

CONFERENCE NOTES

Women's Network Fall Retreat

October 15-17, 2004 • Mercy Center, Burlingame
Keynote: The Rev. Kristi Denham, Belmont, CA



Join us for a spiritually uplifting weekend of worship, song, new workshops, Taizé, sharing, laughter, quiet, fellowship, and solitude. We hope you can make it.

Dancing Hearts...Being the Body of Praise

The Rev. Kristi Denham will be our keynote speaker and a workshop leader. Her two sessions will be on Embodied Spirituality.

California born and raised, Kristi began serving the Congregational Church of Belmont in 1999. She is a dynamic preacher and teacher who emphasizes the importance of spiritual growth and practice in everything she does. She is a liturgical dancer and teaches spiritual dance both in the community and at UCC Conference events. Kristi has studied Zen, Buddhism, Tao, Native American Spirituality, Hinduism, African traditions, the I Ching, Tarot, Astrology, ballet, hip hop and jazz. Her Biblical studies began when she was 10 years old. In Seminary her focus was on Feminist Biblical scholarship. She reminds us that our bodies are temples of the holy; that we are the body of Christ; and that God's spirit enlivens and makes sacred all of creation. May we live our dancing hearts, being the body of praise!

To receive the Women's Network newsletter with retreat and workshop details—send your contact information to Lisa Bruk at lbruk@sbcglobal.net or call at 209-551-8509.

Dues & Fall Retreat Registration Form:

Name _____ Date _____

Address _____

City/ST/Zip _____

Phone () _____ Email _____

Church Affiliation _____

- \$215 full cost of the retreat payable by **September 17, 2004**
- \$25 non-refundable deposit **payable by June 30, 2004 to hold your registration.** Balance of \$190 is due **September 17, 2004. NO REFUNDS AFTER October 1, 2004**
- \$75 to attend the retreat on **Saturday only.** (9a.m. to 10p.m. *includes lunch and dinner.*)

\$ _____ Contribution for *Retreat "Angel" Scholarships:* Thank you!

\$ _____ **UCC Women's Network Dues:** Individual: \$15 Seniors/Students: \$10

\$ _____ **TOTAL AMOUNT ENCLOSED.** Check # _____

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 available for up to \$75 for the full retreat, or \$55 for Saturday only participants. If you wish to apply for a scholarship, **include a separate request** with this registration, indicating the amount you require. **We ask that you pay the Woman's Network dues to receive a scholarship.**

This will be my first UCC Women's Network Fall Retreat.

I would like to have a **Retreat Sister** to show me the ropes.

I'm an old-timer. I am willing to be a **Retreat Sister** to a first-time retreat participant.

Please mail this registration form to...

Anne Lowe, Registrar, 3417 Alisa Ct., Modesto, CA 95356. Make checks payable to **UCC Women's Network.** Please let the registrar know if you have special needs or questions. (209 545-5175 or email at annelowe@comcast.net)

New Retreat Workshops Offered

This year we have made a special effort to find interesting topics to add to our inspirational weekend. Won't you join us?

Sacred Embodiment

When mind, body and feeling balance—grace enters, love becomes incarnate, and prayer heals. We'll experientially explore three methods, which support sacred embodiment: Breema exercises, Onondaga Medicine Bowl and Communion. *Leader: Rev. Tshala Olivieri*

Prayer and the Immune System

We will experience several kinds of prayer that bless and bask in joy and gratitude rather than beseech. Doubt will be as useful as faith! *Leader: Rev. Nancy McKay*

The Visual Word: Seasons of the Spirit in Art Liturgy

In this workshop we will discuss ways in which art may be used in the worship space to give added dimension to the service of the Word. We will explore the weaving of art into creative liturgies considering liturgical seasons, banners and other forms of art that may be used as a proclamation of the Word made visible. *Leader: Rev. Dr. Judith Jones*

The Body Becoming

Who we are was shaped by our spiritual ancestors; who we become is crafted by ourselves. History illuminates our way. We will share stories of the remarkable Body known as the UCC Women's Network and the memorable women who came with us along the way. *Leader: May Cotton*

Worship Music—What Matters

This workshop will examine theological, musical, and sociological considerations that impinge upon the selection of congregational hymns, as well as other music. Background about traditional, contemporary, and blended worship will be provided. Group participation includes singing and discussion. *Leader: Dr. Barbara Hamm*

Spiritual Growth

What if spiritual growth didn't hafta be so hard? InterPlay is an easy way to both skim the surface and dive deep into our souls. Simple movement, made-up songs and short stories—all for fun. Wear comfortable clothes. *Leader: Rev. Melinda V. McLain*

Faith in Art

Imagine a paper "QUILT" in rainbow colors, with dancing figures and dancing hearts. Come and add your own colors, prayers and blessings. No needle and thread necessary! All art supplies will be provided. We will display our finished "quilt" at Sunday worship. *Leader: Susan Sullivan*

The History and Rewards of the Labyrinth

Sandy Sample's workshop will lead you through the experience of walking the beautiful outdoor labyrinth at Mercy Center. The labyrinth is an archetype, a divine imprint, found in all religious traditions in various forms around the world. It has only one path that winds throughout and becomes a mirror for where we are in our lives. It touches our sorrows and releases our joys. *Leader: Sandy Sample*

Conversation With Our Keynote Speaker

In addition to these workshops **Kristi Denham** will be available for this popular workshop.

Retreat Chaplains will also be available...

Rev. Bryn Smallwood-Garcia has served as Associate Pastor at Orinda Community Church and **Rev. Dr. Marya Marthas** is an Associate Pastor at City of Refuge Community Church and heads the Ministry of Health and Healing there.