



Womensphere Fall Retreat Uncaged Women Sing

Saturday September 27th & Sunday the 28th 2014

Senexet House, 276 Senexet Road, Woodstock CT 06281

In the wake of the passing of Maya Angelou, author of "I Know Why the Caged Bird Sings", we offer an opportunity to recognize the times in our lives when we uncaged our voices and became Phenomenal Women.

Please bring three copies of your favorite poem written by a woman (you will keep one copy and cut up the other two copies - use pretty thin paper - to use in a collage vessel craft),

an item that symbolizes how you found your voice;

snacks to share, wine is ok; items to place on our Altar;

work gloves or garden tools for volunteering: tasks for Senexet House may include tending the Herb Garden, washing windows, polishing silver...

*Directions from the intersection of routes 44 and 395 in Putnam CT:
Drive one mile west on Rt 44 to Rt 171, turn right, go two miles to Senexet Road and turn right, go 1.4 miles, Senexet House is on the left.
Please park snugly, end to end, as the lot is small.*

Please send registration to Ms Mary McRae, 33 Common Street, Scituate MA 02066

mcm3038@yahoo.com 781-470-0090 \$130 before Sept 2nd, \$135 by Sept 20th deadline

Check payable to "Womensphere"

Partial scholarships are available

.....
Nameemail.....

Address.....town/state/zip.....

Menu: regular.....vegetarian.....allergies.....tel#.....

Future notices of Womensphere events will be by email. If you prefer US mail check here.....

Check here.....if you do not wish Womensphere to publish photos of you in our materials.

Uncaged Women Sing

Womensphere Fall Retreat 2014

Saturday September 27th & Sunday September 28th 2014

Senexet House, 276 Senexet Road, Woodstock, CT 06281

Saturday

10am Registration & Coffee

10:30 Announcements & Introductions & Opening Ritual

11am Vessel Poetry – use your favorite poem by a woman poet

12:30 Lunch

1:30-2:30 Free time

2:30-4:00 Uncaged Way – exploring our voices through the arts

4-5:30 Volunteer for Senexet House or Free time

5:30 Social time

6 pm Dinner

7 pm Free time

8 pm Movie

Sunday

7am Heart Chakra Meditation

8am Breakfast

9am Free time

10-11:30am Singing and Dancing with music by women

11:30am Group Photos

Noon Lunch

1:30-3pm Reflections – sharing our own voices

3pm Closing Ritual

Attendance at each activity is optional---this is YOUR retreat!

*Womensphere is a Sacred Circle Gathering for Women
through the Ballou-Channing District of
The Unitarian Universalist Association*