

## FLORIDA WOMEN AND RELIGION'S ANNUAL FALL RETREAT - November 11 - 13, 2005

at DaySpring Episcopal Conference Center, Ellenton, Florida

### **'LAUGHING AT SACRED COWS'**

Sisters, plan to join us as we look forward to a new retreat and a tryout of a new gathering place. In a world that grows increasingly grim with each day, we invite you to come together to laugh at Sacred Cows, those persons or institutions that are often unreasonably immune from criticism and opposition. Many of us have our own Sacred Cows - those concepts, ideas or other matters in our lives which we may have felt above or beyond the making of fun. Bring your Sacred Cows, laugh with them a little in a safe space and take them home again, perhaps a bit less Sacred but much better Cows.

We will consider laughter and the comic side of life as sources of pleasure, of healing, of restoratives for spirit, balance and love, not to mention release of tension. Let's laugh together, remembering that all things of value can bear laughter.

*"Humor must not professedly teach, and it must not professedly preach, but it must do both if it would live forever.....By forever I mean thirty years. Mark Twain*

*Friday evening* we'll get acquainted or re-acquainted, and introduce the idea of laughing at (and with) Sacred Cows, especially those connected with organized religions and some forms of spirituality. The use of humor and laughter in healing wounds, both physical and spiritual will be stressed this weekend, especially in our workshops. Did we mention that we'll laugh a lot?

*Saturday* we'll learn about Laugh Clubs with Sandra Herskowitz, Certified Laugh Leader, who will help us tone our laugh muscles and discover the healing power of laughter. Recommendation: Don't sleep late; nap later. Adele Alexander will offer two workshops on the use of humor to reduce stress in caring for others and ourselves. Space and workshop time will be set aside for the ongoing making and wearing of Silly Hats, and the creating of Sacred Cows from potatoes, sort of Mrs. Bovine Potato Heads. There will be a workshop on the art of the clown, given by Ann Myers, who will teach us to laugh and enjoy the benefits of laughter as we apply clown make up and find our smile lines. Saturday night is for more fun and games: devising a Ritual of the Sacred Cow, naming our cows and placing them on the altar, presenting other fruits of our workshops, hearing a story from Jill Oldenski, and winding up with our very own Open Mike, a campfire, and s'mores!

*Sunday* morning we will have our closing circle, laugh some more, evaluate our experiences, open the circle, send the cows home, and exit laughing. In between all this there will be time for swimming, walking along the Manatee River, canoeing, and laughing.

*"In the beginning there was nothing. God said, Let there be light! And there was light. There was still nothing, but you could see it a whole lot better." Ellen DeGeneres*

The retreat leaders are Kyle Pierson, a former journalist and now middle school teacher from St. Petersburg, and Lynn Montgomery, a former theatre professional and college teacher from Miami.

Full information will be in the '*Womenspirit*' newsletter and at [www.floridawomenandreligion.com](http://www.floridawomenandreligion.com) by mid-August. Early registration is recommended.

# REGISTRATION FORM: LAUGHING AT SACRED COWS

Presented by Florida UU Women & Religion at The Dayspring Conference Center, Ellenton, FL  
**November 11-13, 2005**

**Registration limited to 46 attendees on site, or 54 persons including those staying off site**

**IMPORTANT!!! REGISTRATION IS DUE SEPTEMBER 1, 2005**

*(Cancellation: If before Nov. 3: \$20 fee; if Nov. 4 or later: 50% of registration fee. Consider yourself registered unless you are contacted). Limited partial (up to 50%) scholarships available, on a first come-first served basis. Applications for scholarships must be sent **NO LATER THAN AUGUST 26, AND PRIOR TO REGISTRATION**, to: Mary Cadwell by email ([mhcadwell@juno.com](mailto:mhcadwell@juno.com)) or by phone (561-391-3755).*

**ADULT NAME (12 & over)** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

CITY \_\_\_\_\_ ZIP + 4 \_\_\_\_\_ ( ) CHECK IF FIRST RETREAT.

E-MAIL \_\_\_\_\_ (Please provide if available.)

PHONE (Day) \_\_\_\_\_ (Evening) \_\_\_\_\_

CHILD(s) NAME (if any) and AGE \_\_\_\_\_

PREFERRED ROOMMATE(S) \_\_\_\_\_

Please confirm with roommate; rooms are assigned in advance.

**PLEASE INDICATE NUMBER REGISTERING. All fees include 5 meals: note which type of food you prefer, or you will be assigned to 'regular' meals. (See newsletter for items to bring.)**

_____ Adult on-site (age 12+):	\$160.00	_____ Child (10-11 yrs) on-site:	\$85.00
_____ Adult staying off-site:	\$ 80.00	_____ Child (10-11 yrs) off-site:	\$55.00
_____ Adult Saturday only:	\$ 60.00**		

**MEAL PREFERENCE:** (check one):  Regular (with meat, eggs, etc.)  Vegetarian (with cheese, milk, eggs)  Vegan (no animal products)  Diabetic  Other special meals (please name) \_\_\_\_\_

**\*\*Saturday program=tuition & meals only. Off-site lodging avail. (1.5 miles) at I-75 exit: Hampton Inn, Sleep Inn, Ramada Limited.**

## **AMOUNT ENCLOSED:**

\$ \_\_\_\_\_ Registration Fees – **at least \$80.00 due at this time**, may pay up to the full amount. Any **remaining fees are due no later than Friday, October 21.** (\$138 of this fee is for room and five meals at DaySpring).

\$ \_\_\_\_\_ Funds to offset cost of *Womanspirit* (newsletter/website/) (\$10 suggested annually)

\$ \_\_\_\_\_ Annual Donation to W & R (1/2 to National, 1/2 stays in Florida: \$20 suggested)

\$ \_\_\_\_\_ Donation to Scholarships for women & children. Any amount welcome.

\$ \_\_\_\_\_ **TOTAL ENCLOSED: Checks payable to: FL Women & Religion Committee**

\_\_\_\_\_ I wish to sell/display at this retreat. Vendor spaces (5) are reserved on a first come/first served basis. (Vendors are requested to donate 10% of gross sales to Florida W&R) No perfumes or aromatic items please. To confirm vendor space: contact Carol Andros: 727/723-8280

### **Mail Registration forms to:**

**JEAN MCCAULEY, Retreat Registrar**

**880 W. Pearson St., Hernando, FL 34442**

(for questions only for Jean McCauley: email, [jeaniebeanienccu@yahoo.com](mailto:jeaniebeanienccu@yahoo.com) ph. 352-237-2111)