

Our Sacred Springs—A River Flows Through Us A SWUUV Conference You Won't Forget

Our conference theme is “Our Sacred Springs: A River Flows Through Us.” Both San Marcos and New Braunfels, where our sponsoring congregations are based, have beautiful sparkling clean rivers from natural springs that flow through the hearts of our neighboring cities. The San Marcos River and Comal River are prize jewels in this area, and we’re using the theme as a metaphor for topics throughout the conference.



Enjoy Rev. Dr. Rebecca Ann Parker, one of the best known and most admired women in Unitarian Universalism. Our featured musician this year is Terri Hendrix, one of the best singer-songwriters in the country, and we have assembled a sparkling collection of speakers, workshops, and vendors in the Taste of Texas Bazaar.

Bring the family! The Embassy Suites Hotel, Spa & Conference Center is an all-suites property with complimentary breakfast and a manager's reception each evening. We've even planned a Hill Country tour for your guests and family where they can enjoy the beauty of Central Texas while you commune with women from all over the district.



Keynote Speaker: Rev. Dr. Rebecca Ann Parker

Author, religious activist, and recently retired from 25 years serving as President of UU's Starr King School for the Ministry in Berkeley, CA, she now serves as their Emerita Professor of Theology and Professor Emerita.

Keynote Address: From the Wellspring of Our Hearts

Workshop Presentation: Drawing Deeper from the Wellspring

Featured Musician: Terri Hendrix

Award-winning Texas songwriter and classically trained vocalist, Terri is a singer-songwriter, multi-instrumentalist and independent artist from San Marcos, who has been offering an eclectic brand of Americana — encompassing folk, pop, country, blues and jazz — for more than two decades. She will be performing in a special concert Saturday.



Your Hosts:

San Marcos Unitarian Universalist Fellowship and Comal County Unitarian Universalist Society with SouthWest UU Women—www.swuuv.org.

Registration fees are \$165 for early registration by February 4, and \$185 after February 4. The registration fee for the Maiden Program is \$110. Scholarships are available, and may be applied for during the registration process. Your registration fee also includes your SWUUV membership dues of \$25 for the year.

Your registration includes:

FRIDAY EVENING

Relax with the Embassy Suites Manager's Reception off the Main Lobby

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

Buy your raffle tickets at The Taste of Texas Bazaar. Raffle items are donated by vendors and local artists.

The Red Tent Room will be open to relax and connect with others.

SATURDAY

Keynote Speaker and workshops - see the full Conference Agenda and Workshop Information

The Red Tent Room will be open all day Saturday; more shopping in The Taste of Texas Bazaar!

Hill Country Tour for families and guests that are not attending the conference

A reception and special concert by our featured musician

SUNDAY

Closing Ceremony at the Conference Center

Worship Service at San Marcos UU Fellowship with Rev. Dr. Rebecca Parker and Rev. Brian Ferguson
Stay on Sunday to attend a service at the local UU Fellowship in the UCM-Wesley building. Service starts at 11:00 a.m., followed by a coffee hour in the building. 510 North Guadalupe Street, San Marcos, Texas

Meals Included: Saturday lunch. Dinner/reception Saturday night.
Those staying at the Embassy Suites receive complimentary breakfasts.

Families and Children Welcome!

San Marcos is a perfect town to bring your family. On Saturday, we have a special tour of our part of the Texas Hill Country planned for guests and children while you attend the conference.

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!

SWUUW 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 SWUUW Scholarship Fund during your registration or at 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 active, yet relaxing, a place to come at any time to recharge. A calm, dimly lit, welcoming space for sisters of all ages – maidens, mothers and crones. Our Red Tent Room will include:



Creativity Corner: bring any beading, knitting, crocheting, and/or drawing projects that you may be working on. Perhaps teach a new friend about your passion. Blank Mandalas, colored pencils and sketch paper will be provided for Meditative Doodling.

Relaxation Corner: We will have a talented Massage Therapist on hand to provide chair massages – including head, arms and hands. Jessica Blasingame-Acox, LMT, owner of Wild Heart Holistics, will be sharing her time and talents with us through massage and essential oils. (Please bring cash – fee for services provided.)

Media Corner: We will be running the film “Things We Don’t Talk About” often throughout the weekend – be sure not to miss this thought-provoking movie.

Library Corner: Please bring any books that you are willing to share with your sisters for the weekend.

Feel free to bring blankets, shawls, tarot cards, rune stones, playing cards, games, and chocolate of course.

Be sure to mark any personal items you bring clearly with your name. You will be responsible for retrieving your items at the end of the conference. Any items left behind will be donated to the local Women’s Shelter.

Keynote Address by Rev. Dr. Parker: From the Wellspring of Our Hearts

From ancient voices of women to the wisdom that arises from our hearts here and now, women offer healing, challenging and life-changing spiritual insight and energy. The keynote address will lift up these voices and invite our continued creativity as religious leaders, lovers, and activists.

Keynote Workshop by Rev. Dr. Parker: Drawing Deeper from the Wellspring

This workshop will use visual images, ritual practices, and women's poetry as entryways into deeper exploration of the keynote themes, as well as the themes in *Saving Paradise*, by Rebecca Ann Parker and Rita Nakashima Brock.

Afternoon Workshops: Session I

From Environmental Justice to Climate Justice – Dianne Rahm, Ph.D.

We will explore the evolution of the Environmental Justice movement from its original focus on race and likelihood of working or living near a toxic waste site to its present-day stance on environmental justice as it relates to climate change. Workshop designed for adults. Dianne Rahm, Ph.D., is Professor of Political Science and Honorary Professor of International Studies at Texas State University. Her research interests include environmental policy, energy policy, science and technology policy.

Exploring Rhythm: HANDS ON! – Debbie Groves

We will explore various rhythms through drumming & rhythm instruments, using some of the hymns in our Singing the Journey hymnal as a jumping-off point. For this hands-on, participatory workshop, you are strongly encouraged to bring your own drum or rhythm instruments if at all possible. Workshop is limited to 20 participants, all ages welcome. *Debbie Groves has been involved with UUism since the early eighties, including as Board President of Austin's First UU Church. Now a member of Wildflower Church, she's been a choir member in both congregations. Debbie teaches piano at Austin Montessori School's south campus and loves music in almost all of its myriad forms.*

A Butterfly Garden – Build It and They Will Come – Susan Bogle

Learn how to develop a butterfly garden with native, drought resistant plants that require the minimum of care while providing the ultimate in pleasure and enjoyment. Open to all age groups. *Susan Bogle is a member of both the Texas Master Naturalists and the Native Plant Society of Texas. She designed and developed the butterfly garden at the Tye Preston Memorial Library at Canyon Lake and has acted as a consultant on several other area projects.*

Archetypes of the Feminine – Dr. Wynette Barton

An intimate look at subtle aspects of the feminine archetype reveals how and why it is more – and less – than people sometimes imagine, carrying an aura of mystery that has both harmed and helped individual women. Open to all age groups. *Wynette Barton is a Jungian Analyst, trained at the C.G. Jung Institute of Zurich. She also holds a Doctorate in Religious Studies and is a long-time activist in women's rights, women's studies, and potentials of feminist thought, particularly as they impact and interact with spiritual experience.*

Improv: It's Not Just for Actors Anymore – Robin Williams

Improvisation is a great tool for actors creating characters, but non-actors can also use this same concept to help with real-world situations. Come see how it can help with public speaking, ease of communication, social skills and sparking creativity. Bonus: IT'S FUN TOO! All ages welcome in this highly participatory workshop. *Robin Williams has a BFA in Theatre Studies from the University of Texas in Austin and is the Artistic/Technical Director of Circle Arts Theatre in New Braunfels. The resident instructor at Circle Arts, teaching both youth and adult classes, Robin is one of the main-stage directors for the theatre, directing such hits as My Fair Lady, The Sound of Music, The Producers, and The Music Man.*

The Five Pillars of Brain Fitness – Meredith Patterson, RN

This presentation is an overview of brain health science and applications – learn how to significantly decrease the odds of having dementia in later life through daily practices involving exercise, diet, mental activity and stress management. Interactive, entertaining and applicable to anyone with a brain! *Meredith Patterson, RN, BSN, CRRN, has over 25 years of neuroscience nursing experience. She is a frequent presenter for both community & professional audiences including the UT Health Science Center, Scott & White Hospital, Texas State University and the Texas Culture Change Coalition. She is co-founder of Brainstorm Mind Fitness, a brain health education company.*

Wave Tapestry Weaving – Linda Bond Thomas & Dawn Wales

Materials fee: \$15, includes small wooden loom, yours to keep, and yarn. Limited to 10 participants. Learn and experience the legacy of weaving! You will weave a small 3x4 inch water-themed tapestry using the same skills that have been practiced since Biblical times. No prior weaving experience necessary! *Dawn Wales is a weaver, high school teacher and alpaca rancher. She owns organic aquaponics farm Green Dragon Farm in Cibolo. Linda Bond Thomas owns Lucky Ewe Yarns near Gruene.*

Afternoon Workshops: Session 2

Meals for Health, Climate and Compassion – Becky Allen, Karen Franks, and Amber Walter

Explore the hows and whys of transitioning to plant-based meals. Our panel shares easy meals for a single woman, a partnered woman and a woman with a family to feed. Multimedia, interactive, some food samples, many recipes, websites. All age groups welcome. *Becky Allen, member of UU Ethical Eating, converted to plant-based meals in 2008. Karen Franks is an advocate of plant-based eating for our health and that of the Earth, and for animal and food justice. Amber Walter began cooking vegan for her husband and children after suffering from food related health issues. A dedicated blogger and "foodie", Amber has learned tricks and tips to keep her vegan children healthy and satisfied and is happy to share them with you.*

Basics of Bellydance: The Art of Middle Eastern Dance – Jamie Lynn Shelton

Discover the history, music and moves that make Bellydance a captivating dance worldwide. Proper stance and posture is emphasized to learn the foundational moves but really, it's about having fun and moving your body in ways you may have never thought it could move! Open to all age groups. *Jamie Lynn Shelton has been teaching and performing belly dance for two decades and is dedicated to helping her students discover the beauty and history of this rich heritage of dance. She teaches private classes and workshops around the country.*

Sacred Springs and Healing Plants of Texas – Maria Rocha & Marika Alvarado

Maria Rocha will tell about the San Marcos sacred springs and how the Coahuiltecan creation story says that this is where they emerged as "The People". Healer Marika Alvarado will explain how she produces her tinctures and how she uses them in the healing process. A specially brewed tea will be offered to participants. Q&A follows. Workshop is open to all age groups. *Maria Rocha is Executive Director of The Indigenous Cultures Institute in San Marcos, TX. Marika Alvarado is a traditional healer (taught by her mother & grandmother) who works with plants and herbs.*

Celebrating Nature Through Writing – Susan Hanson

How does our close observation of nature, and our attempts to capture it in words, inform our understanding of ourselves and the world around us? Participants in this workshop will explore this question in their own writing and discussion, as well as in the words of others. Workshop is designed for adults. *Susan Hanson is a member of the English faculty at Texas State University, where she teaches environmental writing and an honors course in nature writing. She has also worked as a newspaper journalist and as the lay Episcopal chaplain at Texas State. She is the author of Icons of Loss and Grace: Moments from the Natural World and other published works.*

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.*

Finding Compassion in Our World...Starting With Ourselves – Dr. Erin Flynn

Inspired by Karen Armstrong's 12 Steps to a Compassionate Life, we will explore how nurturing compassion for self is a necessity for practicing true compassion for all. This presentation, including a small group discussion is open to all ages. *Dr. Erin Flynn received her PhD in Philosophy of Religion from the National University of Ireland, Galway. She moved with her partner, Dr. John Eastlake, to Texas in 2013, and is teaching English, Philosophy, and Interpersonal Studies at Katherine Anne Porter Charter School in Wimberley.*

The Colors of Water – Candy Lapaglia Carpenter

Express your inner stream of colors in this watery workshop! We will enjoy water music while we paint our impressions of moving water. This workshop is for everyone, even if the last time you held a paint brush was in first grade. . . no art critics allowed! (Limited to 10 participants) For all age groups. *Candy Carpenter painted her first watercolor at a SWUU Women's conference many years ago and she has not stopped since! Always experimenting with color, texture and different types of paint, Candy continues to work with water on paper. She earned a BA from Texas Lutheran in music and graduate studies in business. Director of Client Services for a bank software company, she escapes the corporate world to paint or play piano.*

REGISTRATION FORM

SWUJW Conference 2015

First name _____ Last name _____

Email _____

Address _____

City / State / Zip Code _____

Phone Number _____ Mobile Number _____

Congregation _____

Congregation City _____ Congregation State _____

Emergency contact _____ Contact relationship _____

Emergency day phone _____ Emergency night phone _____

Pursuant to the Americans with Disabilities Act, do you require specific aids or services?

Dietary Preference: Vegetarian Vegan

Allergic or Sensitive to: Shellfish Fish Nuts Gluten Other (Please specify:)

Will you bring guests or family that would be interested in the Saturday Guest Tour? Yes No

Sunday Morning: Do you plan to attend the service at our local church? Yes No

Sponsor Information for Maiden Attendees

If you are registering as a Maiden (age 13-17), your sponsor must attend the conference.

Please provide the following information

Your age: _____ Sponsor name: _____

Sponsor relationship: Mother Grandmother Other (Please specify:)

Requesting a Scholarship? Scholarship Amount _____

Have you received a scholarship before from SWUJW? Yes No

Reason for scholarship

Which events will you be attending?

Saturday lunch Saturday Dinner and Reception Terri Hendrix Concert

Please choose one workshop for Session 1:

- From Environmental Justice to Climate Justice
- Exploring Rhythm: HANDS ON!
- A Butterfly Garden – Build It
- Archetypes of the Feminine
- Improv for Fun and Profit
- Five Pillars of Mind Fitness
- Wave Tapestry Weaving
- No Workshop Session 1

Please choose one workshop for Session 2:

- Meals for Health, Climate and Compassion
- Basics of Bellydance
- Sacred Springs & Healing Plants of Texas
- Celebrating Nature Through Writing
- Chanting in Sacred Circle
- Finding Compassion in Our World
- The Color of Water
- No Workshop - Session 2

San Marcos UU Fellowship

510 North Guadalupe Street
San Marcos, Texas

Embassy Suites San Marcos

Hotel, Spa & Conference Center
1001 E. McCarty Lane
San Marcos, TX 78666



Register online
with a credit card!

www.swuuw.org/register

FEES

<input type="checkbox"/> Conference Attendee	(after Feb 14 add \$20)	\$ 165.00	\$ _____
<input type="checkbox"/> Scholarship Applicant	Down payment of \$40 required.	\$ 40.00	\$ _____
<input type="checkbox"/> Maiden Attendee	For attendees under 18. Adult sponsor required.	\$ 110.00	\$ _____
_____ Guest Tour Tickets - Adult	x \$40 =		\$ _____
_____ Guest Tour Tickets - Child	x \$30 =		\$ _____
<input type="checkbox"/> Donation to Scholarship Fund (Thank you!)			\$ _____
Total			\$ _____

Amount enclosed \$ _____ Check number _____

Please make checks payable to SWU UW.

SWU UW Refund Policy

Mail to:
SWU UW Conference 2015
c/o Attendee Management, Inc.
PO Box 1832
Wimberley TX 78676

Administered by SWU UW Board:
Only 50% may be refunded until Feb 14
Only 25% may be refunded until Feb 22
No Refund after Feb 22

By receipt of registration, I am agreeing to this refund policy.

CONFERENCE CENTER

Embassy Suites San Marcos
Hotel, Spa & Conference Center
1001 E. McCarty Lane
San Marcos, TX 78666

512-392-6450

LODGING

We've had a great response, and the Embassy Suites is currently sold out on Friday, March 6.

Local congregational members are offering complimentary home hospitality for the conference.

For these alternative sleeping arrangements, contact Convener Jeannie Lewis at 512-353-2872 or jeannie@centurytel.net.

TOURS

On Saturday, we will host a tour of the San Marcos and Wimberley areas, for guests and families not attending the conference. This Central Texas Tour includes all of the stops below:

Wimberley Glass Company – glass blowing demonstration

Visit to Blue Hole Regional Park and lecture/demonstration in Wimberley

Boxed lunch picnic at Blue Hole

Glass bottom boat ride and visit to Meadows Center and Aquarium

Stargazing at Texas State Observatory (weather permitting)

Rev. Brian Ferguson and men from the San Marcos UU Fellowship will be your guides. Transportation will be by school van with a commercially licensed driver. Attendance is limited to 16, so please indicate interest during your registration.

Tickets are \$40 for adults, and \$30 for minor children under 18. If we do not receive enough participants, full refunds will be provided.

Please note: Children in each party must be accompanied by an adult that is not attending the conference, and that has purchased an adult ticket for the tour. Sorry, we cannot accommodate unaccompanied minors.

T-SHIRTS

Choose your top quality tee shirt from an array of colors online, in both women's and men's styles (be sure to order a size larger for women's cut). Order your shirts online and pick them up at the Conference. Wear your "Sacred Springs" shirt with pride, our March weather should be perfect for it.

Go to www.TeeSpring.com/swuuw to order yours today!

QUESTIONS

If you have any questions, contact our conference conveners at conference@swuuw.org

Jeannie Lewis (512) 353-2872

Jan Estes (830) 625-7004





SouthWest UU Women

SouthWest UU Women

c/o Karen McGinnis
2801 Oak Forest Dr.
San Angelo, TX 76904

**UU Women's Conference
in San Marcos TX
March 6-8, 2015**

PLEASE POST!

SouthWest Unitarian Universalist Women's Conference

*Our Sacred
Springs*



March 6-8, 2015 in San Marcos, Texas

www.swuuw.org/register