



UUFN Women's Retreat
Saturday April 17 - Sunday April 18, 2010

At the beautiful Temenos Conference Center,
1564 Telegraph Road, West Chester PA 19382
610-696-8145, www.temenosretreat.org

Saturday

8:00 - 9:30 am Breakfast
10 - 11 am Opening Circle
11:15 - 12:45 pm Workshop A
1:00 - 2:00 pm Lunch
2:30- 3:00 pm Free Time
2:30 - 4:30 pm Workshop B
4:30 - 6:30 pm Free time.
4:45 pm Optional nature walk, meditation, etc.
6:30 - 7:30 pm Dinner (BYOB)
7:45 - 9:30 pm Womansing
10 pm - snack time
10:30pm Optional star walk

Sunday

7:30am - Optional early morning walk.
8:30 - 9:30 am Breakfast
10 - 11:30 am Workshop C
12 - 1 pm Lunch
1:00 pm Closing Circle
2 - 4 pm Free time, leave when you're ready.



WONDERFUL WORKSHOP CHOICES

WORKSHOP A, Saturday 11-12:30 pm (pick one)

1 - Mary Cannon - **Foodies for the Goddess:** Whether you use the term locavore, locovore, or localvore, talk about eating local is everywhere. It's a popular idea when it comes to a philosophy of eating that supports health, the earth, and the local economy and that is also pleasurable. We'll explore the idea of eating food grown only within an area typically bound by a 100 mile radius and what that might mean for folks living in our area. Could you do it? We'll look at the pros and cons, tools and resources, and of course, we'll share recipes and sample some home-made local (vegetarian) goodies. Bring your appetite, your stories, and (optional) any favorite recipes using local foods. \$5.00 fee. Limit 12.

2 – Janet Louise – **Tai Chi**

Experience the spiritual practice of Tai Chi. Janet Louise, a long-time practitioner, will gently guide you through introductory movements and explain the meaning of this ancient practice.

3 – Carolyn Stankiewicz - **SACRED PLAY (OR how can we forget hula-hoops??)**

As we grow up, we tend to be more serious, more concerned about the challenges and obstacles of everyday life. This workshop will take you back, through meditation and sharing back to those days of roller skates, hula-hoops, jacks and chutes and ladders). What lessons have we forgotten that we previously learned at four or ten years of age? How can we get back our playfulness and fun attitude towards life? Carolyn has presented this workshop at the Trinity church spirituality women's group and Sisterspace weekends. Limit 15.

4 - **The ancient art of Mandala making.**

Taught by a women studying to become a certified Mandala teacher.

WORKSHOP B, Saturday 2-4 pm (pick one)

5 – Donna Planck and Chris Sowinski - **Beads that talk**

Enjoy a period of quiet time to reflect on your life, your stories, your experiences, the places you have been, your dreams, or whatever else you want. In this workshop you will express your life story using beads. **Please bring old/new beaded necklaces, bracelets, beads, etc... that you are willing to share. Limit 10.

6 - Shelia Smith – Women's Retreat Literary and Saturday Tea Society

Come join us for tea and a relaxing hour of connection through literature.

Bring books or lists of books; books you love, books your book group loved (and maybe you didn't) books you want to trade because you want some one else to love them.

Take away new literary treasures and pursuits.

7 - Bev LaRock – Mind Your Chakras, Balance Your Life.

Eastern Medicine describes seven main whirling vortexes of energy within each person that comprise the chakra system. These chakras are data bases of stored experience and a guide for your journey through life. With knowledge, the lessons of the chakras can be accessed and windows to our inner energy body can be opened to heal our own unique core. You will learn the seven major chakras, the issues associated with each center and how to benefit from the lessons each has to offer. To navigate this system is to take an exciting journey of awakening for the body, mind and spirit. Please wear a item of clothing in a color you are especially fond of in general and at this time in your life.

WORKSHOP C, Sunday 10-11:30am (pick one)

8 - Carolyn White Bartoo – The G-Word: how do we UUs deal with the God issue?

Let's talk about God. This is a safe conversation where we'll look at different ways UU communities approach a belief in God, lack of God-presence, or God-resistance. Could one of them work for us? Rather than rejecting God, can we discuss spirituality and divinity with a new construct? Is there room in a UU community for folks comfortable with God, or do we need to just keep our God whisperings to ourselves? Come out of your God-closet with us and let's find a path we can walk together.

9 - Marie LaBerge – “The Measure of My Footprint” Margaret Fuller.

This workshop will explore the unconventional life and words of Margaret Fuller. Nineteenth century feminist, literary critic, Transcendentalist, social activist, and so much more, Fuller challenged the social and political norms of her time. What can her life and words say to us today?

10 - Nancy Plummer – The Ten Worlds of Buddhism.

Come travel the journey of life. We will start out in Hell and navigate our way to Buddhahood. You will visit and understand these ten worlds and share your journey with others.

REGISTRATION FORM

Retreat Costs

***Those making a financial contribution of record to UUFN in 2009
(you received a year end statement from the UUFN bookkeeper):***

* \$150 for the weekend at the main Retreat House. Includes 1 night lodging, 5 meals, 3 workshops. Each room has 2 or 3 beds with a private bathroom. Each guest receives fresh towels, face cloth, and soap. There are no TVs, but wireless internet is available.

OR * \$140 for the weekend at the Farm House (very rustic). Includes 1 night lodging, 5 meals, 3 workshops. Rooms have 2 or 3 beds with a shared bathroom. Each guest receives fresh towels, face cloth, and soap. There are no TVs. Must check out of your room by Sunday 10am, but you will have access to the main Retreat House during Sunday.

OR * Day rate: \$80 for the full day Saturday, including 3 meals and 2 workshops (no lodging).

***Those who did NOT make a financial contribution of record to UUFN in 2009
(you did not receive a year end statement from the UUFN bookkeeper):***

* \$165 for the weekend at the main Retreat House. Includes 1 night lodging, 5 meals, 3 workshops. Each room has 2 or 3 beds with a private bathroom. Each guest receives fresh towels, face cloth, and soap. There are no TVs, but wireless internet is available.

OR * \$155 for the full weekend at the Farm House (very rustic). Includes 1 night lodging, 5 meals, 3 workshops. Rooms have 2 or 3 beds with a shared bathroom. Each guest receives fresh towels, face cloth, and soap. There are no TVs. Must check out of your room by Sunday 10am, but you will have access to the main Retreat House during Sunday.

OR * Day rate: \$80 for the full day Saturday, including 3 meals and 2 workshops (no lodging).

Make checks payable to UUFN (put women's retreat on the message line).

Register at coffee hour, Sunday February 28 or March 7 or by mail.

If by mail, send this form (with your check) to Carol Boncelet, 32 Covered Bridge Lane, Newark, DE 19711.

There are only 26 beds available, so first come, first served. Payment must accompany the form.

Registration Form

Name _____

Address _____

Email _____ Phone _____

Circle one:

I made a financial contribution of record to the UUFN in 2009:

Stay at Main House \$150, Stay at Farm House \$140, Day Rate only \$80

I **did not** make a financial contribution of record to the UUFN in 2009:

Stay at Main House \$165, Stay at Farm House \$155, Day Rate only \$80

Workshop A, First choice _____, Second choice _____

Workshop B, First choice _____, Second choice _____

Workshop C, First choice _____, Second choice _____

Extra fees associated with workshops \$_____ (please include these in your check).

Room or roommate request :

For the registration goddess only

Date received _____ Amount Paid _____

Room assigned _____

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