



A place for sisterhood, intimacy and deeper connections

Women's spirituality series, returns September 25 through November 6

Women, Spirit and Imagination

Inspire, Create and Connect

The purpose of the series is to offer women a welcoming place to feel safe to explore their spirituality and imaginations. Most sessions will provide an experience of meditation, inspiration, imagination and connection, where women may absorb the healing power of beauty and a supportive community, and develop a feeling of calm and peace within, an inner haven to return to at any time. No prior expertise needed.

Register for all or some of the many offerings via email to tucwomen@uwestport.org

Day: Wednesdays Time: 7:00 - 9:00PM Place: East Wing, TUCW

Sept 25 – Pat Francek - The Gift Of Co-Imagining

This workshop invites us to a greater awareness and appreciation of our own unique strengths and spirituality. Within small groups, using an array of images, we will “co-imagine”, sharing together perspectives that may create a more expanded and deeper view of each person’s inner resources. This process also invites us to a sense of greater connectedness and community.

Oct 2 – Elizabeth Macdonald - Psychology of Listening

By understanding what happens internally when people are listening to someone give a talk or introduce themselves, participants will improve their ability to introduce themselves in a networking environment, and participants will brainstorm other ways the concepts presented can apply to other presentation and communication scenarios.

Oct 9 - Beverley Bailey - "Deeper Vision,"

Deeper Vision 2 will be an opportunity to set aside our daily stresses and life's challenges as we connect to the spirit within us. Utilizing our 5 senses along with mixed media, we will mindfully explore our inner souls through the beauty in art and nature.

Note: This workshop is in two parts, Part I – 6:00 – 7:00 pm; Part II – 7:00- 8:00 pm.

Part I is outdoors at dusk, please come early.

Oct 16 - Denise Manning Page – Reconnect to Purpose

In this workshop we begin to explore our personal stories. We deepen our understanding of identity as our stories reveal pathways to our purpose. We explore in a fun supportive environment as we deepen our spiritual mindfulness and strengthen our appreciation for community.

Oct 23 – Sari Bodi – Writing as Discovery

Mary Karr says in *The Art of Memoir*, "Some memories burn inside us for lifetimes, demanding to be set down." Together, we'll explore examples from Sari's favorite memoirs to see how these writers captured moments in time that were meaningful to them. Then through guided exercises, we'll scribble until we find such moments for ourselves.

Oct 30 – Cathy Paine -- As The Spirit Moves You

We will practice and explore the quiet arts of observing, listening, imagining and moving; experiences, memories and dreams may provide inspiration for movement and non-verbal collaborations. Our shared creativity will guide us each to a deeper, richer, awareness of "self." Cathy, a dancer, expert movement detective and teacher of movement and creativity promises that physical health is NOT a prerequisite for this workshop – anyone may participate!

Nov 6 – Sudha Sankar- Hinduism – Revealing the Goddess Within

Hindus believe that there is a goddess within each of us. The goddess has distinct phases depending on where we are in our lives. This workshop invites each of us to walk down our own path to discover our inner goddess, the phase we are in and the strength and energy available to us within this phase of our lives.

Day: Saturday Oct 19

Time: 12-4 pm

Place: Meeting House

Janet Luongo - "Women with Vision Workout!"

Energize your creative thinking and make your vision visual. A fun creativity workout to shake off old blocks that hold you back from self-expression and self-realization. Experience free and safe exploration of easy materials and processes in crafting a simple poem or picture of your highest vision for yourself. Share in a circle.

Register via email to: tucwomen@uwestport.org



Visit us at: uwestport.org/tucwomen-events