



*Transformed by Fire
Claiming Our Strengths*

THE GATHERING

11th Annual Unity Church Women's Retreat
Saturday, January 26, 2019

*The world asks of us only the strength we have, and we give it.
Then it asks more, and we give it.*

— Jane Hirshfield

***The Gathering* Retreat Schedule**

- 8:15-9:00** **Registration • Main Lobby**
Morning piano music compliments of Kathleen Bartholomay
Breakfast • Center Room/Parish Hall
Childcare check-in • Nursery
- 9:00-10:30** **Welcome, Opening Ritual, Keynote • Sanctuary**
The Rev. Kate Tucker with musical guest Ann Reed
- 10:45-12:00** **Session One: Details on page 2**
- 12:00-12:50** **Lunch • Parish Hall**
Catered by Holy Land Deli
Falafel, chicken, salad, rice, hummus, and more!
- 1:00-2:15** **Session Two: Details on page 3**
- 2:30-3:45** **Session Three: Details on page 4**
- 4:00-4:30** **Closing Ritual • Sanctuary**
- 4:30-5:30** **Social Hour • Center Room**
Wine, non-alcoholic beverages, appetizers

SESSION ONE • 10:45 AM – NOON

***A Spiritual Odyssey* • Ames Chapel**

Rev. Janne Eller-Isaacs

Each year the Mid-America district ministerial colleagues gather for a retreat. It is the tradition that one among the group is invited to deliver the odyssey of their ministry. This past fall, Janne delivered her odyssey, and we have asked her to share it with us.

***Activate “Agni,” Your Sacred Fire: Yoga* • Foote Room**

Elen Bahr

Deep within each of us lies a sacred fire called Agni. It helps us digest everything we invite in to your bodies — food, experiences, thoughts. If we nourish our physical hunger, Agni blazes strong and transforms the food into building blocks for our minds, bodies and spirits. Without nourishment, Agni becomes stagnant and creates stress. We’re living in a world that makes it difficult for us to nourish ourselves. Many of us feel tired and overwhelmed. In this session, you’ll learn to activate your Agni for better digestion of everything coming your way. The world is stressed. It’s so hard. And, we can feel better as we navigate through it.

***Create and Sing a Song for Today* • Choir Room**

Elizabeth Alexander

Every song needs to speak to its own time and place — and the consciousness of our own time is expanding very rapidly! What would it sound like to sing our most authentic song at this very time in history, and at this very time in our lives? What would that song question, celebrate, and demand? Come create that song together with other women, along with experienced composer and songwriter Elizabeth Alexander. We will speak, listen and raise our voices together, and share some of what we create with workshop participants at the final closing circle.

***Beyond “Self-Care”: What is Sustainable Care?* • Robbins Parlor**

Kristen Perron, University of Minnesota

Explore ways to take shame out of our concept of self-care and think more holistically about what we are striving for: sustainability and connectedness. Kristen Perron is not a self-proclaimed expert; she does talk about this often, though, within her roles as an instructor at the U of M School of Social Work, social work licensure supervisees, and with her family and friends.

SESSION TWO • 1:00 – 2:15 PM

***The Art and Craft of Storytelling* • Sanctuary**

Roxanne Strom

Stories surround us and define the cultural moment we live in. Stories have the power to help us cross political divides. What happens when we hear or tell a story? Explore the art and craft of storytelling with Roxanne Strom. She will guide us as we ask: What makes a good story? How is telling a story different from writing a story? She will share tips and tricks that she has learned from The Moth Radio Hour — tips that will help you tell your story effectively.

***Strengths-Based Spiritual Growth* • Robbins Parlor**

Laura Park and Sarah Cledwyn

Did you know that Spirit Map (www.spiritmap.org) is a tool that can help you identify and live into your spiritual strengths? In times of change and challenge, affirming and enhancing our strengths is a practice that heals ourselves and the world. Living more and more into our gifts and strengths transforms us into the best of ourselves and opens our hearts to shine our lights brightly in the world. This program will introduce you to the Spirit Map inventory and help you explore how to put Spirit Map results into practice in your every day life. Live into the best of your self with support from your own strengths. If you want to complete the Spirit Map inventory before this session, you can receive \$5 off the price of the report at this link: <http://bit.ly/spiritmapwr>.

Finding the Sparks and

***Fanning the Flames of Our Passions* • Anderson Library**

Rev. Karen Hering

What inspires you today? What ignites your passion and creativity? And how might you feed those fires and live in the growing warmth and light of their flames? We'll use guided writing to spark creativity, each on our own pages, imagining new ways of living out our passions in the world we share.

Love is an expression of power. We can use it to transform our world.

— Ericka Huggins

SESSION THREE • 2:30 – 3:45 PM

***Creating Something Out of Nothing* • Foote Room**

Soyini Guyton and Ellen Kennedy

Have you ever wondered how to take an idea and make it into reality? (Or perhaps talked yourself out of a great idea?) How do you succeed in the “third chapter” of your life? Soyini Guyton and Dr. Ellen Kennedy each have a valuable success to share: Learn how to practically succeed — maintaining and expanding an idea — even when faced with life’s obstacles.

***Drumming* • Sanctuary**

Marisa Cuneo-Linsly

Limited to 25 participants.

Marisa has had the pleasure of leading the drum circle at the Women’s Gathering since it began. “It has been something that I look forward to every year because of the wonderful women that attend and the energy and focus that the day provides. Because I have experienced so much joy from drumming, it is an honor for me to give back by helping others take their first steps to explore a desire to drum or to do something musical.”

***“Good and Mad”* by Rebecca Traister • Robbins Parlor**

Book discussion moderated by Shawn Leighton

Let’s explore and discuss Rebecca Traister’s premise that women’s anger is at the heart of social progress. This book shines a light on how social institutions fail to teach us the whole story behind women’s role in history. She illuminates the gender differences and how white privilege has been used to shut off rage and therefore progress. With the second women’s march behind us lets come together to analyze current day progress through the lens on our collective angry history.

***Cooking for the Revolution* • Kitchen**

Madeline Summers

Learn to make fun and easy appetizers to serve to your friends when you get together to change the world.

ADDITIONAL OFFERINGS • AVAILABLE THROUGHOUT THE DAY

Wellness for Body, Mind, and Spirit • Rev. Rob's Office

Kristen Wernecke

\$35/30 minutes

Sign up at the registration table and at the rooms during the day.

Table Massage • Gannett Room

Amy Christiansen

\$40/30 minutes

Sign up at the registration table and at the rooms during the day.

Chair Massage • Crothers Room

Sadie Schrader

\$15/10 minutes or \$25/20 minutes

Sign up at the registration table and at the rooms during the day.

Spiritual Guidance • Rev. Janne's Office

Sarah Cledwyn, MA, Spiritual Director

\$40/30 minutes

Sign up at the registration table and at the room during the day.

One on One Yoga • Body Room

Elen Bahr, Yoga Therapist and Teacher

Therapeutic yoga sessions are \$40 for 30 minutes, \$50 for 45 minutes.

Sign up at the registration table and at the room during the day.

Books! • Center Room Hallway

Unity's Bookstall leaders have ordered a batch of "really good new books" for the retreat!

Personal transformation can and does have global effects.

As we go, so goes the world, for the world is us.

The revolution that will save the world is ultimately a personal one.

— Marianne Williamson

Elizabeth Alexander's love of music, language and challenging questions is reflected in her catalog of over 100 songs and choral works, which have received thousands of performances worldwide. A Unitarian Universalist for the past thirty years, many of her works have been inspired by her liberal faith, including "Kindling," her full-length cantata based on Unitarian Universalism's Six Sources.

Elen Bahr believes that each of us deserves freedom and ease in our bodies, minds and spirits - and that sometimes we need support finding it. She works as a yoga teacher, yoga therapist, personal trainer and health coach. Her teaching and coaching include yoga philosophy, classical yoga poses, therapeutic yoga techniques and strength training. Elen has completed nearly 1,000 training hours in the Himalayan tradition of yoga, is a Certified Personal Trainer and Certified Health Coach. www.bravespaceyogawellness.com

After a career as a Japanese professor in Springfield, Ohio, **Amy Christiansen** switched gears, moved to Minnesota, and launched a career in massage therapy. Bringing rejuvenating energy to clients through soothing therapeutic touch brings her joy. Her business Massage By Amy is based out of her home in Falcon Heights, where she lives with her husband, two teenage kids, and two dogs.

Sarah Cledwyn, MA, is a Spiritual Guide and Energy Healer. She has been extensively involved in the religious education program at Unity Church as well as assisting Spirit Map in curriculum development and the lived exploration of taking results into every day life. Are you considering focused work around healing and living from your spiritual center? Contact Sarah for a free discernment session and/or an individual session at the retreat. www.GrowSoul.com

Marisa Cuneo-Linsly's journey with drumming began in 1995 at the Women's Drum Center where she took classes and joined drumHeart the center's all women's performance ensemble. Her main teachers have been Colleen Haas and Kari Kjome. Since 2008 Marisa has developed her skills as a drum instructor and has been certified in HealthRHYTHM's — a wellness based drum protocol.

Rev. Janne Eller-Isaacs is Senior Co-Minister at Unity Church. Her love for this community is shown through her pastoral care, deep listening, justice seeking, irreverent humor, and hella good cooking.

Soyini Guyton is a St. Paul-based writer, community activist, and cofounder of Frogtown Park and Farm.

Rev. Karen Hering, consulting literary minister and author of *Writing to Wake the Soul: Opening the Sacred Conversation Within* offers monthly "Open Page" guided writing programs at Unity Church and leads retreats near and far engaging writing as a spiritual practice and a tool for healing and social action.

Ellen Kennedy, Ph.D., is founder and Executive Director of World Without Genocide housed at Mitchell Hamline School of Law.

Laura Park, MA, is Managing Director of Unity Consulting, a program of Unity Church that helps congregations articulate their purpose, the difference they make in the world, and then organize to deliver on that promise. Unity Consulting developed Spirit Map as a tool of accountability to a mission of spiritual transformation, and Laura has experienced the inventory's transformative power in her own life.

Kristen Perron is an instructor at the U of M School of Social Work. Kristen, MBA, MSW, LISW, is also Co-Chair of the International Association for Social Work with Groups (IASWG) - Minnesota Chapter, member of the Midwest Legacy Fund Board, and former member of NASW-MN Ethics Committee.

Songwriter, singer, guitarist **Ann Reed** has been performing for more than 35 years with her rich, dark-chocolate voice, storytelling from the human experience, and songs that find a permanent place in the heart. Of course some of her songs and stories might end up closer to your funny bone — a little irreverence never hurt anyone.

Sadie Schrader has been employed as a massage therapist and Reiki practitioner for 17 years. She has worked in athletic facilities and spas. Her practice currently focuses on seated chair massage for medical professionals and others needing relief from stress and pain.

Roxanne Strom believes in connection through the power of words. Her storytelling journey has taken her to the stage of the Moth Radio Hour's Grand Slam, and leads her now to putting stories on paper, although she is not ready to trade her microphone for a keyboard just yet.

The Rev. Kate Tucker, Minister Emerita of First Universalist Church Minneapolis, where her focus was spirituality, pastoral care, and small group ministry. In retirement Kate serves as a spiritual director and takes part in a range of ministry projects. Kate has an abiding interest in the ways (as Rumi puts it) turning toward what we love saves us.

Kristen Wernecke began going to Unity Church at age three. She has spent her life learning about health, psychology, sociology, and many forms of healing. She has had a practice of Massage Therapy and Hands on Healing (energy healing) since 1990. Kristen has also been trained in Chi Gung Healing, Emotional Freedom Technique, Psychic Development, Cranial-Sacral Therapy, and Healing Touch.

Notes

*I take pleasure in my transformations.
I look quiet and consistent, but few know how many women there are in me.*

— Anais Nin

Notes

*When you become the image of your own imagination,
it's the most powerful thing you could ever do.*

— RuPaul

General Information

- There are restrooms on all three floors.
- Workshop attendance is flexible. Please respect the need to limit participants where that is indicated.
- You are free to sit out workshop sessions in the Center Room, which has been reserved as a place to relax and connect with friends old and new.
- Check the schedules on the doors for your massage, yoga, and spiritual direction appointment times. Any openings in the massage and spiritual direction schedules are on a first come basis for a separate fee. Please make every effort to get to massage and spiritual guidance appointments on time, in order to get the most out of your session.

2019 Gathering Retreat Team

With gratitude for the 2019 Gathering Retreat Team: Pat Christiansen, Clover Earl, Janne Eller-Isaacs, Diane Grasse, Barbara Hubbard, Kathryn Jay, Dayna Kennedy, Shawn Leighton, Paula Schumacher, and Kate Tucker.

A special thanks to Suzanne Burr for creating our beautiful altar.

2020 Gathering Retreat Planning

If you are interested in participating in planning the 2020 retreat, please contact Barbara Hubbard at barbara@unityunitarian.org.

Scholarships

Mary L. Otto was a beloved mother, daughter, grandmother, aunt and friend, as well as a life-long teacher and learner. She journeyed in her final years with Alzheimer's Disease, finally surrendering in March 2018. Mary never attended the Woman's Retreat, but she would have loved it. Financial assistance is offered to honor Mary's memory, and to honor and advance her values. Scholarships for the Women's Retreat are made possible by a generous donation from James Donehower.

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