

2016 Soul Food Retreat Registration Form

Name _____

Telephone _____

Email _____

Names and ages of children who will require the Nursery (8:30-3:45):

Lunch Preference Gluten Free Meat Vegan Vegetarian

Please rank your choices first, second & third-we will do our best.

First Morning Session

_____ Singing Meditation

_____ Creating A Spiritual Space at Home
(\$5 extra)

_____ White Privilege: Defining the Invisible

Second Morning Session

_____ Writing from Our Souls

_____ Soap Making (\$5 extra)

_____ Roll Up Your Green Sleeves

_____ Ah...Tea

_____ Volunteer to help w/lunch
(\$5 discount)

Afternoon Session

_____ Experiential Poetry

_____ Soul Matters and Privilege-Not in My Name!

_____ How to Become an Activist

_____ Intergenerational Music Circle

Advance registration fee \$15 per adult & teen, \$10 per child (\$5 more at the door).
Nursery is free.

Pay by check or use our Pay Pal account:
<http://firstuusr.org/connection/donate/>

Please write "Soul Food" on your check or in the Pay Pal message box.

Advance registration ends 2/24/16. Refunds until Thursday, 2/25/16, minus \$5 admin fee.

Questions? Pamela Spearman paspearman@gmail.com

SOUL FOOD RETREAT

Saturday
February 27, 2016
8:30-3:30



First Unitarian Universalist Society of Syracuse

109 Waring Road
Syracuse, NY, US 13224
315-446-5940

<http://firstuusr.org/>

<https://www.facebook.com/pages/First-Unitarian-Universalist-Society-of-Syracuse/111562528883331>

Justice with Love & Joy, Open to Awe!

SOUL FOOD RETREAT 2016

Schedule of Workshops

8:30	Registration & Coffee	
9:00-9:20	Opening Worship -Rev. Hamlin-Navias & Christine Smith	Sanctuary
9:30-11:00	Morning Session 1	

Singing Meditation-Sara Jo Brandt Doelle

Singing as a form of meditation is found throughout the world's religions. We will briefly look at some of these traditions and then be led in a Unitarian Universalist Singing Meditation.

Creating A Spiritual Space at Home-Christine Smith

From time immemorial, our homes, our hearths, our kitchen tables have been where our spiritual hearts are nurtured. Often, in our busy lives, our homes move away from being a place where blessings are shared. In this workshop we will explore the tasks, tools and mindset to deepen our own and our families' most personal sacred spaces. We will be painting a chalice to use at home. \$5 materials fee.

White Privilege: Defining the Invisible-Paul Barfoot

One of the characteristics of privilege is that it is invisible to those who have it and an ever-present burden to those who don't. We will do an exercise to help open our awareness and discuss what to do about it.

11:15-12:45 **Morning Session 2**

Melt and Pour Soap-Keith Bertrand

Come learn a fun, easy craft, melt and pour soap making! Literally you melt the soap base, color, scent and pour into a mold, cool down and you have your own personal bars of luxury soap! Instructor will bring a pound of glycerin soap base per person, offer a wide selection of fun molds, colors and scents (including many essential oils) and let you enjoy being your creative self! Students will leave with soaps of their own design and instructions on making more of your own! Please bring a large measuring cup (4 cups or bigger) or a large yogurt container. End time for this workshop is flexible. Intergenerational-all ages. \$5 materials fee.

Roll Up Your Green Sleeves: Taking Effective Action to Address Climate Change-Jim D'Alosio

The COP21 accord was approved, and UUA resolutions compel congregations to address climate change. There is much to be done, on a personal, professional, and political level. But what? Let's share ideas, and compare their effectiveness. We don't need to convince ourselves of the truth of climate change, dwell on what might become of us if society doesn't change its course, or blame scapegoats. Let's roll up our green sleeves and get to work!

Ah.... Tea-Felice Killian-Benigno

Black, green, rooibos, yerba mata. The 4 o'clock cuppa, a sacred chanoyu, a glass of sweating sweet tea. The brewing and steeping of leaves, flowers and barks is part of how people worldwide rejuvenate, socialize, pray and becalm. This workshop will explore some of the ways we can incorporate tea into our lives.

Writing from Our Souls-Evie Ayers-Marsh

Whether you are already a writer or always wanted to write, this workshop will help you connect with your muse. Evie will lead participants in a guided meditation to get creative energy flowing. Then you will be given time to write followed by time to share. Paper and pen needed.

12:45-1:30 **Lunch**

1:30-3:00 **Afternoon Session**

Experiential Poetry Workshop-Peggy Flanders

The senses of taste and touch connect us, at times, to pre-verbal memories. Exercises and assignments focusing on our senses, other than visual, will help us craft poems or short writings expressive of a broader range of our sensual and soulful selves.

Soul Matters and Privilege: Not in My Name!-Claudia Klaver

"The most fundamental aggression to ourselves, the most fundamental harm we can do to ourselves, is to remain ignorant by not having the courage and the respect to look at ourselves honestly and gently." (Pema Chödrön, *When Things Fall Apart: Heart Advice for Difficult Times*) This workshop will explore the spiritual pain we feel as we open our souls to the pain of others, the pain we feel when we face our societal complicity in privilege and how the work of social justice is a soulful and healing endeavor.

How to Become an Activist-Lucy Cox Marr

From our hearts, our minds, our souls; prayer, lobbying, demonstrations; activism flows from many founts and takes many forms. This workshop explores what activism is, what calls each of us personally to be an activist and what activism activities are a best fit for each of us.

Intergenerational Music Circle-Tara O'Neill Barfoot

Join an intergenerational music making circle during which we share songs and teach each other the music we love. Tara will have her guitar. First UU has a piano. Bring audio recordings, your instruments and use our "instrument-creating table" full of items to be recycled into instruments (donations appreciated-plastic eggs, rice, cans, duct tape, containers, cardboard rolls) Bring the whole family to swap favorite songs, create fun and sway to our music.

3:15-3:30 **Closing Worship**-Rev. Hamlin-Navias Sanctuary