

ANNUAL WOMENSPIRIT RETREAT REGISTRATION

September 9-11, 2011

Sacramento Methodist Assembly, East of Cloudcroft, NM

Website: <http://sacramentoassembly.org>

Name _____

Address _____

(Home phone) _____ (Mobile) _____ (email) _____

If you **DO NOT** want all or part of your contact information to be included in this year's participant list, please specify which information to omit: _____

**REGULAR REGISTRATION needs to be postmarked on or before August 15, 2011.
NO LATE REGISTRATIONS ALLOWED!! NO EXCEPTIONS!!**

Scholarships are available for financial assistance. **(Requests for scholarships are included in the form below and must be submitted by August 1st, 2011 for consideration.** We will contact you by phone regarding the status of your application). *Scholarship recipients are asked to help out with small tasks, such as, making coffee, setting up, and cleaning up.*

Interested in saving money by bringing your RV for accommodations instead? Contact LeeAnn Meadows at 575-525-1625 for pricing.

Please refer to back side of form for more information on the options listed below.

Retreat Base Rate \$140.00 (Double Occupancy at Aspen Lodge and 4 meals)	+\$ 140.00
Optional Additional Charges:	
Friday Night Dinner \$9.50	+
Aspen Lodge Single Occupancy Upgrade \$30.00	+
Forrest Lodge Double Occupancy Upgrade \$17.00	+
Request full scholarship subtract \$140.00	-
Request half scholarship subtract \$70.00	-
Donation to Scholarship Fund	+
Subtotal	\$
EARLY BIRD DISCOUNT – PAY IN FULL postmarked on or before August 15 th and deduct \$10.00 from your subtotal! Total Paid Today:	\$
REGULAR REGISTRATION - Submit 50% of your subtotal as a deposit postmarked on or before August 15 th . The remaining balance is due by September 1st. Total Paid today:	\$

Mail your check (**payable to UU WomenSpirit**) and registration to:

Jo Ingle
1610 Neleigh Dr
Las Cruces, NM 88007
575-523-0442

Refund policy: Refund of fifty percent of the retreat cost will be made if request is received prior to Sept. 1, 2010; after Sept. 1 refunds will be made on a case-by-case basis based on personal emergency.

Help Us to Serve Your Needs Better! Please complete information below as much as you feel necessary to make your accommodations best suited to your needs.

Dietary:

Any special Dietary needs (i.e. Vegetarian)? _____

Friday night dinner is optional and can be added to your registration. Dinner is served at 5:30 p.m. Your basic registration covers 3 meals on Saturday and breakfast on Sunday.

Lodging:

Do you require handicapped accessible or main level accommodations? _____

Do you have any issues requiring special attention when assigning rooms? (CPAP machines, snorers, sleep talkers . . .) _____

Do you have a roommate preference? _____

Do you need use of a golf cart for navigating between buildings? _____

Would you prefer (check one): Early to Bed (Quiet Area) _____ Late to Bed _____ Either is Fine _____

We have reserved rooms at both Aspen Lodge and Forrest Lodge. **Aspen Lodge** rooms typically have a double size bed and a twin with a bunk above. With double occupancy, everyone can have a floor level bed; however, you are responsible for making your own bed on arrival and stripping the bed on departure. **Forrest Lodge** rooms have two queen beds in each and beds are already made up. You do not have to strip bedding on departure. Prior attendees liken these rooms to more of a motel feel than a camp-cabin feel.

You may request your own room in Aspen Lodge. Please see front of form for pricing.

Transportation:

Would you like to carpool? _____ Would you be willing to drive your car? _____

What time do you plan to arrive at the camp? _____

Please list other riders currently coming with you _____

How many other passengers can you accommodate? _____

If you will have a cell phone, please list number we can try to reach you in the event you are late in arriving: _____ (If you are late or lost, PLEASE call SMA at 1-800-667-3414 or 575-687-3414 and LEAVE A MESSAGE for WomenSpirit! They will make sure we get it!)

NEW THIS YEAR !!! Artisan/Crafters Corner:

Any WomenSpirit attendee may exhibit goods for sale in this special area. Goods need to be clearly marked with price and your name. All sales collected in the form of **checks only**. Exhibitor agrees to donate 10% of proceeds to WomenSpirit. *Items limited to your own creations!*

Please fill out participation registration below:

Name: _____

Goods Exhibited: _____

Space Needed: _____

(square footage – table top) NOTE: Space will be made available in Scrimshire (Emmaus) Hall. This room does not lock at night. However, there have been no problems with trespassing at any time we've attended.

PARTICIPANT AGREEMENT: MEDICAL RELEASE (Signing this agreement is a condition for participation in the Retreat)
I understand that I will be attending the annual UU WomenSpirit retreat and hold harmless all other participants/leaders of any responsibility for my well-being or accidents to myself during the Retreat, or in my travel to and from the Retreat. I understand this retreat is no substitute for therapy or counseling. I further agree to abide by all regulations/requirements while at the Sacramento Methodist Assembly (including no alcohol, no pets, no illegal substances, fireworks or fire arms; camping and fires allowed only in approved areas; smoking in designated areas only). In case of emergency, I give permission for the following person(s) to be contacted:

Name: _____ Phone: _____

In case of emergency, I would like to disclose the following medical condition(s) and my physician's name and phone number:

Signed: _____ Date _____

WomenSpirit 2011 September 9, 10, 11

Celebrating the Rhythm of Life

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 2011 organizers

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

Highlights This Year:

- **Vision Boards with Lynn Hurd will be offered Friday afternoon from 3 to 5.**
- **A half hour yoga session will be held from 4:30 – 5 p.m. with BeeGee Brandhorst. Come work out the driving kinks!**
- **NEW THIS YEAR! An Artisans/Crafters store offering those things you've all admired but can't/don't want to make yourself! Please note: payments for these goods will be by CHECK ONLY made out to the individual. Bring your checkbook!**
- **Also available this year – massage services from Jana Horvath will be available for \$1 per minute. We'll have a room set up along with a sign-up sheet for appointments.**
- **Handicap accessible rooms and a golf cart to travel between classes and rooms are available upon advance request**
- **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 Needlefelting: New this year! Diane Taylor will get us started on a community project – to be available in the Dining Hall. Feel inspired? Come and add your creative talent to complete it!

Friday Night activities: We have the fire pit reserved from 7 – 9 p.m.! Look forward to Smores, singing, and comraderie! We will be holding the opening ceremony at Emmaus Hall and adjourn to the fire pit after that.

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. Find an item you like, then make a donation to the WomenSpirit fund. Funds raised help provide scholarships the following year.

Artisan/Crafters Shop: New this year! WomenSpirit participants are invited to market their wares in a special corner of our big room in upper Emmaus Hall. Ten percent of proceeds will be donated to WomenSpirit. See special registration form to participate! **CHECKS ONLY FOR THIS SALE!!**

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: Teri Gillen

(575) 373-7777

terigillen@yahoo.com

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 the Rhythm of Life to you!

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

For Communal Needle felting: ??????

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. It is not necessary to price your items. Please put the items out before the opening ceremony. Shop will be located in Emmaus Hall.

For Saturday night: bring ideas for the talent or no-talent plus costumes, musical instruments, and any other items needed to entertain us. We have no inhibitions! Be as silly (or serious) as you want!

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).

For Class Sessions: See below for class descriptions and recommended items.

Here's What's In Store For You !!!

Yoga: Instructor: BeeGee Brandhorst. One half hour class will be offered Friday to work out the driving kinks and another one hour class will be offered Saturday a.m. Both sessions will be gentle with emphasis on stretching and breathing. Beegee will have a limited supply of yoga mats and will bring blocks. Participants: dress comfortably and bring a yoga mat (if you have one).

Henna: Self-directed. Supplies will be provided along with some pattern ideas and instructions. Several past participants have some experience with Henna, so we should be able to walk anyone through it! Participants: should be prepared to wrap an area in saran wrap and not get wet for 12-24 hours.

Intro to Tai Chi and Chi Gung: Instructor: LeeAnn Meadows. This one hour class will be held outdoors (weather permitting) early Saturday a.m. Tai Chi is a moving meditation and Chi Gung is the art of developing vital energy for health. Both improve overall health and wellness and were developed in China. Participants: Bring loose, warm clothes – hats, scarves, mittens, long underwear . . . mountain mornings are quite chilly. Please dress in layers that can be removed as you warm up.

Vision Boards: Instructor: Lynn Hurd. This workshop is a collage activity in which participants gather and assemble images that represent a vision, goal, or identity that they would like to embody in their lives. In the course of the workshop, participants will be able to explore the possibilities of visioning

using powerful images, colors, symbols, and text in a creative and supportive environment. The vision board is a popular tool for creating, magnifying, or redirecting focus and allows participants to hone in on things, both material and ephemeral, which nurture, motivate, and inspire them. Poster board, glue, markers, and magazines will be provided. There should be additional time available outside the regular class time to work on these throughout the weekend. Participants: may bring scissors, magazines, colored paper, fabric, small collagable objects, colored pens, glitter, yarn, and especially images from magazines, newspapers, or internet that are important to your particular vision.

Writing Workshop: Instructor: Debbie LaPorte. In this two-hour workshop we will write about certain stages in our lives. The term can be interpreted in many ways: **Chronological-body stages**—girlhood, adolescence, teen, young woman, young mother, middle years, matured, etc. **Emotional stages**—emotionally available to others, unavailable, resistant, in love, not in love, confidant, struggling, embraced, rejected, enthused, despondent, etc. **Intellectual stages, Artistic stages, Spiritual stages**, etc. There are certainly combinations of these as well. Participants should bring a photo or object (or a memory) that prompts reflection of one of these life periods.

Drumming: Instructor: Martha Loustaunau. The class will focus on elementary hand drumming.... No experience necessary. The class will cover several different rhythms and probably include a chant or two. Instructor will have some percussion instruments available. Participants: bring your drums or something to drum on??? Other percussion instruments welcome (rattles, maracas, etc.)

African-Inspired Dance: Instructor: Marie Warren. This class will consist of warm up moves followed by practice moves for chosen dance. Culminating with choreographed dance with a cool down at end of class. Instructor will be bringing some drum music CD'. The class may be able to work in conjunction with the drumming class! Participants: wear comfortable, light clothing – a wrap or scarf for over hips, or a skirt or long pants, t-shirt, or leotard. Anything comfy goes!

Birds of a Feather!: Instructor: Judy Gillen. Make your creation from a kit provided by the instructor. Hand sewing and beading are all you need to have fun creating this gem! Participants are asked to bring small sewing scissors. Everything else will be provided.

Creative Expression Movement: Instructor: Cheryl Frank. This is a movement-based experiential workshop, which will offer participants a positive and supportive environment where we will use creative expression, movement activities, and laughter to deepen the body/mind connection. You'll like it! Participants should dress comfortably.

The Labyrinth as a Spiritual Journey: Instructor: Pam Smith. The instructor will provide a brief history of labyrinths globally and the emergence of their popularity now. The labyrinth is a tool to focus and deepen spiritual practice and connection with Chakras. We'll start with finger labyrinths and then walk the large labyrinth located on the SMA property. Participants should bring a notebook and writing implement.