

2021 UU Women's Virtual Spring Retreat Schedule: 4/29-5/2/21

This schedule is a work in progress – final schedule will be included in Camper Packet which will be emailed to all registrants by 4/27/21

	Thursday April 29	Friday April 30	Saturday May 1	Sunday May 2nd
Morning			8:00-9:30 Sangha Meditation w/ Brenda Balmer 10:00-11:00 Land Acknowledgement w/ Sam Beltram	9:00-10:00 Yoga/Chair Yoga w/Eileen Maurer
Late Morning			11:30-1:30 Keynote The Spiral of Resilience & Renewal w/ Rev Dr. Beth Johnson	11:00-12:00 A Community of Women Kathleen Moscato Connection and Community
Afternoon			2:00-3:30 The Art of Self-Nurturing: Permission to Play w/ Kelley Grimes 4:00-5:30 Breakout Room #1 Essential Oils w/ Amanda May-Fitzgerald Breakout Room #2 Making Time for Art Elenah Buckner	12:30-2:00 Janet Visits Camp de Benneville Pines- 60 Years of Love "Love Letters to Camp"- w/ Laura Chamberlin and Marianne Shuster Closing

Evening	5:00-6:00 Pre-Camp Lodgetime- Come stop by say hello and to have any questions about the retreat answered. 7:00 pm Game Night/ Lonna Leghart (Kathleen can also open another room if need be)	5:00-6:00 Welcome to Women's Retreat/Retreat Kick Off/Lodgetime w/ Kathleen and Marianne SG 6:00-7:00pm Live Concert With Karen Hart	5:00-6:00 Lodgetime 6:30-8:00pm EMMA'S REVOLUTION Pre-Recorded CONCERT and Hang Out with Musicians Afterwards	
Later Evening		7:30-8:30 Yoga Nidra/Reiki Tracy Shoman		

Sam Beltram: Land Acknowledgement

Come learn more about the sacred, transformative and counter oppressive practice of Land Acknowledgment! We will be exploring these topics: What is Land Acknowledgment? Why is it important? How can we do this on an individual level, small group level and congregational level?

Laura Chamberlin and Marianne Shuster: Camp de Benneville Pines – 60 Years of Love “Love Letters to Camp”

Join Camp’s 60th anniversary celebration with a 60-second love letter. Your “letter” can either be written or we can video your testimony. Share a memory, a friendship or a funny story about Camp. We will be collecting testimonials all year and will compile them into a fun, loving tribute from campers to our beloved home in the mountains.

Lonna Leghart: Game Night featuring Jackbox Party Packs 1-7

Feeling silly? Creative? Thirsty for fun? Join the games and release some happy hormones! Lonna will screen share the game on Zoom, while you use another device (phone or tablet) as your game controller. Be sure you have a good charge and a reliable internet connection, and BYOB — whatever that acronym means to you! (I'll be the one with the bratwurst.)

How to Play?

<https://youtu.be/ZTCzUrPYYDo>

What is Jackbox?

<https://www.jackboxgames.com/what-is-jackbox/>

More Questions?

Text Lonna @ 760.277.5202

Tracy Shoman: Yoga Nidra/Reiki

Reiki Chakra Guided Meditation for Healing and Manifesting

Are you ready to let go of the things that are holding you back, heal your mind, body and life and manifest your heart's desires?

Join Tracy Shoman, Reiki Master and transformational coach, for a blissful, transformative guided meditation with Reiki, yoga nidra, and singing bowls.

Harness the power of Universal Energy to heal physically, mentally, emotionally, and spiritually. Harmonize your chakras to heal and live with balance. Access your subconscious mind to remove blocks and live your best life.

Eileen Maurer: Chair Yoga

Name: Chair Yoga on Saturday at 8 am

Description: Slow yoga using the chair as a prop.

We start seated to warm up, then there are options to: deepen the poses using the chair for gentle leverage; standing poses holding the chair for balance; strength-building using the chair as a base.

Elenah Buckner: Making Time for Art

In my life, I'm constantly thinking about doing but then I never making time to do it. So, this is a time to pick up whatever art project that you've had in front of you you've been dying to get done and to take some time and actually work on it. It could be painting it could be sculpting it could be clay it could be Playdough, it could be the art of cleaning out a closet. It could be writing poetry, gardening, doing embroidery or a sewing project, it could simply be taking the time to pick up a pencil and paper and move them around and see what comes up. Simply a time for us to get together and work on those projects, just making that time available for our artistic expressions and doing it in communities so we have the opportunity to carry each other on and support each other in our process.

Amanda-May Fitzgerald: Essential Oils

This presentation discusses essential oils and how aromatherapy can intersect as a support for survivors of trauma.

Outcomes: this presentation covers

- how to identify essential oils from other fatty vegetable oils.
- how to distinguish "therapeutic grade" from other qualities of essential oils.
- multiple methods of use typically considered aromatherapy.
- how the olfactory system interacts with the limbic system.
- beneficial and adverse effects
- ways to support anxiety, PTSD, and other trauma related symptoms with essential oils and aromatherapy.

Kelley Grimes: The Art of Self-Nurturing: Permission to Play

Join author of the Art of Self-Nurturing: A Field Guide to Living with More Peace, Joy and Meaning for a fun interactive workshop exploring the nurturing power of play! You will learn ways to introduce more fun into your day, gamify your self-nurturing practices, and give yourself regular permission to play so you can nurture yourself each and every day.

Brenda Balmer: Sangha Meditation – Centering Women

Palomitas de Paz Sangha Stewards Gale Gibbons and Brenda Balmer invite you into deep silence, guided meditation and other practices centering the words and spirits of Buddhist women.