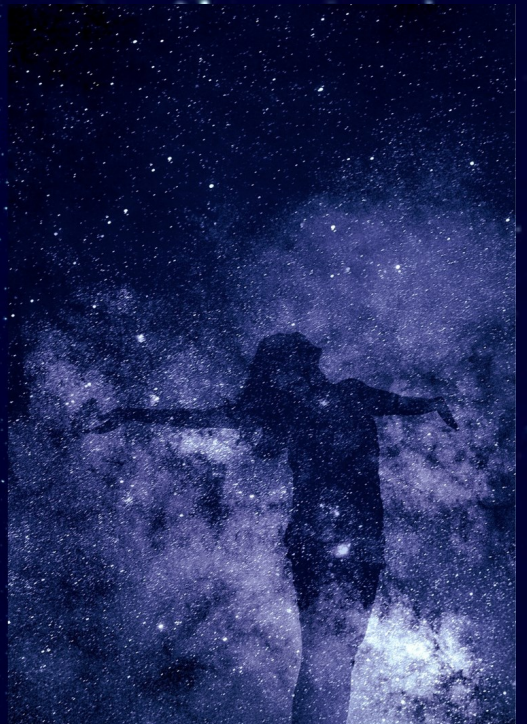


# 13th Annual Luna Rising

March 25, 2023

Reflect  
Renew  
Rejoice



## Reflect, Renew, Rejoice

### The Schedule for Saturday, March 25



8:00 - 8:50	Registration, Fellowship and Breakfast
9:00 - 10:00	Opening Ceremonies
10:15 - 11:15	Workshops #1 (60 minutes)
11:30 - 12:30	Workshops #2 (60 minutes)
12:30 - 2:00	Lunch and the Closing Blessing



### Welcome!

We are excited you will be joining us for sisterhood, celebration, laughter and learning. The 13th Luna Rising gathering celebrates the Divine Feminine in each of us and provides opportunities to celebrate that spirit. We encourage you to open your minds and hearts and celebrate with us.

The Luna Rising Event Committee: Kathleen Carpenter, Kimberly Melton, Lauren Hood, Lisa Hagen, Lisa Walls, Michael Cira and Shannon Maples

### What is the Divine Feminine?

The Divine Feminine is a spiritual force. It is a name for the aspects of God, the Universe, and the Earth that manifest to us as feminine qualities: mercy, nurturing, wisdom, and sensuality. Traditionally identified feminine or masculine qualities are not the exclusive possession of either gender. Both feminine and masculine representations of universal qualities are aspects of the divine. While the masculine characterization of God the Father, has been the primary way of looking at the Divine for millennia, there was once a time when the female body was sacred, honored and revered.

### Registration Information

Registration link: <https://tinyurl.com/LunaRising2023> The fee is \$20 adults 18+, \$10 children 7 - 17, \$ 30 maximum for families. If you are not able to pay, *no problem*, we would still love to have you join us, please email [lunarising2010@gmail.com](mailto:lunarising2010@gmail.com).

Our Charity this year is Erika's Closet. The UCC has partnered with Erika's Closet, a local organization that provides resources to individuals transitioning out of incarceration. They provide clothing, along with programs that assist in stability. We will be collecting Always Radiant Feminine Pads Size 1-5. See Wish List for more details, [https://www.amazon.com/hz/wishlist/ls/296NFT2JK25K6?ref\\_=abls\\_nvfly\\_yl](https://www.amazon.com/hz/wishlist/ls/296NFT2JK25K6?ref_=abls_nvfly_yl) If you purchase from their Website please mention Luna Rising at UCC. We will also donate half of the net funds raised at Luna Rising to Erica's Closet as another way we will be supporting our sisters.

### Workshops Information

You'll sign up for your workshops when you arrive on March 25th. Workshops fill up fast. We recommend that you arrive early. If you volunteer to help setup on Friday night, you will be able to register early.

### Housekeeping

- ◆ Our colors this year is blue and silver to represent reflection, renewal and rejoicing. Dress is goddessy, fun, festive, and comfortable.
- ◆ When purchasing a ticket to Luna Rising you hereby grant Luna Rising permission to use your likeness in a photograph, video, or other digital media ("photo") in any and all of its publications, including web-based publications, without payment or other consideration.
- ◆ Please help us spread the word about this multigenerational event. The more people the merrier, <https://tinyurl.com/LunaRising2023>
- ◆ Check out the Luna Facebook page "Luna Rising at UCC" to see updates and share your excitement with sister Luna participants



## SESSION ONE 10:15 - 11:15



### Mossariums - Let's Grow!

All Ages

Discover your new favorite place in the palm of your hands as we zoom in to the land of moss and create your own tiny forest. Whimsical or serene, it's your world. Assorted glass containers will be provided, but if you have a glass container in mind or special things you'd like to add, feel free.

A life-long UU, Emily lives in the woods and likes getting lost in the small. She is obsessed with moss and believes you should be too

### Healthy Fruit Shrubs 101

All Ages

Get ready to savor the season with fruit shrubs! A fruit shrub, also called a “drinking vinegar,” is a flavorful vinegar that has been infused with fruit, vegetables, or herbs. In this workshop, participants will learn about the origins of fruit shrubs and how to identify one. We will discuss the many health benefits of drinking fruit shrubs and how to incorporate them into your daily lifestyle. After a hands-on demonstration of how to make a shrub, participants will be able to customize recipes to suit their own tastes while utilizing seasonal ingredients. We will also look at some other great ways to use shrubs in products like salad dressings and marinades. Join us to learn more about this delicious and versatile beverage!

Ellen Duke is senior-level pastry chef instructor at Johnson & Wales University. She has worked in various food service establishments, including bakeries, restaurants, and food trucks. Her other crafty hobbies include making soap, designing greeting cards, and painting.

### Kaiut yoga method class - Reconnect your body and mind

Ages 14+

During this Kaiut method class you will experience a unique therapeutic method that combines ancestral yoga with neuroscience concepts and other therapeutic modalities. This is a movement practice where we will be spending much of our time working on the floor. Kaiut respects the current limitations of the body. We encourage the student to feel their own body. Allowing themselves to explore the potential of body and mind to undo restrictions and blockages. Our eyes are closed through much of the practice, enabling the student to refine the listening skills – to both the Teacher's instruction and the subtle ways our bodies speak to us. Cultivating a practice of being present in the moment is a big part of the method, enabling new neurological connections which support healing and increase our own natural abilities. The practice is available to all, no matter your level of fitness or your body type.

After 20 years in the banking industry, Gabriela Sanders decided to pursue a career path in better alignment with her soul's purpose. Through her journey with many health issues, she learned a lot about the mind, body and spirit connection. She has been studying and practicing meditation for eight years, and yoga even longer. After finding much healing through the Kaiut method, Gabriela became a teacher to share this unique method with others. She currently teaches Kaiut method classes at her home studio located in the Madison Park area. Gabriela's certifications include: -Wellness Coach Certification from Dr. Sears Health Institute -Business Leadership Coaching Certification from the Byrd Group - 300 hours Kaiut method Teacher Certification. Gabriela is passionate about healthy living, human potential and empowering others. She enjoys spending time with her family and friends, and she loves being in nature, soaking up the sunshine and going for walks.

**Supplies Needed:** Please come prepared with a mat and a pillow or cushion to make yourself comfortable on the floor.







## SESSION ONE 10:15 - 11:15

### Daughters of the Moon

**Ages 14+**

Since ancient times women have gathered at the moon at it's fullest pregnant time, at it darkest newest time, and at each crescent. Girls were not left alone on their journey to womanhood as woman accompanied woman on the journey of life. Through storytelling and a guided alter building project we will learn how to continue the ancient traditions of our foremothers to share our wisdom of the earth, the rhythms of our bodies, the cycles of the moon, and the mysteries of the passages of life with each other. Participants will leave this workshop assured that we are all connected - linked to all women, past, present and future. We will lean in on our feminine power and spark a flame -- to remember the knowledge or develop family rituals -- further connecting us with our daughters of the moon to grow together in mind, body and spirit. Tweens/teens are encouraged to attend with their accompanying woman (mother, grandmother, auntie or other close female.)

Autumn Weathers is the Spiritual Education Director at UU Fellowship of Lake Norman. She currently leads a monthly woman's circle with a focus on feminine theology in Davidson, NC. She has been a student of the divine feminine and earth-based spirituality practices since being exposed to it as a young girl. Outside of the UU she works as an Ecological horticulturist, and has worked around the world building gardens for the welfare of the earth and its inhabitants

## SESSION TWO 11:30 - 12:30

### Goddess Crowns

**All Ages**

Come rejoice with us! Celebrate the return of Luna Rising by making a gorgeous goddess crown to wear for the rest of the day. We will have everything you need to make your crown. No experience needed — everyone is a goddess!

Sarah Cole and Carol Hartley are both long-time members of the UUC. They love crafts and shiny things.



## SESSION TWO 11:30 - 12:30

### Intuitive Eating and Intentional Living

Adult, Ages 18+

Join us to gather meal planning tips, lifestyle ideas and information to help you make great food choices based on your body and your life. We will begin with a short breathing exercise in the beginning to get grounded, followed by interactive discussions and fun exercises. You will leave with an understanding of your Ayurvedic body type, a free meal plan, a list of self-care tips, handmade gifts from Mandi's Root and Blossom Company and more!

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### Found Poetry: Free Your Inner Poet

Ages 14+

Found Poetry is a tactile, fun way to creatively explore any topic that you are looking to clarify, take action on or seek additional insight about. Poetry is everywhere, and it hides in plain view. Everyday writing like catalogs and tax forms can contain the ingredients for a "found poem." I'll guide you through a hands-on session on finding poetry in the world around you. And the best part, no experience required! This is a creative exploration to help escape your inner critic and tap into your creative spirit. Paper and pens will be provided, but you are welcome to bring your preferred writing instrument and a journal to inspire you.

Lauren Hood is a creative spirit trapped inside of a corporate executive. She is constantly seeking ways to free her inner poet and be fully expressed in the world.

### Gardening for a Healthy Web of Life

Ages 14+

This workshop will explore how we can use the land available to us -- our yards, the grounds at UUCC, and every other bit of land we can interact with -- to support the web of life. The 'web of life' requires both plants and insects as essential parts of our food chain. We will discuss the importance of native plants to the food chain, including insects and birds.

Jean Wilson has been growing and learning about native plants since she was a child. She spent a lot of time with her grandparents, who were very focused on the environment, native plants and natural places, and she helped them work in their wildflower garden. She has planted native plants in her yards, tended an extensive orchid collection and done her own hybridizing. Jean has lived in Charlotte for over 10 years, and has focused on wildflowers and other native plants. She received the Native Plant certification from UNCC, and is a Master Gardener volunteer and a volunteer at Wing Haven in the Native section. Jean is a member of the Native Plant society and Wild Ones.

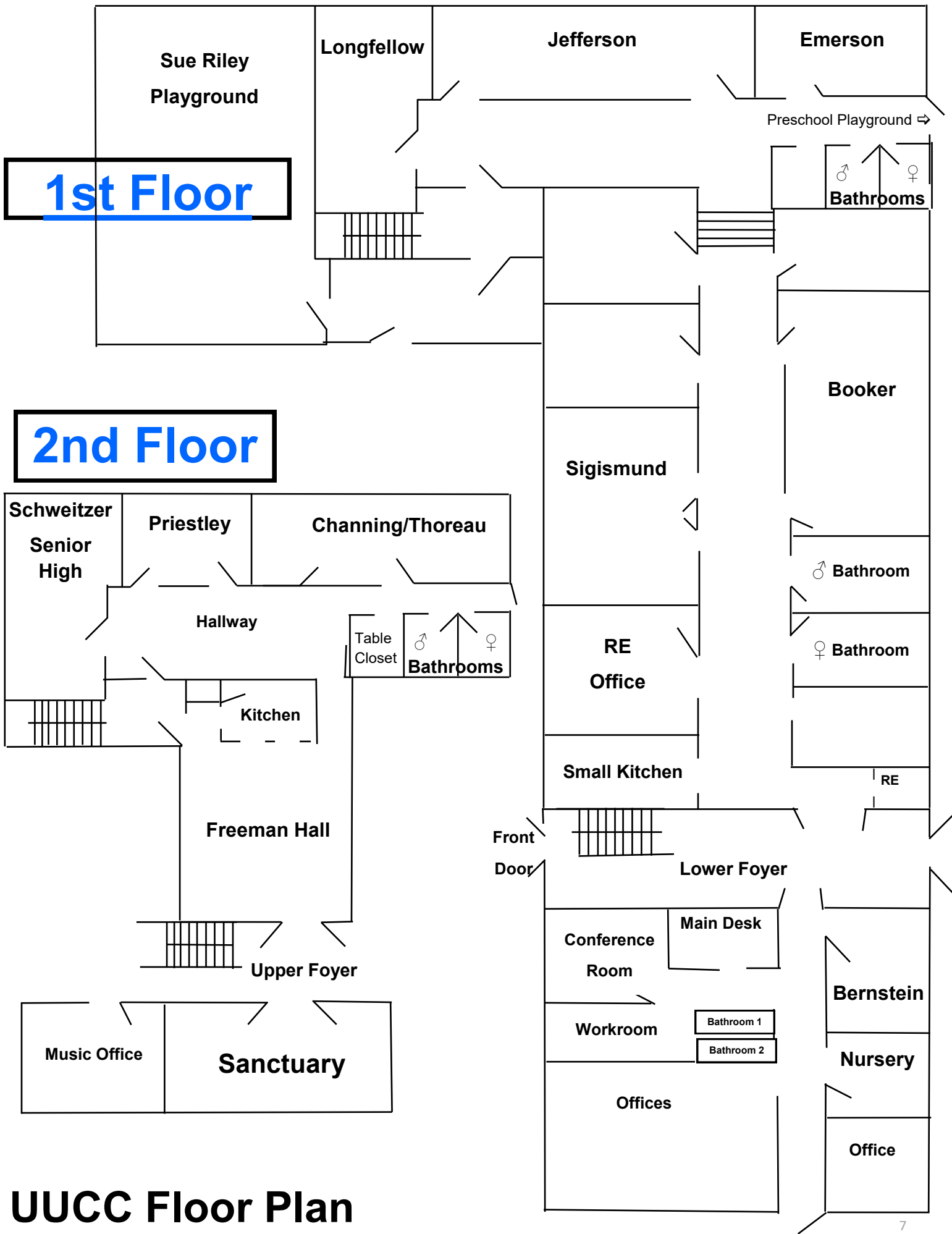


## Workshop Leaders

Please make sure to Thank our workshop leaders for donating their time and energy.

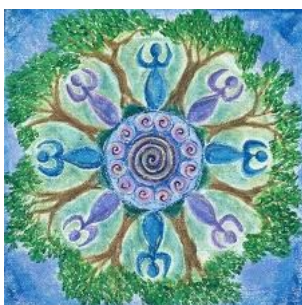
Workshop Titles	Leaders	Email	Phone	Websites
<b>SESSION ONE 10:15 - 11:15</b>				
<b>Mossariums - Let's Grow!</b>	Emily Katz	accordianista@gmail.com	336.253.1838	
<b>Healthy Fruit Shrubs 101</b>	Ellen Duke	mrsellenduke@gmail.com	315-720-2381	
<b>Kaiut yoga method class - Reconnect your body and mind</b>	Gabriela Sanders	gabyusa10@hotmail.com	704-340-4048	<a href="http://thepowerfuleyou.com">thepowerfuleyou.com</a>
<b>Daughters of the Moon</b>	Autums Weathers	re@uulakenorman.org	704-635-4605	<a href="http://uulakenorman.org">uulakenorman.org</a>
<b>SESSION TWO 11:30 - 12:30</b>				
<b>Goddess Crowns</b>	Carol Hartley & Sarah Cole	carolhartley@bellsouth.net	704-497-3522	
<b>Intuitive Eating and Intentional Living</b>	Mandy Murrow	rootedholisticwellness@gmail.com	704-609-5675	<a href="http://rootedholisticwellness.com">rootedholisticwellness.com</a>
<b>Found Poetry: Free Your Inner Poet</b>	Lauren Hood	laurenfhoo@aol.com	704-572-3926	
<b>Gardening for a Healthy Web of Life</b>	Jean Wilson	jpwils@aol.com	704-301-0081	





UCC Floor Plan

Workshop Title	Age group	Room	Workshop Leader	
SESSION ONE 10:15 - 11:15				
Mossariums - Let's Grow!	ALL ages	Channing/Thoreau	Emily	Katz
Healthy Fruit Shrubs 101	ALL ages	Kitchen	Ellen	Duke
Kaiut yoga method class - Reconnect your body and mind	14 and Over	Freeman Hall	Gabriela	Sanders
Daughters of the Moon	11 and up	Bernstein	Autumn	Weathers
SESSION TWO 11:30 - 12:30				
Goddess Crowns	ALL ages	Channing/Thoreau	Carol & Sarah	Hartley
Intuitive Eating and Intentional Living	Adults only (over 18)	Bernstein	Mandi	Murrow
Found Poetry: Free Your Inner Poet	14 and Over	Priestley	Lauren	Hood
Gardening for a Healthy Web of Life	14 and Over	Priestley	Jean	Wilson



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