

# SWU UW Conference 2019 Schedule

## FRIDAY Feb 22

**Please note: Friday dinner is on your own.**

The hotel has a restaurant and your welcome packet includes a listing of nearby restaurants.

- 3:00pm                      Hotel check-in begins
- Conference registration desk opens
- Raffle ticket sales begin - Proceeds support scholarship fund. Items donated by vendors.
- Silent Auction items on display.
- Bazaar opens (closed during Opening Ceremony and at 9:00pm). Each conference vendor has generously donated an item for the Raffle. Your ticket purchases help support the conference Scholarship Fund.
- Red Tent Room opens (closes at 10:00pm)  
*Ask for room number at Registration Table*
- 4:00 - 5:30pm                HS Trolley Tour - Gather in front of the hotel where trolleys will pick us up
- 4:00 - 7:00pm                Settling in, touring on foot, early dining time
- 7:00 - 7:45pm                Opening Ceremony - Begin finding ***Peace and Healing in the Valley of the Vapors***  
Reverend Jan K. Nielsen, UUCLR
- After Ceremony             Gather with friends or set out on your own for dinner and to explore Central Ave.
- Shop at the Bazaar until 9:00pm
- Spend time in the Red Tent Room relaxing, conversing, playing, getting a henna painting
- Drumming on the veranda - weather permitting

# SATURDAY Feb 23

- 6:00 - 9:00am Complimentary breakfast buffet for Hotel Hot Springs guests. Pre-paid \$12.00 breakfast tickets will be in your badge holder if you are a hotel guest, or if you purchased these tickets during registration if you are not a hotel guest.
- 7:00am Yoga with Roxy Westhues – Location TBD. Bring your own mat.
- All Day Registration Desk open
- Raffle Tickets available and Silent Auction items viewable
- Bazaar open 10:00am - 9:00pm
- Red Tent Room open until 10:00pm
- 8:30am Welcome to your beautiful day - music and laughter
- 9:00am Opening Service (Homily) - Rev. Jan K. Nielsen, UUCLR
- 9:15 – 10:15 am Keynote Address - Kathy Webb, Vice-Mayor, Little Rock, AR
- 10:30 - 11:50am Morning Workshop Session: AM 1
- A) NIA - Neuromuscular Integrative Action aka Non Impact Aerobics: Malinda Zarate
  - B) Creating Our UU Legacy: Liz Nielsen
  - C) Peace and Healing Through Expressive Visual Art Journaling: Jessica Lane
  - D) Human Design: The Art of Self Reflected Crystalline Consciousness: Susan Blattner
- 12:00N - 1:15pm Luncheon; SWUUW Annual Meeting (for all conference attendees)
- 1:30 - 3:00pm First Afternoon Workshop Session: PM 1
- A) Community Drum Therapy: Denise Marion
  - B) Visions of Peace and Healing: Lynn Murphy
  - C) Dance Yourself for Healing and Peace/Collective Art Creation: Ana Coutinho
  - D) Color/Doodle/Meditate: Carol Stanfill
- 3:15 - 4:45pm Second Afternoon Workshops
- A) Shared Leadership: Gretchen Ohmann
  - B) Divine Alchemy of Andean Orchid Flower Essence: Star Reparetti
  - C) The Power of Unified Breath and Sound: Jacqueline Parker
- 5:00 - 5:30pm Old board/New board Meeting - Location TBD

- 5:30 - 6:30pm      Happy Hour Reception - Cash Bar
- Last chance to purchase Raffle tickets
- Place bids for Silent Auction
- 6:45 - 10:00pm      Banquet Dinner
- Silent Auction
- 8:00 - 10:00pm      Musical Entertainment by Cassie Lea Ford and Christine DeMeo

## **SUNDAY Feb 24**

**Check out time is 11:00am. The hotel will gladly hold your bags in the lobby area until you are ready to leave.**

- 6:00 - 9:00am      Complimentary breakfast buffet for Hotel Hot Springs guests. Pre-paid \$12.00 breakfast tickets will be in your badge holder if you are a hotel guest, or if you purchased these tickets during registration if you are not a hotel guest.
- 7:00am              Yoga with Roxy Westhues – Location TBD. Bring your own mat.
- 9:00am              Closing Ceremony
- Spiral Dance with Gretchen Ohmann
- 10:30am             Worship at Unitarian Universalist Hot Springs  
100 Norwalk Street, Hot Springs, AR, 71901
- Hospitality Hour is 9:30 - 10:30am in the downstairs of the UUCHS building.