

2010 UUFD Women's Deepening Retreat

5:30 p.m. Friday, Aug. 20 to 5:30 p.m. Saturday, Aug. 21

"SHE CALLS TO US FROM WITHIN"



Location: Linda and Toni's home, 1622 Carlisle Lane, DeKalb, IL

Facilitators: Sabiha Sorgun, Terri Mann Lamb, Mary Von Zellen, Toni Tollerud, & Rev. Linda Slabon

Program Description: Our 2010 retreat nurtures our need to hear our inner voice through art, music, self-care, and tarot or animal totem readings. We will use the Deepening Group process, shallow and deep check-in, and a Giveaway Ritual to create intimacy, listen well, share our selves, and be fully present. This year we are preserving ample time for an art project or personal writing. While materials will be provided for an art project, you are welcome to bring a project you are already working on. We can guarantee singing, abundant food, laughter, and spirited women!

Cost: \$35 per person. Fee covers supplies, scholarships and meals. Partial scholarships available. See Rev. Linda to request a scholarship.

REGISTRATION DEADLINE AUGUST 17, 2010

PAYMENT DUE AUGUST 17, 2010

Make your check payable to: UUFD DISCRETIONARY FUND.

Submit payment to Rev. Linda or to UUFD church office,
158 North Fourth Street, DeKalb, IL 60115

Registration: Limited to 16 participants -- Call Rev. Linda (815-501-4788) or UUFD office to register (815-756-7089) by August 17.

Important Notes:

1. NO partial attendance. Our covenant with one another is to attend the entire retreat.

2. Meals. We prep, cook & clean up meals together in assigned small group work shifts for Friday dinner, Saturday breakfast and lunch. Food is fresh and delicious. Please inform us of special needs, allergies, or preferences, such as vegan.

Menu:

Friday dinner - Build your own kabobs to grill, rice pilaf, mini-cheesecakes and strawberries to dunk in chocolate or caramel

Saturday breakfast – Pancakes, yogurt, eggs, bacon, fresh fruit

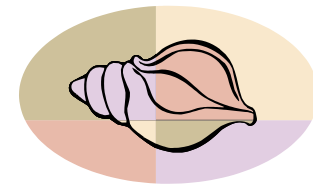
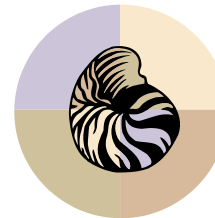
Saturday lunch – Salads medley, breads, ice-cream sundae bar

3. Overnight Housing -- Women are welcome to sleep over.

Sleep accommodations are assigned on a first request, first reserved basis. We have a double bed, framed futon, pull out bed, 2 couches, and floor space with air mattresses. Please bring your own pillow and sleeping bag or blanket. (We do have extra blankets if needed!)

OR return home to your own bed. Re-join us promptly for Saturday morning breakfast at 8:00 a.m.

OR camp out in the yard. Contact Rev. Linda to discuss tenting – size of tent, where, & when to set up. Or, if you would like to camp out but have no tent, it is still possible! Call.



What to Bring:

- ⊗ Favorite pen and your journal
- ⊗ Comfortable clothes and personal items
- ⊗ A favorite beverage or snack treat
- ⊗ Musical instruments...rhythm, percussive and voice!
- ⊗ *Gift for the Giveaway Ritual* (see following)

Unitarian Universalist Fellowship of DeKalb

2010
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through
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**REGISTRATION DEADLINE and PAYMENT
DUE AUGUST 17, 2009**

The Giveaway Gift: Our Giveaway Ritual will be held on Friday evening. Please bring an item to give away that represents a part of your inner spirit – that which sustains, supports, or uplifts you.

During this ritual we each tell what this gift means to us. The financial value of your gift is not important. What is important is the meaning shared and the gift given. For the 2010 retreat, giveaway gift examples might include a childhood story or book, a favorite cd or music, a picture of, or item from, a spiritual place, a poem you wrote, an art piece, something you've canned, knitted, stitched, cooked, painted, or received.

After hearing the stories, each woman chooses a gift of meaning and significance for her life that she will take home.



Friday, August 14

- 5:30-7:00 p.m.** Arrival & Dinner – Prep, Eat & Clean-up
7:00-7:30 p.m. Opening: Singing, Chalice Lighting, Covenanting
7:30-10:00 p.m. Shallow & Deep Check-in, & the Giveaway Ritual
10:00 p.m. Under the Moon & Around the Fire
Free Time Fun – Games? Cards? Movie?

Saturday, August 15

- 8:00 – 9:30 a.m.** Breakfast
9:30-10:00 a.m. Oh my Goddess! The Divine Within.
10:00-12:30 a.m. Creating theology - Art project & personal writing
12:30-2:00 p.m. Lunch
2:00-4:00 p.m. Oh my Goddess! Callings & Sharings.
4:00 p.m. Break
4:15-5:00 p.m. Closing Ritual and Extinguish the Chalice
5:00-5:30 p.m. Clean up and Home!!

Optional – Dinner out together.