

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 Mercy Center, Burlingame. This retreat is sponsored by the UCC Women's Network and the Disciples of Christ (DOC) Women's Ministries—WomenSpirit! Please note that in 2012 we will change our venue to Vallombrosa Retreat Center in Menlo Park. More on this news on back page.

Treat Yourself to a Weekend Retreat!
January 28-30, 2011 • Mercy Center, Burlingame

Theme: *Radical Friendship*

As we go through our lives, many different people and situations cross our paths. Often in the midst of life's busyness we struggle to find time to nurture the relationships that are important to us, our relationship to God, and especially our relationship with ourselves. This weekend retreat offers you an oasis from life's demands! Take some time to consider the relationships that really matter to you; learn from the speaker and the stories of other women present how to connect to your own heart and cultivate those relationships that will last throughout your life. There will be opportunities for laughing, singing, worshiping, resting, meditating, walking the labyrinth, learning new skills and practices, renewing old friendships and making new ones!

Register before October 28th to reserve this special time for yourself! We accept credit cards this year, too. **Even better—bring a friend!**



Keynote Speaker

Rev. Diane Wilson is an ordained minister with the Christian Church (Disciples of Christ), and is founder and Co-Pastor of Sacred Retreat Ministry. Throughout her life, Diane has been a seeker and a student, informed by Christianity, Judaism, Buddhism, Girl Scouting, psychology and education, music and art. She has nurtured relationships from the beginning of life to the end. She was credentialed as an Early Childhood and Parent Educator and owned and directed a Sacramento learning center. She now serves as Medical Chaplain for Sutter Hospice of Roseville, giving people dignity and peace of mind as they leave this world, and ministering to their families. Diane is a strong social justice advocate and has been involved in many community outreach programs and the missional ministries of her church. She has also served on the DOC Regional Women's Ministries Council and keynoted and provided workshops at many Disciples Women's events.

Saturday, October 2, 2010 • Day Retreat

Keynoter: Dr. Margaret Peggy Bendrot at The Little Brown Church, Sunol
141 Kilkare Road Sunol, CA 94586 • 925 862-2004

Keynoter: *Growing Deeper Roots*

Dr. Margaret Bendroth, Executive Director, Congregational Library—Boston

Retreat Workshops

Healing Through Music: A Sing-a-Long Workshop:

Stephanie Gameros, Singing Chaplain, UCSF Medical Center

Hands to Work, Hearts to God

Rev. Kathleen Morgan, Intentional Interim, Pacific Northwest Conference

Save Your Stuff!

A must attend for church historians, Dr. Margaret Bendroth, keynoter

Registration forms are available at nncwomensnetwork.org

Saturday Workshops

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

The Tale of Two Daughters

In the Bible, as in real estate, location is everything. In this Bible study we will look at the Tale of Two Daughters, the nameless little girl who is the daughter of Jairus and who lies dying. And the woman with the flow of blood who has been dying for the past twelve years. Why does Luke place their stories next to each other—why are they, in fact, intertwined into one story? What do their stories have to tell us about being women who love and are loved and healed by God? Exploring the Scriptures for the stories of women illumine our own journeys in the Spirit, as we walk in their light. “Come and see!”

Facilitator: Rev. Dr. Judith Jones has led workshops and retreats in the areas of worship and the arts, feminist theology and feminine spirituality at regional and national gatherings. Her most recent publication is The Women in the Gospel of John: The Divine Feminine, published by Chalice Press. She has served as pastor of the Vallejo First Christian Church (DOC) for the past eleven years.

How To Cultivate Self-Esteem

Nothing is more important to our psychological well-being than self-esteem. Self-esteem increases our chances of happiness and makes it possible to cope with disappointments and changes. It determines our ability to give and receive love and to take action for change. Self-esteem enables us to act in our own best interest. Discussion and specific exercises/meditations to increase self-esteem.

Facilitator: Rosie Potestio is a Spiritual Director, a graduate of the Chaplaincy Institute of Berkeley and has been an active member of the UCC Women's Network since 1993. This workshop is based on study with her teacher, Hana Matt, Spiritual Director and Teacher of World Religions.

Connecting with Music and With Those Around You: Salsa Dance

Come connect with your bodies, with music, and with others as we explore the art of salsa dancing. The salsa dance floor is a place where people from many different cultures, and with many variations of dancing, come together in community. Despite all the differences, we have

a common rhythm and can be in fellowship with one another as we dance to the beat (but with variation). Come get your bodies moving and feel your spirits lifting as we learn some new steps and have some fun together.

Facilitator: Lonora Graves is currently the Facilitator of Women's Ministries in the Northern California Nevada Region. In addition to her work with the church, Lonora is a transportation planner for the California Department of Transportation in where she works as the Native American Liaison Branch Chief. She started salsa dancing two years ago as a way of getting some exercise, and fell in love with it: the music, the movement, and the community found in the salsa spaces all keep her spirits lifted and keep her coming back for more dancing.

Creating Circles of Trust

Parker Palmer, a Spiritual Director from the Quaker tradition, says our soul is very shy and does not readily come forward with what she knows and feels in the midst of our busy-ness. This workshop will teach a model of group sharing that helps create that space where we can “listen” each other into a safe and sacred space of sharing. There will be no fixing, rescuing, problem-solving or debating...simply witnessing each other's story of what is on our hearts and what we need.

Facilitator: Rev. Paula Pociеча is an ordained minister with the Christian Church (Disciples of Christ) and works for the N. California-Nevada region. She is also a certified Clinical Alchemical hypnotherapist and serves as a spiritual coach for individuals, couples and groups.

Beyond The Circle: Creating Healing Mandalas

We will focus on using the spiritual tool of creating mandalas as a way of seeking healing and well-being and becoming a radical friend to ourselves. Mandala is a Sanskrit word meaning “Sacred Circle” or “to have possession of one's essence.” Mandalas are circular designs found in all cultures and faith traditions. With music and guided meditation we will discover how symbol is the language of the soul and experience the creating of a mandala as a deepening of one's spiritual connection to the Divine.

Facilitator: Rev. Erin King has been using mandalas for over 20 years both as a personal spiritual practice and healing tool and also with groups. She has led workshops, classes and retreats enabling participants to understand who they are in relation to God, self and others. Presently, Erin is a chaplain for Community Hospice of Modesto.

Embodied Prayer

If you believe we are “Spiritual Beings” in physical bodies- and not the other way around- then come share in the discussion and practice of embodied ways to care for ourselves, realize our fullest creativity and spirituality, and live out our call from a loving God to live life fully. We will explore gentle Yoga movements, utilize music and poetry, and share meditative disciplines that can be incorporated into our Sabbath experience and our daily lives. Weather permitting, we will learn of and walk the Labyrinth together.

Workshop Facilitator: Diane Wilson is a member and elder at Sierra Christian Church in Loomis, a Medical Chaplain at Sutter Roseville Hospice, Co-Pastor of Sacred Space Retreat Ministry, and a grandmother of two bright and beautiful grandchildren.