

Camp de Benneville Pines
Virtual UU Women's Spring Retreat 2021 Schedule: 4/29-5/2/21

<p>Thursday/April 29th</p> <p>5:00-6:00pm "Pre-Camp Lodgetime"- Come stop by say hello and to have any questions about the retreat answered.</p> <p>7:00-9:00pm "Game Night" with Lonna Leghart</p>	<p>Friday/April 30th</p> <p>5:00-6:00pm Welcome to Women's Retreat/Retreat Kick Off/"Lodgetime" Kathleen and Marianne SG</p> <p>6:00-7:00pm Concert With Karen Hart "LIVE LIKE THERE'S' NO TOMORROW TODAY!"</p> <p>7:30-8:30 "Guided Meditation with Reiki" with Tracy Shoman</p>
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<p>SATURDAY May 1st</p>	<p>8:00-9:30am "Sangha Meditation" with Brenda Balmer</p> <p>10:00-11:00 am "Land Acknowledgement" with Sam Beltram</p> <p>11:30am-1:30pm Keynote "The Spiral of Resilience & Renewal" with Rev Dr. Beth Johnson</p>	<p>2:00pm-3:30pm The Art of Self-Nurturing: "Permission to Play" with Kelley Grimes</p> <p>4:00-5:30pm Breakout Room #1 "Essential Oils" with Amanda May-Fitzgerald</p> <p>Breakout Room #2 "Making Time for Art" with Elenah Buckner</p>	<p>5:00-6:00pm "Lodgetime"</p> <p>6:30-8:00pm EMMA'S REVOLUTION Pre-Recorded CONCERT and Hang Out with Musicians Afterwards</p>
<p>SUNDAY May 2nd</p>	<p>9:00 am "Yoga/Chair Yoga" with Eileen Maurer</p>	<p>11:00am-12:15pm "A Letter to My Future Self" with Mindi Marlow</p>	<p>12:30-2:00pm -Janet James Visit -Camp de Benneville Pines 60 Years of Love "Love Letters to Camp"- with Laura Chamberlin and Marianne Shuster -Closing</p>

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Questions? Contact Camping Ministries Director, Marianne Swift-Gifford
Email: cm@uucamp.org or Call/Text: 909-287-1270

THURSDAY APRIL 29th

"Lodgetime"

5:00-6:00pm

**Pre-Camp Lodgetime with Dean Kathleen and Camping Ministries Director
Marianne Swift-Gifford**

Come stop by to say hello and to have any questions about the retreat answered.

"Game Night" with Lonna Leghart

7:00-9:00pm

Featuring Jackbox Party Packs 1-7

Feeling silly? Creative? Thirsty for fun? Join the games and release some happy hormones!

Lonna will screen share the game on Zoom, while you use another device (phone or tablet) as your game controller. Be sure you have a good charge and a reliable internet connection, and BYOB — whatever that acronym means to you! (I'll be the one with the bratwurst.)

How to Play?

<https://youtu.be/ZTCzUrPYYDo>

What is Jackbox?

<https://www.jackboxgames.com/what-is-jackbox/>

More Questions?

Text Lonna @ 760.277.5202

Friday April 30th

“Lodgetime” with Dean Kathleen and CMD Marianne Swift-Gifford

5:00-6:00pm

Welcome to Women’s Retreat

For people who would like to have a breakout room to connect with people in smaller groups, just ask Marianne or Kathleen. We can’t be together in person and we would like to help us all to connect in any way we can.

Kimberly Lilley will offer a breakout room during Friday and Saturday to sing Hymns from our UU Hymn books.

Concert with Karen Hart- “LIVE LIKE THERE'S' NO TOMORROW TODAY!”

SONGS OF WOMEN OVERCOMING ADVERSITIES

6:00-7:00pm Karen Hart is a multi-award winning singer, guitarist, percussionist and songwriter. She is the winner of the West Coast Songwriters’ ‘Song of the Year’, the Los Angeles Women-In-Music’s ‘Best of the Best’, the Barry Manilow Award for Lyric Writing and Music Connection Magazine’s ‘Top Performances That Have Moved Us’. Karen has been honored with three world premieres of her music at the Los Angeles Music Center. Hart’s songs for motion pictures have been singled out by Variety, People and the L.A. Times as “the best parts of the movie.” In a wide-ranging career, Karen is the singing voice of Sigourney Weaver in the Showtime movie Snow White, wrote all the songs for the Divine cult classic motion picture comedy Lust In The Dust, and at the other end of the spectrum, Karen sang at the Vatican for Pope John Paul II. She has performed on numerous occasions with the Los Angeles Symphony, and her unique award-winning music for large choir and orchestra is performed and recorded worldwide.

Learn more at: Website: www.KarenHartMusic.com

Facebook: <https://www.facebook.com/karenhartmusic>

Spotify: <https://open.spotify.com/artist/5TA7rnsIGOxB5AvkegTN2K?si=6xkdEkimQhamdNUxaURrJA>

“Guided Meditation with Reiki” with Tracy Shoman

7:30-8:30pm

Reiki Chakra Guided Meditation for Healing and Manifesting

Are you ready to let go of the things that are holding you back, heal your mind, body and life and manifest your heart’s desires?

Join Tracy Shoman, Reiki Master and transformational coach, for a blissful, transformative guided meditation with Reiki, yoga nidra, and singing bowls.

Harness the power of Universal Energy to heal physically, mentally, emotionally, and spiritually. Harmonize your chakras to heal and live with balance. Access your subconscious mind to remove blocks and live your best life.

Saturday May 1st

“Sangha – Centering Women” with Brenda Balmer and Gale Gibbons

8:00-9:30am

Palomitas de Paz Sangha Stewards Gale Gibbons and Brenda Balmer invite you into deep silence, guided meditation and other practices centering the words and spirits of Buddhist women. Bows ~

Land Acknowledgement with Sam Beltram

10:00-11:00am

Come learn more about the sacred, transformative and counter oppressive practice of Land Acknowledgment! We will be exploring these topics: What is Land Acknowledgment? Why is it important? How can we do this on an individual level, small group level and congregational level?

KEYNOTE: “The Spiral of Resilience & Renewal” with Rev. Dr. Beth Johnson

11:30am-1:30pm

These challenging times have taught us the importance of being present to and honoring all of our experiences, our feelings and bodies. This experiential keynote will create a space to ground together, process whatever is present through our bodies so that we can effectively channel our energy into what is needed and what is ours to do. We will engage in a four-part spiral design of experiential processes and practices from the **Work that Reconnects**, developed by Joanna Macy, now including an equity lens, that will: ground us in **Gratitude**, while **Honoring our Pain for the World**, exploring what is possible in this moment by **Seeing with New/Ancient Eyes**, and **Going Forth** with resilience and love.

“The Art of Self-Nurturing: Permission to Play” with Kelley Grimes

2:00-3:30pm

Join author of the Art of Self-Nurturing: A Field Guide To Living With More Peace, Joy and Meaning for a fun interactive workshop exploring the nurturing power of play! You will learn ways to introduce more fun into your day, gamify your self-nurturing practices, and give yourself regular permission to play so you can nurture yourself each and every day.

“Essential Oils” with Amanda-May Fitzgerald

4:00-5:30pm

Breakout Room #1

This presentation discusses essential oils and how aromatherapy can intersect as a support for survivors of trauma. This presentation covers how to identify essential oils from other fatty vegetable oils, how to distinguish "therapeutic grade" from other qualities of essential oils, multiple methods of use typically considered aromatherapy, how the olfactory system interacts with the limbic system, beneficial and adverse effects, ways to support anxiety, PTSD, and other trauma related symptoms with essential oils and aromatherapy.

“Making Time for Art” with Elenah Buckner

4:00-5:30

Breakout Room #2

In my life, I'm constantly thinking about doing but then I never make time to do it. So this is a time to pick up whatever art project that you've had in front of you you've been dying to get done and to take some time and actually work on it. It could be painting it could be sculpting it could be clay it could be playdough, it could be the art of cleaning out a closet. It could be writing poetry, gardening, doing embroidery or a sewing project, it could simply be taking the time to pick up a pencil and paper and move them around and see what comes up. Simply a time for us to get together and work on those projects, Just making that time available for our artistic expressions and also doing it in communities so we have the opportunity to carry each other on and support each other in our process.

“Lodgetime”

5:00-6:00pm

A time to connect in the Lodge.

If anyone would like to have a breakout room during this time to connect with people around friendship, interests/passions, congregations or FUN!!! Just let Marianne Swift-Gifford know.

Kimberly Lilley will offer a breakout room for anyone who would like to sing some songs out of our Unitarian Universalist hymnal.

EMMA'S REVOLUTION CONCERT (Pre-Recorded Just for our Women's Retreat)

6:30-8:00pm

Join us in song and hang out with Musicians, Sandy O and Pat Humphries after their concert!

Emma's Revolution is known for fearless, truth-telling lyrics and melodies you can't resist singing, Emma's Revolution is the dynamic, award-winning activist duo of Pat Humphries & Sandy O. The duo's songs have been sung for the Dalai Lama, praised by Pete Seeger and covered by Holly Near. "Our work has always been about building connection, love and justice through song," the duo says. "During this pandemic, we have moved as much of our work online as possible, creating opportunities for people to sing together (Zoom-style, of course), use songwriting as a way to process emotions in an unsettled era, and attend concerts where they can have a sense of connectedness, solace and joy, even in this challenging time."

<https://emmasrevolution.com/home>

Sunday May 2nd

"Chair Yoga" with Eileen Maurer

8:00-9:00am

Slow yoga using the chair as a prop.

We start seated to warm up, then there are *options* to: deepen the poses using the chair for gentle leverage; standing poses holding the chair for balance; strength-building using the chair as a base.

"A Letter to My Future Self" with Mindi Marlow and Kathleen Moscato

11:00am-12:15pm

A letter to my future self to open in five (or ten) years. What do you want to remember about 2020/2021? What do you want to forget? What were your days like? What surprised you most? How did your life CHANGE (or not)? What felt the hardest? And more and more questions...let us dive deep in.

Visit from Camp de Benneville Pines' Executive Director Janet James

12:30-12:45pm

"Love Letters to Camp"- "Camp de Benneville Pines – 60 Years of Love" with Laura Chamberlin and Marianne Shuster

12:45-1:45

Join Camp's 60th anniversary celebration with a 60-second love letter. Your "letter" can either be written or we can video your testimony. Share a memory, a friendship or a funny story about Camp. We will be collecting testimonials all year and will compile them into a fun, loving tribute from campers to our beloved home in the mountains.

CLOSING WORDS

1:45-2pm