



Unitarian Universalist Church in Rockford

4848 Turner St

Rockford, IL 61107-5029

HEART PULSE: THE SACRED JOURNEY INTO SOUND

Presented by Winter WomanSpirit Committee

&

Women and Religion Committee

of the

Central Midwest District Unitarian Universalist Association

www.womenandreligion.org

2012 Winter WomanSpirit

The Mission of the Unitarian Universalist Association's Central Midwest District Women and Religion Committee is to support women in their search for the Inner Feminine Divine in an atmosphere of connectedness, safety, and joy. Nine women are chosen from a wide geographic area to represent women in the District. W&R sponsors two annual retreats. Other services include the "W&R Roadshow," presenting woman-focused Sunday services at churches around the District. Women who have previously served on the W&R Committee comprise our "Wise Woman Council."

HEART PULSE: THE SACRED JOURNEY INTO SOUND

2012 Winter WomanSpirit
Heart Pulse: The Sacred Journey Into Sound
Keynote Speaker: Ragani



Ragani, our theme presenter for WWS 2012, is a world renowned healer and practitioner of KIRTAN, a melodic meditation for centering of the heart and spirit. Ragani (pronounced RAH-gah-nee) traveled to India to study this form of meditation and her deep spirituality and skill was recognized by the legendary yoga teacher, Sri Swami Rama. She was given a new name and began to teach in the United States, where she travels extensively. She lives and practices in Milwaukee, WI, where she has a wide following. Last year she was named one of the 100 Milwaukeeans you need to know.

At WWS, Ragani will tell us her story, teach us her meditation technique and on Saturday night, she will perform with her band in a special concert. This fall a movie is being released on Ragani's story. To hear her, Google: Ragani or Kirtan with Ragani. You will sense her spirit and witness her inner and outer beauty. We are honored to have her with us and to share her skills with WWS.

Saturday evening, Ragani will be providing a concert that will be open to the public. Attendees of the WomanSpirit event have a special opportunity to obtain tickets for \$15 with their registration. Tickets will be \$20 on the day of the concert

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SCHEDULE

Please note we will be on Illinois time (CDT)

Friday, February 3

4:00 PM - 7:00 PM Registration Opens/Dinner on your own
8:00 PM - 9:30 PM Opening Celebration
9:30 PM Off to Hotels/Home Stays

Saturday, February 4

8:00 AM - 8:30AM Registration Opens/Breakfast on Your Own
9:00 AM - 10:15 AM Welcoming & Ragani
10:30 AM - 12:00 PM Workshop Session One or Free Time
12:30 PM - 1:15 PM Community Lunch
1:30 PM - 3:00 PM Ragani Whole Group Experience
3:15 PM - 4:45 PM Workshop Session Two or Free Time
5:00 PM - 5:30 PM Closing
5:30 PM - 7:30 PM Free Time & Dinner on Your Own
8:00 PM Ragani in Concert (Additional Fee)

Sunday, February 5

Two Worship experiences with Ragani.

2012 Winter WomanSpirit
Workshops

Morning (10:15 – 12 Noon)

Unless noted otherwise, all workshops are friendly to Youth and Teen Maidens.

100. Free Time

101. Dyeing Silk Scarves with Lee Breeggemann (\$4 fee)

Dye your own silk scarf to take home. Release your inner creativity.

Bio: Lee is an enthusiastic fiber artist from central Illinois.

102. Chakras: Managing Your Power with Lauree Brown

Our chakras are the energy and power centers of our body and proper management of the chakras can heal, prevent illness and provide a balanced more productive life. Learn the basics of what your chakras are, how you can manage your energy (power) and change your life with information and hands on practice.

Bio: Lauree is completing her D.Div and is a level 3 Reiki Master. Lauree has spent a number of years studying our energy centers, working with energy and in formal education for Chakra and Aura studies. Her Master thesis was an exploration of healing by managing the Chakras and wishes to continue her works through workshops, books and education. For more info visit: www.holisticallyalive.net

103. Women's Voices: Aligning with Your Individuality with Patricia Halverson

Is your life out of sync with your priorities, feel out of sorts, or forgotten who you are? Learn 7 Spiritual Pathways to inner balance and alignment. This workshop will offer encouraging awareness to inspire you to unleash your voice of innate feminine intelligence.

Bio: Pat is certified in Breath Therapy, a Personal Growth Consultant. She utilizes vibration therapies toward innate wholeness of body-mind-spirit. Her modalities include Breath, HMR, Herbal Medicine, Essential Oils and Aromatherapy and Intuitive wisdom.

Recommended Reading: *Living With Joy and Spiritual Growth* by Sanaya Roman

104. Journey to the Sacred Self with Colleen Helgerson

We are on a journey to our sacred self - a journey to freedom & the experience of a life lived to its fullest potential. Join me in the exploration of this path to find right relationship with free will in fulfilling divine will's greatest gifts to us.

Bio: Colleen is a practitioner & teacher of the esoteric arts, supporting clients through healing modalities which expanding intuition & self knowledge to a soul level. It is my mission to assist those who have the desire to follow their spirit's wishes & fill their lives with joyful expression.

Bring: A mat (the pad from a lawn lounge chair works great) and a blanket.

2012 Winter WomanSpirit
Workshops

Morning (10:15 – 12 Noon) cont'd

Unless noted otherwise, all workshops are friendly to Youth and Teen Maidens.

105. Working with the Masters and Angels: An Experiential Adventure with Nadene Johnson

We'll be participating in grounding and uplifting meditations, exercises to expand your awareness; along with lots of laughter and fun! You'll take home Tools for Transformation, as well as an expanded sense of the help available for you on your Journey!

Bio: Facilitator in Ascension Energies, Working with the Angels and Archangels; Magnified Healing Teacher; Intuitive Massage Therapist and Healer, Reiki, second level with Akashic Records, Shaman and drum circle facilitator

106. Female Sexuality! Is it my mood, or is it my hormones? with Jane Kiley (Adults Only)

Jane will help you identify and work through barriers to sexual pleasure through her matter-of-fact but very comforting approach. Jane is well known and loved in the community for her expertise and you will no doubt walk away feeling empowered.

Bio: Jane Kiley is an experienced Certified Nurse Practitioner who specializes in Women's Health and has special interest in the treatment of hormonal fluctuations and female sexuality issues. She is also a Certified Menopause Clinician.

107. The Sacred Healing Sound of Drumming with Peggy Patty & Phyllis Lau

Join us in creating sacred healing vibrations in a drum circle. No experience necessary. We will explore the sound of our heartbeat through drumming the rhythms of the Universe.

Bios: Peggy and Phyllis have presented various workshops encouraging women to express their connection to vibrations around them through drumming for over twelve years in the Midwest. Peggy is a Reiki Master Teacher and a Certified Tuning Fork Practitioner. She facilitates monthly Chakra Crystal Bowl Meditations in Springfield, Illinois. They both find joy and inspiration in the Healing Power of Sound.

108. The Sacred Sound and Dance of Humanity with Gail Wells

This workshop will explore many cultures music and dance styles. I call it "Anthrodanceology". The why of dance.... for celebration, prayer, to tell a story, etc. No dance experience necessary, only the willingness to create a "moving" experience within yourself.

Bio: Gail Wells love of dance and the human spirit has expanded to include many modalities of movement and could be called "Anthrodanceology". Gail brings her creative teaching style to her weekly classes, workshops and retreats.

2012 Winter WomanSpirit
Workshops

Afternoon (3:15 – 4:45 pm)

Unless noted otherwise, all workshops are friendly to Youth and Teen Maidens.

200. Free Time

201. Kundalini Yoga with Leslie Brefeld

Kundalini Yoga shines the light on you -- offering the gifts of greater self-awareness and acceptance. This class will include stretching, exercise, pranayams or breathing techniques, some chanting and meditation, and a guided relaxation. A yoga practice, which can either be or begin with one class, increases a student's ability to relax, recuperate and heal; builds a healthier mind and body; and encourages feelings of peace and happiness. Experience it for yourself. All are welcome.

Bio: Leslie Brefeld is a yoga instructor who teaches weekly classes at the Lazy Dog Yoga and Integral Therapy Center in Roscoe, IL. She received her training in Kundalini Yoga as taught by Yogi Bhajan at the late Master's ranch, the Guru Ram Das Hacienda, in Espanola, New Mexico, in 2010.

202. Releasing Resistance with Colleen Helgerson (13 and up Only)

We are internally & externally experiencing great change. Adaptability & flexibility are essential to our well being. Together in meditation we will join with our angels & guides as we release the resistance ego which keeps us from being fully realized individuals.

Bio: Colleen is a practitioner & teacher of the esoteric arts, supporting clients through healing modalities which expanding intuition & self knowledge to a soul level. It is my mission to assist those who have the desire to follow their spirit's wishes & fill their lives with joyful expression.

Bring: A mat (the pad from a lawn lounge chair works great) and a blanket.

203. Sacred Dance with Nadene Johnson

Movement to inspire you! Using different kinds of music and sound to move your body into awareness of the Sacred.

Bio: Facilitator in Ascension Energies, Working with the Angels and Archangels; Magnified Healing Teacher; Intuitive Massage Therapist and Healer, Reiki, second level with Akashic Records, Shaman and drum circle facilitator.

204. Who Would be at Your Table? With Dayle Kozlowski & Rev. Jackie Ziegler

This workshop is based on the famous installation art piece called The Dinner Party. Judy Chicago created it in collaboration with other women. Who would you include at your Dinner Party? Bring the spirit of the woman or women you'd set places for at the Dinner Party.

Bios: Jackie Ziegler is the minister of Prairie Circle UU Congregation and a longtime feminist. Dayle Kozlowski is a member of Prairie Circle and has a passion for art history and ceramics.

205. One Size Fits All and Other Fairytales; A BodyLove PlayShop with Misha Lentz

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No matter where we are on our body image journeys, we can all use a little encouragement to love the skin we're in! Misha Lentz leads a fun, interactive playshop on body love for fierce, fabulous, beautiful women of ALL shapes, sizes, colors, and ages! Learn the magic of sending love and acceptance to the parts of yourself you have the hardest time embracing. Remember how to celebrate the bits you already love. PlayShop will include stories about Misha's personal journey, encouragement to love ourselves as we are, optional journal-play, mandatory belly laughs, and probably a little bit of poetry. Plus free chocolate.

Bio: Misha Lentz is a mom, a licensed massage therapist and owner of Size-Positive Massage. She is also a writer, speaker, and an advocate of all kinds of positive things, including body-love for all. She is an unapologetic user of the word 'FAT', a gastric bypass surgery survivor and - for one crazy semester - a nude model for a college painting class. She's also been a vegetarian for seven years, and a pilates practitioner for at least seven days probably. She's fun! You'll like her! She puts beer in chocolate cupcakes!

206. Enter the Mystery with Dr. Cindy Stear, et. al.

In a safe, supportive atmosphere, we will explore journaling to guide you within, to help you move deeper in awareness of your authentic path. Silent meditation, art and self-hypnosis will be components of this journaling experience. Who are you and who are you called to become?

Bios: Dr. Cindy Stear, Dr. Shiraz Tata and Kathy Cox, LCPC, have over 50 years of combined experience in mental health. They are in private practice at Connections Therapy Center, with offices in Rockford and Roscoe, IL.

Bring: A journal or, at least, paper and pen.

207. Tai Chi: A Meditation on Five Elements with Denise Tracy

Learn a meditation of movements that reflects the natural elements of the universe. We will enjoy our time together by moving to beautiful music and relaxing together.

Bio: Denise Tracy has been teaching Tai Chi for over 30 years. She is a Unitarian Universalist Minister.

208. The Sacred Sound and Dance of Humanity with Gail Wells

Explore the many sounds and dances of India. From learning mudras to mantras and moving meditations, circle dances to sacred dance, and even Bollywood to Bhangra. Explore the diversity of India through music and movement. No experience necessary.

Bio: Gail Wells love of dance and the human spirit has expanded to include many modalities of movement and could be called "Anthrodanceology". Gail brings her creative teaching style to her weekly classes, workshops and retreats.

2012 Winter WomanSpirit WomanSpirit Details

Spirit — This Winter WomanSpirit, our theme is “Sacred Journey into Sound”. Our speaker winter is Ragani, a Milwaukee Kirtan vocalist. She will be sharing her personal story and provide an extended presentation of Kirtan Meditation.

Lodging -- Accommodations for Winter are local hotels and home hospitality, so you have flexibility of staying with friends or getting to know someone new!

Holiday Inn Express

7552 Park Place

Loves Park, IL 61115

Hotel: 815-654-4100

www.hiexpress.com/rockfordil

Mention **Women Spirit Group** to receive a discount, or use the group code **WSG** online!
Rooms reserved prior to January 3rd are guaranteed.

Room reservations include:

- Complimentary hot breakfast: pancakes, eggs, bacon and or sausage, biscuits and gravy, cereals, fresh fruit, cinnamon rolls, bagels, muffins, juices, milk & coffee.
- 27” television with premium channels
- Guest Laundry
- Indoor Swimming Pool & Whirlpool
- Wireless Internet Connection
- Indoor Fitness Center

Accessibility – The Unitarian Universalist Church of Rockford is a two level building with an elevator available for those who have difficulty with stairs. The church building is also wheel chair accessible through the church office door.

Childcare -- Childcare is NOT available for children 0 to 6 years of age. We are requesting that attendees make other arrangements for this age group outside of the event.

Maidens -- Young women 13 and older- please fill out a separate registration form and sign up for workshops! Between the ages of 6 and 12 are welcome to join their mother or guardian’s workshops where there are no age restrictions.
Maidens 7 to 12 years of age MUST accompany their parent/guardian throughout the event!

Provisions – All meals, except Lunch on Saturday, February 4th, are the responsibility of those attending. Lunch on Saturday will be provided by this year’s Winter WomanSpirit Committee on-site.

Vendors -- Remember to bring spending money! Some accept credit cards and personal checks and some do not. Much of the Goddess wear, spiritual jewels and other arts can only be found at these weekends, so don’t hesitate to take advantage and enjoy yourself! If you would like to vend, contact the committee by December 1st, wws@womenandreligion.org.

Ceremonies -- Bring your favorite ritual wear! This can be as extravagant, flamboyant, colorful or as simple as you prefer. Please feel free to bring your goddess robes, drums and fetishes to your heart’s delight. Wear anything you just LOVE but feel you can’t wear anywhere else. The important thing is that you feel wonderful as you connect with nature and your inner spirit!

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Altar -- The altar in the sanctuary will be an integral part of our weekend. Everyone is invited to share in this tradition. Place something on it that's symbolic, something that inspires your spirituality. Remember these will be in the common area throughout the retreat.

Silent Auction -- Our annual silent auction benefits the Women & Religion scholarship fund. We encourage donations of items; things you've made, new and gently used clothing, books and other items. There is always a wonderful variety. On Saturday, we will determine who has the highest bid for each item, and that person will be responsible for her promised bid.

Scholarships -- Each year donations are accepted for the scholarship fund. To donate, please indicate the amount in the space provided on the registration form. The W&R Committee also contributes to this fund to help more women attend. In addition to individual need, scholarships are determined based upon UU affiliation and individual scholarship history.

Social Action -- This year's committee will be accepting donations to go toward the only shelter in Boone and Winnebago counties for abused and battered women and their children. These donations can be a part of the registration process, provided on-site, or tickets for a Dutch Auction may be purchased.

To request a scholarship, please write your explanation on the registration form and get it in early! Full text of the policy is available on our website (www.womenandreligion.org) or from the registrar. Recipients remain anonymous. Your registration with request **MUST BE POSTMARKED** by December 21, 2011.

2012 Winter WomanSpirit
Registration

Please fill out one form for each person over 6 years old. Your registration fee includes: Ragani's keynote address and workshop, workshops, Saturday lunch, all Friday and Saturday ritual activities, and Sunday services. You are on your own for Friday dinner and Saturday breakfast and dinner. Ragani's concert on Saturday evening is considered a separate venue; tickets are \$15 with registration or \$20 at the door. Those tickets purchased with Registration will be provided in attendee packets.

DEADLINES Your request must be postmarked by:

December 21 - for Scholarship requests
December 31 - for Early Bird Registration Rates
January 20 - Last day to register

REGISTRATION FORM

***** PLEASE PRINT CLEARLY *****

NAME: _____

ADDRESS: _____

CITY, STATE, ZIP: _____

DAY PHONE/OTHER PHONE: _____

EMAIL: _____

CHURCH AFFILIATION: _____

EMERGENCY CONTACT: _____

IS THIS YOUR FIRST WOMANSPRIT CONFERENCE? YES NO

IF YES, WOULD YOU LIKE TO BE PAIRED WITH A MENTOR? YES NO

TEEN MAIDENS - PLEASE FILL OUT YOUR OWN COPY OF THIS REGISTRATION FORM

Youth Maidens (7-12) are expected to be in the company of their parent/guardian throughout the event, and are invited to join their parent/guardian in workshops.

WORKSHOP PREFERENCES - Adults and Teen Maidens (ENTER WORKSHOP NUMBERS)

Please choose only 2 workshop sessions _____

CHILDCARE is NOT available for children 0 to 6 years of age. We are requesting that attendees make other arrangements for this age group outside of the event.

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SATURDAY LUNCH Please indicate your choice for lunch on Saturday: Meat Vegan Gluten free

FOOD ALLERGIES:

HOME HOSPITALITY:

I would like home hospitality _____ Friday night _____ Saturday night _____ Allergies or accessibility needs:

I live nearby and can offer home hospitality _____ Friday night _____ Saturday night _____ I have pets _____ smoking _____ stairs

VOLUNTEERS: I would like to help with:

_____ Registration _____ Childcare _____ Mentoring _____ Silent Auction _____ Photography _____ Youth Maidens
_____ Friday Set up _____ Saturday Lunch _____ Sunday final cleanup

FRIENDSHIP LIST We include a friendship list in each registration packet. Do you wish to have your name/address/e-mail or phone number included on the list? _____ Yes _____ No

SCHOLARSHIP- NOTE: Please remember to submit your registration by December 21st, 2011 for consideration for a scholarship.

I wish to apply for a scholarship because:

ARE YOU UU? _____

2012 Winter WomanSpirit
Merchandise



14 oz. Acrylic Travel Tumbler

Features Winter WomanSpirit 2011 full color design and a spill-proof lid. 10" tall.

Price \$15 x Quantity _____ = \$ _____

Scoop Neck T-Shirt

Features Winter WomanSpirit 2011 design.

Price \$15 (sm-lg), \$20 (xl-xxl)

Size _____ x Quantity _____ = \$ _____

Size _____ x Quantity _____ = \$ _____

Size _____ x Quantity _____ = \$ _____



V-Neck T-Shirt

Features Winter WomanSpirit 2011 full color design.

Price \$15 (sm-lg), \$20 (xl-xxl)

Size _____ x Quantity _____ = \$ _____

Size _____ x Quantity _____ = \$ _____

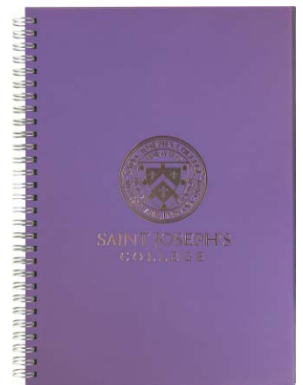
Size _____ x Quantity _____ = \$ _____

Size _____ x Quantity _____ = \$ _____

Journal

Features Winter WomanSpirit 2011 design in silver.

Price \$15 x Quantity _____ = \$ _____



2012 Winter WomanSpirit

ACCESSIBILITY/SPECIAL NEEDS: - List your needs here:

REGISTRATION FEE SCHEDULE:

	Early Bird (by Dec 31)	Regular (Jan 1— Jan 20)
Adult	\$120	\$140
Teen (13-18 years)	\$75	\$100
Youth (7-12 years)	\$75	\$100
Children under 6	No Child Care Provided	
Ragani Concert	\$15	\$15
Donation to Scholarship	\$ _____	\$ _____
Donation to Social Action Project	\$ _____	\$ _____
Merchandise Totals	\$ _____	\$ _____

Make checks out to: CMwD W&R and mail to: Registrar 904 W. Franklin St., Elkhart, IN 46516

Card# _____ Expiration Date _____
CVV: _____ Signature _____

Terms and Conditions

I (we) forever release and discharge anyone involved in WINTER WOMANSPiRIT 2012, for any liability resulting from my (our) participation in WINTER WOMANSPiRIT 2012.

I (we) understand that in case I decide to cancel my registration, no full refunds will be given. Cancellation requests can be e-mailed or sent by mail. If sent by mail, the postmark will be considered the date of the cancellation request.

* 75% refund if cancellation is received more than 30 days prior to the retreat.

* 50% refund if cancellation is received 16-30 days prior to the retreat.

* **No refund will be given if the cancellation is received 15 days or less prior to the retreat.**

Signature _____ **Date** _____