

# 12th Annual Luna Rising



*The Wheel of the Year:  
The Springtime of Our Spirituality*

*February 20-21, 2021*

# Springtime of Our Spirituality

## The Schedule for the Weekend

### SATURDAY

8:30 - 9:15	Opening Ceremony
9:30 - 10:30	Session One
10:30 - 11:00	Break
11:00 - 12:30	Session Two

### SUNDAY

1:00 - 1:15	Check-in
1:15 - 2:45	Session Three
2:45 - 3:15	Break
3:15 - 4:15	Session Four
4:15 - 5:00	Closing Ceremonies

## Welcome!

This is traditionally a day-long annual event held at the Unitarian Universalist Community of Charlotte. We are excited you will be joining us for a virtual weekend of sisterhood, celebration, laughter and learning. We will celebrate the feminine spirit, honoring all who live their lives as girls, women, femmes or who identify as non-binary and celebrate the feminine energy in their lives. We encourage you to open your minds and hearts and celebrate with us-

The Luna Rising Event Committee: Lisa Hagen, Kim Hutchinson, Kimberly Melton, Lauren Hood and Lisa Walls.

## What is Feminine Spirituality?

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: fertile, merciful, nurturing, wise, and sensuous. 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 God. 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.

## Workshops Information

The week of Feb 15th you will receive workshop Zoom links and more details about the event.

Note: Some workshops require supplies. Check page 8 for instructions.

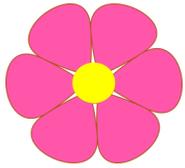
## Housekeeping

Our color this year is YELLOW to represent Spring. Dress is goddessy, fun, festive, and comfortable. While we are Zooming together, please keep your cameras on. This will allow the workshop leaders and the rest of your workshop sisters to get to know you better.

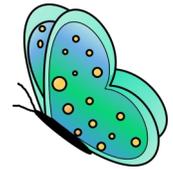
Check out the Luna Facebook page "Luna Rising at UUC" to see updates and share your excitement with

sister Luna participants





SESSION ONE 9:30 - 10:30 Saturday



## Mastering Your Emotions – Learn to use your Emotions as Tools of Awareness vs. Being the Tool of your Emotions

Ages 14+

We live in a world where emotions are not welcomed and often shamed...especially BIG and intense emotions. If you grew up in a home with an unhealthy emotional environment, chances are you learned similar unhealthy patterns. Not being able to navigate through our emotions in a healthy way produces an inner battleground where shame and guilt end up running the show and it's then easy to fall prey to addictive and self-sabotaging behaviors. We are looking for inner-peace, but the truth is, it comes from feeling and facing all of our inner feels.

Erin shares a process that incorporates 3 simple components that when you start using them, will produce self-awareness, more fulfillment, and more possibility in all areas of your life. Erin shows you how to transform the experience of your emotions from what feels like a battleground to a playground of possibility. Erin will also share a powerful BONUS tool that helped her to understand and accept her emotional definition and how you can use this tool also!

Erin Esser is a Master Possibility Coach, Speaker, Author, and Mom on a mission to empower women by using questions instead of gurus or google to evoke the curiosity and courage that it takes to live a fulfilled and aligned life. She is often coined as the 'Question Queen'. She has earned that title by living by the mantra: life is a mystery to be lived and not a problem to be solved. When you spend time with Erin, you'll begin to naturally see and remove the misbeliefs and blocks that you once thought you had, and she will guide you to the answers that are within you so that you can tap into your own infinite playground of possibility. "What else is possible that you have never even imagined?" Erin calls this the Life is a Playground of Possibility Movement.

## Spring into action with Nia® Technique!

All ages

What better time to take action then NOW! In this Nia® workshop you will be encouraged to allow your inner child (youth sense) to come out and play. Sense grounding and rooting through your feet. Experience the Nia® 5 Stages: Embryonic, Creeping, Crawling, Standing and Walking. Embryonic brings NEW beginnings as we begin anew. Plant seeds - (your desires). Nurture and cultivate your desires with care (self-care). Explore and exercise your body, emotions, mind, and spirit through movement, sounding, laughter and fun! *Please be prepared with a chair or pillow to sit on and water to hydrate.*

Sherrie Flack is a certified Nia® Black Belt teacher and has shared the "Gift" of Nia® since 2008. Sherrie is a co-owner of N~motion Tega Cay located in Fort Mill, SC which opened in 2019. Sherrie took the Nia® White Belt training in May 2008. Over the years she earned Blue, Brown and in 2019 received Black Belt. She has taken additional Nia® trainings that has given her more knowledge, understanding and additional tools needed in facilitating classes and has deepened her Nia® practice, as well. Over the years she has taken classes in a variety of movement modalities which brings a fun dance platform for her to tap into when she teaches, and when expressing herself in class. Sherrie invites and empowers her students to express themselves in their own unique way. She encourages her students to adapt the moves and invites each person to take a personal journey of self-discovery, if they choose. Sherrie is a wife, mother, grandmother and enjoys quilting, reading and spending time with her family in her spare time.

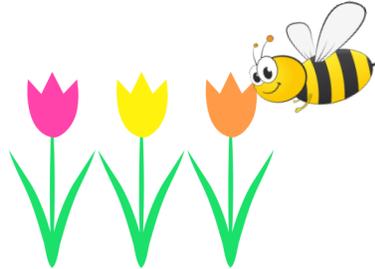


## D.I.Y. Photo Organizing

Ages 14+

Are your printed and digital photos disorganized and driving you crazy? You are not alone! The typical person takes an average of five photos a day or 1,800 a year and their photos scattered between four-five devices. The biggest problem is we are overwhelmed with our photos and don't have fun with them anymore. This workshop will give you steps to organize your print photos, albums and digital photos. You will leave this class with the tools to get organized so your photos can be searched, viewed and REALLY enjoyed.

Kimberly Melton is a certified photo manager and her company Visual Story Media helps people organize their photos, digital images and media like slide, 8mm and VHS tapes. Her company's goal is to help people organize and preserve their family's photos so they can be shared with future generations.



SESSION Two 11:00 - 12:30 Saturday

## How to Get Unstuck

Ages 14+

We've all been there at one point or another. Stuck is lacking clarity and direction on your path. Stuck means urging for change — but feeling like there's no way forward. Stuck is analysis paralysis. Asking yourself, "What do I do?" over and over again. Stuck is the realization that what you've built, might no longer be what you want. Whether you're currently feeling stuck, or want to arm yourself with some tools to prevent becoming so, this 1-hour Zoom masterclass will teach you...

- \* The 5 most common reasons people end up feeling stuck and unclear on their path
- \* Concrete and tangible ways to cut overwhelm, get unstuck, and regain momentum
- \* Action steps and tools for renewed clarity and direction

After having coached countless professionals and small business owners on their own quests to regain clarity and get unstuck, I've culminated my knowledge and experience to create this class—and I can't wait to share it with you!

Keltie Maguire is a Clarity Coach who helps small business owners and professionals get unstuck, find direction, and take action. Originally from Vancouver, Canada, Keltie currently lives in Munich, Germany and will be Zooming from Germany. When she isn't exploring Munich, you'll likely find Keltie hiking a mountain or traveling to a neighboring European city.

## Spring Flower Fairies

Under 14 (Adults welcome to participate with a young person)

We'll have some fun together getting crafty and celebrating the season of spring. We'll make tiny, colorful spring flower fairies that will melt your heart! Bring your senses of delight and wonder to this workshop . . . and maybe a bit of belief in the magical. You'll have all the materials you need to make a pair of these cute creatures to nestle in a special spot in your room.

By day, Camilla Mazzotta is an elementary school librarian with a tender spot for kids' picture books. She has taught RE at our church for 20+ years. Her interests include reading, cooking, container gardening, and playing with her two grandkids.

## Walking the Priestess Path: Embodying the Sacred Feminine

Ages 14+

This workshop will incorporate a Sacred Circle teaching on the Mystic Priestess Path, an empowered path of self awakening and soul growth for women. We will begin with our rich history as Temple Priestesses~ the spiritual leaders of our communities~ and how that time is now returning to awaken your deeper gifts to be of service to the world, in this time of Great Change. This activating and inspiring workshop will include a grounding meditation, channelled messages from Spirit, and a guided healing journey to meet your own Inner Priestess!

Marcela McBride is the Creatrix and Founder of the Mystic Priestess Path. She is an initiated Christed Magdalene High Priestess, in the lineage of Goddess Isis, Mary Magdalene and Yeshua the Christ. She is a non-denominational Ordained Healing Minister and Spiritual Guide that loves leading women through a transformational process, in service to the Sacred Feminine rising.

SESSION Three 1:15 - 2:45 Sunday



## Poems Come Easy

Ages 14+

This workshop will make evident how easy and joyful it is to put in words our deepest feelings and thoughts. In spontaneous writings, we will bring to view insights about who and what and how we are at this particular point in time. Come prepared with paper, a writing instrument and an open mind.

Barbara Kidd Lawing has been working with writers for many years. She has just completed her first novel, and has a 2nd book of poems to be published in 2021.

## Creating a Collage Journal

All Ages

Using the provided kit of supplies, or the provided supply list, participants will collage various papers onto the cover of a journal. The process is very simple and can even be relaxing to think through your layout and paste down the various colors and shapes. Participants can add their own small pieces from magazines, newspapers, sheet music, or even napkins to allow their journal to reflect their own personality. Check out this sped-up example of the project: [https://drive.google.com/file/d/112oFGF8a0YjxX\\_9-LNsWKxUqTcObDbJt/view](https://drive.google.com/file/d/112oFGF8a0YjxX_9-LNsWKxUqTcObDbJt/view)

Sherry Sample has been a member at the UCC for about 12 years. She enjoys the support of the community in exploring artistic expression and counts the mural in Freeman Hall done in partnership with Beth Mussay as one of her best artistic contributions. A fan of painting and multi-media forms of expression, she is especially interested in leading process art projects where everyone can explore their creativity without one "right way." A fan of less waste and reuse -- collage is a great medium to use up little treasures of paper.

## The Hill We Climb by Amanda Gorman: Drawing hope & inspiration for our future

All Ages

Were you -- like me -- swept away in the visions created by Amanda Gorman recited her stunning inaugural poem on January 20? Let's dive in together and explore what The New Yorker described as "as stunning vision of democracy". We'll reflect on the what the verses have illuminated about America and Americans, and how Gorman invited us to confront dark realities while also offering "a breath for joy". We will share the hope that has arisen within us, and articulate what we now see more clearly about our future.

Lauren Hood is a Diversity & Inclusion Executive, who is inspired by the qualities that make each of us unique. She has been a Unitarian Universalist for over 20 years, drawn to this faith by the promise of ongoing spiritual reflection and growth. Lauren's interests include expansive friendships, world travel, irreverent TV and movies, and organizing her very busy life with her husband and two sons

## SESSION Four 3:15 – 4:15 Sunday

### Vision Your Way Through a Guided Sound Bath

All Ages

Are you ready to vision the year you really want to create for yourself? Have you been looking to carve out some time to allow yourself to fully step into your life with a more empowered, confident and clear lens?

Join us on this immersive, heart-opening journey! We'll use the power of sound and guided visualization to support your mind and body to become more aware and present, offering you space to get clarity on what you desire more of in your life. During the Sound Bath and Meditation portion of this experience, you'll be asked to sit or lay in a comfortable, supported position wearing headphones that can plug directly into your computer or device.

Absolutely no previous meditation or Sound Bath experience necessary to attend! Find a cozy spot, bring a journal, pen, headphones and some water (and don't forget your curious self)!

Jennifer Spencer and Steve Fernandez are innovators in the field of health and wellness and the co-founders of Pause+Expand. They use left-brained corporate and coaching techniques coupled with right-brained sound & meditation practices that foster a deeper alignment between mind and body, resulting in quick, effective, and dramatic shifts and forward momentum.

"When we pause thought, we open to the possibility of expanding our ideas beyond what we imagined possible."

### The Warmth of the Sun, The Warmth of our Love Kindness rocks

Adults Only

In this workshop learn about the practice of parenting as a way of honoring your child's soul. With a new orientation that is practical and effective, you will learn three simple steps to parent with consciousness and compassion. By practicing this process you will enhance your intuition, your healing, and your own soul's growth during this lifetime. This is a practice that utilizes the power of the parenting relationship as a catalyst for our own soul's growth and expansion while simultaneously guiding the way for our children to live from a place of their own intuition and resonance with their soul, navigating the world with a sense of wholeness. It will include a short writing exercise and guided meditation.

Vanessa Walter has been practicing, honing, and developing her method of conscious parenting for over a decade. She has a graduate degree in social work, experience as a counselor, and a post-graduate certification in parenting with nonviolence. She is now dedicating herself full time to sharing the powerful message of parenting with consciousness for the benefit of our children, ourselves, and our world.

### Kindness Rocks

All Ages

Join us in this fun session where we will decorate rocks with joyful pictures and inspiring messages. After our workshop, we can each leave these for our neighbors to find along the path of life. This simple act of kindness will help us cultivate connections within our community and lift others up.

Erika Sliger and her two children, Ben and Leah, joined the UCC in 2015. While not a professional artist, Erika particularly enjoys flexing her creative muscles with various Pinterest-inspired craft projects, and more recently, with intricate Paint-by-Number paintings.

Lilly Hagen has been attending the UCC for 13 years, and has been involved in outreach teams like Family Ministry, SQUAD and Coming of Age. Lily has enjoyed participating in many Luna Risings, and is very excited to lead this fun workshop!



## Workshop Leaders

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

Workshop Titles	Leaders	Email	Phone	Websites
<b>Saturday 9:30 - 10:30</b>				
Mastering Your Emotions	Erin Esser	<a href="mailto:erin@erinesser.com">erin@erinesser.com</a>	828-230-3626	<a href="http://erinesser.com">erinesser.com</a>
Spring into action with Nia® Technique!	Sherrie Flack	<a href="mailto:sherrie@flacko.com">sherrie@flacko.com</a>	407-489-2561	
D.I.Y. Photo Organizing	Kimberly Melton	<a href="mailto:kmelton@VisualStoryMedia.co">kmelton@VisualStoryMedia.co</a>	704-907-1829	<a href="http://VisualStoryMedia.co">VisualStoryMedia.co</a>
<b>Saturday 11:00-12:30</b>				
How to Get Unstuck	Keltie Maguire GR	<a href="mailto:hello@keltiemaguire.com">hello@keltiemaguire.com</a>	+49 177 3378260	<a href="http://keltiemaguire.com">keltiemaguire.com</a>
Spring Flower Fairies	Camilla Mazzotta	<a href="mailto:millcharlotte@aol.com">millcharlotte@aol.com</a>	980-253-6164	
Walking the Priestess Path: Embodying the Sacred Feminine	Marcela McBride	<a href="mailto:marcela@marcelamcbride.com">marcela@marcelamcbride.com</a>	828-215-1471	<a href="http://marcelamcbride.com">marcelamcbride.com</a>
<b>Sunday, 1:15 - 2:45</b>				
Poems Come Easy	Barbara Lawing	<a href="mailto:bklawing@earthlink.net">bklawing@earthlink.net</a>	704-999-8253	<a href="http://barbaralawing.com">barbaralawing.com</a>
Creating a Collage Journal	Sherry Sample	<a href="mailto:sherrysample.cr@gmail.com">sherrysample.cr@gmail.com</a>	704-651-9523	
The Hill We Climb" by Amanda Gorman: Drawing hope & inspiration for our future	Lauren Hood	<a href="mailto:laurenfhood@aol.com">laurenfhood@aol.com</a>	704.572.3926	
<b>Sunday, 3:15 - 4:15</b>				
Vision Your Way Through a Guided Sound Bath	Steven Fernandez, Jennifer Spencer	<a href="mailto:steve@pauseandexpand.com">steve@pauseandexpand.com</a>	704-572-3926	<a href="http://pauseandexpand.com">pauseandexpand.com</a>
The Warmth of the Sun, The Warmth of our Love	Vanessa Walter	<a href="mailto:vmariewalter@gmail.com">vmariewalter@gmail.com</a>	704-430-9595	<a href="http://vmariewalter.wixsite.com/parentcoach">vmariewalter.wixsite.com/parentcoach</a>
Kindness Rocks	Erika Sliger, Lily Hagan	<a href="mailto:erika.sliger@gmail.com">erika.sliger@gmail.com</a>	704-249-7876	



# Luna Rising 2021 Workshops

Workshop Name	Workshop Leaders	Audience	Supplies Needed
<b>Saturday 9:30 - 10:30</b>			
Mastering Your Emotions - Learn to use your Emotions as Tools of Awareness vs. Being the Tool of your Emotions	Erin Esser	14+ and adults	
Spring into action with Nia® Technique!	Sherrie Flack	ALL ages	<i>Please be prepared with a chair or pillow to sit on and water to drink.</i>
D.I.Y. Photo Organizing	Kimberly Melton	14+ and adults	
<b>Saturday 11:00-12:30</b>			
How to Get Unstuck	Keltie Maguire	14+ and adults	
Spring Flower Fairies	Camilla Mazzotta	Under 14 (Adults welcome to participate with a young person)	Supply package to be provided*
Walking the Priestess Path: Embodying the Sacred Feminine	Marcela McBride	14+ and adults	
<b>Sunday, 1:15 - 2:45</b>			
Poems Come Easy	Barbara Lawing	14+ and adults	
Creating a Collage Journal	Sherry Sample	ALL ages	Supply package to be provided*
"The Hill We Climb" by Amanda Gorman: Drawing hope & inspiration for our future	Lauren Hood	14+ and adults	
<b>Sunday, 3:15 - 4:15</b>			
Vision Your Way Through a Guided Sound Bath	Steven Fernandez, Jennifer Spencer	ALL ages	Bring a journal, pen, headphones and water to drink.
The Warmth of the Sun, The Warmth of our Love	Vanessa Walter	Adults only	
Kindness Rocks	Erika Sliger Lily Hagan	ALL ages	Supply package to be provided*

\* If you live in Charlotte packets of supplies can be picked up on Feb 18th and 19th at the Unitarian Universalist Community of Charlotte (UUC) An email will be sent out on Feb 15th with the pickup times. If you don't live in Charlotte or you can't pickup your package at UUC a Feb 15th email will include a list of supplies you can gather on your own.

