

# 1<sup>st</sup> Unitarian Universalist Congregation of Ann Arbor



Join us at the 2019 UUAA Womyn's Retreat! This retreat is a venue to meet other women in the congregation, enjoy interesting workshops, relax and renew. It is a wonderful opportunity to reflect, laugh and connect in a warm and safe circle of women of all ages. Teens over age 14 are encouraged to attend with an adult sponsor.

**Retreat Setting:** *"Enjoyed walking the trails and seeing white tail deer, rabbits, and two baby foxes having their dinner!"*

**Small Groups:** *"This was the most connected I felt to others."*

*"One of the best ideas for the weekend was to provide for integration of new people with old, and young and elderly."*

*"This is a great way to get to know a smaller group of women well."*

**Worship Service:** *"A good mix of things that touched every woman in one way or more. Fun to have such a participatory service."*

*"My experience was expressed beautifully in the wishes we offered to each other in the Sunday service."*

**General:** *"Thank you for helping me feel welcome. I am truly fortunate."*

*"I really enjoyed the whole experience. The music was amazing!"*

*"This was my first time here. I met wonderful women. I can't wait until next year!"*

## Lots of Fun Activities . . .

- **Small Groups – Get to Know Each Other!**
- **Uplifting Rituals & Casual Conversations**
- **Womyn's Wares, Massage Sessions & Drop-in Crafts**
- **Archery, climbing wall, ropes course**
- **Canoeing & kayaking on beautiful lake**
- **Evening Bonfires, Singing & Drumming**
- **Mendi (Hand-painted, Henna tattoos)**

## Saturday Morning Sessions

### Bringing the Outdoors In

Plant your own bit of greenery to warm up your winter home. Attendees will create mini-terrariums in canning jars. No experience needed.  
– **Merrill Crockett & Margaret Pekarek**

### Authentic Expression in Each of Us

Many of us long to understand ourselves fully and express ourselves authentically. Both inner and outer constraints can nip our enthusiastic intentions to do so in the bud and we express less and less of our true nature. This workshop will support the blossoming of our unique buds. By understanding inhibiting cultural restraints, learning simple and research-based strategies that support our confidence, and understanding the necessity of living into our strengths, we can find more satisfaction and contribute more fully. – **Jennifer Evans**

### Magic Pen: Writer's Workshop

Discover new genres to write in or select from old favorites! Bring a pen, a lined notebook, journal, or diary and explore new formats: memoir, poetry (group projects or single ones, new fun forms to try or an ancient one to challenge your brain), flash fiction, short stories, the first page of a novel, or travelogue memories. – **Shirley J. Smith**

### Nia Inspired Dance

A joyful movement class that each can happily do in their own way and at their own level. – **Jennifer Evans**

### Mindfulness Storytelling

As you experience the wonder of nature, are you "present," mindful about what you observe? Learn to guide your senses and creativity to express your natural experiences in written form. – **Lorelle Otis**

### Healing Through Past Life Regression

Many illnesses and health issues have more to do with your emotions than physical illness. Our session leader has discovered that the root cause of emotions that cause problems in a person's current life often lies in a past life. By going to the lifetime where the emotion originated, people can often make significant progress in, if not complete healing of, their issues. This session will introduce this concept and take the group through a past life regression. – **Constance Joy Hart**

## Saturday Afternoon Sessions

### 5 Essential Oils for Each Season

Learn what essential oils are and many of their uses for improving your health and environmental benefits. – **Delphine Benard**

## Book Art for Beginners: Flutter books

Learn to create a flutter book! You will produce concise even folds, apply Kirigami techniques for 3-D effects, select a poem or quote to include as a message, & combine it all into a book that is a work of art. If time permits, attendees will also make Star books, which become sculpture as we fold and glue a celestial story. A cityscape or landscape wanders across the pages and is liberally sprinkled with stars. Words optional. – **Debra Golden**

## Hoop Dance for Humans

Do you remember the joy of playing with hula hoops when you were young? Hooping is great fun for people of all ages! Learn the physical (as well as emotional, spiritual, and creative) benefits of hula hooping, some basic skills and tips, and even some fun tricks that will be sure to impress your friends and get your soul in motion. No experience needed, and don't let "I've never been very good at hula hooping" be an excuse! – **Katharine "Kes" Nagler**

## Telling Your Story

Human beings love stories – it's how we convey who we are, what we know and love. Storytelling can be a powerful skill for communicating with impact in your professional life, with your children or friends. There is a big difference though, between telling a silky story that has impact and just sharing an anecdote. In this workshop, we'll explore the elements that make for a powerful story. Small groups will put our story telling skills into practice and gain more confidence. This fun and immersive experience will give participants an opportunity to connect with each other, listen and share. Bring a story you'd like to develop about an important moment in your life that changed you in some way. – **Bobbi Coluni**

## Unlocking your Enchantment

Follow along on a journey to look inside yourself. Take a walk with your inner little girl to rediscover your enchantment. This process has the power to help the little girl inside heal and in turn giving the woman you are today room to shine. – **Kate Stroud**

## Sunday Morning Yin Yoga

Start your Sunday morning with a meditative Yin Yoga practice. Yin is a slower, meditative style of yoga that uses passive postures held for several minutes. It focuses on the connective tissue. Yin yoga can do wonders for joint health, flexibility, circulation and mental focus. Wear comfortable clothing you can stretch in. Bring a yoga mat and towel or blanket. No experience needed. – **Bobbi Coluni**

## Registration Form

### Storyteller Within – 2019 Womyn's Retreat

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Daytime Phone \_\_\_\_\_

Email \_\_\_\_\_

Emergency contact name & phone \_\_\_\_\_

Please check next to your TOP 2 choices for morning sessions and your TOP 2 choices for afternoon sessions. Leave blank if you don't plan to attend sessions.

Morning Sessions	Afternoon Sessions
Bringing the Outdoors In	5 Essential Oils for Each Season
Authentic Expression in Each of Us	Book Art for Beginners
Magic Pen: Writers' Workshop	Hoop Dance for Humans
Nia Inspired Dance	Telling Your Story
Mindfulness Storytelling	Unlocking Your Enchantment
Healing Through Past Life Regression	

### More info to help us with planning . . .

T-shirt Size: S M L XL XXL XXXL (Register by 9/10 to receive Tshirt)

Special Diet:  Vegetarian  Vegan  Gluten Free  Other \_\_\_\_\_

I can attend only part of the retreat. Please contact me to discuss reduced fee.

I am a nursing mother bringing a non-mobile infant.

I have accessibility challenges (We will contact you.).

I am 14-17 years, coming with an adult. (Adult: \_\_\_\_\_)

I'd like to bring items to sell at Women's Wares. (Item: \_\_\_\_\_)

I'd like to offer massage therapy, tarot readings or astrology readings.

I'd like to request a partial/full scholarship. (I can pay: \$ \_\_\_\_\_)

I'd like to contribute to the scholarship fund. (extra \$ \_\_\_\_\_ enclosed.)

I'd like to pay the extra fee to do the  High Ropes Course (\$10 extra)

Climbing Wall (\$10 extra)  Zip Line (\$10 extra)

**Retreat fee is \$170 (\$125 for ages 14-25).  
Register by September 10, 2019 to receive event Tshirt.**

**Full fees must be paid at the time of registration.** Please make checks payable to the First UU Congregation of Ann Arbor and write "2019 Womyn's Retreat" in the memo space. Several ways to pay: 1) Credit Card here or at [UUA.org](http://UUA.org); 2) Check or Cash (at Womyn's Community Social Hall Table or mail to address below with your completed registration form.

Cardholder's Name \_\_\_\_\_

Credit Card # \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Type of Card \_\_\_\_\_

**Return to:** First UU Congregation - 2019 Womyn's Retreat  
4001 Ann Arbor-Saline Road, Ann Arbor, MI 48103

## Details & Registration Policies

**Location** 📍 The retreat will be held at YMCA Camp Copneconic, about 45 minutes north of Ann Arbor. The camp address is 10407 Fenton Rd, Fenton, MI 48430; phone (810) 629-9622. We encourage carpooling. We will provide a list of attendees registered 2 weeks before the retreat.

**Accommodations** 📍 Our lodges offer a variety of sleeping arrangements with some rooms with only 3 people (available on first-come, first-served basis at the retreat). Shared bathrooms include showers. Separate building for our teen attendees, and separate apartment for our nursing moms & their infants!

**Meals & What to Pack** 📍 Our delicious menu can accommodate all dietary variations with advance request. Please let us know of food allergies. Packing suggestions will be included with your confirmation letter.

### Schedule 📍

Friday, 5-8 pm – Check in, find your room, get a snack and explore camp  
Friday, 8-9:30 pm – Opening Session – Drummunity! Community building with Lori Fithian and Jean Chorazyczewski.

Friday, 10-12pm – Campfire with s'mores and storytelling

Saturday will include two workshop sessions, small group activities, free time to explore the grounds and an evening contra dance.

Sunday we enter the home stretch with Yin Yoga, a final small group session, breakfast and community worship service. We will wrap up around noon.

### Massage Therapy, Tarot Readings & Astrology 📍

We invite women who are licensed massage therapists to bring their table or chair and offer short massages at the retreat. Or, if you're experienced at offering tarot or astrology readings, bring your talents to share. These services may be offered for a nominal fee. To reserve your space, contact Judi Lintott, 734-352-7285; [jlintott@comcast.net](mailto:jlintott@comcast.net).

**Women's Wares & Bookstore** 📍 We encourage women crafters, artists, authors, musicians, etc. to bring items they have made to the retreat. We will have a "store" where attendees will be able to view and purchase art, crafts, music and books. To reserve your space, contact Judi Lintott, 734-352-7285; [jlintott@comcast.net](mailto:jlintott@comcast.net).

**Scholarships** 📍 Scholarships are available on request. We ask that you pay what you are able, and request our help with the rest. To help with our budgeting, please try to request assistance before 9/10/19.

**Cancellation of Registration** 📍 The full registration fee must be paid upon registration. Full refund minus \$25 administrative fee until 8/1/19. 50% refund 8/2/19 – 9/10/19. No refunds after 9/10/19. If you are able to find a substitute, your registration may be transferred to someone else.

**Questions** 📍 Contact Roen Montalva, Womyn's Retreat Chair, [womensretreat@uua.org](mailto:womensretreat@uua.org) or Judi Lintott at 734-352-7285.