

SWUUWCon 2024: "Nurturing Creative Spirit"

Workshop Descriptions

AM1 Workshops

"Gospel and the Oral Tradition" by Rev. Kiya Heartwood

Participants will learn about (and sing!) Gospel music. This workshop is for all ages and singing abilities. No music reading required.

Rev. Kiya is a UU minister, singer, songwriter, and composer.

"Creating Connections Through UU Women's Groups" by Gretchen Ohmann and Christine Smith

This workshop will review UU women's groups and gatherings worldwide, engage in group sharing of connection stories, and leave with a list of resources to take home.

Gretchen is a long-time UU, involved in UU women's groups since the '90s, co-convenor of Continental UU Women and Religion. She has experienced profound connections through women's gatherings and circles of varied types in many places.

"Joy Practices in Justice Ministry", by Rev. Erin Walter

this workshop, Rev. Erin will share her powerful experiences, spiritual practices, and music to nourish us along our own journeys.

Rev. Erin leads the Texas UU Justice Ministry.

"Learning to Follow Our Own Path: Practicing Yoga to Strengthen Our Inner Wisdom" by Molly Hagan-Ward

Let's embrace yoga's ability to strengthen body, mind and spirit by practicing proper breath, deepening our focus, and learning to listen to our bodies! Bring your own yoga mat or a large towel.

Molly studied Anusara yoga before becoming certified with Lex Gillian in Houston. She credits the practice for her breathing, strength, and focus.

PM1 Workshops

"Open Your Heart and Move Your Chi: T'ai Chi" by Mary Guirard

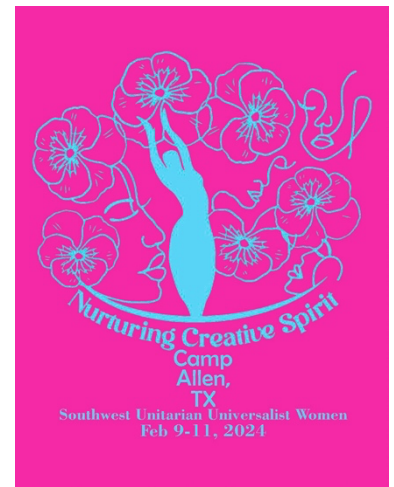
This workshop is intended as an introduction to the practice of the gentle, meditative art of T'ai Chi, suitable for all ages and levels of ability.

Mary has 40 years of ballet training and is a certified T'ai Chi instructor, receiving training from Dr. Keith Jefferies in 2009.

"The Druid in You" by Vanessa Wilkosz

Have you ever been overwhelmed with a need to be with nature? Come learn what it means to be a Druid and learn about myth vs. reality of Druidry. We'll discuss if Druidry is a religion or philosophy, beliefs and responsibilities, common practices and rituals and will practice celebrating one of the Sabbats, Imbolc.

Vanessa has been a practicing Druid for two years and has studied Druidry for over three years as a solitary practitioner and as a pupil of OBOD (The Order of Bards, Ovates and Druids.)



"The Power of Believing in You!" by Amber Robertson

Amber will share her motivation for starting Brazos Valley Blessings (BVB) and how she is continually motivated to meet the needs of women and families in the Brazos Valley through this work. You will hear her message of empowerment and have an opportunity to create Easter baskets for BVB's biggest fundraiser during the workshop.

Amber is the founder and CEO of the non-profit, Brazos Valley Blessings, which is the local organization SWUWCon 2024 is supporting.

"Mask-Making as a Spiritual Practice" by Mindy Cardenas and Lillia Cardenas, Part 1

This hands-on workshop combines expressive arts processes with mini-meditations and mask-making as a way of tapping into and expressing the spiritual self. Participants will use the masks in other ceremonies over the weekend. **This is a two-session workshop with a \$10 supply fee limited to 15-17 participants.** Supply fee is due to the presenter at the workshop. Please sign up for Part 2 below.

Mindy has a BA in Fine Arts, with minors in education and psychology, an MA in Art Psychotherapy, a certification in Expressive Arts Trauma-Informed Therapy, and is an Expressive Arts Psychotherapist.

PM2 Workshops

"Walking a Sacred Path" by Donna Dier

Explore the labyrinth as a creative tool for your spiritual journey. There will be a short presentation about labyrinths followed by a special labyrinth walk.

Donna has been a labyrinth enthusiast for 25 years and has presented workshops on various topics at women's retreats and churches. Donna is a SWUW board member.

"Neurographic Art" by Allison Faber

Neurographic Art incorporates free-form lines into an art piece. This art method is said to connect your inner self to your creative self and is used therapeutically, is meditative, relaxing and accessible. Anyone can create Neurographic Art. Discover your inner self through drawing. You will create your own art treasure during this workshop.

Allison is the director of religious education at the UU Church of the Brazos Valley.

"Remember My Soul: Exploring the Jewish History of the Texas Borderlands through Film" by Jillian Glantz

The filmmaker will reflect on the experience of making a documentary in South Texas, the struggle to find people willing to talk openly about their Jewish roots, and the history uncovered.

Jillian is a graduate student in History at Texas A&M. She has a background in filmmaking. *Remember My Soul* is her first feature-length film.

"Mask-Making as a Spiritual Practice" by Mindy Cardenas and Lillia Cardenas, Part 2

This hands-on workshop combines expressive arts processes with mini-meditations and mask-making as a way of tapping into and expressing the spiritual self. Participants will use the masks in other ceremonies over the weekend. This is part two of a two-session workshop limited to 15-17 participants. You must take part one in order to attend part 2 of this workshop.

Mindy has a BA in Fine Arts, with minors in education and psychology, an MA in Art Psychotherapy, a certification in Expressive Arts Trauma-Informed Therapy, and is an Expressive Arts Psychotherapist.