

Women's Network

Northern California Nevada Conference Autumn Day Retreat, October 24, 2009 College Avenue Congregational UCC Modesto Theme: Transition and Transformation: Moving from the house of FEAR to the House of LOVE

Keynote Speaker: The Rev. Erin King



Rev. King has been an international spiritual teacher, as well as a workshop and retreat leader since 1986. Rev. King acts as an ecumenical "bridge-builder" with people from all faiths as well as without a faith identity. She is currently a Board Certified Chaplain with the Hospice in Modesto. Throughout the year, Rev. King leads a variety of classes, workshops and retreats. A member of College Avenue Congregational Church, she is a Four-way Covenant Minister there. Rev. King is the founder of Izume-Well-spring Center. She describes her work as, "Empowering people to understand who they are in relation to God, self and others."



Workshops

Rev. Erin King: "Beyond the Circle: Creating Healing Mandalas"

This workshop is about symbol as "language of the soul," experience a guided meditation and create a Mandala. Mandalas are "sacred circles" using symbols to communicate one's relationship with the divine. Mandalas have been created since ancient times. One does not have to be an artist to create a Mandala. It is more of a meditative practice where a person quiets the mind, centers oneself and, from that quiet place, draws whatever emerges from within. We will learn about symbol as language of the soul, experience a guided meditation and create a Mandala. It is more of a meditative practice where a person quiets the mind, centers oneself and, from that quiet place, draws whatever emerges from within.

Lora Mills: "Psycho-Spiritual Inventory" [combined with Spiritual Cognition]

This workshop will help us explore and evaluate the "spiritual personality types," particularly of women. The intention of the inventory is to help us recognize what kinds of spiritual activities and practices we will find to be the most enriching for our personal relationships with God. Lora is a graduate of Claremont School of Theology and has a Master of Arts in Theological Studies. She would like to pursue a Master of Divinity for hospital and hospice chaplaincy and for pastoral psychology. Lora is currently studying Medical Transcription so that she can work in a field that will afford her enough money to continue her education toward her religious calling. Lora is a member of College Avenue Congregational Church, and sings in the choir. She plays the guitar and will also be instrumental in the musical part of the program.

Sally Greninger: "Spiritual Cognition" [combined with Psycho-Spiritual Inventory]

Have you ever wondered how it is that you can feel so spiritually connected to God and other people when you are at church or a special event but not so "connected" during the rest of the week? Sally will be introducing some activities we can practice in our everyday lives that will help to keep us spiritually focused and mindful of our constant connection with God and the sacred Spirit inside all of us. Sally received her master's degree from California State University of Los Angeles and has been a practicing Marriage and Family Therapist for more than twenty years. Sally currently works as a psychotherapist in the mental health department of Kaiser Permanente in Manteca. She holds a Certificate of Ministry from Pacific School of Religion. She and Lora Mills are currently designing and planning spirituality retreats on a variety of topics. Sally is also beginning to pursue her interest in Equine Assisted Therapy with her horse, Dancer.

The Rev. Blythe Sawyer: "Embracing Transformation in Times of Transition"

We are living in a time of great change and unsettlement. Throughout the course of our lives, it is almost impossible to escape times of change and upheaval. Whether these changes bring beginnings or endings, hope or fear, they are hard to live through, but also bring a time of opening. Through prayer, journaling and story-telling, we will explore the ways our particular times of transition might be leading us into a new relationship with the holy and a fresh understanding of who we are and how we want to live in the world. As we explore the shape of our lives, we will look for places of hope, stories of possibility and moments of grace. We will affirm the unique ways that we can, as women, support one another in the process of transformation. A graduate of Pacific School of Religion, Rev. Blythe Sawyer spent her childhood running through the halls at College Ave Congregational Church and now enjoys watching her own children make mischief at United Church of Christ, Petaluma.

Mind-Body-Spirit Healing Sessions

The Healing Team of College Avenue Congregational Church will offer confidential 20-minute Pilgrimage Integrative Healing Process sessions during this retreat. In each session, three women members of the team, using prayer, relaxation, above-the-body energy work and gentle non-invasive touch, will invite God's physical or emotional healing for the recipient. Signups for healing sessions will be during registration.

Registration Form

Women's Network: *Autumn Day Retreat*
Saturday, October. 24, 9:00 a.m. to 4:00 p.m.
College Avenue Congregational UCC
1341 College Avenue, Modesto CA 95350

Registration includes the day's program and lunch.

- \$35 Adults [*some partial scholarships available*]
- \$15 Young Women* (12-18 years attending with adult)
- No, I am not able to come, but enclosed is my **Network membership dues for 2010 (\$25 or \$15.00 for Seniors).**
- No, I cannot attend, but I support the UCC Network. Enclosed is \$_____ contribution for the Angel Fund [scholarships].

Name_____ Check #_____

Address_____

City/ST/Zip_____

Home Phone_____

Email_____

Church_____

I will need childcare _____. Other special needs_____

If you wish to register by phone, please call Registrar Anne Lowe at 209-545-5175 by 9-26.
Visa Cards are accepted, OR..

Please send this form and check in *before Oct 15*, to Anne Lowe, Registrar, 3417 Alisa Ct., Modesto, CA 95356. Make checks payable to NCNC/UCC with memo: *Women's Network Fall Retreat.*

Please let Anne know of special needs or questions (209 545-5175) or email at annelowe@comcast.net.

DIRECTIONS TO THE CHURCH:

Take Highway 99 south toward Modesto/Fresno; exit the freeway at the Briggsmore/Carpenter Road off ramp; turn left and proceed down Briggsmore for approximately 2 miles; turn right onto Tully Road and proceed about .4 miles; turn left onto West Orangeburg; The church is at the corner of Orangeburg and College Avenues, .1 miles. Turn into the church parking lot on the right just before reaching College Avenue.

Coming from the south, exit at Briggsmore/Carpenter and turn right.