

WELCOME TO



**THE MOUNTAIN RETREAT AND LEARNING CENTER
HIGHLANDS, N.C. MAY 14-18, 2025**

The Beginning is the End. The End is the Beginning.

In the cycles of our lives, we constantly move through changes: from Maiden to Mother to Crone; from Teacher to Warrior to Queen; from known to unknown archetypes of being. With each change comes a new awareness, a new self, a new way of being in the world, of looking at ourselves, our relationships ~

our humyn kin, All Our Relations.



uuwomenspirit.org

This QR code will take you to our website where you will find registration information



The Beginning is the End.

The End is the Beginning.



Sometimes change is pressed on us from external circumstances, changes that we might not necessarily welcome or agree with. Often change can seem threatening: we feel we're not ready or are inadequate. Join us as we embrace and celebrate all life's changes ~

the endings and the beginnings, and how they flow and merge with and into each other.

IMPORTANT DATES!

SCHOLARSHIP APPLICATION DEADLINE: 3/26/25

EARLY BIRD REGISTRATION DEADLINE: 4/2/25

MERCHANDISE PURCHASES DEADLINE: 4/11/25

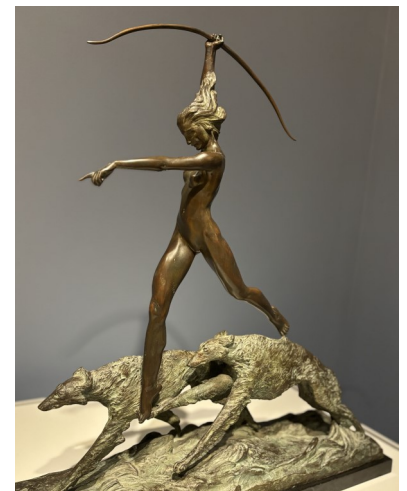
LAST DAY TO REGISTER: 4/23/25

ABOUT UUWOMENSPiRiT

UUWomenspirit is a semi-annual retreat where women have gathered since 1987 to explore and celebrate the Feminine Divine. Weekday tracks, weekend workshops and daily worship services guide our way as we explore our connection through ancient and transcendent spiritual practices. Additional activities during the event offer opportunities for conversation, connection, laughter, and quiet reflection.

The purpose of UUWomenspirit is to create, conduct, and support activities that encourage and empower women to explore their religious and spiritual origins, experiences, and beliefs.

Pursuing, nurturing, and affirming creativity and diversity are major emphases. All who identify as women, eighteen years of age and older, are invited to attend the 2025 Spring Institute and Gathering at The Mountain Retreat and Learning Center in Highlands, North Carolina. Sponsored by UUWomenspirit, events are open to all interested women. We encourage and affirm diversity.



Dianna (The Hunt), c. 1921 by Harriet Whitney Frishmuth

MEET MY QUEENS OF THE PLANNING COMMITTEE



ME: EVENT COMMITTEE QUEEN : MARGARET SCHMIDT

Unable to get sustainable interest in a female earth-based group at my local church, I have been an active UUWS member since the very first event, serving in many different capacities. My UUWS experiences have made me a more confident, capable Queenager. I am delighted to see my initial idea come to fruition after several years of rumination.

WORSHIP QUEENS : SHERRI PHILPOTT AND FARRUNNISSA ROSA



Being a quiet introvert, Sherri's talents could easily be overlooked. Her eagerness and Goddess knowledge have been a great asset to our planning.



Farrunnissa asked if she could work with music, so I pounced, slightly twisted her arm and she agreed to work with Sherri on Worship. Additionally, her computer and Zoom skills have made our meetings go so smoothly.

DARLA BRAY: QUEEN OF SALES AND ACTIVITIES

"I am rejoining UUWomenspirit after several years' hiatus. UUWS is a touchstone for me where in 2004 as part of the Blacksburg women who presented the Red Tent Revival, I was awakened to a community of women who celebrate the Divine Feminine. As a woman having grown up in a fundamentalist community, I always experienced a need for a feeling of sacredness and recognition of the female in religion and society at large."



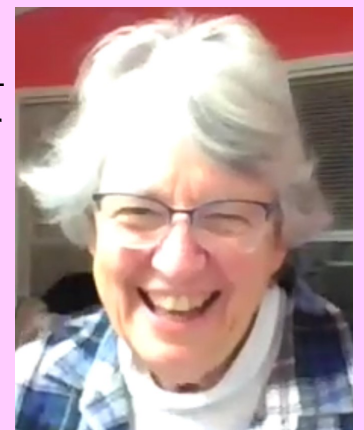
TRACK AND WORKSHOP QUEEN: AMBER

GREY said she would not be serving on Planning Committees any more, but when she saw the line-up of wonderful women that I had assembled, she changed her mind. Her editing skills and UUWS experience have been very appreciated.



SCRIBE QUEEN: CAROLYN PILGRIM

is living in the "hinterlands" of Western NC and was originally invited to UUWS by Amber. I picked her for her previous scribe experience and calm presence and I am enjoying getting to know her.



JU WOMENSPIRIT SPRING 2025



JU WOMENSPIRIT SPRING 2025

I want to give a special shout-out to our **Chaplain, the Reverend Jane Ayers**. I have known her for over 70 years, when her family embraced my mother and me into their huge family. This will be her first time at UUWomenspirit, [after years of begging on my part] so please enjoy her delightful personality and warmth.

Jane, a native Marylander, began her ministerial vocation in the Baltimore Washington Conference of the United Methodist Church as a student pastor in Uniontown, MD. The minute she walked into her first appointment she fell in love with serving local congregations. In 1997 she was commissioned as the first United Methodist missionary from the U.S. to Bosnia just after the war in former Yugoslavia was concluded. [you should have heard the flack she got from the family] Afterwards she served churches in Tennessee and Virginia and finally on Maryland's Eastern Shore.

Jane comes out of retirement (again) to pursue a long held passion for people to be as well as they can be. She is a volunteer hospital chaplain, and a Master Reiki practitioner with a Master of Social Work degree. Jane is a nationally certified Reflexologist, and is certified as a Health Minister. She has a Spirit-guided health and healing ministry in Bel Air, Maryland called Pathways to Wholeness.

She loves singing, reading and enjoying nature but no camping, please. She is mom to two and grandmother to three.

JU WOMENSPIRIT SPRING 2025

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We are excited to share this wonderful event and a variety of activities for you to experience. Worship gatherings are offered daily and will explore through meditation, ritual and music, different aspects of our theme:

The Beginning is the End. The End is the Beginning.

We hope you will find many opportunities for relaxation, fun, friendship, and growth. We encourage you to make the choices that best meet your needs, realizing that all activities are optional.

ABOUT THE INSTITUTE AND THE GATHERING

Two programs are offered: the Institute and the Gathering.

The Institute takes place May 14-16: Wednesday afternoon through Friday morning, and gives women an intimate and intensive environment in which to explore life's journeys, joys, and experiences.

The Gathering begins Friday afternoon May 16, and continues through Sunday morning, May 18. It offers opportunities for bonding through workshops and social events.

Participants may register for one or both programs.

THE INSTITUTE: MAY 14-16

Institute Tracks are 10 hours total. They start Wednesday after Worship — a short get-together for check-in and last minute info sharing, then continue with 2 sessions on Thursday plus a closing session Friday morning. Fees (if any, and only if listed) are due IN CASH at the event check-in. Participants are enrolled on a first-come, first-served basis for tracks and most have a limited number of participants. Each track must meet a minimum enrollment in order for it to proceed. You also have the option of choosing free time or a hike.

Renewing Ourselves and Our World

15 max

Using conversation, massage, yoga, dance, guided meditation, breath and song we will experience ways to become healthier, more flexible and more resilient. We will discuss how to take those skills and lessons into the wider world to help midwife the transition to post patriarchy.



Betsy Bickel is a massage therapist in Durham NC. She created Goddess Grace: A Moving Meditation, which evolved from her years as coven member, belly dancer and healer. She has taught tracks and workshops at UUWomenspirit for over 20 years. Betsy has studied women's mysteries for over 40 years. She lives in Durham, NC, where her roles include massage therapist and healer, political activist, wife, singer/songwriter with Jewelsong, friend and party hostess.

INSTITUTE TRACKS, CONTINUED

Walking Our Spiritual Journey With a New Perspective 25 max

Who are you? Who are any of us? We change and grow with every phase of our lives. Change is hard, sometimes frightening, but it can be the very best thing that happens to us. Maybe we need to consider our perspective on change. If we focus on our spiritual connection to Sacred Earth we can flow in harmony with the change, or we can struggle against the inevitable change and allow ourselves to be tossed and trampled. Are you ready to face change with a new perspective? Let's find a way to connect with Mother Earth and all her beings as we discover our hidden treasures within. In this workshop we'll discover ways to manifest those treasures by working with: Your SPIRITUAL fire, earth, air, and water and the goddesses associated with those elements, allowing Nature to show us how we move through the archetypes of our lives. Will you join me as we discover the courage to stand up as Warriors of the Heart?

Our facilitator: A life-long student of spiritual and metaphysical studies, **Peggy Reeder Moore** has followed her heart on spiritual journeys to mounds, standing stones, temples, and sacred sites in Ireland, Scotland, Wales, England, Egypt and other countries. Her connection with the Earth called her toward Celtic Spirituality and throughout the year leads ceremonies for the Eightfold Celtic Holy Days and the Irish Spirit Wheel. She has taught courses and led workshops with UUWomenspirit, Osher Lifelong Learning Institute at the University of North Carolina and with various other organizations focusing on topics including: Celtic Spirituality, Ireland & Egypt Sacred Sites, and Egyptian Goddesses and Meditation.



A Bit of [Our Herstory](#)..... Our first Gathering was held in May of 1987. We started with one event per year, but the demand for this type of experience was so great that we quickly expanded to offering biannual events and then added the Institute. From the outset, everyone involved in the functioning of UUWomenspirit and in the planning of events has been a VOLUNTEER. We have no paid staff and are incredibly unique in this aspect, considering our longevity. From the beginning, our events have always been held at The Mountain and this place is a part of who we are. We consider The Mountain to be sacred and most of us feel like we are "coming home" when we arrive here.

INSTITUTE TRACKS, CONTINUED

Beginning and Ending with Your Strengths 20 max ***NOTE

In this workshop you will realize how Awesome you are and have been from the Beginning. Often our journeys interrupt our ability to understand our authentic self as well as create discord with others. The track will be experiential and interactive. You will discover how to understand yourself better, who your people are and why others may not "get you". You will recognize how and why others interact and understand so differently. Come have fun with your sisters in their Strengths!



***** Prior to the track** you will need to invest in yourself. You will need to take the "Gallup Clifton Strengths 34 Assessment" for \$59.00. You will need to bring a paper copy with you so you can dig deep into how unique and powerful you are.

Nancy S. Hagman is a Licensed Mental Health Counselor and Coach of "Incorporating Your Strengths". While living in Pensacola, Florida with her wife, Rose Coon, Nancy has relied on UUWS as a Lifeline over the past 23 years. "UWomenspirit women have provided a safe place for me to express and expand my talents and learn new avenues of healing. When my emotional and psychological being is empty, it is at UUWomenspirit that I am renewed and refreshed. I am forever grateful to have the privilege of being with such wonderful travelers on this journey of life."

Join us in the Dining Hall on Wednesday evening after your Track check-in for a captivating **Divination Share Meet & Greet!** Whether you're a seasoned practitioner or new to the divinatory arts, we invite you to explore your intuitive wisdom and connect with kindred spirits. Bring your favorite divination tools—tarot cards, oracle decks, runes, pendulums, or any other favorites—and participate in a magical exchange of readings. Let's kick off our UUWS Institute experience by creating a space of enlightenment and camaraderie together.

INSTITUTE TRACKS, CONTINUED

The End is the Beginning: Planning for End of Life Care

\$5 Fee, 15 max

In this track we will explore various end of life options related to home funerals, burial options, body disposition, and environmental impacts of common burial practices. By the end of the track each participant will have the opportunity to create their own end of life care plan including developing an end of life ritual.

Suggested reading: *Reimagining Death: Stories and Practical Wisdom for Home Funerals and Green Burials*, Herring, Lucinda (2019), and/or *Death Nesting: The Heart-Centered Practices of a Death Doula*, Keppel, Anne-Marie (2023).

Our facilitator, **Krista Meinersmann** lives her life with kindness, compassion and curiosity. She is mother to three children and grandmother to nine. She strives to be inclusive and caring, sometimes succeeding wildly and sometimes stumbling. Professionally she is a retired nurse educator/nursing education administrator, an ordained interfaith minister, and an enthusiastic volunteer for several entities. Nature is her divine sanctuary. She has been a part of UUWS since attending the first event in 1987. Since then, she has served on several planning committees both as the Event Coordinator and as Chaplain and on the Coordinating Council. She currently is part of a newly formed organization, Midcoast Maine Green Burial, working to actualize a green burial cemetery in the community in Maine where she lives. This workshop has evolved out of her work with Midcoast Maine Green Burial.



SILENT AUCTION: Donate your gently used and loved Sacred Altar, Earth-centered, and Goddess items to support the UUWomenspirit Scholarship fund. There will be Silent Auctions in the back of the Dining Hall at both Institute and Gathering.

This is NOT a rummage sale.

THE GATHERING: MAY 16-18

Gathering Workshops take place on Saturday, May 17. Participants can select from 1 all-day workshop or a morning plus an afternoon half-day offering. Free time to enjoy the beautiful spring at the mountain is always an option. Hiking can be coordinated with The Mountain staff.

GATHERING FULL DAY WORKSHOPS

Spiraling into the Center

\$5 Fee, 10 max

Listening to and sharing with each other our Stories of nourishment, power, pleasures, vulnerability and gaining a new perspective of our beauty, we will focus on our heart center, embracing and celebrating our breasts.

We will be present with each other to create a comfortable supportive environment. Each woman will create a plaster cast of her breasts, then decorate them to become art.

The workshop is hands on and messy.

Kate Wolverton has been attending U UWomenspirit for 25 years and has led breast casting 3 times, as well as many other creative workshops. She Loves to share in the creative process with women.



In the Beginning, Wymin Worked WITH the Moon

no max

As women, we know that we, and the world we live in are influenced by the moon. The question we'll explore is how to work WITH it for our greatest good. It is a way of harnessing a natural power that was innate to our ancestors that many of us have forgotten.

We will use multiple tools to help us to live in harmony with the lunar phases, to plant the seeds of our dreams and pull out the weeds that prevent their growth. There will be movement, meditation, music, ritual and pulling cards !

Kallie LeFever has been attending U UWomenspirit since 2016 when she fell in love with these mountains. She moved to Franklin, NC, in 2021, about the time she began being aware of the rhythms of the moon. Kallie is a Wellness Educator who facilitates mindfulness and neuroplasticity classes.



Are You Brand new to UUWomenspirit?

Signup on your registration form to become a "Little Sister" and you will be assigned a "Big Sister" who will reach out to you before the event to welcome you and answer your questions. She will also be available during the event to introduce you around and offer assistance.

Portrait of a
Black Woman
Ilya Repin



Dancer at Rest, Hands
Behind Her Back, Right
Leg Forward Edgar
Degas, modeled 1882-95,
cast 1919-32

*** GATHERING FULL DAY WORKSHOPS, CONTINUED ***

Weathering the Storms

10 max

How have we weathered storms in the past? What tools can we co-create to pass on the legacies of surviving and blooming in the midst of the chaos raining down on women across the globe today? With journaling, ritual writing and making power bracelets and pouches to pass down within our communities we will explore the infinite capacity of womyn to do more than weather the storms, to survive but also to thrive.

Eddie White, a community minister, studied 3 years with the School of Theology at the University of the South at Sewanee, as well as TN State University. She taught for 25 years in the Nashville Public Schools. At First Unitarian Universalist Church of Nashville (FUUN), she trained in Non-Violent Communications, became a founder of their CUUPs (Covenant of UU Pagans) chapter, served on its board & represented it at CUUPs locally & nationally. She was also called to minister to women incarcerated at the TN Prison for Women in 2007. Out of that calling came the SanctUUary of Light Prison Ministries of FUUN which serves those incarcerated in Tennessee prisons. Eddie also studied Shamanism & has had 2 different Vision Quests. At UUWS she has taught tracks & workshops, as well as serving in various capacities.... Eddie is a survivor whose vision for this workshop is to examine various ways we all may weather and thrive during the storms of our lives.



MORNING HALF DAY WORKSHOPS



She Who Was Once the Helmet Maker's Once-Beautiful Wife, August Rodin c. 1885-87

In the End is the Beginning

10 max

How much time have you spent thinking about your life phase, what you may be coming out of and what's ahead: Maiden, Mother, Matriarch or Crone; all are to be explored, enjoyed, and endured.

Maybe we'll even get a little more understanding of them and us as we dialog together through our journeys. If your curiosity is open, join me in experimenting into expanded insights.

Betty Brown has given many workshops for UUWS over the years. She facilitated one of our first Crone Ceremonies as well as given several workshops at National Crones Counsel. She has strong experience developing and delivering training and facilitating group discovery. Betty Brown (Granny Bee) is now an elder with a little bit of experience with life phases. She has stumbled through most phases but is trying to pull it all together in her last chance. At last, she knows nothing and is having the time of her life.

Sacred Silliness: How to Lead a More Meaning-Fool Life

no max

The great Sufi poet, Rumi, said, "Fools will occupy most of Paradise. Be willing to be fooled and you'll find real peace." We will learn why being fooled and foolish is so important to our well-being, especially in dark times.

We will engage in all sorts of foolishness. We'll learn how to avoid "irregular-hilarity" by having a daily "laughsative." Hopefully, by the end of this "playshop" we will have put an end to any inner or outer darkness (well, at least, temporarily!) so that we can achieve Fool Realization, and begin to be the "Humor Beings" we were meant to be. After all, how can we become enlightened if we don't lighten up?

Sue-Anne Solem has led several workshops at UUWomenspirit since her retirement as a Gifted Education Specialist. Creating humorous experiences and teaching about the importance of humor has become one of her favorite ways to continue using her talents, interests and knowledge. She is a disciple of the great Swami BeyondAnanda, humor guru who helped her to become "foolly realized." She is even officially "absurdified" by him.



SATURDAY AFTERNOON WORKSHOPS

Glass Etching

fee: \$18 10 max

Learn the technique of etching designs into glass using etching cream. We will experiment first with glass coasters, then move on to wine glasses. You are welcome to bring other glassware from home or from the dollar store to expand your creativity.



Carole Eagleheart has worn many hats in her lifetime. She is a talented musician/songwriter, journalist, former traveling "UU Troubadour" with an extensive catalog of songs and recordings. Carole is an avid nature aficionado. She is an ordained UU minister and has taught a variety of workshops at UUWS. She has an essay published by the UUA in *Pagan and Earth-Centered Voices in Unitarian Universalism* and is very active in her local New Mexico congregation.

UU WOMENSPIRIT SPRING 2025

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Ask not what menopause is doing TO you, ask what menopause can do FOR you!

15 max

Menopause and perimenopause are special times in our lives filled with many changes and opportunities for all of us. We will explore the physiologic, emotional, spiritual and sexual changes which come with menopause, strategies for maintaining health, longevity, happiness, and sexual vitality as well as the unique opportunities in this phase of our lives.

Debora Meitz, MD, earned her medical degree at the University of Miami School of Medicine, specializing in women's health and alternative medicine as a family physician. She also studied meditation, spirituality, sacred sexuality, and the practices of tantra. She is an Advanced Certified Tantra educator, Tao Sexual Energy educator, and Universal Healing Tao Instructor. She uses multiple modalities and qigong to help others achieve radiant health, longevity, emotional balance, and personal success. You can learn more at her website tantradoctor.com



ON-GOING EVENT ACTIVITIES

Sacred Social Hour: Every late afternoon, usually on the deck outside the Commons. Come mix with your sisters, share your day's experiences, catch up with old and new friends. Light snacks, popcorn, wine, a "MOCKTAIL of the DAY" and beer will be available. Bring cash to donate for your beverages.

Endless Cookie Jar: Bring your favorites to share and place on the table over by the window in the Dining Hall.

Self-led Recovery Meetings: Every evening in the Chapel at 4:45.

Sacred Sales in Brigid's Bazaar: One of the goals of UUWomenspirit is to pursue, nurture, and affirm creativity. We believe one way this goal can be achieved is by providing the space and opportunity for women to show and sell their arts, crafts, and other items. If you are interested in selling your offerings at this event, please complete the online Sales Agreement located on the event page on our website. Vendors pay a commission of 10% to UUWomenspirit. The deadline for submitting the Sales Agreement is April 30, 2025. The sales area is not open during Worship, Tracks or Workshop times. At other times, feel free to browse and support our Sister Entrepreneurs. Use and abide by the honor system if your vendor is not at her display.

Join your sisters each night in the Dining Hall for a couple hours of

Laughter, Tea, Games and Chat.

Last year several new card games were introduced, and rumor has it that they were added to their families' game repertoire.



Morning Meditation: Weather permitting, 7am each morning at Meditation Rock; otherwise, in the Chapel. Led by our Chaplain, Reverend Jane Ayers.

Labyrinth Walk: Wander down the hill to enjoy the beautiful labyrinth. This is an "on your own" activity.

Massage Therapy / Reiki: If you are licensed in the state of North Carolina in massage therapy or a licensed Reiki/alternative healing practitioner and would like to offer your services at this event, please contact Darla Bray, Sales and Activities Coordinator, darla_bray@yahoo.com

SPECIAL EVENT ACTIVITIES

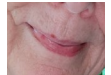
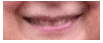
WEDNESDAY NIGHT : Divination Share (see write up page 7)

THURSDAY NIGHT: 2 wonderful offerings:

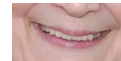


- ♦ Lament is a voicing of sorrow and suffering in community; a ritual, a practice for our anguish, our cries for justice to be named and directed toward the Universal Energy of Love that a path into newness will be given. Join Reverend Jane in the Lodge great room for a Lament. With all the unrest in fall of 2024 — weather-wise, politically, and socially, now is the time to lament.
- ♦ Gather at the fireplace in Brigid's Bazaar to share songs and play music together. Bring a favorite song and an instrument, if you have one (some will be provided) or just curl up and enjoy. Remember that your body and voice are instruments too.

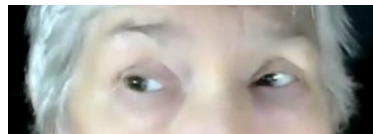
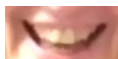
FRIDAY AFTERNOON: After Social Hour and prior to Dinner, we will have a UUWS Membership meeting. Come learn the health of our beloved organization and be formally welcomed by the Coordinating Council and the Planning Committee. Door prizes will be donated by our vendors.



FRIDAY NIGHT: 2 wonderful offerings:



- ♦ Healing Circle. After Worship, join our chaplain in the Lodge great room to offer healing and care to each other.
- ♦ Sacred Circle Dancing after Worship. Gentle music plus flowing movements will aid your relaxation into "Goddess" mode for the rest of the weekend.



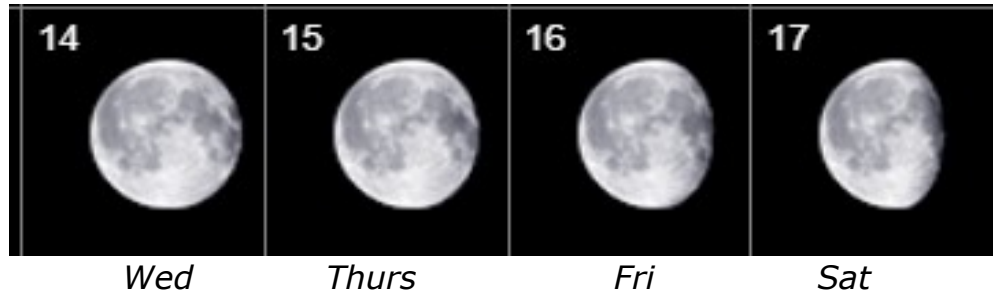
Please note the UUWomenspirit policy regarding PHOTOGRAPHS:

NO photographs during Worship.

If you take photographs, be sensitive and request permission before taking any photographs of other women. No photos should be posted on the Internet without specific permission of those pictured.

MORE ACTIVITIES

Moon Gazing



moon phase image from Susan Baylies, snakeandsnake.com/moontime.htm

Grab some sisters, head to the top of the tower or out on the Lodge deck to enjoy the wonderful moonlight.

Saturday night is the Time to

WHOOOP it Up !!



Portrait of a Lady, c. 1912
Giovanni Boldini

Starting after Worship, the festivities begin with the EVER popular ****CABARET****. A time to strut your stuff with funny skits, original poetry, musical performances — anything (within limits) that our talented sisters desire to present. Hilarity as well as contemplative enjoyment will be offered. All participants are welcome, even if you have never performed in front of an audience before. Our audiences are very forgiving to novices (and older folks). A sign up poster will be available.

After Cabaret,
Drumming and Dancing
will take over the Treehouse. Let your inner Goddess have free expression !!!





Woman Drying Herself,
c. 1884 Edgar Degas

REGISTRATION INFORMATION

NO REGISTRATIONS ACCEPTED AFTER APRIL 23

Please note that the Mountain accommodations are rustic. However, indoor plumbing, heat and electricity are in all buildings. Handicap facilities available on request.

LODGE, DUPLEX, OR FAMILY CABIN (DOUBLE OCCUPANCY)

Rate for UUWomenspirit Members	Institute	Gathering	Institute & Gathering
By April 2 (early Bird Rate)	\$300	\$300	\$600
By April 23 (Regular Rate)	\$320	\$320	\$640

Rate for NON UUWomenspirit Members	Institute	Gathering	Institute & Gathering
By April 2 (early Bird Rate)	\$320	\$320	\$640
By April 23 (Regular Rate)	\$340	\$340	\$680

BUNKHOUSE (2+ WOMEN, ONE BATHROOM)

Rate for UUWomenspirit Members	Institute	Gathering	Institute & Gathering
By April 2 (early Bird Rate)	\$260	\$260	\$520
By April 23 (Regular Rate)	\$280	\$280	\$560

Rate for NON UUWomenspirit Members	Institute	Gathering	Institute & Gathering
By April 2 (early Bird Rate)	\$280	\$280	\$560
By April 23 (Regular Rate)	\$300	\$300	\$600

Coming by yourself? Let our fabulous registrar match you up with a wonderful roommate !! AND save the single occupancy surcharge.

She might be your new best friend !!

Complete registration information is located on our website:
uuwomenspirit.org



Go to the "Events" tab and scroll down to "Event Information" or scan the QR code.

SACRED SALES : PRE-ORDER ONLY

MERCHANDISE PURCHASES DEADLINE: 4/11/25

Merchandise offerings are priced as close to break-even as possible. In the event you are unable to attend this time but would like to order merchandise, please order it on the website without registering for the event.

Your merchandise can be shipped to you at an additional cost.

You must order merchandise no later than April 11, 2025.



Unisex style

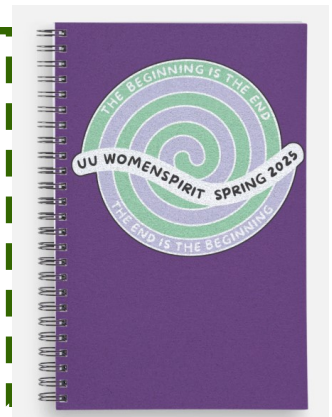
- T Shirts are heathered purple with our logo in the left pocket area
- Seamless 1x1 rib knit collar with clean neckline
 - 4.7-ounce, 60/40 CVC cotton/polyester
 - Shoulder to shoulder taping
 - Tear-away label
 - Classic fit
 - Available in sizes XS to 5X

\$20



- Purple notebook, (not heathered) 5.5" X 8"
- College ruled
- 80 pages with our event logo on the front

\$15



I want to acknowledge **SHANNON DAVIS**, a much valued Planning Committee member and former Queen of Sales and Activities who spent countless hours researching and compiling our sales offerings. Due to family health issues, she unfortunately had to resign. We miss her and send her love and support.

- 16 oz, Double wall acrylic, BPA free
- Includes straw with stopper
- Push-on thumb slide lid
- Digital Inkjet logo

\$17



BEFORE THE EVENT:

As you register, you will receive an email confirmation verifying your track and/or workshop assignments. When you check-in at The Mountain, you will receive a site map, housing assignment, schedule, and any pre-ordered merchandise, etc.

DURING THE EVENT:

Throughout the event, all activities are optional. Please make choices that best meet your needs. If you find it necessary to skip a track session or workshop, please let the facilitator know. If you leave The Mountain to shop or hike, please let others, including The Mountain Staff, know where you are going and the time of your expected return. While the attendees at our retreats are all women, The Mountain has a handful of male staff members on hand to assist us during our retreats as needs arise. Their presence during our events is minimal and we are grateful for their support.

NEED FINANCIAL HELP?

UUWomenspirit maintains two scholarship funds.

- 1) Partial Scholarship, available to any UUWS member in need, covers half the amount of the double occupancy rate for the event. Members may apply for a scholarship once per calendar year.
- 2) Young Women's Scholarship Fund pays full cost of double occupancy attendance for first-time attendees under 40 years old, not including membership fees, any additional workshop fees, and merchandise.

You must join UUWS before receiving a scholarship. The deadline to submit a scholarship request is March 26, 2025. For questions, contact scholarship@uuwomenspirit.org

THANK YOU—WE CAN'T WAIT TO SEE YOU!