for that. We have updated our scholarship language on the website to better reflect our values. Our financial situation is strong. We engaged in a visioning exercise to clarify our vision of women who will come to UUWomenspirit. We discussed ways for the organization to explore issues around cultural sensitivity and educating ourselves so we can better live out our values. We discussed updates to the Sacred Text. We discussed whether and how to develop a disability policy so we can be proactively prepared for difficult situations that might arise at events. We will be trying out a blog format for this newsletter—we welcome feedback on this!

We are so looking forward to seeing you at the Mountain this May 18-22, for the Journey to the Soul of Ancient Egypt!



**Save these dates for our next in-person events!**

May 18-22, 2022

October 5 - 9, 2022

May 17 - 21, 2023

Power or the lack thereof

By Sarah Muller

I feel more and more powerless  
As my body reminds me of my age  
As my knees ache and my hips hurt  
I feel more and more powerless  
As my body reminds me  
I am not essentially healthy.  
In the middle of a flare, walks are challenging.  
I feel more and more powerless as  
I am reminded of his age. As  
I see his stooped posture. As  
He loses more of himself.  
I feel more and more powerless as  
His body shows us that  
he is not healthy. As I walk once more  
to the pharmacy to buy a new drug.

## Aunts

By Sarah Muller

Pronounced like the insect  
 you don't want in your kitchen  
 career women before there were  
 supposed to be career women  
 Working mothers  
 they forged a path in front of me  
 they gave me a different idea of  
 what a woman could be  
 Different from the women  
 on Donna Reed  
 on Bewitched  
 let alone Father Knows Best  
 They taught me  
 to be a woman was a mighty thing  
 to be a woman wasn't  
 to be the second sex  
 A teacher of a women's subject  
 Esther taught them - male and  
 female  
 to sew their own clothes  
 To make fashion their own  
 Her students helped  
 her get home safely  
 from her D.C. school

during the race riots of the 60s  
 Betty taught business arts  
 stenography and typing  
 standing in front of the class  
 she knitted as she dictated  
 Changing jobs every time  
 her husband was transferred  
 setting up the Christmas tree  
 in a new house every year  
 She spoke the German she had  
 learned on Allentown streets  
 to the people, she met in Germany  
 after the war

Maxine would bring me into her  
 home  
 into her arms in the summer  
 to give my mom a little respite  
 I became the daughter she never had  
 I swam in the lake that was her front  
 yard  
 played king of the mountain on  
 piles of earth  
 A legacy of women's strength passed  
 from them to me  
 It is for me to pass it on

## Beltane

Beltane is a fire festival and is characterized by passion, sensuality, and creation. Traditionally, the holiday is celebrated with bonfires, feasts, and lovemaking. People attended community bonfire celebrations and then slipped away to spend the night in the forest.

That passion and creative energy can also be put to other endeavors. Beltane is an excellent time to start a project, company, or campaign. What will you use your passion for?



## Beltane Ritual

It's simple ritual time again!

Build a fire in your yard. Dance around it like no one is watching. Feel the passion build inside you and release it into the world, powering the life force.

If you don't have a yard, a candle will do fine. If physical limitations won't allow you to dance, swaying, humming, or clapping work just fine.

## The Magic Within the Cauldron

October 5th through the 9th, 2022

Planning Committee members:

Event Coordinator Gail Stephenson

Scribe Toni Stephenson

Worship Chair Amanda Richards

Tracks and Workshops Wendy Lineberger,

Sales and Activities Andrea Johnson

Chaplain Alice Carnes

Logo created by Andrea Johnson

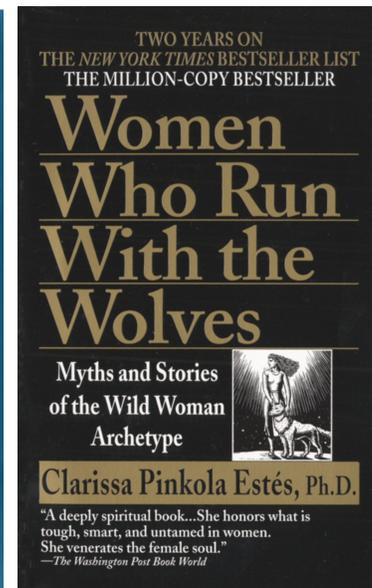
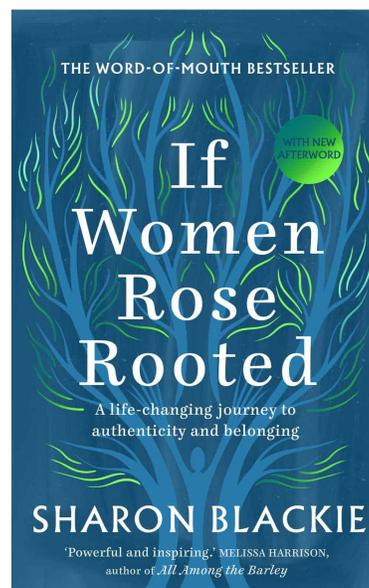


Welcome Sisters to The Magic Within the Cauldron. It is a place and time of exploration, healing and transformation. There will be worship services, activities, workshops, tracks and unconditional love. The Welsh Goddesses will lead our way and Cerridwen will inspire us with Her Awen (spark of Divine Inspiration).

This is a space and time where one is only limited by self on the exploration of what the cauldron has to offer. We can't wait for you to join us at the fall 2022 event.

## Womenspirit Book Club

**The book club just finished *Women who Run with the Wolves!* We'll begin *If Women Rose Rooted* soon. The fun begins May 10th at 7:30 est.**



Summer of '64  
By Sarah Muller

When in April, her mother died  
Was she sad or relieved?  
I have always wondered  
I would come home to find her in bed  
the shades pulled down to make  
the light match her mood  
Months later when life  
seemed normal again  
Day-camp sandwiches needed ketchup  
Normal had not returned  
Why was she screaming at me?  
I no longer wonder  
Grandfather picked me up after camp  
Where was she?  
I wondered why she had gone  
I didn't see her again for a month  
Why couldn't her child visit?  
I wonder why still  
Only twelve, I became a mother of sorts  
Who else would take care?  
Even as I felt for solid ground  
We all changed that month  
Where was the ground beneath our feet?  
Sometimes it still shakes  
Sixty years later, my olive oil went  
missing  
Like that long ago ketchup  
The earth moved under my feet

Depression

By Sarah Muller

Standing in the shower  
warm water running down  
my back. Tears running down  
my face.

Understanding

what a nervous breakdown was  
Understanding, finally  
the woman who waited for me  
in a darkened room  
every day after school

Today we took off our masks

It is not quite two years

Yet it feels like a lifetime

Two years ago I went early  
to Addis Cafe to write

I just wrote with  
no particular goal

I wrote every day

I wrote about my family

I wrote every day

I started a terrible novel

When the Plague began

it changed our lives

I no longer went to Addis

I no longer went to babysit

I binged movies and TV

On a picnic table in my bedroom

Then suddenly writing

became focused

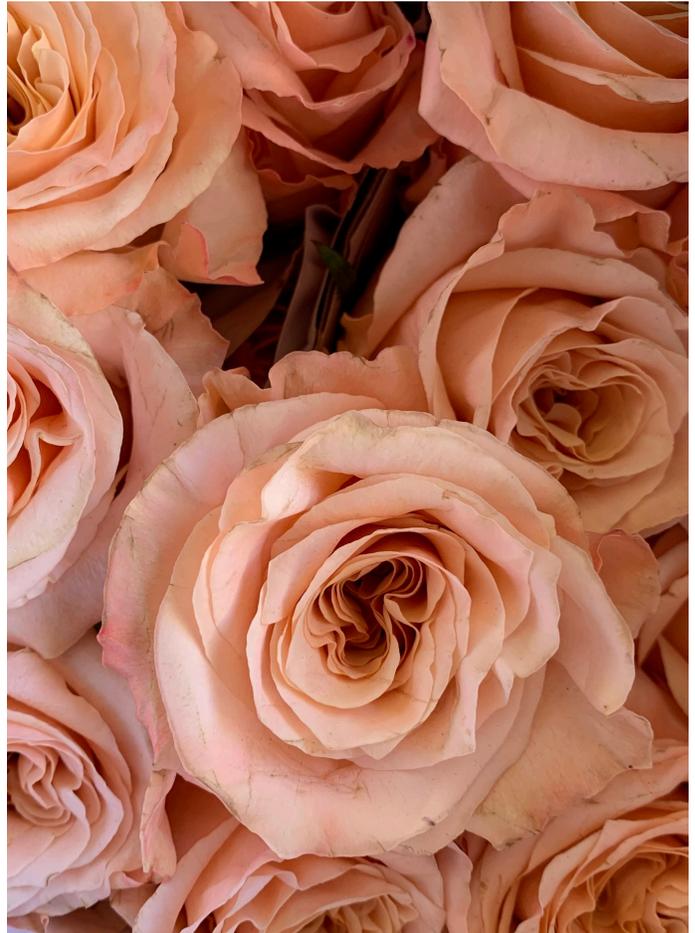
Hundreds of poems later

I took off my mask

## Plant Profile

Rose (*Rosa spp.*)

Rose is the perfect plant for Beltane. It's beautiful and evokes feelings of love and passion. It is a gentle nervine and is slightly sedative, making any tea, food, or potion subtly relaxing. It's also generally safe, but special care should be taken to avoid plants grown using herbicides or pesticides. Rose can also be used in skincare, aromatherapy, and décor, bringing its positive energy in many ways. So, decorate your room with roses, put a bit of rose essential oil in your bath, and sip a tea flavored with rose. It's a perfect Beltane celebration.



Ever wondered about ancient Egyptian Goddesses other than just Isis? Come along with your Spring 2022 Planning Committee as we present to you our recreation of Ancient Egyptian Goddess worship on the Nile! We will dive into the way in which worship was viewed, how it was incorporated into daily life and how it could be as much fun as it was Sacred. Combining elements of decor, Sacred words and activities, we hope to make Worship into Magic! We will get to know the Goddesses Ma'at, Hathor, Bast, Sekhmet and of course Isis.

Come Sisters...Ancient Egypt is calling!

This Sacred Event is intentionally and lovingly imagined and manifested by your Spring 2022 Planning Committee:

Maggie Lovins, Worship Lead  
 Kim Sitton, Worship Assistant  
 Carolyn Pilgrim, Scribe  
 Shauna Ireland, Sales and Activities  
 Linda Myers, Event Coordinator and  
 Tracks and Workshops





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I make colorful corn shuck dolls representing the seasons, the holidays on the Wheel of the Year, traditional Appalachian, altar dolls, kitchen witches and Halloween and Samhain witches.



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**Rain's Obsessive Stitchery**

Rain Pope

<http://rainsews.com>

[rain@rainsews.com](mailto:rain@rainsews.com)

615-238-7760

Hand-dyed yarn and clothing, embroidered items including towels, tarot bags, and UUWomenspirit logo items, chainmaille jewelry, and various other shiny things.



Snake and Snake Productions

<http://snakeandsnake.com>

919-627-3138

Susan Baylies makes her lunar phase card and related products, t-shirts, goddess jewelry, and astrology charts.

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Two Witches in a Kitchen

Maggie Lovins

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I sell original photography based items: (coasters, greeting cards, prints, magnets, playing cards, coffee mugs, ornaments).