

SWUWCon 2025: "Sacred Spaces, Sacred Places"

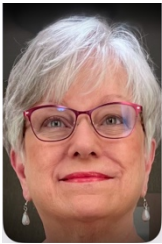


Workshop Descriptions

AM1 Workshops

"Intro to the Zentangle Meditative Art Method" by Sandy Kelley-Jones CZT

This will be an intro to the Zentangle Method, its history and some terminology. We will complete our first tile with 4 tangle patterns. Not to worry if you think you're not an artist, this is easy and fun.



Sandy Kelley-Jones is a 6 time Certified Zentangle Teacher. She started tangling in 2014, attended her first seminar in 2016 and has been actively tangling since. She finds making these small pieces of art very relaxing and satisfying. She loves that she's been able to meet and share this art form with people from around the world.

"Creating a Personal Labyrinth on Canvas" by Jessica Trescher

Participants will explore the symbolism and transformative power of labyrinths while creating their own, unique, personal labyrinth on canvas. This meditative and creative process will guide individuals in tapping into their inner selves, releasing stress and cultivating mindfulness.



Jessica is currently the Religious Education Coordinator for Pathways UU in Hurst. She holds a degree in Biology and Oncology Data Management. Enjoys painting, hiking and my 3 children (20,15,14).

"On Defining and Planning a Pilgrimage", by Catherine Vance

Many pilgrimages are to places that have spiritual or historical importance, but some pilgrimages are quite personal and help us to grow or heal by visiting our own ancestral or childhood locales!



Catherine Vance is a UU minister in the making currently completing her Master of Divinity at Iliff School of Theology in Denver. She is a ministerial intern at the UU Fellowship of Galveston County and also works as an interfaith chaplain for the University of Texas Medical Branch (UTMB) hospital system. She holds an MA in American Literature from Texas A&M University and an MFA in Fiction from Washington University in St. Louis. Her novel "The Mountains Under Her Feet" was published in 2023. She was born in Oak Ridge Tennessee and currently resides in Galveston, Texas.

"The Real Value of Nature" by Karla Klay

Nature is the most sacred of all spaces. We all have the enormous responsibility of conserving our natural resources and being advocates for ensuring our natural resources are sustained for future generations. The respect for our natural environment is fundamental to our values and our commitment as Unitarian Universalists to acknowledge that we are a part of the interconnected web of life. Participants will learn about the accomplishments of the Artist Boat to conserve

the wetlands and see how important this challenge is. I hope participants will be energized about the importance of conserving our natural resources and the use of art in that process.

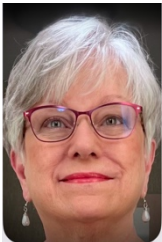


Karla Klay is the founding director of Artist Boat. She has 30+ years of experience in arts and environmental education, eco-tourism, public engagement in coastal experiences, and development of programs to teach students and members of the public about coastal and marine ecology along with actions that result in improved environmental quality. Through her leadership, 180,000 underserved youth and members of the public have paddled our estuary, restored 60+ acres of coastal habitats, created public art interpreting coastal ecosystems on 50 campuses and the Galveston Seawall, conserved 810+ acres of land, and created habitats on eight campuses.

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"Connecting to our Magical, Edible Landscapes " by Molly Hagan-Ward

This workshop is about cultivating and exploring the Sacred Space within your own garden and landscape. Learn about plants already growing in your landscape and what edible and medicinal properties they contain. Connect to the spirits of the plants and elements on your property. Feel more confident about foraging. Deepen your connection to the spiritual elements of your property. Feel encouraged to plant and grow natives and edibles.

Molly Hagan-Ward: I have been passionate about foraging for many years and love sharing my passion and knowledge about what is growing naturally in the landscape, that is both nourishing and accessible. More recently I have been studying the connection I have always felt with the many different spirits we encounter outdoors, and on always communicating with the land and asking for permission before doing any work. Looking forward to sharing my love for cultivating a healing, sacred space wherever your land may be.

"Spiritual Practices" by Rev. Katie McQuage-Loukas

There are a variety of practices across religious traditions that nurture the spirit, we will experience a selection of these and discuss resources for further practice and development on your own. We will experience sacredness in this space. Engaging in these practices on your helps to create sacred space around us where ever we are.



Rev. Katie is the newly called and settled minister of Bay Area Unitarian Universalist Church. She received her Master of Divinity from Boston University in 2021, and stayed one more year to complete a Master of Sacred Theology, focusing on religious leadership. She entered preliminary fellowship with the Unitarian Universalist Association in 2022 and was recently ordained by the UU Church of Reading, Massachusetts, where she had been a ministerial intern.

"A SACReD Journey: an Interfaith Approach to Reproductive Justice " by Donna Dier and Menaca Padakandla

The battle for reproductive justice in Texas and across the country affects all of us. It is more important than ever for people of faith to speak out in support of abortion access and reproductive justice. Do you feel prepared to actively represent our progressive faith in this fight? This workshop will deepen your understanding of the connection between faith, racism, and reproductive dignity. SACReD (the Spiritual Alliance of Communities for Reproductive Dignity) is a multi-disciplinary, intersectional approach to religion and reproductive justice. This interactive social justice workshop will provide tools to actively represent our progressive faith in the battle for reproductive justice. We'll examine the history of reproductive rights and create space for courageous conversations. Participants will examine stories and theologies and explore different ethical understandings of sexuality and gender.



Menaca and Donna are members of Horizon UU Church in Carrollton, TX. They are passionate about reproductive justice and actively involved in reproductive justice activities with Horizon and other organizations. They are co-facilitating the 8-session curriculum on SACReD (Spiritual Alliance of Communities for Reproductive Dignity) at Horizon this spring.

PM2 Workshops

"The Future of Sacred Spaces" by Terry Grim

This workshop will provide a short introduction to the futures discipline, training in futures wheels, a method for exploring the future in a simple but thoughtful way, and a chance to explore the topic of the future of sacred spaces using this technique. Participants will sit at different tables to explore the topic from different viewpoints (technology, social change, environmental, political) and then come together at the end to share what they discovered.



Terry Grim was a founding partner with Foresight Alliance, a futures research, futures strategy, and futures education consultancy firm that works to help clients gain a clearer vision of the possible futures they face, while integrating futures and foresight thinking into their organizations. Terry's primary expertise is in foresight methodology and using the right methodology to achieve best results to meet organizational objectives. Terry's clients include many associations and not-for-profits as well as commercial organizations. She has a BS in Computer Science from the University of Florida, and an MS in Studies of the Future and MA in Industrial-Organizational Psychology, both from the University of Houston.

"Balance and Aging, Practical ways to address fear of falling for seniors" by Becky Warren

Practical ideas to maintain balance and safe spaces as we age. Demonstration will include simple movements to address strength, flexibility, and balance. Your environment is a sacred space and your home a sacred place. As we age, we tend to withdraw into smaller and smaller spaces due to fear of falling. I will address those issues with this workshop.



Becky Warren has taught a class entitled Fear of Falling, a national program for seniors through my local Area Agency on Aging since 2021. This class will address practical ways to avoid falls while emphasizing strength, balance, and flexibility.

"Take a World Tour of Houston's Greatest Religious Sites" by Kim Mabry

Houston is widely recognized as the most diverse city in the United States, and this cultural richness is mirrored in its remarkable diversity of religious traditions. Participants will have the opportunity to deepen their understanding of the

many houses of worship and sacred sites that make Greater Houston so unique. The goal of this workshop is to provide you with:

- An expanded understanding of the incredible diversity of religious sites throughout Greater Houston.
- Inspiration to explore these locations on your own, supported by a handout featuring the names and addresses of over 15 houses of worship.

Additionally, the handout includes notes on which religious communities have on-site restaurants, allowing you to enjoy unique culinary experiences as part of your journey!



Kim Mabry has been with Interfaith Ministries for Greater Houston (IMGH) for five years, joining the organization just eight days before the onset of the COVID-19 pandemic. Prior to her role at IMGH, Ms. Mabry served in pastoral leadership for nine years at St. Paul's United Methodist Church and later in extension ministry at Houston Methodist Hospital. During her five years at Houston Methodist, she developed and led the Faith & Health Initiative, a pilot program fostering collaboration between the hospital and the Texas Annual Conference of the United Methodist Church. Ms. Mabry holds a Master of Divinity from Perkins School of Theology at Southern Methodist University, along with a Certificate of Clinical Pastoral Education & Chaplaincy. Before entering ministry, she built a career in sales and marketing, earning her bachelor's degree in management from Texas A&M University in College Station.

"Small Group Ministry" by Gerry Carr and Cheryl Sanders Henry

One of the most important aspects of Small Group Ministry is to practice deep listening. Sacred space is created when participants feel they have been heard. Participants will learn about the history of Small Group Ministry in Unitarian Universalist Congregations. They will also experience a Small Group session during the presentation.



Gerry and Cheryl have attended Small Group Ministry trainings. Gerry has led small groups in both the Galveston UU Fellowship and BAUUC. Cheryl started and led groups at the Galveston UU Fellowship.