



Women, Spirit and Imagination Spring 2020

Inspire, Create and Connect

Purpose of series: To offer women a welcoming place to feel safe to explore their spirituality and imaginations. Most sessions will provide an experience of meditation, inspiration, creativity 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. Several women will each facilitate a spiritual experience that involves the imagination (no prior expertise needed). We encourage women to commit to the whole series in order to create a deeper community. But we welcome all participants even if you can only make one session.

Mentorship Awakening: Giving and Receiving

Date: Wednesday, March 18
Time: 7:00 – 8:30 PM, East Wing

Transform a Good Story to Inspire Others

Date: Wednesday, April 8
Time: 7:00 – 8:30 PM, East Wing

Opening to Spring with Plant Medicine

Date: Friday, May 22:
Time: 7:00 – 8:30, Meeting House

Workshop Descriptions:

1. Mentorship Awakening: Giving and Receiving by Cheryl Dixon Paul



Starting with a chant, we will do a mindful meditation on a teacher, mentor, friend who opened your spirit: What was it that they saw in you? How did that change how you see yourself? A suggested creative response is to craft a poem or journal on that person, and share with each other if we like. We'll end by asking ourselves, "Who am I mentoring?" Please bring an object that reminds you of a teacher, a mentor or dear friend for our altar.

Cheryl is passionate about the power of mentoring. For 14 years, she's been reading to children at Beardsley School in Bridgeport, and during numerous visits to our Partner Church, she became so close to a youth that she attended her wedding in Transylvania! A founding member of our Worship Associates, she designed and delivered services, including a #MeToo service. She's facilitated *Our Whole Lives* on sexuality for youth and adults. She sings with our church choir and Wilton Singers and owns Dixon Interiors.

2. Transform a good story to inspire others by Elizabeth Macdonald



We UU's are passionate about our values and about how our values can inspire others to right action. The goal of this workshop is to provide you with a foolproof approach on how to create and deliver a great motivational story. Elizabeth is a 4th generation UU. She has been a member of the church for two years and is excited to share her professional experience and insight into helping fellow women UUs sharpen their communication tools.

3. Opening to Spring with Plant Medicine by Jaime Silverstein



Enjoy an evening aligning with the spirit of Spring through meditation, movement and plant medicine. Special guest Jamie Silverstein, a Kripalu-certified yoga teacher, gardener, and herbalist will teach practices to support the transition from winter to spring, and spring to summer, to re-awaken our connection with the natural world. Jaime believes that working with plants, animals, and natural movements reminds us of the interconnection among all living beings. This class will include a short meditation to ground spring wind energy, gentle movements to support the lymphatic system, and teachings of plant allies that are emerging this time of year. You will leave this class with new rituals and practices, and a spring tonic to use throughout the season.