



The 2014 Women & Religion Annual Women's Retreat

Women & Religion of the
UUA Pacific Central Region

Welcome Women! We look forward to seeing you at *Celebrating Gaia: Connecting With Mother Earth*, February 28 - March 2 at Enchanted Hills Camp near Napa, California.

This letter confirms your registration and provides information you will need in advance to make the most of the retreat:

- ☼ General Information
- ☼ Workshops and Activities
- ☼ Things to Bring
- ☼ Directions to Enchanted Hills
- ☼ Annotated Map of Enchanted Hills Camp

See you soon!

Beverly Morgan (Registrar) and the Retreat Planning Team

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<http://www.womenandreligionpcd.org>

For assistance you may also call Beverly Morgan at 650-366-6378 (10 AM - 10 PM).

GENERAL INFORMATION

CHECK IN

Check in for Full Weekend attendees arriving on Friday begins Friday at 11:00 AM in the Dining Hall, where you will receive your information folder and room assignment, and goes through 5:00 PM. Check out time for Full Weekend attendees is 3:00 PM on Sunday.

Check in for Thursday early arrival will be located in room 1 of the Fisher Lodge (a.k.a. "the lodge"). This is the first building on your left as you walk or drive away from the parking area and toward the Kiva and dining hall. Arriving before sunset is suggested unless you know the area well and/or have good GPS. **Everyone arriving Thursday will be staying in the lodge.**

Check in for Saturday Only attendees is Saturday morning between 8 AM and 10 AM.

See the driving directions below or the Enchanted Hills detailed map at <http://enchantedhillsretreat.com/site-map/> for the locations of the buildings. The map includes photos of some of the buildings, if you click or tap in the right spot.

SLEEPING ACCOMMODATIONS

Every effort will be made to make your stay a pleasant one. Room and roommate assignments are based upon stated preferences and special needs. Enchanted Hills provides blankets, sheets, pillows, pillowcases and one washcloth and towel per participant.

MEALS

Full Weekend option: Seven delicious meals will be served in the Dining Hall—Friday lunch through Sunday lunch. If you chose Thursday early arrival, there are no Thursday meals but you will receive breakfast on Friday in addition to the other meals.

Saturday Only option: You will receive three delicious meals. You do not have to arrive in time for breakfast, but we encourage you to do so.

Be sure to inform us of any special food needs you may have, if you have not already done so. You should do this on the on your registration form if possible. You can update your information online up through the registration deadline. After that, please contact us directly with any changes.

WORKSHOPS AND ACTIVITIES

Come ready to nurture your spirit. Feel free to choose from the planned activities or spend time alone or with a friend. Workshop offerings and additional activities could change.

PLANNED WORKSHOPS

- ☼ “Escape from Taliban” (Sylvia Jones)
- ☼ Book discussion, *The Fifth Sacred Thing* by Starhawk (Ginger Frederick, Phyllis Boyson)
- ☼ The Power of Women Foil Figures (Mary Ann Davis)
- ☼ Meditation and Visual Imagery (Ellen Doerfer)
- ☼ Song and Movement to Fill Your Spirit (Bernadette Burns)
- ☼ U 2 Can Read Tarot (Jean Embree)
- ☼ The Grandmother Galaxy (Shirley Ranck)

ADDITIONAL ACTIVITIES THIS YEAR:

Friday

- ☼ Lent, Easter and Ostara- “Why should we UUs pay attention to these holidays?” (Geri Kennedy)
- ☼ How to Self-Publish on Amazon (Mary Ann Bernard)
- ☼ Unwind and relax at the Spa! (Friday afternoon)
- ☼ Individual Threshold Choir Sessions (Susie Bobzien)

Saturday

- ☼ Enchanted Hills ropes course
- ☼ Yoga
- ☼ Saturday Evening Program: Dramatic Reading, Talent Show, and Workshop roundup

Sunday

- ☼ LTK Exercise (Joan Mancuso, Peggy Bowen)

All Weekend

- ☼ Scarf making (knit, crochet, woven, loomed, ...) -- for donation to a women's shelter.

REGULAR ACTIVITIES

Affinity Circles meet three times during the weekend. These groups provide time for facilitated conversations around the retreat theme, as well as an opportunity to get to know a few women at a more personal level than may be possible in the larger group activities of the retreat. Attendance is optional, and speaking is optional. If you are comfortable with facilitating small groups, please consider volunteering to be an Affinity Circle leader.

Ritual and Worship: There will be opportunities for ritual and worship throughout the weekend, including Friday evening ingathering, Sunday worship, and the closing ceremony. If you would like to help create these magical moments, be sure to let us know.

Women & Religion Gathering: On Sunday, we will have our Women & Religion annual gathering. Co-conveners Phyllis Boyson and Beverly Morgan will facilitate. All are encouraged to attend.

Making the World a Better Place: We'll have a table for petitions, pamphlets, and other information on ways to help our world.

Book Exchange: Recycle your books! Bring a book (or leave a small donation) and take a book home.

Mini-Boutique: Each year we provide space to honor our entrepreneurial spirit. You are welcome to bring items you wish to sell such as hand-crafted goods, jewelry, or self-published books. We request that you donate 15% of your sales to W & R PCD.

Silent Auction: Bring your gift quality items to add to the silent auction tables. The auction also includes a buy-now table. Proceeds go to Women & Religion PCD.

Basket Raffle: Get a basket or a cute box, ask everyone attending from your area and your congregation to donate one item...a bottle of local wine, homemade jams, cookies, etc., some gourmet item from your kitchen that you won't use, local produce like apples, etc. It doesn't have to be expensive, just put together with fellowship.



THINGS TO BRING WITH YOU TO THE RETREAT

FOR YOUR BODY

- ☀ Plan on layers. The weather this time of year is fickle. In past years it has been warm enough to wear shorts and yet one year it snowed!
- ☀ A warm jacket (it is cold after the sun goes down)
- ☀ Some of us dress up a little for Saturday evening—whimsical attire is welcome.
- ☀ Comfy shoes. One of the buildings used for activities is at the bottom of a steep hill. On-site transportation is available for any who need assistance. Don't hesitate to ask if you need a ride.
- ☀ Unscented toiletries. Many of us have chemical sensitivities. We ask that you do not bring scented items including incense, candles, personal products, etc.
- ☀ Clothes hangers (they disappear -- you might also want to leave a few as a donation)
- ☀ Ear plugs (to go to sleep with)
- ☀ A hair dryer
- ☀ A quiet alarm clock (to wake up to)
- ☀ A flashlight (for your safety—some pathways are dark after the sun goes down)

FOR THE FUN OF IT

- ☀ Drums, rattles, musical instruments: you never know when an opportunity to make music might arise
- ☀ Camera - you don't want to miss any memories
- ☀ Snacks, juice or wine to share at the Social Hour before dinner. While Enchanted Hills provides wonderfully delicious meals, many of us also bring our own favorite snacks to nosh on when the mood strikes.
- ☀ Altar items for Sunday's worship – small and special is best
- ☀ Books for the Book Exchange
- ☀ Your entrepreneurial Items to sell at the Boutique
- ☀ Items for the Silent Auction: new or gently used treasures & QUALITY clothing
- ☀ A basket for the basket raffle
- ☀ Supplies for making scarves – fabric, yarn, knitting needles, crochet hooks, etc.
- ☀ A yoga mat or towel, straps, ..., for those who do yoga — the floor is rather hard!
- ☀ Checkbook or cash (for the many fun things listed above that you may want to buy). Also, it has become a tradition to "tip" the Enchanted Hills staff after lunch on Sunday and you may want to save a few dollars to add to the basket.

DRIVING DIRECTIONS



FROM San Francisco/Peninsula

- Take Hwy 101 North across Golden Gate Bridge
- Go 20 miles to Hwy 37 exit toward Vallejo and Napa
- At Sears Point, take Hwy 121 exit to the left
- At Big Bend, turn right to stay on Hwy 121-12 to Napa
- Hwy 121-12 will run into Hwy 29
- Turn left onto Hwy 29 North to Napa
- Exit Redwood/Trancas, turn left onto Redwood Road
- Go 4 miles to where Redwood Road veers right and becomes Mt. Veeder Road
- Go 6 miles on Mt. Veeder Road
- Retreat driveway will be on your right

FROM East Bay/Oakland/Vallejo

- Take Interstate 80 East past the Carquinez Bridge & Vallejo
- Take Hwy 37 exit to Napa
- Go past Marine World to Hwy 29 North to Napa
- Exit Redwood/Trancas, turn left onto Redwood Road
- Go 4 miles to where Redwood Road veers right and becomes Mt. Veeder Road
- Go 6 miles on Mt. Veeder Road
- Retreat driveway will be on your right

FROM Sacramento Area

- Take Interstate 80 West toward San Francisco
- Just after Fairfield, take Hwy 12 West
- Turn right onto Hwy 29 North to Napa
- Exit Redwood/Trancas, turn left onto Redwood Road
- Go 4 miles to where Redwood Road veers right and becomes Mt. Veeder Road
- Go 6 miles on Mt. Veeder Road
- Retreat driveway will be on your right

FROM Northern Napa County

- Take Hwy 29 South toward Napa
- At Oakville, turn right onto Oakville Grade
- Oakville Grade intersects with Dry Creek Road
- Turn left onto Mt. Veeder Road
- Go about 2 miles on Mt. Veeder Road
- Retreat driveway will be on your left

FROM Santa Rosa Area

- Take Hwy 12 East
- Past Kenwood, turn left onto Trinity Road
- Trinity Road turns into Dry Creek Road at the down grade
- Turn right onto Mt. Veeder Road
- Go about 2 miles on Mt. Veeder Road
- Retreat driveway will be on your left

FROM Sonoma Area

- Take Hwy 12 East
- Turn left onto Hwy 121-12
- Napa Hwy 121-12 will run into Hwy 29
- Turn left onto Hwy 29 North to Napa
- At first light, turn left onto Redwood Road
- Go 4 miles to where Redwood Road veers right and becomes Mt. Veeder Road
- Go 6 miles on Mt. Veeder Road
- Retreat driveway will be on your right

Enchanted Hills map & directions:

<http://enchantedhillsretreat.com/map/>
(see map on next page after reaching EHC)

Enchanted Hills detailed map:

<http://enchantedhillsretreat.com/site-map/>
(includes photos of some buildings)

ANNOTATED MAP OF ENCHANTED HILLS CAMP

