

# *SUNUUCon 2023: "Phoenix Rising"*

## Workshop Descriptions



### AM1 Workshops

#### "Fire in Our Bellies: The Myth of the Phoenix and the Reality of Rebirth" by Rev Kris Cervantes

The mythology of the Phoenix is based on stories of a long-lived bird who, upon its death, bursts into flames and burns to ashes only to return to new life. Her myths and the truths discovered within help us to "burn to be reborn as ourselves, free and whole, in a world that sometimes seems determined to consume us."

Pastor Kris is the pastor of Community UU Church in Plano, TX and in her eighth year of UU ministry. She graduated from Brite Divinity School in Ft. Worth with a special certificate in Gender and Sexual Justice.

#### "Effective Mother-Daughter Communication" by Chloe LaPorte

Maidens and their mothers are invited to learn different styles of communication, examine their own style, and develop new strategies for effective communication.

Chloe is a licensed clinical social worker who develops empowering programs for girls across Texas.

#### "Four Latin Dances" by Paula Rose, Jennifer Baxavanis, & Dawn Kariotakis-Perez

Got Rhythm? Come learn how to merengue, cumbia, bachata, and salsa and DANCE!

All presenters are long-time Latin dance enthusiasts.

#### "The Garden Is Calling and I Must Go" by Deb Bliss

Spaces that heal and center surround us. We'll share thoughts and stories to draw us back into gardens.

Deb is the coordinator for the Plano, Texas Community Harvest Garden, launched in 2006, where she is constantly reminded of the spiritual benefits of time in the garden.

### PM1 Workshops

#### "Introduction to Celtic Spirituality" by Rev. Meredith Barber

The Celtic Christian tradition is one that has long fascinated seekers of all kinds. In this workshop we'll learn about some of the hallmarks of this tradition, like a sense of wonder at the goodness of creation and the importance of song and story, and wonder what they might have to teach us today.

"Rev. Meredith Barber serves as the interim minister at Horizon Unitarian Universalist Church in Carrollton, TX. A lifelong UU with experience in a variety of regional contexts, Meredith is curious about the way the world around us plays a role in our faith development."

#### "Yoga for All" by Roxy Westhues

This all-levels yoga class will begin with meditation and "listening to our bodies." Wear comfy clothes and bring a mat or beach towel.

Roxy has been a yoga practitioner for over 20 years, promoting a "no pressure" approach to yoga for everyone.

### **"Singing the Living Tradition" by Rev. Kiya Heartwood**

We will sing and explore our hymnals, and explore approaches to inclusion and including popular music. Rev. Kiya Heartwood is an award-winning singer/songwriter and composer. She is the minister at the UU Church of the Brazos Valley in Bryan, TX.

### **"Paint Your Own Silk Scarf" by Valery Guignon**

Skilled silk artisan Valerie Guignon brings her talent and expertise to teach participants how to create their own beautiful 14"x70" crepe back satin scarves. Participants will be able to experiment with dyes and paints on fabric before creating their own masterpiece. This workshop is limited to 8 and will be an extra fee of \$30 for scarves and supplies.

Valery is a nationally renowned independent artist who designs comfortable, wearable and unique art pieces. [Guignon.com](http://Guignon.com)

## **PM2 Workshops**

### **"Getting to Know your True Colors" by Sharon Thompson**

"True Colors" is a metaphor describing four basic personality types. Come discover your own true colors! Sharon has trained adults in the education, museum, and non-profit sectors for over 20 years.

### **"Equity. Period." by Rev. Beth Dana & Sherri Cook**

Learn more about the importance of menstrual equity and education in a post-Roe environment and participate in social action by assembling menstrual kits to be donated to local schools and to formerly incarcerated women.

Rev. Dana is Minister of Faith Development at First Unitarian Church of Dallas. Sherri Cook is the founding executive director of Wholly Informed Sex Ed (WISE), an Our Whole Lives curriculum outreach program in Dallas.

### **"Drumming Wakens the Spirit" by Susan Bishop**

Women were the first hand drummers. Workshop participants will feel the power they can create through rhythms played on the drum. "Teaching other women to drum creates a spiritual atmosphere."

Susan facilitated a drumming workshop at SWUWCon2020 in Lafayette, LA.

### **"Your Justice Ministry: Faith on Fire" by Sarah Berel-Harrop**

We bend Texas toward Justice when we advocate together with the Texas UU Justice Ministry. Our work deepens our faith and tends the fire of love in our communities.

Sarah is a TXUUJM ministerial intern and has been a UU lay leader, board member, social justice chair, and religious educator.