



**SW UU Women's Conference**

**February 26-28, 2016**

**Lawton, OK**

**Mountain Refuge - Our Spiritual Path**

When we walk through our nearby Wichita Mountains, we remember the Wichita, Kiowa, Comanche, Apache and other tribes who camped here. The buffalo who roam here, the deer and the antelope still play. We are reminded that we are traveling down a sacred pathway -- the Spirit Trail -- the same Spirit Trail of our Mountain Refuge conference.

**Your Hosts**

Unitarian Universalist Church of Lawton  
with SouthWest UU Women

**[www.swuuw.org](http://www.swuuw.org)**



## Keynote Speaker Lauren Zuniga



[Lauren Zuniga](#) is an internationally touring poet, activist & teaching artist. She is the author of two poetry collections, *The Nickel Tour* (Penmanship Books, 2009) and *The Smell of Good Mud* (Write Bloody, 2012), a finalist for the Oklahoma Book Award. Her work has been featured on Upworthy, MoveOn.Org, BoingBoing, Autostraddle & Everyday Feminism. She is a three time national slam finalist and one of the top ranked female slam poets in the world.

[www.laurenzuniga.com](http://www.laurenzuniga.com)

## Fees and Deadlines

Registration fees are \$175 for early registration **by January 31**, and \$195 after that. Final deadline is February 17.

The registration fee for the Maiden Program is \$125.

Scholarships are available, and may be applied for during the registration process.

Your registration fee also includes your SWUW membership dues of \$25 for the year.

## Musicians

### [SJ Tucker](#)

“Without our songs and stories, we are nothing.” S. J. Tucker has been the glad captain of her own independent music career since 2004, when she left the workaday world behind to travel the continent, singing songs for her friends full time. Named a vanguard of the Mythpunk movement and even “the face of neo-tribal Paganism” by Witches & Pagans Magazine, Tucker is the voice of lore at the campfire and the sharp laughter of modern myth. With one hand anchored in her art and the other held out to you, she is songs and stories, community and wit.

[www.sjtucker.com](http://www.sjtucker.com)



### [Emma's Revolution](#)

Smart, funny and informative--like Rachel Maddow and Jon Stewart with guitars. Emma's Revolution is the duo of award-winning activist musicians, Pat Humphries & Sandy O. Called “inspiring, gutsy and rockin’”, Emma's Revolution's songs have been sung for the Dalai Lama, praised by Pete Seeger and covered by Holly Near. The duo's awards include Grand Prize in the John Lennon Songwriting Contest and, for the second year in a row, the Washington Area Music Association's Fan Favorite Award.

[www.emmasrevolution.com](http://www.emmasrevolution.com)



## Lodging



**Hilton Garden Inn**  
135 NW 2nd Street  
Lawton, Oklahoma 73501  
Tel: 580-280-2100

Our SWUW conference rate is \$96.00 per night (single/double/triple/quad occupancy)  
This special SWUW rate will be available until January 31, 2016.

Rooms booked after that are subject to availability, and the conference rate is not guaranteed then, so please book early. Complimentary self parking is included.

Book a room: <http://www.swuuw.org/conferences/2016/133-lodging>

# Highlights

## Friday Evening

Enjoy our Welcoming Ceremony after checking in and dinner on your own.

Buy your raffle tickets at the Refuge Bazaar. Raffle items are donated by vendors and local artists. The Red Tent Room will be open to relax and connect with others.

Join us after the Welcoming Ceremony for our Conference Kick-off with the Magickal Music of SJ Tucker!

## Saturday

Keynote Speaker and workshops – see the full Conference Agenda and Workshop information.

The Red Tent Room will be open all day Saturday along with our Refuge Bazaar!

The evening brings a dinner reception and concert with Emma's Revolution!

## Sunday

Closing Ceremony at the Conference Center followed by the Unitarian Universalist Church of Lawton's Worship Service (also at the Conference Center to accommodate all of our SWU UW friends). Service starts at 10:30am followed by coffee and conversation.

**Meals Included:** Saturday Breakfast Buffet, Lunch Buffet, Saturday Dinner Reception, and Sunday Continental Breakfast.

## Maiden Program

Young women age 13-17 are welcome to attend. An adult sponsor who is also attending is required.

## Receive a scholarship to attend... or donate!

SWU UW understands that not all may be able to attend the conference due to financial constraints. We will be offering scholarships, simply apply as you register. If you would like to support this effort, you can make a donation to the SWU UW Scholarship Fund during your registration or at [www.swuuw.org](http://www.swuuw.org).

## The Red Tent Room

Our annual tribute to female energy will be set up in a private conference room. Our Red Tent Room will be an active, yet relaxing, place to come and recharge. This welcoming space is for sisters of all ages – maidens, mothers, and crones. Our Red Tent Room will include: massage therapy, henna tattoos, coloring meditation, calming music, and other essentials to aid in comfort, calm, and creativity. Feel free to bring blankets, shawls, tarot cards, playing cards, games, and treats.

**Keynote Address** by Lauren Zuniga

**Keynote Worship** by Rev. Anna Holloway

## Vendors

Vendor applications are being taken until  
February 15:

[www.swuuw.org/conferences/2016/130-vendors](http://www.swuuw.org/conferences/2016/130-vendors)

## Contact Us

Registration, payment or scholarship questions: Sherri Gee [registrar@swuuw.org](mailto:registrar@swuuw.org)

Vendor questions: Tracy Reimer [vendors@swuuw.org](mailto:vendors@swuuw.org)

Website or registration form questions: Gretchen Ohmann [webweaver@swuuw.org](mailto:webweaver@swuuw.org)

Lodging questions: Contact Hilton Garden Inn directly 580-280-2100

Membership questions: SWU UW Board president Karen McGinnis [president@swuuw.org](mailto:president@swuuw.org)

## T-Shirts

Our SWU UWCon logo will be printed on these wonderful t-shirts by a local vendor!

Women's Size	Chest	Body Length
S	37	25 ½
M	38 ½	26
L	42 ½	26 ½
XL	46 ½	27
2XL	50 ½	27 ½
3XL	54 ½	28
Men's Size	Chest	Body Length
S	36	28
M	40	29
L	44	30
XL	48	31
2XL	52	32
3XL	56	33
4XL	60	34
5XL	64	35



### SWU UW Refund Policy

*Administered by SWU UW Board:*

- 1) 50% refunded until Jan 15
- 2) 25% refunded until Jan 31
- 3) No Refund after Jan 31

Registrant acknowledges the refund policy by completion of the registration process.

## Schedule

*Schedule is subject to change.* Please check your participant packet and listen to announcements for current information.

<b>Friday</b>	<b>Event</b>	<b>Location</b>
	<b><i>Please note Friday dinner is on your own!</i></b>	
3:00pm	Blessing of the Red Tent Room Registration Desk Opens Raffle Ticket Sales begin Bazaar Opens Red Tent Room open until 10pm	
7:00pm	Opening Ceremony	
8:00pm	SJ Tucker Cash Bar	

## Saturday

7:00am	Breakfast	
All Day	Registration Desk Raffle Ticket Sales Bazaar Red Tent Room	
8:30-8:45	Welcome	
8:45-9:30	Opening Worship Service	
9:30-10:15	Keynote Address	
10:30-11:45	Workshop Session 1	various
12:00-2:00	Buffet Lunch and SWUW Membership meeting	
2:15-3:30	Workshop Session 2	various
3:45-5:00	Workshop Session 3	various
6:00 PM	Cash Bar Open	
6:30	Banquet Dinner and Raffle Drawings	
8:00pm	Emma's Revolution	

## Sunday

7:00am	Breakfast	
8:30-9:30	Closing Ceremony	
10:30	Unitarian Universalist Church of Lawton Sunday Worship Service – Assembly Room	

# Workshops

## Session 1

### **Finding Harmony – Emma’s Revolution (Pat Humphries and Sandy O)**

Expand your knowledge or come as a beginner and experience creative harmonizing. We’ll explore breathing, vocal warm-ups and, that old time-honored tradition, listening.

### **Drum Circle – Morgen Raney**

Beginning Drumming, will teach basic hand drumming and percussion.

She describes herself as a Witch, Pagan, Artist, Drummer and obedient minion of her feline overlords.

### **Beginner Yoga – Mona Louangaphay**

Whether you are new to yoga or not, this class will help you find your center, work your muscles and relax your body and mind. Mona is a Yogafit certified yoga instructor. She credits yoga with helping her stay balanced in this unbalanced and chaotic world.

*Disclaimer: Not all exercises are suitable for all people. If this is your first time to practice yoga please consult your physician. Always listen to your body, rest when you need to, and never force a pose. Participants will be required to sign a release of responsibility prior to class.*

### **Women in Oklahoma Prisons – Inside and Out – Anna Holloway**

Anna Holloway is a current member (since 2001) and past chair of the Oklahoma Corrections Advisory Council on Religious Rites and Practices. She spent several years as a Religious Volunteer in the Oklahoma Prison system and is now a Faith Group Leader. She is also a member (since 2001) of the Oklahoma Corrections Advisory Council on Volunteer Programs and Services. Anna regularly contributes to the review of Dept. of Corrections Operations Manuals; she is also standing for ordination in the United Church of Christ.

### **Bead Loom –**

### **Chronic Pain – Maggie Scaper**

This workshop is a round-table discussion covering such major topics as scheduling life activities, dealing with stress, gaining support of loved ones, advocating for yourself, and working with your employers in requesting reasonable accommodations. *Maggie is a life-long advocate for persons with disabilities. She studied psychology at Oklahoma State University, graduated from San Diego State University with a masters in rehabilitation counseling and completed all coursework short of dissertation for a doctorate in rehabilitation counseling at The University of Texas--Austin. She is now retired from a career as a medical and vocational case manager, licensed professional counselor, provider of vocational expert testimony, and representative for clients seeking SSI and SSDI from the Social Security Administration. She and her husband Dan are members of the Unitarian Universalist Church of Lawton.*

### **Land Lottery, 1901 – Ardeth Elling Denney**

Ardeth Elling Denney is the granddaughter and great granddaughter of people who got their land in the land lottery of southwest Oklahoma. She has written a book about the process and the life they led, “Land Lottery: 1901.”

## Session 2

### **Music and Magick** – SJ Tucker

SJ will talk about using music as a source of healing energy, and about how to use it to adjust your own environment in small ways, and why it affects us so strongly.

### **Self Portrait Collages** – Maureen Harvey and Kay Foster

Maureen and Kay are Art Therapists who will lead our Maidens in creating self portrait collages. This course is designed with our maidens in mind. Others will be welcomed as space allows.

### **Women in Politics - Effective activism to get your message heard** - Brenda Weber and Donna Bebo

We will show you how to be your own lobbyist, organize activism that gets the attention of local and state leaders, and build working relationships with those who represent you. Brenda Weber is the President of Oklahomans for the Separation of Church and State, serves on the board of AOK (Atheists of Oklahoma) and has worked on several political campaigns (primarily regarding press and messaging). *Donna Bebo won the 2012 Congressional Primary for Oklahoma's Fourth District. She was the only woman to run for a federal seat from Oklahoma in 2012. As an unknown and modestly funded candidate, she went on to win almost every county in her district. She was unable to unseat her opponent in the General Election. Since her campaign, Donna has used what she has learned to help others become more involved in the election process. She continues to lead workshops involving voters' rights, campaign basics, and political activism. Donna is currently consulting on state level campaigns.*

### **Workshop with Lauren Zuniga** – TBA

### **Women's Relationship with Other Women** – Mary Ellen Colfer

A look into how we treat each other and ways to improve our reactions and interactions with other women. *Mary Ellen is an Herbalist. Her interest started as a way to take control of her own health and help others take control of theirs. She has owned and operated Curious Goods in Lawton, OK for 24 years. She is also the High Priestess of the Church of Our Lady, a mom and a grandmother.*

## Session 3

### **Chair Yoga** – Mona Louangaphay

A gentle, slow moving class done from a chair. This class allows you to stretch and strengthen muscles as well as relax the mind and body for those who may be challenged by balance, strength, or flexibility issues. The class will begin with a short explanation of the Stress Response and how stress can contribute to the development or worsening of chronic conditions. It will end with guided meditation. Wear comfortable clothing. Mona is a Yogafit certified yoga instructor. She credits yoga with helping her stay balanced in this unbalanced and chaotic world.

*Disclaimer: Not all exercises are suitable for all people. If this is your first time to practice yoga please consult your physician. Always listen to your body, rest when you need to, and never force a pose. Participants will be required to sign a release of responsibility prior to class.*



### **Chanting in Sacred Circle – Gretchen Ohmann**

An introduction to raising energy by singing and chanting in sacred space. In addition to singing new and familiar chants, you'll get a handout listing places to find the growing resources in this spiritual tradition. Bring your voice, your heart and your hands to join in circle. Open to all age groups. *Gretchen Ohmann is a board member of Continental UU Women & Religion and UU Women's Federation. Past Music Director at her local fellowship, she has led songs and chanting in congregations and women's retreats since the 1980s.*

### **Self Defense Tai Chi – TBA**

### **Red Dirt Tie Dye – Girl Scout Troop 1434**

Bring your freshly washed white T-shirts and take a little bit of Oklahoma home with you. Girl Scout Troop 1434 will be showing how to use Oklahoma Red Dirt to tie dye t-shirts.

### **UU United Nations presentation on LGBTQ Equality – Mary Overton**

A representative from the Unitarian Universalist United Nations Office will be joining us to lead a presentation on the work they are doing regarding promoting the equality and safety of our LGBT brothers and sisters. Mary Overton is a long-time UU activist, and a current SWUW Board member.

### **Accepting Being a Woman – Barbara Grace Reynolds**

"Accepting Being a Woman" will help you to release those limiting beliefs that you were taught about being a woman, mother, and wife. It will help you to stand in your power and to accept that you are strong and can be successful because you are not less than a man. *Barbara Grace Reynolds is a Freedom and Empowerment Coach and Infinity Healer. She uses her connection with Source to assist others in seeing the greatness within themselves and to release the need to live small. She connects with people individually, in groups, by radio, in books and in many other ways. She loves to see people open up to their own love and the love of God.*

### **Native Women Yesterday and Today**

Panel Members: Delores Twohatchet, Susan Adams-Cornell, Nakima Geimausaddle

**Sarah Adams-Cornell** is an advocate for Native American culture, education and rights. She is a member of the Choctaw Nation, is a core member of Idle No More Central Oklahoma, serves on the OKCPS Native American Student Services Parent Committee and serves on the board of Not Your Mascot. She recently served as Activist in Residence at the University of Oklahoma, and served on the Board for the OK Choctaw Tribal Alliance. Sarah organized a movement to replace Columbus Day with Indigenous Peoples' Day in OKC. She received the 2015 Oklahoma Humanitarian Award. She was named 2014 Cottey College Young Alumna of the Year for her leadership in her culture and community. Sarah enjoys co-hosting a radio program, "Womyn Warrior Talk" on the Success Native Style Radio Network. The program addresses topics concerning Indian Country and current news. She and her fellow co-hosts discuss and bring awareness to issues that impact Native communities as well as current news, policy and events. The LGBTQ community is near to Sarah's heart. She is a proud member of Central Oklahoma Two Spirit society and strong supporter of equal rights.

**Nakima Redfox Geimausaddle** is Lakota, Ottawa and Sicilian. Her family is from the Pineridge reservation in South Dakota. The Army brought her to Ft Sill, OK in 1993. She is the Head Editor for the non-profit Native American Newspaper "Medicine Winds News." She is the Oklahoma commander for the Crossed Arrows Veteran's Society and teaches a Native American spirituality class at Curious Goods.

**Delores Twohatchet** is our third co-presenter on the panel.



c/o SWUW Treasurer Debbie Barnes  
4409 Tiffani Dr.  
Amarillo, TX 79109



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**Keynote Speaker**  
**Lauren Zuniga**



[Lauren Zuniga](http://www.laurenzuniga.com) is an internationally touring poet, activist & teaching artist. She is the author of two poetry collections, *The Nickel Tour* (Penmanship Books, 2009) and *The Smell of Good Mud* (Write Bloody, 2012), a finalist for the Oklahoma Book Award. She is a three time national slam finalist and one of the top ranked female slam poets in the world.

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