

WomenSpirit 2010 September 17, 18, 19

We are looking forward to a fabulous weekend with you! We have lots of great activities planned- fun, socializing, and relaxation in the great outdoors. Following are the nuts and bolts- a basic schedule and a list of what to bring. Please do not hesitate to contact us with any questions.

Warmly,

The WomenSpirit 2010 organizers

Location: Sacramento Methodist Assembly 1-800-667-3414 (Maps are available on their website and we will e-mail you a map upon registration.) <http://www.sacramentoassembly.org/>

Highlights This Year:

- Table Games & Social Time will be offered Friday afternoon from 3 to 5.
- Tai Chi and Chi Gong will be offered Saturday from 7 – 8 a.m.
- Meditation class on Saturday as well as Sunday a.m. (see schedule)
- Friday night dinner is available for an additional \$9.00.
- Housing included in the basic registration is at Aspen Lodge with twin or double beds (all bottom bunks) and private baths. Upgraded rooms with queen beds and private baths are available at Forrest Lodge for an additional \$8.00 per night. Forrest is a bit further walk than Aspen. All housing is shared occupancy.
- Handicap accessible rooms and shuttle service are available upon request to and from classes and meals.

Phone Service: Cell phone service is questionable. There is a telephone for use with a calling card in the office. If family members need to contact you in an emergency, they may call the SMA office at (575) 687-3414 or (800) 667-3414.

Camp Rules: Smoking outside only in designated areas and **no alcohol**.

Community Weaving: This has become a tradition. Judy Licht will bring a small upright loom and set it up on a table for the weekend. Anyone that feels inspired can come and weave a little.

Friday Night activities: Bring anything that can be incorporated into our socializing. Tarot Cards, henna painting, guitar music . . . we welcome ideas! This year we are hosting a board/table game and social time on Friday afternoon at Aspen Lodge as people are checking in. Feel free to bring your favorite to share! We will be holding the opening ceremony at the dining hall to make use of the extra space needed for the Dances of International Peace. Further activities after that will be held at Scrimshire Hall.

Funky Fun Shop begins Friday night after the opening ceremony and goes all weekend. This is our annual scholarship fundraiser and an upscale thrift shop. When you find an item you like, then you make a donation to the WomenSpirit fund. Funds raised help provide scholarships the following year.

Saturday Night Talent/No Talent Show: This is your opportunity to shine in the limelight. You can sing a song, tap dance, or lead a group activity. Don't feel like you have to be great to get up there! We appreciate all! In years past we have had classical violin, jokes, singing, nursery rhymes, and juggling acts.

Questions contact:

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What to bring - Suggestions:

Healthy snacks: low in fat and sugar, such as, fruit, nuts, and crackers to share for the duration of the weekend. They will be put out on a table and will need to keep without refrigeration.

Dinner Friday Evening: (Included in the registration fees are 3 meals on Saturday and Breakfast on Sunday). You may also elect to purchase the Friday dinner option (must be done in advance) or please bring your own brown bag dinner.

Coffee mug: coffee and hot water are available 24/7.

Water: tap water is available. If you want bottled water please bring it.

For Altar: Bring an object that represents something special about you!

For Belly Dancing: decorative or elaborate clothing, head wraps, sequined bras, scarves.

For Reiki, Tai Chi and other "active" workshops: comfortable clothing easy to move in

For Button Bracelets: participants wishing to make these awesome bracelets are required to bring 7-8 shank style buttons. These will be incorporated with seed beads provided by the instructor.

For Hiking: Good walking shoes. A map of area trails is included with your packet.

For Communal Weaving: Yarn, ribbon, string, raffia, feathers, fabric strips, etc.

For Funky Fun Shop: ideas are, but not limited to: clothing (please bring hangers), jewelry, purses, books, or any other treasures that you can part with. Please put the items out before the opening ceremony. Shop will be located in Scrimshire Hall.

For Saturday night: bring ideas for the talent or no-talent plus costumes, musical instruments, and any other items needed to entertain us.

Saturday Night dancing: we will have a CD player available. So bring your favorite dance music CD's.

Other items: flashlight, insect repellent, clothing for all weather, personal toiletries (linens, bedding and towels will be provided).