

Saturday Morning Workshops, Session AM 1

AM 1 A – A Conversation on Climate Justice and Equity – Colette Pichon Battle, Keynote Speaker

A question and answer continuation of Colette Pichon Battle's keynote speech.

AM 1 B – Compassionate Communication: From Compassion to Action – Diane Kirksey

Games and techniques for using Compassionate Communication (another name for Nonviolent Communication).

AM 1 C – All About Rituals – Katie Womack

What makes a ritual spiritual? What rituals are meaningful to you and why? In this interactive workshop we will share our experiences with rituals. Come prepared to describe a ritual that has touched or continues to touch your heart or soul.

Saturday Early Afternoon Workshop, Session PM 1

PM 1 A – The History of Cajun Music Through Sight and Sound – The Magnolia Sisters

The Magnolia Sisters band will take you through the history of Cajun music by discussing and playing examples of old and new music from the Acadiana region of Louisiana.

PM 1 B - Imagining The Future of SWUW – Mary Kirwin, SWUW Board President

For over 30 years the women of SWUW have gathered annually at our conference hosted by the local congregation(s) across a multi-state area. We are proud of this long standing tradition. Through the work of our membership, volunteers, and Board we hope to sustain it well into the future. This workshop will be an interactive look at the past, present, and future with an eye on how to keep the flame alive. We want to hear your ideas and dreams for SWUW, how you've found meaning and connection at our conferences. Our discussion will be facilitated as a visioning to begin to draw out a future plan. Open to all, especially those who are passionate about planning and moving forward!

PM 1 C - Census Solutions – Diane Kirksey

Census Solutions is a creative, collaborative, problem-solving event that brings together diverse thinkers. The Census Solutions Workshop is specifically designed to generate new ways of communicating the importance of Census Bureau data, reaching hard-to-count populations, and encouraging participation in U.S. Census Bureau surveys and programs. A series of activities helps participants get to know each other, set ambitious goals, think outside the box, brainstorm with others, and quickly develop proposals for new solutions to engage communities to participate in the census.

Saturday Mid-Afternoon Workshops, Session PM 2

PM 2 A – If You Have a Heartbeat, You Have Rhythm! – Susan Bishop

Women were the first hand drummers. Come and learn five basic rhythms and feel the power and spirituality when women gather and drum. No experience is necessary. If you have a drum please bring it. By the time the workshop is completed, we will have learned to drum and sing at the same time! Let the power of Mother Earth come through your hands and fingers and make music with a hand drum.

PM 2 B – UU the Vote – Mary Overton

UU the Vote is a non-partisan faith initiative to engage our neighbors, educate our communities, mobilize voters, and rally around key ballot initiatives. All through 2020 the UUA is supporting congregations and UU organizations in activating thousands of Unitarian Universalists to mobilize for electoral justice at the local, state and national levels. Learn how we can advocate for our UU values without endangering our not-for-profit status, where to apply for a grant up to \$500 to assist your congregation in getting out the vote, and see 50+ Ways We can UU the Vote!

PM 2 C – The Power of Mindfulness and Self-Compassion – Chloé LaPorte, Di Kerrigan, and Deborah

LaPorte

Audre Lorde: “Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.” Studies have linked mindfulness with many benefits. These include increased ability to manage thoughts and reactivity, decreased stress, greater feelings of calm, and higher levels of happiness. This workshop will offer techniques for bringing the healing powers of mindfulness and self-compassion into our lives--not only to increase happiness and well-being but to strengthen and support us in the urgent work of creating positive change in the world. Participants will experience short, guided meditations; gratitude practice; gentle mindful movement; a short writing exercise; and guidance in developing self-compassion. Discussion is encouraged. Participants are asked to bring writing materials for journal exercises.