

# UUWomenspirit Fall 2021 Retreat

The Mountain Retreat and Learning Center, Highlands NC

Weekday Institute: October 6-8    Weekend Gathering: October 8-10

## We Were Made for These Times



Image designed by Rain Pope

Of all the times and places we could have possibly lived, **we live here, now**. As confusing and frightening as this world may be, **we were MADE for these times**. We have the strength and courage we need to get through these challenges, and in the process build a strong foundation for the world we're creating for ourselves and future generations. **We'll build these strong foundations through strong connections**. When we gather this Fall, we'll **reach out to connect to each other**, our sisters. We'll **reach down to connect to the deep, rich magic of the earth** beneath our feet. We'll **reach back to connect with The Ancestors**. We'll **reach up to the stars to connect with our dreams of the world we'll create**.

## Fall 2021 Planning Committee

Rain Pope ~ *Event Coordinator*

Helen Rogers ~ *Worship*

Cheryl Dent ~ *Worship*

Amber Grey ~ *Tracks & Workshops*

Beth Flanagan ~ *Sales & Activities*

Iris Padgett ~ *Scribe*

## ~ About UUWomenspirit ~

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 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!

## ~ Institute – Wed. Evening through Fri. Morning ~

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. The materials fees listed (if any) will be collected 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. You will be notified if your first choice is filled or cancelled and placed in your second choice. You also have the option of Free Time if you want to just relax and take time for yourself. Please note this on your registration.

## INSTITUTE TRACKS

Weaving for Today • Storywork for These Times • Sacred Woman Sacred Dance: Discover the Goddess Within Through the Ancient Arts of Belly Dance & Sacred Circle Dance

### Weaving for Today

Linda Myers

“We were made for these times,” and we will be using today’s version of ancient techniques to create useful and artistic items. This is not your grandmother’s weaving! Beginning with creating an 8” x 10” woven wall hanging, we will proceed from there to a small bag, bracelet, or coasters, time permitting. You will also return home with the tools to create more woven items. Come learn to weave in a stress-free environment. No experience is necessary, but patience is useful. All supplies provided.

**Linda Myers** is a long-time member of UUWomenspirit and has facilitated many tracks and workshops. As an artist and crafter, she is about to be buried beneath the weight of her craft supplies. (She accumulates supplies "just in case" she needs anything.) Her favorites include weaving, fiber arts, dollmaking, bookmaking, embroidery, needlepoint, jewelry making, mixed media, and anything else that catches her fancy. Examples of her work have appeared in national magazines.

Maximum Number: 18  
\$15 Materials Fee

### StoryWork for These Times

Linda Bloedau

We are made for these times, and Story is medicine for all times.

Stories are medicine...

They have such power...

they do not require that we do, be, or act anything...

We need only listen...

-Dr. Clarissa Pinkola Estes, Women Who Run With The Wolves

StoryWork is an invitation to learn techniques to work with Story in all her forms (fairy tales, personal life stories, overheard conversations, jokes, encounters with animals, dreams, bumper stickers, etc.) to come into wholeness and harmonious recognition of all parts of Self. Strongly influenced by Jungian and Gestalt psychology, this play/work shows us the different parts of self - the good, the true, and the beautiful AND the not-good, not-true, and decidedly not beautiful. This work invites us to leach energy from the destructive forces within and without and to feed the forces of good, true, and beautiful for healing of ourselves, our relationships, and our communities.

**Linda Bloedau**, MS, Clinical Psychology, LMBT NC is a UUWomenspirit veteran and dedicated hermit. Retired psychology teacher, retired massage therapist. Fully engaged mother/stepmother and grandmother to eight amazing human beings. Reading and playing with STORY remains the one constant throughout the years, the ages, and stages of life.

Maximum Number: 17  
\$5 Materials Fee

☾ **Sacred Woman ~ Sacred Dance**

**Maggie Moon**

Discover the Goddess Within Through the Ancient Arts of Bellydance and Sacred Circle Dance.

In this Track we will explore our sacred femininity, sensuality, and spirituality in a safe, non-competitive, supportive environment. We will learn some gentle movements of the ancient art of Bellydance, which originated as the women's dance of childbirth. "Belly" refers to "womb." These movements connect women with their inner source of Power and with the Goddess within. We will celebrate our community of women through Sacred Circle Dance. These simple, repetitive steps allow us to turn off our busy minds and experience the joy of being fully present in our sacred bodies. Sessions will include guided visualization, journaling, sharing, and dancing. Veils, candles, and beautiful music will enhance this multi-sensory experience. No previous dance experience or skill is required. Participants are requested to wear long flowy skirts, comfortable shoes, and to bring large, lightweight, filmy fabric to use as veils, scarves to tie around their waists, and their own special journals for this occasion.

**Maggie Moon** has been leading Sacred Circle Dance for 25 years, for groups large and small, locally and at national gatherings. She has taught Bellydance for much longer, probably 40 years.

Maximum Number: 25  
No Materials Fee

☾ **We Are Made For This...Come As You Are Mosaic**

**Kate Wolverton**

In this Institute track we will join together and create original Art Signs to give to the Mountain. We will brainstorm, design, share creativity and learn basic mosaic skills. We will have plenty of time to reconnect and bond in more than one way: celebrating ourselves, our ideas, and our ability to share and make beautiful original pieces.

Together we will create special one-of-a-kind signs and give them to the Mountain. If you are unable to contribute the materials fee, no worries. Please wear clothes you don't mind getting dirty, bring gloves and safety glasses and your enthusiasm for the project. (Note: Unlike other past projects, you will not be making individual projects to take home).

**Kate Wolverton** – “I was made for these times! I have collected piles and piles of tiles and broken plates, so much abundance overflowing in my limited workspace at home.... so much potential for this project. I love sharing the fun of creating with others I have so missed this kind of hands-on working, chatting, bonding and catching up with friends. Can't wait!”

Maximum Number: 15  
\$10 Materials Fee

## ~ Gathering – Fri. Evening through Sun. Morning ~

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. The materials fees listed (if any) will be collected 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 for it to proceed. You will be notified if your first choice is filled or cancelled and placed in your second choice. You also have the option of Free Time if you want to just relax and take time for yourself. Please note this on your registration.



### FULL~DAY WORKSHOPS

Tower Times: Tarot as a Tool for Manifesting Change in the World and in Your Self •  
Coming Together Over Color



**Tower Times: Tarot as a Tool for Manifesting  
Change in the World and in Your Self**

**Tina Whittle**

Writer and witch Byron Ballard uses the phrase “Tower Time” to describe a period of strife and collapse that, while definitely clearing the way for the highest good, is nonetheless painful and dangerous and difficult. I would like to explore tarot as a way for dealing with Tower energy, creating spreads that help address what is going on in society, but also within ourselves, so that we can harness the creative potential of such chaotic energy. This workshop goes beyond receptive divination (though getting information is always the first step) into active manifestation, using tarot to not just read energy but change it according to will.

**Tina Whittle** is a writer living in the Georgia Lowcountry. She’s been reading tarot cards for 18 years and has presented multiple tarot workshops and tracks at Institute and Gathering. She’s a practicing witch and Reiki worker and has been attending UUWomenspirit since 2007.

Maximum Number: 15  
No Materials Fee



## Coming Together Over Color

Maggie Lovins

Join our UUWomenspirit sister Maggie Lovins in a workshop celebrating color and creativity. We will talk about color theory, the psychology of color, and what emotions are evoked by what hues. We will also talk about crystals and their properties and coloring. Sharing our color experiences will help us to reconnect with one another after our lengthy quarantine and assist us in charging our work with the love of UUWomenspirit and the magic that is The Mountain herself. Then we will create our own color wheels and use them to direct our choice of colors and crystals, culminating into an inviting multi-media painting for you to take home! We will work with colored pens and pencils, acrylic paint, spray paint, resin, crystals, glass, shells, and SO much glitter you just won't believe it. You will have a choice of one 10x20 or a 12x12 canvas to work on; if time allows additional canvases can be purchased onsite to work on. Note: I will have N-95 masks for all participants as we will be using spray paints and 2 stage resin in our artwork. \*Please note materials fee for this workshop is slightly higher than usually allowed, but appropriate for the materials being provided.

**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 13 years now and has led tracks and workshops, sold items in Brigid's Bazaar, as well as serving as its Chaplain. Supporting Maggie in all her endeavors is her partner Chad, her service animal and partner in ministry Daisy Dog, and two loving felines.

Maximum Number: 15  
\$20 Materials Fee

## MORNING HALF-DAY WORKSHOPS

Writing for Resilience in Community • The Stories of Our Lives • Meditation Practices - Basics



## Writing for Resilience

Sherri Philpott

As we emerge from a time when many of us, by necessity, lived in physical isolation from nurturing community, we yearn to connect with others in a meaningful way. While writing is often done in solitude, writing in a group setting can be particularly powerful. This is especially true when we hear our writer selves affirmed by others. In this group we will explore different writing techniques to help us develop perspective on the past year, explore resilience that saw us through and gain clarity about where we are now. Exercises will be time-limited so that participants can try out a variety of techniques, and in some cases, share their thoughts afterwards, according to comfort level. In their writing, participants may decide to use the suggestions of the facilitator or use a method that has worked for them in the past. Sharing personal writing in a non-judgmental environment creates a feeling of safety, validation and community. It may also encourage sisters to rediscover their creative selves, start a journal, or seek out a writing group of their own.

A small spiral bound notebook, pens, pencils, and a small number of art supplies will be provided.

**Sherri Philpott** has kept a journal since she was 12 years old, not traditional in the sense of writing every day, but more sporadically over the past 45 years. Professionally, she has received training as a journal facilitator and has taught journal techniques to groups working through life transitions. She is currently part of a group of women who write together monthly, responding to various prompts provided by a facilitator, and celebrating ourselves as writers, each with a unique voice. She is also a Licensed Clinical Social Worker with over 25 years' experience in a variety of settings. These days she has a small private practice.

Maximum Number: 10  
\$10 Materials Fee



## Sing For the Goddess

Annelinde Metzner

Sing joyously for the Goddesses of Europe, Africa and the Middle East with Annelinde's songbook, "Lady of Ten Thousand Names." These songs are based on ancient texts praising Her, and we'll have an altar, percussion and maybe some dancing. Enjoy songs for Oshun, Yemoja, Aphrodite, Astarte, Brigid, Hecate and many more, plus some new songs based on old Appalachian melodies. We will sing in unison, two or three parts that are simple and easy to learn. All are welcome to come and sing! Masks will be worn. Songbooks will be available at Brigid's Bazaar on Friday evening (\$25 including 2 teaching CD's) and there will also be workshop copies available.

**Annelinde Metzner** is a composer and poet whose work is devoted to welcoming the return of the Goddess. She is a Unitarian choir director in Black Mountain, NC, and directs Sahara Peace Choir for women in Asheville. Her work appears regularly in the We'Moon Datebook and Goddess Pages. During the pandemic, Annelinde has been creating virtual choir videos using Garage Band and iMovie. She has several poetry chapbooks and performance CD's and DVD's which will be available at Brigid's Bazaar. Enjoy some of her work at [annelindesworld.blogspot.com](http://annelindesworld.blogspot.com).

Maximum Number: 30  
No Materials Fee



## Meditation Practices – The Basics

Carolyn Pilgrim

The word *meditation* seems to have less baggage than *prayer*, but both are about the experience of connecting to something bigger than yourself. We are made from the dust of ancient stars, and need oxygen and energy from plants, minerals from the ground (star dust), water from the earth. What is our place in all this? Are we just consumers? Or do we have a positive place in the cycle? These questions have led Carolyn to the practice of meditation and the worship of and connection with god/goddess, nature, earth, cosmos.

Your breath is a concrete connection with your world that keeps you grounded. It is like a "You Are Here" pointer. We want to learn to be where we are when we are and see clearly. It helps people who seek to experience their place in and connection to the cosmos while being a part of this particular planet, and to see with more clarity and calmness. We will learn several practices, so you can find what works for you. The key is connection and openness. In morning session, we will stay indoors for seated meditation, using methods like guided, silent, mantra or word, holding an object, noting, and reflection meditation. Please bring a cushion

to sit on (your bed pillow is fine), you may sit on a chair, the floor, or the ground. Be prepared to take off your shoes (bring socks if your feet are shy). You do not need to attend the afternoon session to participate in this one.

**Carolyn Pilgrim** is a retired Methodist minister, who served for 28 years, and her doctoral dissertation was on *Meditation as Prayer*. For 10 years before that, she was a science teacher of biology, chemistry, and general science. That is where she learned about the creation and the interrelatedness of everything.

Maximum Number: 15  
No Materials Fee

## AFTERNOON HALF-DAY WORKSHOPS

Meditation Practices – Where Will You Place Your Cushion? • Nature, Imagination, and Spirit  
• How to Practice Forgiveness



**Meditation Practices ~  
Where Will You Place Your Cushion?**

**Carolyn Pilgrim**

The word *meditation* seems to have less baggage than *prayer*, but both are about the experience of connecting to something bigger than yourself. We are made from the dust of ancient stars, and need oxygen and energy from plants, minerals from the ground (star dust), water from the earth. What is our place in all this? Are we just consumers? Or do we have a positive place in the cycle? These questions have led Carolyn to the practice of meditation and the worship of and connection with god/goddess, nature, earth, cosmos.

Where shall I meditate? What if I can't sit still? There are many possibilities. The universe is large, as is the Earth, and there are many ways to connect with it. Some active forms of meditation, besides walking, include coloring a mandala, gardening, yoga, and tai chi. We will try out several that do not involve sitting on a cushion indoors. Bring an outdoor sit-upon or cushion or cloth, if you wish, and be prepared to take your shoes off (bring socks if your feet are shy), so you can be grounded. We will go outside and walk (hiking abilities not required) and move about, even dance. Morning session not required for attendance in afternoon.

**Carolyn Pilgrim** is a retired Methodist minister, who served for 28 years, and her doctoral dissertation was on *Meditation as Prayer*. For 10 years before that, she was a science teacher of biology, chemistry, and general science. That is where she learned about the creation and the interrelatedness of everything.

Maximum Number: 15  
No Materials Fee



**Nature, Imagination, and Spirit**

**Sue-Anne Solem**

This workshop is designed to strengthen trust in spirit, invigorate the imagination through being in the natural world, and deepen our love of the earth. You will explore the creative magic that happens when we are immersed in nature. Imagination and insight expand more easily outdoors, since nature is a more expansive and varied environment than the four walls we spend a lot of our time in. Out in nature, all of our senses come alive and fill our empty

cup; we have to merely go forth with our cup in hand. And so we will enter the magical natural world with our “empty cup,” pen, notebook, colored pencils, something to sit upon, and a readiness to be open to the inspiration that comes from nature and from questions, activities, and suggestions posed.

**Sue-Anne Solem** is an avid UUWomenspirit participant, a retired elementary school teacher, dancer, and actress, and currently a NC certified Environmental Educator, singer, writer, and traveler. She LOVES to be outdoors, even to the point of practically loathing to be indoors! She has received many blessings from spending her time outside: better health, inspiration, rejuvenation, power, strength, consolation, faith, and trust. Nature has always inspired her to write poems, songs, and essays, and often to draw as well. She hopes to facilitate an inspirational experience in Nature with her UUWomenspirit kin.

Maximum Number: 20  
No Materials Fee



## How to Practice Forgiveness

Nancy Mayer

Practicing forgiveness on a regular basis, while very difficult, is very rewarding. Come learn what forgiveness is and how practicing forgiveness will improve your life. We will explore the concept of forgiveness in various religious denominations as well as in the academic community. We will talk about how people practice forgiveness, practice forgiveness ourselves, and share our experiences.

**Nancy Mayer** has been studying spiritual practices for years as part of the UUA Wellspring program. She practices law in the Durham/Chapel Hill area and lives in Durham with her husband Dave. Because she has found practicing forgiveness very rewarding, she wants to share her experiences with others.

Maximum Number: 10  
\$3 Materials Fee



~ Worship ~

The Fall worship committee wishes to welcome you to UUWomenspirit Fall Worship. We will gather as a whole group three times during each event to share sacred space together.

We started working on this event in 2019. Since then, we’ve had a pandemic, an election, birthdays, funerals, joy and tears and sometimes, both simultaneously. We’ve watched too much television, stared at too many computer screens, learned to meet up with each other online, read books, learned new skills, and taken up new hobbies. Some of these new habits and hobbies, we’ll drop. Some we’ll keep. But what came through all this tumultuous time was...US. **In fact, everything we’ve ever done in our lives has brought us to this moment. All our pastimes, work, and education. All of our relationships, families, and friends. And all of our ancestors.**

This Fall, join us as we celebrate ‘An Appalachian Harvest.’ **The Appalachian Harvest is not just a harvest of foods and gifts of the Earth, but also a celebration and acknowledgement of the**

spirits, deities, beliefs, stories, medicines, and myths of the people who came before us to this region: The Cherokee, Powhatan, Iroquois, Shawnee, Scotch-Irish, German, enslaved Africans, and many others who now call this land home. We will honor the spirits of the Earth, our grandmothers and grandfathers, the First Peoples, and the Europeans who settled in the Appalachian Mountains. We will respectfully use the knowledge and customs of the Old World and the New World to create everyday rituals we can perform at home.

*Please bring items for our special Ancestor Altar ~ photos, reminders, names, mementos, etc. We will honor those we have lost this past year as well as all of those we have lost in the past.*

## FALL 2021 CHAPLAIN

Amanda Lee Morris is a social worker, ordained minister, and High Priestess who works and plays in the Triangle Area of North Carolina. She can often be found leading rituals for the house church, Gaia's Circle, or enjoying conversation and cocktails with a regional networking group, the Triangle Area Pagan Alliance.

# ~ Brigid's Bazaar ~

One of the goals of UUWomenspirit is to pursue, nurture, and affirm creativity. We believe one way to do this is to provide a place for women to show and sell their arts, crafts and other items. Anyone attending the event may request space to sell woman-made creations or items from her woman-owned business at our Brigid's Bazaar.

Artists keep 90% of sales and give 10% to UUWomenspirit. Please go to our website for the sales agreement form.



## Sacred Sales and Shopping!



# ~ Other Activities ~

- **Membership Meeting** – Friday afternoon we meet to share and gather information. More entertaining than you might think and plenty of door prizes!
- **Daily Social Hour** – Each evening we gather before dinner for refreshments and hors d'oeuvres.
- **Candlelit Labyrinth** – Walk the beautiful forest labyrinth in the woods in darkness. We will use real candles weather-permitting, if not then LED lights.
- **12-step meeting** – Self-facilitated meeting for those who wish for the support.
- **Tea and Talk** – Gather late at night with new friends and old friends in the dining hall. Tea provided by The Mountain or bring your own beverage.
- **Cabaret** – Show off your talents or support other women sharing theirs. Sometimes emotional, sometimes hilarious, always moving and memorable.
- **Silent Auction** – Please bring gently used woman-centered items and books. Proceeds go to the UUWomenspirit scholarship fund.
- **Drumming and Dancing** – Saturday evening after Cabaret. Bring drums or other instruments and let the rhythm move you in free-form, free-spirited dance!
- **Circle Dancing** – Gather before worship services for easy-to-learn, guided dances to help set the tone for worship.
- **Free Time** – Spend time hiking the trails and nature walks, stargazing at the top of the Tower, soaking in the view at Meditation Rock, or simply relaxing and being yourself.

## BIG AND LITTLE SISTERS

The Fall 2021 Planning Committee extends a warm WELCOME to newcomers of UUWomenspirit!

If this will be your first time joining us, we'll have a welcoming tour to show you around on your first evening. You'll have a Big Sister who's been here before to introduce herself ahead of time via email, answer questions, and keep you from getting lost or lonely.

If you aren't new, volunteer during registration to be a Big Sister and welcome a newcomer!

# ~ Merchandise ~



Unisex T-shirt  
 Size XS - XL: \$30  
 Size 2XL - 3XL: \$31  
 Size 4XL: \$32

Shirts are all a comfortable, drapey blend of 50% Polyester 25% Combed Ring Spun Cotton 25% Rayon Embroidered on a cotton batik applique for an itch-free finish



Women's V-neck T-shirt  
 Size XS - XL: \$30  
 Size 2XL - 3XL: \$31  
 Size 4XL: \$32



Unisex Long Sleeve T-shirt  
 Size XS - XL: \$32  
 Size 2XL: \$33  
 Size 3XL: \$34  
 Size 4XL: \$35

Women's shirts shown are size XL  
 Unisex shirts shown are size L  
 Model Measurements:  
 Bust: 40"  
 Waist: 32"  
 Hips: 41"



Women's Long Sleeve Tunic T-shirt  
 Size XS - XL: \$33  
 Size 2XL: \$34  
 Size 3XL: \$35  
 Size 4XL: \$36



Tote with zipper and zipped front pocket \$28



Tote Dimensions:  
 13.75" h x 14 w" x 4.25" d

### Unisex Size Guide

	XS	S	M	L	XL	2XL	3XL	4XL
Chest	32-34	35-37	38-40	41-43	44-46	47-49	50-53	54-57

### Women's Size Guide

	XS	S	M	L	XL	XXL	3XL	4XL
Size	2	4/6	8/10	12/14	16/18	20/22	24/26	28/30
Bust	32-34	35-36	37-38	39-41	42-44	45-47	48-51	52-55

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 Rain Pope at [rain@rainsews.com](mailto:rain@rainsews.com). Your merchandise can be shipped to you at an additional cost.

# ~ Registration Information ~

Register online at: [www.uuwomenspirit.org](http://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 (September 15) 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](http://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](http://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](mailto: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.

<b>Rate for UWomenspirit Members:</b>	Weekday Institute	Weekend Gathering	Institute and Gathering
By <u>September 15</u> : (Early Bird Rate)	\$250	\$250	\$500
After <u>September 15</u> : (Regular Rate)	\$270	\$270	\$540
<b>Rate for NON UWomenspirit Members:</b>	Weekday Institute	Weekend Gathering	Institute & Gathering
By <u>September 15</u> : (Early Bird Rate)	\$270	\$270	\$540
After <u>September 15</u> : (Regular Rate)	\$290	\$290	\$580

No registrations will be accepted after September 29.

**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](http://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 members who would otherwise be unable to attend. 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.

Additionally, UUWomenspirit has launched a Young Women's Scholarship Fund to pay most of the cost of attendance for young women (under 35) who will be first time UUWomenspirit participants.

A link to the online scholarship application form is available on the event page on the [UUWomenspirit website](http://UUWomenspirit website), and serves as an application for either scholarship. You must be a member of UUWomenspirit to apply for either scholarship, or you must join after receipt of the scholarship to utilize it. Click "Join" on the [UUWomenspirit website](http://UUWomenspirit website) for a convenient link to PayPal to pay your membership dues. The deadline for submitting your request is September 8. For questions, contact [registrar@uuwomenspirit.org](mailto:registrar@uuwomenspirit.org).

If you can afford to donate to this fund, please do so during online registration or at any time using the PayPal link on the [UUWomenspirit website](http://UUWomenspirit website).

**Before the Event:** About two 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](http://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](mailto: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 this policy from The Mountain:** Payment is required to register and confirm your space. Unconfirmed participants will not be housed. Paid reservations are considered on a first come, first served basis - preferences will be noted, but housing requests are not guaranteed. Please pay outstanding balance in full at least a week prior to arrival date to avoid housing issues. When 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](http://www.themountainrlc.org) or 828.526.5838.

**Covid-19 Information:** We support The Mountain in following the current CDC guidelines, which include wearing masks in certain situations and social distancing. UUWomenspirit is committed to providing a safe event. To fulfill our commitment, there may be additional requirements implemented for the fall event. These will be determined based on conditions as they develop closer to the event start date. Specific information about UUWomenspirit COVID-19 precautions and requirements, as well as The Mountain's requirements will be provided as part of the event confirmation letter. In the meantime, if you have any questions, please contact the UUWomenspirit Registrar: [linda.sterner@themountainrlc.org](mailto:linda.sterner@themountainrlc.org).

The Fall 2021 Planning Committee also requests that participants respect each other's wishes for distance, touch, hugs, masking, etc. Please remember to take care of your own needs and ask for consent when you are unsure.

~ We Look Forward to Seeing You Again! ~

