

UCC Women's Network

Northern California Nevada Conference,
United Church of Christ

**Women supporting women
in their spiritual journey**



in partnership with

WomenSpirit



The Network Steering Committee
coordinates the UCC Women's Network
activities:

Outstanding Women's Luncheon
Fall Day Retreat &
Winter Weekend Retreat.

If you are interested in learning more
about the network's events,
registration forms, or to contact us,
please go to

nncwomensnetwork.org



Join us for our exciting annual weekend
Winter Retreat at the Mercy Center in Burlingame! We are proud to be presenting the retreat in conjunction with the Disciples of Christ (DOC) Women's Ministries—Women-Spirit! The addition of the Disciples women brings even more strength and talent to our wonderful weekend retreat!

Women's Network News

January 29-31, 2010 • Mercy Center, Burlingame

Join Us For A Weekend Retreat *Heartbeat of God: Making Whole Body and Soul*

Do you find yourself running all day? Performing task after task without a chance to stop or take a deep breath? Do you long to find out what is going on with your body or soul? Take this opportunity to do just that at this retreat. Join us for a weekend of embodied spirituality that will engage your mind, body and soul. Enjoy something different to stir your soul. Try movement, drumming, creative art opportunities, thoughtful workshops, chances for quiet reflection, and energizing worship services.

Keynote Speaker

Rev. Kimberly Elliot is an ordained Presbyterian pastor who also has an MA in Creation Spirituality with Matthew Fox's institute in Oakland; Kimberly is a spiritual seeker with an eclectic background. She is a liturgical dancer and djembae drummer with a passion for embodied spirituality. She has a great affection for indigenous spiritual practices and how they weave together with Christian mysticism in a way that brings us back to the early roots of our Christian tradition. She is a self-described mystic who has been studying the Kabbalah on a weekly basis for over seven years. It is her great joy to facilitate connection to the mystery of the Divine presence through embodied spiritual practice. She is currently the pastor of College Heights Church (UCC) in San Mateo, CA.



To honor our bodies and souls we're taking a more relaxed pace at the retreat this year. The Saturday workshops will be a bit longer and spaced out to create a slower pace. There will still be plenty of content, just less rushing. Come enjoy our new format!

We have put a new spin on several activities to interest every participant. Barbara Hamm will lead our music program and Taizé service. There will be time for you to relax, reflect, and just breathe. And, oh yes, there will be a pajama party Saturday night, too!

Register now to reserve this special time for yourself! We accept credit cards this year, too. **Even better—bring a friend!**

Saturday Workshops

Workshops are offered in three sessions—one in the morning and two in the afternoon. There are two workshops per session time with NO duplication. When you arrive at the retreat you may select workshops you wish to attend. One/session.

Windows to the Soul

This is an opportunity to join in the joyful challenge of creating art for worship. We will create a large, cut paper banner on the theme: Windows to the Soul. Paper cutting is a process where we discover the hidden places, the empty spaces, and the spaces filled with potential meaning and beauty. This banner will be used on Sunday Morning at our closing worship. Everyone—and I do mean everyone—has the soul of an artist. Let this opportunity free the artist in you to thoughtful, grace-full, soul-full expression as we cut paper and explore together the windows to our souls.

If you are able, a \$5 materials donation would be appreciated but is not necessary to participate.

*Rev. Dr. Judith Jones is pastor at First Christian Church (DOC) in Vallejo. Dr. Jones leads workshops on art and worship, feminine spirituality and Biblical Studies, and is currently working in the area of Shalom Economy—peace, conservation and economic justice. Her most recent publication, *Women in the Gospel of John: The Divine Feminine*, has just been published by Christian Board of Publication/Chalice Press.*

Exploring the One and the Many Through SoulCollage®

Just as in Christ we are one, yet made up of many parts, so each of us, though whole, has many facets to our personality and many connections to the greater unity. In SoulCollage®, we allow our intuition to choose meaningful images of the Many that make up the One. Explore this creative, joyful collage process and come away with one or more handmade cards that will continue to offer you insight and wisdom.

Barbara Broadbent is an associate conference minister with the Northern California Nevada Conference UCC and a trained facilitator of the SoulCollage® process.

In God We Are Soul—Already Whole

In God, all things—including us—are already whole and perfect, so making ourselves whole is about seeing ourselves as God sees us. Learning to live in everyday life as the beings God created us to be challenges us to see that. This workshop will lead participants through an exercise designed to help them get in touch with the inherent perfection God sees in them, and give participants a practical tool they can use in everyday life to stay in touch with, and act out of, that perfection.

Anne Jackson, Ph.D. is a licensed clinical psychologist and personal development coach who specializes in leading groups and individuals through transformational workshops and exercises designed to help them learn how to create miracles in everyday life.

Have Fun And Discover Your Bodywisdom With InterPlay™!

Come enjoy a second workshop with our keynoter, **Rev. Kimberly Elliot**. InterPlay™ is an improvisational practice, which playfully integrates mind, body and spirit! You do not need to be a dancer or have any formal training in movement. If you feel the rhythm of creation flow inside you, come to this workshop and set your inner child free! InterPlay™ is fun and non-threatening. Most people feel alive and energized after just a half hour of these gentle and easy embodied practices. Come play, have fun and create community!

Conversations with Keynoter

Learn more about the practice of the Kabbalah, the Tree of Life, and a Kabbalistic interpretation of the phrase 'I am the way, the truth and the life' in John 14:6. There will be ample time for questions and whatever you would like to discuss with **Rev. Kimberly Elliot**!

Sacred Embodiment: Our Cup Overflows

Grace is Given and Received when our soul container is filled with the love of the Holy, alive in all Creation. Through movement, Breema exercises, Onondaga and mystical Christian practices, this experiential workshop supports the embodiment of God's love as light made visible by offering practical tools for filling, holding, and overflowing the sacred blessing we each emanate, as God's emissaries in this world.

Rev. T'Shala Olivieri is an UCC Chaplain at the Wellness and Rehabilitation Medical Center in Watsonville, and the Bereavement Coordinator for Odyssey Hospice in Campbell, CA.

Having practiced in the healing arts for 22 years, she brings her medical intuitive, Breema Instructor/Practitioner, Reiki, and Native American spirituality skills to her practice and soul-centered workshops.



Retreat Bonuses

Taizé Service—New Time

Shortly after Saturday's dinner will be a beautiful Taizé worship service of scripture and singing surrounded by the warm glow of a candle lit sanctuary. A canvas labyrinth and healing prayers will be part of this special experience.

Pajama Party

When was the last time you went to a pajama party? We're trying something new this year after the Taizé service as part of our more relaxed pace. Come in your PJ's and play Twister, join in the Karaoke, or just chat with your friends. Snacks included.

Chaplains

Our chaplains Nancy McKay and Diane Wilson will be available to all. Sign ups for one-on-one conversation will be available.

Two Labyrinths!

Enjoy the embodied spirituality of a walking prayer at the beautiful outdoor labyrinth or inside the sanctuary during the Taizé service.

Walk the Grounds

With our more relaxed schedule this year, there will be time to explore the lovely grounds at Mercy Center. Bring an umbrella!

Singing

Join the retreat choir led by our own marvelous Barbara Hamm or come to the stairwell sing Saturday afternoon.



READ BACK PAGE FOR SPECIAL MESSAGE.

UCC Women's Network & Disciples WomenSpirit Winter Retreat January 29–31, 2010 • Mercy Center, Burlingame

Registration Form: Register Early—overnight space is limited

Name _____ Date _____

Address _____

City/ST/Zip _____

Phone () _____ Email _____

Church Affiliation _____

REGISTRATION: Before Nov. 2, 2009

- \$280 FULL TIME (Friday-Sunday) fee (all rooms are singles)
- \$50 nonrefundable deposit payable by Nov. 2, 2009 to hold your room. \$230 balance due before December 21, 2009
- \$210 #1 COMMUTER fee (No Fri. dinner) includes all other meals)
- \$170 #2 COMMUTER fee (Saturday lunch & dinner, Sunday lunch)
- \$120 #3 COMMUTER fee (Saturday includes lunch & dinner)

\$_____ *UCC Women's Network Dues: \$25 or \$15 Senior/Student
(Dues covers operating costs of UCC WomenNetwork)

\$_____ Optional: Contribution for *Retreat "Angel" Scholarship Fund*: Thanks

Nov. 3 to Dec. 21, 2009 LATE REGISTRATION FEE

- \$300 Full Time
- \$220 #1 Commuter \$180 #2 Commuter \$130 #3 Commuter

PAYMENT OPTIONS: YOUR RETREAT TOTAL HERE \$ _____

Check # _____ or **NEW** Mastercard VISA Exp Dt. _____

Credit Card # _____ Signature _____

NEW POLICY: NO SIGNUPS OR REFUNDS AFTER DEC. 21, 2009

MEALS: Mercy Center needs to know the number of meals required for each session. Please check the meals you will be attending:

- Fri. dinner Sat. breakfast Sat. lunch Sat. dinner
- Sun. breakfast Sun. lunch

- I would like to apply for a scholarship. **Scholarships are limited by the amount of Angel Fund donations. **Please contact your local church to see if they can assist you.** Apply for a scholarship by **including a separate request** with this registration. **Woman's Network dues (\$25) are required to receive a scholarship.**

Please mail this registration form to...Anne Lowe, Registrar, 3417 Alisa Ct., Modesto, CA 95356. Make all checks payable to NCNC UCC, and memo: Women's Network Winter Retreat. Please let Anne know if you have special needs or questions. After Dec. 21 you can be *Wait Listed*. Call Anne for availability. (209 545-5175 or email at annelowe@comcast.net).



Winter Weekend Retreat 2009 bids you to join us in 2010!

Greetings!

The UCC Women's Network is delighted to once again work on this retreat with our sisters in the Christian Church (Disciples of Christ). This partnership once again is producing a wonderful retreat that will make a perfect gift for any woman. Give the gift of a wonderful weekend to someone dear to you this year, or when someone asks what you want for Christmas, tell her "A retreat!" **Don't forget the deadline for the lower rate is November 2, 2009.**

Network Facts: Did you know?

The UCC Women's Network is funded solely through the membership dues. We do not receive any funding from the associations, conference or national UCC organizations. Retreats are self sustaining. Expenses primarily fund communications materials, design, printing, and postage for our events. Retreat key leaders (keynoters, chaplains, workshop leaders, music leaders) are given small stipends. Committee members for our events as well as the Steering Committee for the Network are all volunteers. Scholarships are funded through the Angel's Scholarship Fund which has been struggling in recent years. Your support of the Dues and Scholarship Fund are appreciated by many deserving women.



UCC Women's Network
Lisa Bruk, Membership
2841 Woodmont Circle
Modesto, CA 95355

Address Correction Requested

Winter Weekend Retreat

Jan. 29-31, 2010

Mercy Center, Burlingame

KEYNOTER: Rev. Kimberly Elliot

LATE FEES AFTER NOV. 2, 2009

NEW POLICY: NO SIGNUPS AFTER DEC. 21, 09

NEW! CREDIT CARD OK