

# WomenSpirit

We have a great line up this year with new activities and workshops. We hope you can join us at the lovely Sacramento Camp and Conference Center for fresh air, delicious food, and comradery. Participate in the activities and workshops or just kick back with a good book or puzzle and relax on the front porch. Start the day off with a sunrise hike. The weekend is yours to enjoy!

Our theme this year is **Interconnected**: A stone is thrown into a pond; ripples emanate from the initial impact. Another stone causes ripples to intertwine, change direction, or stop. Ripples absorb ripples. Mind, body and soul interconnect; the pond is within us. The pond is our families, circle of friends, community, world, and universe. The interconnectedness is often obvious, but sometimes more subtle and frequently reaches beyond our awareness.

## Activities

- **Collaborative Book Art Project**: During the weekend make a page in a book that LeeAnn Meadows will bind together.
- **Oracle Card Readings**: On Friday afternoon you can have an oracle card reading with Lisa Stevens.
- **Massage**: Sign up for a massage on Saturday with Maria Zamarano.
- **Talent/No Talent Show**: Juggle, sing, dance, do a crazy skit, or show us you have no talent, you name it--you will be sore from laughing.
- **Funky Fun Shop**: Donate those cool scarves you thought you would wear and find something new and fab. Items are not priced and all donations go to scholarships.
- **Scavenger Hunt**: Work together to discover hidden gems about your fellow campers and search the camp to fill your card and possibly win a prize.
- **Campfire**: On Friday night bundle up, warm your hands, and grab a marshmallow and make a Smore!
- **Opening and Closing Ceremonies**: On Friday evening, following an ice breaker, we will welcome the four directions and build an altar. On Sunday morning, we will reflect on the weekend and say goodbye.

## Workshop Descriptions

### Dance, Drum, and Zills / Kathy Basler and Sara Thomas

Play music and belly dance at the same time! You can do it. Feel your hips move, learn some basic moves, a couple traditional rhythms, then put them together. Dress comfortably. A scarf or hip belt is optional. Bring a drum or zills if you have them. Some supplies will be available to borrow.

## **Workshop descriptions continued**

### **Interconnection Begins Within / Patricia Gray**

Life, energy and all that is, begins from a point of light/spirit. Our light can expand to encompass others when we are interconnected first with ourselves. When we connect with our own spirit, mind and body, then we become magnets for the interconnection that exists naturally. We become the point of light. Patricia will lead interactive activities to facilitate interconnectedness. Bring a notebook or journal to take notes.

### **Writing Workshop / Rabbitt Loring**

Writing gives us a way to connect with others and with different parts of ourselves. It is a tool to reach out and experience the world and understand our place in it. Rabbitt will share several writing prompts. We will write together and have the option to share with other group members in a supportive environment. Beginners through advanced writers welcome. Paper and pens will be supplied, bring your favorite writing implement, or a computer if you prefer.

### **Silk Painting / Judy Licht**

This workshop is an Introduction to Painting on Silk. Attendees will receive an 11 x 11" silk piece, that you will draw your design using crayons. You will be provided with many samples, stencils and pictures to tap into your imagination. Dyes will stain clothes, so bring old clothes or apron. Limit: 15 participants

### **Lotion, Potion & Herbs / Rene Adams**

Would you like to create your own natural health and bath products? Then this is the class for you. This on-hands class will teach you to make simple recipes such as, lip gloss, bath salts, and other bath products. Use the products to treat yourself to some self-care and reconnect to sweet scents and relax in a bath or give your lotions and potions as a gift. Optional supplies: an apron (things can get messy) and your favorite essential oils. All other products will be provided. Limit: 15 participants.

### **Ukulele / Joy Goldbaum**

This is a true beginner's workshop for people who don't think they are musical and have never played a ukulele. Unite with your inner musician. Learn some chords and strums, and then we'll play a few songs. By the end of the workshop you will be comfortable playing simple tunes, and be able to perform at the Talent/No Talent show that night if you want to. Everyone can learn to play the uke—it is easy and fun. Ukes provided, if you already own one, then you are welcome to bring your own. Limit: 12 participants.

### **Hike / Rebecca Richins**

Enjoy a moderate pace hike on one of the trails above the Conference Center with fantastic views. This is a great excuse to get outside and bond with the mountains. Bring a hat, water bottle, and sturdy walking shoes.

## ANNUAL WOMENSPIRIT RETREAT REGISTRATION

September 6<sup>th</sup> to the 8<sup>th</sup>, 2019

Sacramento Camp and Conference Center, East of Cloudcroft, NM <http://sacramentocamp.org>  
*UU WomenSpirit Retreat accepts people who identify as women and who are over the age of 18.*

Name \_\_\_\_\_  
 Address \_\_\_\_\_ zip \_\_\_\_\_  
 (Primary phone) \_\_\_\_\_ (alternate phone) \_\_\_\_\_ (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: \_\_\_\_\_

**REGISTRATION needs to be postmarked on or before August 15<sup>th</sup>, 2019**  
**NO LATE REGISTRATIONS ALLOWED!! NO EXCEPTIONS!!**

Interested in saving money by bringing your RV for accommodations instead? Contact camp office for pricing.

<b>Retreat Base Rate \$165</b> (shared occupancy at Aspen Lodge)	<b>+ \$165</b>
Request half scholarship <b>-\$85</b> *see below	-
Request full scholarship <b>-\$165</b> *see below	-
Donation to Scholarship Fund	+
<b>Optional Additional Charges:</b>	
Friday Night Dinner <b>\$12</b> served at 5:30 p.m.	+
Aspen Lodge Single Occupancy Upgrade <b>\$30</b> limited availability, first come, first served	+
Forrest Lodge Double Occupancy Upgrade <b>\$25</b> limited availability, first come, first served	+
Golf Cart <b>\$25 per day</b>	+
<b>Thursday Night Option</b> on your own free time, no programming and no meals included	
Thursday night Forrest Double Occupancy <b>\$50</b> Limited availability in Forest, so no single occupancy	+
Thursday night Aspen Shared Occupancy <b>\$40</b>	+
Thursday night Aspen Single Occupancy <b>\$55</b>	+
<b>Early bird discount -\$10</b> off with registration postmarked on or before July 31 <sup>st</sup>	-
<b>Total Paid:</b>	<b>\$</b>

Mail your check (**payable to UUCLC**) and send registration to: Sara Thomas  
 1605 Mariposa  
 Las Cruces, NM 88001

Questions: (575) 520-2674

**Refund policy:** Full refund of retreat cost if request is prior to July 31<sup>st</sup>, 2019; fifty percent refund if requested prior to Aug 15<sup>th</sup>, 2019; any other refunds decided case-by-case based on personal emergency.

**\*Scholarships** are based on financial need and are available on a first-come, first-served basis. We will contact you by phone regarding the status of your scholarship application. Scholarship recipients are asked to help out at the retreat.

**Lodging:** **Aspen Lodge** dorm rooms typically have two to three single or double size beds and twin sized bunk above all beds. Each room has a small bathroom. You are responsible for making and stripping your own bed. Single rooms are available in Aspen. **Forrest Lodge** rooms have two queen beds made up with a private bath and no stripping the bed upon departure. Prior attendees liken these rooms to more of a motel feel than a camp-cabin feel.

Please let us know how you found out about WomenSpirit: \_\_\_\_\_

Be sure to complete the second page of this form!

## Help Us to Serve Your Needs Better!

Please complete information below to make your accommodations best suited to your needs.

### Lodging:

I require handicapped accessible room?  No  Yes

I need a golf cart for moving between buildings at \$25.00 a day  No  Yes

I need main level accommodations?  No  Yes

I use a CPAP machine  No  Yes

Do you have a roommate preference?  No  Yes: Name \_\_\_\_\_

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

Would you prefer (*check one if staying in Aspen*):  Bottom bunk  Top bunk  Either is Fine

### Dietary:

Please check if you follow a special diet:  Diabetic  Ovo-lacto Vegetarian  Gluten-free

Vegan (no meat, eggs or dairy)  Other (please specify) \_\_\_\_\_

Your basic registration covers 3 meals on Saturday and breakfast on Sunday. Friday Night Dinner is optional and can be added to your registration.

### Transportation:

I plan to arrive at:  Friday 3-4 pm  Friday 4-5:30  Other \_\_\_\_\_

#### Choose one:

I would like the planning committee to arrange a carpool AND I would be willing to drive my car and could accommodate \_\_\_\_\_ riders.

I would like the planning committee to arrange a carpool with me as a passenger.

I have arranged my own carpool with \_\_\_\_\_ as driver and \_\_\_\_\_, \_\_\_\_\_ as passenger(s). I can accommodate \_\_\_\_\_ additional passengers.

I am driving up myself and not able to carpool.

Please list your contact phone during travel, so that 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!)

**Photo Release:** I hereby authorize *WomenSpirit* and *the Unitarian Universalist Church of Las Cruces* to make use of my likeness and voice in photographs, videos, or audio recordings on their website, in their social media, in their online photo albums and video channels, and in print. This release is final and on-going, without any additional restrictions or limitations.

**Medical Release:** 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 Camp and Conference Center (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:

Contact Person: \_\_\_\_\_ Phone: \_\_\_\_\_

In case of emergency, I would like to disclose the following:

Medical conditions: \_\_\_\_\_

Physician's name: \_\_\_\_\_ Phone: \_\_\_\_\_

Print Your Name: \_\_\_\_\_

Your Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signing this agreement is a condition for participation in the Retreat