



Sacred Women's Circle in the Rockies April 2022 News

Hello Friends.

Spring is here! The beauty of the season brings along its colorful nature and lights up the sky to enwrap around us.



Field of Flowers, Vail, CO

RECAP: MARCH MEETING

We had a great informative meeting on Saturday (Mar 26th) with our topic *Seasonal Living with The Wheel of the Year: A Celebration of Spring and Summer* by Melissa Vertosick-Harry.

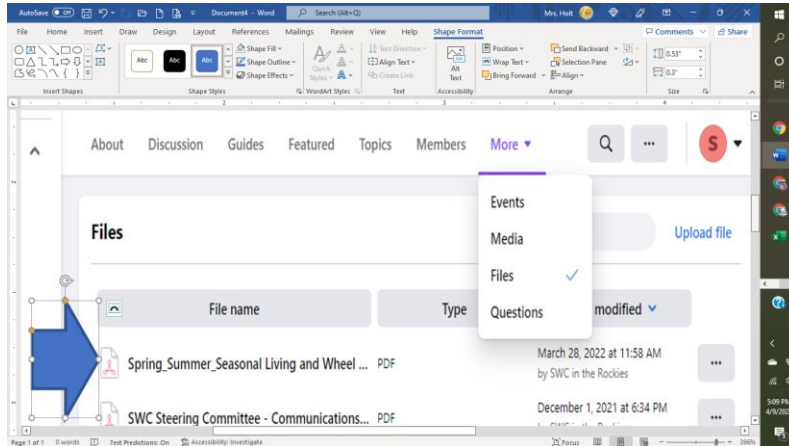
Thank you to our In-person and Zoom attendees.

We learned so many interesting things that will help to nourish our mind, body and soul during the Spring and Summer seasons.

Melissa provided three delightful Spring inspired teas that our in-person attendees were able to try during the Tea Meditation. Our Zoom attendees were also able to participate with their own prepared cup of tea.

The rest of our engaging presentation was devoted to receiving valuable ideas on how to incorporate the energy of each season into our daily lives. We learned that each season we can use the provided journal prompts and different herbs to help with illness, overall health, and general well-being.

Please refer to the PDF handout that was sent to your email on Friday, March 25th or download the handout on the SWC Facebook... Click the FILES Tab under the MORE Button



The remainder of our meeting consisted of SWC Announcements and member Fellowship time.

ZOOM RECORDING: The meeting was recorded but we experienced technical difficulties with the final output. Apologies!

UPCOMING SWC MEETING: SATURDAY, April 23rd

“NOTE” TIME CHANGE: 9:00am – 11:00am

Let's celebrate the honoring of Earth Day at Unity!

BRUNCH POTLUCK / UNITY GAZEBO: Please bring goodies to share, a folding chair, and dress in layers due to unpredictable weather.



HONORING MOTHER EARTH: Please join us to honor and celebrate Earth Day as we explore the deep connection, we have with Mother Earth. River Hansen, whose heart, and soul is attuned with the earth through her spiritual practices, will facilitate our meeting. We will be doing some fun activities.

Bring your drum, rattles, and other noise makers if you like.

If it rains or snows, we will meet next door at River's house.

River is a psychotherapist in private practice. She is also on Unity's Board of Trustees.



We hope to see you on April 23rd!

Hybrid Meeting (In-person & Zoom)

MEETING TIME: 9:00am – 11:00am

Zoom Link: <https://us02web.zoom.us/j/4520247912> ID: 452 024 7912



CENTENNIAL CELEBRATION PROJECTS

SWC will contribute to Unity's 100th Anniversary with two community interactive projects.

PROJECT #1: COOKBOOK FUNDRAISER – Recipes, Recipes, Recipes

We invite you to join us and our community at-large to submit recipes to be included in a nice spiral bound cookbook. We plan to sell the cookbooks in the Fall 2022. The proceeds will be used for future SWC sponsored events (projects, retreats, and social activities) and for a contribution to Unity.

RECIPE SUBMISSION STEPS:

- Please submit your own recipes, “past downed” family recipes, a favorite recipe from a book, chef, magazine, friend, or neighbor.
- We would love to include a short story or inspirational quote of your recipe background. Here are some things to ponder: Which family member created the recipe? What is the story behind the recipe?

Why do you love this recipe? Which season of the year do you make it?
How do you spiritually feel while you are preparing the recipe?

- Please include your name and the original contributor of the recipe (if applicable) on your submission. Both your name and other contributors will be added to the final printed cookbook.
- We would like to include a variety of recipe categories for the cookbook.

RECIPE CATEGORIES LIST:

https://docs.google.com/document/d/1D_owsgBJz0Z8czWEFeXOSp4CdC-x8SEIHeU7dIYal1A/edit?usp=sharing

- **PLEASE SUBMIT YOUR RECIPES TO:**

Penelope “Penny” Olson
SWC Cookbook Chairperson
Email: penelopediane@gmail.com

Yo’Lauder Holt
SWC Cookbook Committee
Email: yholt0121@gmail.com or hand deliver (when you see in church or SWC meetings)



- ****RECIPES ARE DUE BY FRIDAY, JULY 1ST**

SWC COOKBOOK TEAM – VOLUNTEERS NEEDED

Would you like to help the SWC Cookbook Team type in the submitted recipes into the online cookbook template?

*General computer skills. *You will use your own computer.

Contact Penny Olson at penelopediane@gmail.com or Yo’Lauder Holt at yholt0121@gmail.com for more information.

We would love to have you join us!

PROJECT #2: PEACE POLE

SWC will sponsor the creation of a Peace Pole that will be placed on the Unity grounds in honor of the 100th Centennial.

1. We would like to have 2 or 3 artists to contribute their talents to design the artistic template work to be drawn onto the pole.
2. We would also like to have volunteers help to paint the template drawn onto the pole. No artistic background needed.



EXAMPLE OF A PEACE POLE

Please email Donna Grant at dk.grant@comcast.net or call her at 719-820-3192 for more information.

We look forward to a fun day (date to be selected) of fellowship while creating a lasting symbol of Unity's 100th celebrations.

Centennial Theme Ideas

Unity invites the community to provide "catchy" phrases or words to use for the 100th Anniversary. The chosen theme will be used to advertise events, the SWC cookbook, and the publication the History Team is putting together.

So, think of it as our legacy tagline to celebrate our beginning in 1922 as Unity Home of Truth to 2022 Unity Spiritual Center in the Rockies. An example under consideration is **Our Unity community, 100 years of continuity.**

Please submit your ideas to Kayla for consideration.



MARK YOUR CALENDARS

*MEETINGS IN-PERSON AT UNITY

SWC is following Unity guidelines that in-person attendees must be vaccinated. Masks and social distancing (optional).

*UPCOMING SWC MEETINGS

HYBRID (In-person / ZOOM) or **ZOOM** only. The meeting format will be noted in the SWC monthly meeting emails and posted on the SWC Facebook Group.

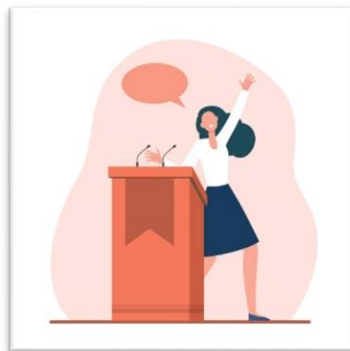
***Apr 23rd**

***May 28th**

***June 25th**

*SWC MEETINGS – INCLEMENT WEATHER (WINTER MONTHS)

We may need to change the meeting format to Zoom only during the winter months based on the weather conditions. Please check the SWC reminder email and Facebook Group the day before our scheduled meeting for details on meeting location.



CALL FOR PRESENTERS!

We want to hear from you.

Do you have a topic of particular interest to you? Are you willing to bring your expertise or general knowledge to educate the group?

Don't worry! This doesn't mean a presentation with PowerPoint (although it can be!) or presenting from a podium. It could be leading a discussion on a topic you have been reading / learning / living. It could be an activity that you feel the group would enjoy. You can present to the group while being in-person or on Zoom.

We invite you to fill out the SWC Presenter Form (below) to share your talents and knowledge with us all.

<https://docs.google.com/document/d/1C9NjiHjYOM7MJIPdoXhC3b3YQCZkKQZ-p-Q-nTRDUA4/edit?usp=sharing>

GET INVOLVED WITH THE SWC!

The Sacred Women's Circle has several interesting volunteer opportunities.

The Steering Committee for the SWC comprises a dynamic team that works to bring inspirational and insightful topics for presentations, activities, and discussions to the monthly meetings.

We also have opportunities to help by leading or joining groups for various projects.

We invite you to contact Louana at louana.turner@gmail.com or (719) 331-2420 to discuss your interests with projects, to volunteer and how you can become a part of this important team.



SWC Facebook Group

We would love for you to join us.

We have a great interactive Facebook Group for our members to interact with each other through positive posting, local and national event information or just post "how you feel today or about...".

How to Join the SWC Facebook Group (see link below):

<https://drive.google.com/file/d/1iUrykS-JujZgwOK918AHF8SKOicBmoaC/view?usp=sharing>

SWC FACEBOOK GROUP FEATURES:

FACEBOOK BADGES: A cool feature on Facebook groups are Badges that are earned for your frequent participation within groups. You will be given options to select by your name in a given month. Be sure to check them out!

FEATURED TAB: Check out this tab regularly for pinned posts that are educational, list upcoming local and national events, member acknowledgements and more.

FB GUIDES TAB: This is a great learning tool that archives SWC Monthly Meeting information (2021 – present), lists helpful local and national events, Mindfulness and Meditation resources, Labyrinth information and local sites, self-care resources, local food guide, inspirational movies list and much more.

If you need any assistance with the SWC Facebook Group, please email swcintherockies@gmail.com.

SWC CONTACT LIST - MEMBER UPDATES

*****Look out for an email from SWC*****

We want to make sure the contact list the SWC Steering Committee uses is more complete. An email will be sent in the next few weeks asking you to update your information.

When you receive your email, double check that your full name, email address, and other information is still correct. Then reply to the email with any corrections and updates.

We appreciate your time in ensuring that all the SWC news continues to reach you.



Wishing all of you with APRIL birthdays a blessed day!



****For general inquiries, concerns, group topic ideas and other questions or assistance needed please email the SWC Steering Committee at swcintherockies@gmail.com.**

*****If you do not wish to be part of this group email, then please click the REPLY button and add Unsubscribe to the subject line. Send the request to swcintherockies@gmail.com. Your name will be removed from our list.**