

UUWomenspirit Fall 2016 Retreat

Moon Energy: Rhythm, Mystery, Illumination

The Mountain Retreat and Learning Center, Highlands NC

Weekday Institute: October 19—21, 2016

Weekend Gathering: October 21—23, 2016



Artwork by Rain Pope, 2016

***Planning Committee:* Jenny Paveglio, Event Coordinator; Linda Sterner, Sales & Activities; Melissa Christopher, Scribe; Tina Whittle & Susie Sherman-Hall, Worship; All members-Tracks & Workshops**

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Full Moonlight Riot

*Oh moon, you don't play fair.
Rising later and later each night like this,
and each night more unbelievably
full of light. Later and later I wait for you,
studying the undersides of leaves,
holding my breath, testing the strength of my will.
When in the dew and the depth of midnight
your other lovers float out from behind trees
and between shadows, I invite them to lounge at my side
in the wet grass and wait for you.
We wait for you together,
breathing mist, sipping the dark with our open eyes.*

*Then you are here, lifting your shining brow
above the wooded ridge,
enormous and brilliant and buoyant,
floating up without effort,
and the forest and field fell silent
in a way that must be filled by our talk.
In your light we see that we are long-lost friends;
we remember our long journeys to get here
together and apart. For a moment we just look
and then we are singing,
and holding each other in arms, imagining we've somehow
gone back to those nights before time
was invented, when joining like this in spirit,
in laughter, in dancing, was our way of honoring
that which lives in us
and that which gives the life.
The hours pass around us. Oh moon,
keep pouring your wine into this cup
in my hand, and I'll be drunk for certain!*



Artwork by Thalia Took

UUWomenspirit Institute and Gathering

UUWomenspirit is an all-woman spiritual retreat (18 years and older) where we explore the Feminine Divine in her many forms. Spirit-nourishing workshops and worship services are combined in an atmosphere full of community and fun at The Mountain Retreat and Learning Center in Highlands, North Carolina. UUWomenspirit has been offering retreats since 1987.

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

Two programs are offered—the Weekday Institute 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, Gathering or both!



Susie Sherman-Hall



Jenny Pavegio



Melissa Christopher



Linda Sterner



Tina Whittle

You're invited to join us as we explore the marvelous, magical, mystical moon! We've put together a plethora of activities for you to enjoy. You'll get to learn about your personal moon sign, understand moon phases, and learn about goddess rituals from other cultures as they relate to the moon. Come dance and play with us!

With much love and anticipation, Jenny, Tina, Melissa, Susie, and Linda

Weekday Institute Tracks

Institute Tracks run from Wednesday Evening through Friday morning

Queen of the Night: The Mystery and the Magic of the Moon
Toni Stephenson

Materials fee: \$8
Maximum # of Participants: 14

In this track we will learn about the rhythms of the moon and how they affect us as well as how to work with the energies of the moon in Her different phases. We will look at how the ancients viewed the moon and Her influence on the development of religion and the Goddesses which represent her. Finally we will create different rituals that we can perform in each of the moon's phases which will illuminate our lives.

Toni Stephenson has created and presented many different workshops at UUWomenspirit and in other venues. She has always loved the moon as a representation of the Triple Goddess. She presented this as an all day workshop in the fall of 2015 and was asked to expand the program into a track.



Discovering Your Inner Goddess
Lynn Jackson

Materials Fee: None
Maximum # of Participants: None

We, as women, are full of moon energy. Every woman has eleven moon centers. There are exercises that balance these centers and keep them positive. Together, let us explore and support each other on this delightful journey. We will also be exploring creative ways to turn our challenges into opportunities for even more magic in our lives! Of course we will raise our voices in songs about our beloved moon and celebrate our new discoveries through expressive dance! The mysteries of our beautiful inner goddesses are truly a divine blessing that our hurting world is in dire need of. You are invited to let your light shine as never before!

Lynn has been a teacher, presenter, healer and student of the unfolding Divine for the past 25 years. Her love of yoga, massage, chanting, meditation, and aromatherapy has led her to share her journey with others.



Moon-Drum Mysteries: An Introduction to Frame Drumming
Farrunnissa Rosa

Materials Fee: \$5
Maximum # of Participants: None

The frame drum embodies Mother Moon, Her radiant shape and powerful rhythms, Her spiraling pulse that echoes in women's bodies. We will immerse ourselves in the wisdom-tradition of women frame drummers, a lineage unbroken for thousands of years, connecting with these ancient mysteries through hands, heart, breath, and sacred sound. We'll share the breakthrough world-music drumming style of Layne Redmond (1952-2013), internationally known performer and the author of When The Drummers Were Women, experiencing Layne's rhythmic meditation for synchronizing the mind/body complex, covering all of Layne's core introductory material, and closing with a rhythmic ritual honoring Moon Energy.

A *Tar* is a Middle Eastern style frame drum with thumb hole or cutout, and is required for participation. High quality, reasonably priced *Tars* are available through the online store at www.LayneRedmond.com. A limited number of loaner drums will be available to participants on request as available. Visit www.BlessedBeats.org.

Farrunnissa has taught Layne Redmond drumming since 2004, and is the founder of the frame troupe Sancta. In 2006 she became Layne's first student worldwide to teach the landmark frame drum intensive, Giving Birth To Ourselves. She has presented frame drumming at previous UUWomenspirit events, worship services, and drum circles.



Weekend Gathering Full-Day Workshops

Weekend workshops are held on Saturday; you may attend a full-day workshop or half-day workshops (offered in the morning and afternoon).

Grandmother Moon: Calling in the Energy of the Crone *Amber Grey*

Materials Fee: \$5
Maximum # of Participants 14

Crone: a wise woman; a woman who is comfortable with her spiritual self, her intuition, a power (Susan Ann Stauffer). Traditionally you become a crone at menopause or in your 60's. In truth, however, you are a crone when you say you are one. And you can be croned many times—times that mark the end of one phase of your life and the beginning of another. Each time we are croned, we celebrate and honor the Wisdom we have gathered through the decades of our lives. In this workshop we will gather the wisdom from each decade of our life, develop a Statement of Intent for the next decade, decorate our Masks of Wisdom (already made by yours truly), and celebrate our Crone Selves by claiming our Intent, taking a Crone name, and dancing our Crone Selves Awake! Do bring ceremonial garb to don!



Amber Grey has been a joyful member of U UWomenspirit since 2002 and has facilitated three—or maybe four—Croning Workshops in that time. At her age, who can remember?!

Illuminating your Intuition in Daily Life *Wendy West*

Materials Fee: None
Maximum # of Participants: 20

This workshop will teach practical ways to integrate our intuition and connection to Higher Self. We will leave our left brain and go to our right brain and beyond! We will sing, dance, meditate, and raise our energy! I will provide an outline so no one needs to take notes. Let's be fully present!



Wendy West is a practicing psychic/intuitive animal communicator, shamanic leader, as well as a professional artist. She is a retired art teacher from Florida, and currently does private readings, workshops, and retreats.

Harnessing the Power of the Moon and the Ancient Technology of Feng Shui to Jazz Up Your Life *Melody LeBaron*

Materials Fee: \$5
Maximum # of Participants: 15

This workshop is for you if there is something in your life that you desire to make better. It could be your health, your relationships, your finances, your career. Bring a list of your intentions for 2016 and wear comfortable clothing. As we learn how to use Feng Shui with the timings of the New and Full moons, we'll also be doing chair yoga, pranayama (breath work) and creating an Altar piece that you can use on one of your Feng Shui altars. (No previous Feng Shui experience needed; this workshop is for beginners and advanced Feng Shui students.)



Melody LeBaron loves creating sacred space. As a professional organizer, Feng Shui Consultant and Space Clearing practitioner, she serves women who long to create order, beauty, creativity, peace and joy in their work and home environments.

Saturday Morning Half-Day Workshops

Sacred Humor **Sue-Ann Solem**

Materials Fee: None
Maximum # of Participants: None

Let's be LUNA-tic opti-MYSTICs together, enjoying the transformative power of being funny and having fun. Humor is part of a healthy spiritual life. After all, as my guru, Swami Beyondananda says, if you don't have a daily laughsative, you could develop humorroids! How can we be illuminated if we don't lighten up? Join me, Guru MayaYomama, and we'll explore the hee-hee-healing powers of humor together in some fun and surprising ways. Bring along a yoga mat or blanket for Laughing Yoga.



Sue-Anne Solem: I have been officially Absurdified by Swami Beyondananda, since I was able to prove that I have been fooly enlightened.. I have presented this sort of foolishness at UUWomenspirit before, and at other gatherings of opti-mystics. I am a retired elementary school teacher who can't stop teaching, so I have led workshops of various sorts and currently work part time as an Environmental Educator and Children's Docent at Duke Gardens and NC Botanical Gardens.

Living Witchy **Cheryl Dent**

Materials fee: \$5
Maximum # of Participants: none

Living Witchy—how to live everyday life with your pagan symbols, rituals in a non-pagan environment. Women relate to the moon—Maiden/Mother/Crone, what do these mean to us, how can we use the phases/power of the moon in our daily lives? Make life fun and bring your worlds together! Herbs, rocks, shells, dirt, earth, pictures and your garden, house, and home: we can coexist. These can all be incorporated into meaningful ritual and pagan activities in a manner that only you need know.



We will make something "moon-ingful" for ourselves. We'll celebrate our full moon, our time of fruition, motherhood, creativity. I'll bring beads, glitter, yarn, metal rings, construction paper, coloring pages, some crayons, sharpies, etc., and other crafty stuff. Please bring anything you want - glue, scissors, crayons, etc. that we can share and use. Together we will make a representation of our commitment to live true to our pagan selves. Bring your stories and questions and let's work together!

Cheryl Dent: I have taught a workshop at UUWomenspirit, have been on a UUWomenspirit Planning Committee and the Coordinating Council (briefly) and I've had lots of years of living.

Saturday Morning Half-Day Workshops

Tapping into your Moon Energy through Facilitating at U UWomenspirit *Linda Myers*

Materials Fee: None
Maximum # of Participants: None

Have you always wanted to present a track or workshop at U UWomenspirit but were afraid you didn't know what to do? If so, this workshop is for you. This discussion group will review U UWomenspirit philosophy, benefits of being a facilitator, role play difficult situations, learn adult education theories and more! We will also discuss steps to getting and staying organized and on budget. All participants will return home with a template to organize your track or workshop.



Linda Myers was a manager in health care for many years. Her job involved lots of teaching and mentoring individuals and groups. Linda has presented multiple workshops at U UWomenspirit.

Volunteering at The Mountain

Materials Fee: None
Maximum # of Participants: None

Give back to The Mountain! You'll be guided by Mountain volunteers / staff to help with outstanding projects, improvements, or general maintenance. Since its inception, The Mountain Retreat and Learning Center has had a strong history of volunteerism, and U UWomenspirit has been a part of The Mountain's history for 29 years. You'll have the satisfaction of knowing you helped others enjoy this magnificent place. No skill is needed!



Photo Credit Beth Flanagan

Saturday Afternoon Half-Day Workshops

Essential Oils—Precious Gifts of the Earth

Nancy Hagman, MEd, LMHC

Materials Fee: None

Maximum # of Participants: None

As the moon beautifully cycles, so does its effects on our bodies. We will explore how essential oils can help balance our Chakras thus assisting in the healing of our emotional bodies and helping us respond to the rhythm of the moon. DoTERRA essential oils will be provided, however please bring any essential oils you would like to use. In addition there will be an ITOVI scanner available to help determine the oils that are recommended for your body. Come to have fun, learn about the Chakras, relax, and balance your body.

Nancy Hagman has provided individual and group therapy as a Licensed Mental Health Counselor regarding trauma recovery and healing.



Breast Casting

Kate Wolverton

Materials Fee: \$2

Maximum # of Participants: None

In this workshop we will be creating a plaster cast of our breasts. Breasts are revered in our culture as things of beauty, as mammals we are able to lactate and feed our young. They bounce to the rhythm of our steps. Pleasurable sensation arises mysteriously from our nipples. This process will help you appreciate the beauty of your breasts, illuminating your self-acceptance. We will work together in a safe, loving and supportive environment to create our breast casts.

Kate Wolverton loves to be in the creative process with people. She has lead this workshop 2 times, along with several others—making Didgeridoos, studying the Labyrinth and creating steppingstones. She has been attending UUWomenspirit for 15 years, and has grown and been enriched by the embrace and support UUWomenspirit has provided.



Saturday Afternoon Half-Day Workshops

The Tarot and the Moon Card: Finding your Mystery

Rhi Vaughn, Rn, BA, CHPN

Materials Fee: \$10

Maximum # of Participants: 20

Join me while we spend an afternoon delving into the mystery of the moon card in the tarot. How can the imagery on this card be used to provide illumination and intuition in your life and issues? This will be a casual and fun session to explore the rhythms in our lives. We will be making a collage of our own personal moon card. Bring tarot cards if you have them, not required.



Rhiannon Vaughn has been reading and teaching tarot for almost 20 years. Trained at Diana's Grove in Missouri, she has a Jungian perspective, grounded in Art History, Mythology, Numerology, Astrology, and Symbolism. Rhi is a practicing Hospice Nurse when she's not reading cards!

Volunteering at The Mountain

Materials Fee: None

Maximum # of Participants: None

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Photo credit Beth Flanagan

Event Highlights

We encourage you to make the choices that best meet your needs. All activities are optional!

- **Sacred Circle Dancing**– it's a marvelous night for a Moondance...
- **Star Gazing**– from the top of the tower
- **Drumming & Dancing**– bring your drums, bangles and bells, and your dancing clothes—at Gathering
- **Outdoor Candlelit Labyrinth**– at Gathering , weather permitting
- **Healing Circle** – at Gathering
- **Cabaret**– show your stuff on Saturday night: skits, songs, reveal those hidden talents!
- **Silent Auction**– bring your gently used treasures you no longer need, all proceeds go to the scholarship fund
- **Social Hour**– gather together every evening before dinner for drinks & hors d'oeuvres
- **Tea & Talk**– the Dining Hall is always open for tea and cookies. If no one is there, just wait a few minutes and someone will show up.
- **Fire Circle**– with Chocolate Goddess Moons (AKA s'mores) at Institute, weather permitting
- **12 Step Meeting**– self facilitated, every afternoon before dinner
- **Bedtime Stories for Big Grrrls**– get ready for nite-nite time with some of our favorite girl-centered stories
- **Time to Be**– refresh, unwind, let go...

Stuff to Know

- ☾ **Newcomers:** If you are new to UUWomenspirit and would like to have another woman show you around The Mountain and give you an orientation to UUWomenspirit, please indicate this on your registration form.
- ☾ **Big Sisters:** Please volunteer on the registration form if you would be willing to welcome a newcomer and be a “Big Sister”. A brief “Introduction to UUWomenspirit” orientation for our new sisters will be available upon arrival on Wednesday and Friday afternoons.
- ☾ **Brigid’s Bazaar:** Sacred gift shopping! Bring your checkbook. Discover the talented UUWomenspirit artisans’ handmade crafts, jewelry, clothing, and much more. Visit the “networking” table for women entrepreneurs. Bring your cards and brochures to spread the word on your business.
- ☾ **Door Prizes:** Don’t miss our UUWomenspirit Membership Meeting on Friday before dinner. Door prizes, generously provided by artisans of Brigid’s Bazaar, will be drawn!
- ☾ **Watch Your Email:** We’ll be sending important information by email to help you prepare for and get excited about the event. We might even have a full moon activity for you the week before....



Moon Energy Merchandise



Moon Energy Logo shirt in ¾ sleeve in charcoal. Our planning committee felt this shirt ran about a full size smaller than our regular size, so we recommend you order up one or two sizes. \$18



Moon Energy Logo women's cut short sleeve shirt in jet black, Runs true to size. \$16

SIZE CHART

	XS	S	M	L	XL	XXL	3XL	4XL
Size	0/2	4/6	8/10	12/14	16/18	20/22	22/24	24/26
Bust	32-34	35-36	37-38	39-41	42-44	45-47	48-50	51-53



Altar/Tarot Bags with logo, embroidered with glow-in-the-dark thread by Rain Pope. You can order it in black linen or silk, 6" X 9" with drawstring, \$22



Glow in the dark moon!



Tervis Insulated Moon Energy Logo cup with lid, \$20

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 Linda Sterner linda.sterner@gmail.com.

Your merchandise can be shipped to you at an additional cost.



Registration Information
Register Online at: www.uuwomenspirit.org

UUWomenspirit and The Mountain use online registration. There is a link on our website to the form, along with detailed explanations to help in the process. We do **NOT** have paper forms. Before you access your online registration form, PLEASE READ THESE PAGES CAREFULLY to avoid confusion or misunderstanding of policies and procedures.

IMPORTANT: Make sure that you read the instructions on the UUWomenspirit 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 UUWomenspirit 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...

UUWomenspirit Membership: To attend the event, you must be an active member of UUWomenspirit. 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, 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.

Visit the UUWomenspirit 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

Fee Payment: All UUWomenspirit 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 box on your form and pay the balance. Remember that you will not be assigned to your track and/or workshops until your entire fee has been paid.

	<u>Weekday Institute</u>	<u>Weekend Gathering</u>	<u>Institute and Gathering</u>
After September 21:	\$270	\$270	\$540
Before September 21: (Early Bird Rate)	\$250	\$250	\$500
No registrations will be accepted after October 12, 2016.			

Registration Information, continued

Lodging: The Mountain fee for each program (Institute or Gathering) includes 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. 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.

Scholarships: UUWomenspirit maintains a Scholarship Fund from which we provide scholarships to those women who would otherwise be unable to attend. Some financial aid is available to women having a financial need (including the need for child or family care) who are attending the Gathering or the Institute and will be given for one program per 12-month period only. An online scholarship application form is available on the UUWomenspirit website. The deadline for submitting your request is September 12, 2016. 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.

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. 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.mountaincenters.org, (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.

Registration Information, continued

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 interesting in selling your offerings at this event, please complete the Sales Agreement located on our website, www.uuwomenspirit.org, before October 12.

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 form located on our website, www.uuwomenspirit.org.

Cancellation Policy: If you register but are unable to attend and need to cancel, please **IMMEDIATE LY** contact both the UUWomenspirit Registrar 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). UUWomenspirit has no control over what The Mountain may be willing to refund.

Please note The Mountain policy below:

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

When notice is received more than 30 days prior to arrival date, \$35.00 is retained for each cancelling adult; if notice is received within 30 days of your 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 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 TheMountainRLC.org or [828-526-5838](tel:828-526-5838).

Rather than a refund, UUWomenspirit offers a credit for the program fee which may be used at either of the subsequent two events. For more information about this policy, please contact the Registrar, Christine Grewcock, at registrar@uuwomenspirit.org or [828-515-1360](tel:828-515-1360).

