

UUMAC 2012 Workshops

NAME	TITLE	DESCRIPTION	BIO	CONTACT INFO
1. Anne Fleming & Barbara Singer	Compassionate Communication	This workshop will introduce you to the basic components of Marshall Rosenberg's Compassionate Communication. Judgments, blame and criticism can get in the way of honest communication. Through interactive and reflective exercises, we will explore effective ways to change the ways we communicate with one another and will share some practical skills that can be used to deepen connection and create clearer understanding with family members, friends, co-workers, and members of your church community.	Anne Fleming and Barbara Singer are members of the South Nassau UU Church. Since 2005, they have been co-facilitating courses based on Dr. Marshall Rosenberg's book <i>Non-Violent Communication a Language of Life</i> . In addition to their on-going class at SNUUC, they have presented workshops at the UU Metro District Annual Meeting and at the Mt. Kisco, Bay Shore, Shelter Rock, and Bridgehampton UU Congregations.	afleming528@gmail.com barbara.singer@gmail.com
2. Joe Paoletti	UU e-Vangelism: Social Networking for Congregations	Probably your congregation has a website, and a Yahoo or Google group (or both). Maybe you've discovered the awesomeness of Facebook pages and events. Are you also using Twitter, Foursquare, Google Ads, and ministers' blogs? This workshop is designed to provide feedback on your current outreach efforts, showcase best practices and policies, and inspire you to take your congregation to the next level. Bring your laptop; this will be VERY hands-on!	Jo Paoletti is a professor at the University of Maryland, a long-time UUMACer and an avid user of social media in her personal, professional and spiritual activities.	jo.paoletti@gmail.com
3. Sharon Werth	The Dancer Within	Discover the movement that is in your body. Come to stretch, move and release the dance of your inner spirit! Class will include floor warm-ups, simple movement patterns and space to express the dancer in you. No prior dance experience is necessary, and accommodations can be made for all levels of skill and fitness. Come dance as though no one is watching!	Sharon Werth has been dancing since her youth. She studied dance through college, and, more recently, Tai Chi. She danced with The Erika Thimey Company where she was introduced to Sacred Dance. She is now Co-Director of the revived Erika Thimey Dance & Theater Co. and has directed The Chalice Dancers at Paint Branch UU Church for over 15 years. Sharon teaches numerous Creative Movement classes throughout the DC Metro area. <i>"It is always a joy to express the spirit through the art of dance."</i>	sbodul@comcast.net

4. Kaye Wylie-Jacob	Games for Theatre, Dance and UUMAC	All kinds of incredible games can be played to unleash creative energy. This workshop incorporates improvisation techniques presented in game formats in which there are no winners or losers. Improvisation frees the imagination and helps participants connect mind and body. We will play/work as individuals, and in group activities, using body and vocal techniques focusing on breathing, moving, and resonating. Part of our creative process will include the exploration of environmental staging, props, costumes, music, art, ritual, and poetry. Wear comfortable clothing; shoes may be helpful. No previous experience necessary.	Kay Wylie-Jacob is an artist/educator with a Ph.D. in Performance Studies. This workshop is prompted by her work with Richard Schechner and Bill Duke. Her background in performance also includes work with Twyla Tharp and ten years as Artistic Director of the Big Apple Dance Theater. She is currently a Teaching Artist and Consultant for the Alvin Ailey American Dance Theater.	kwyliejacob@rcn.com
5. Steve Williams	Band Camp	Come be part of the "UUMAC Non-judgmental Band." The eclectic, improvised bands Steve has led in the past few UUMACs have proven there is a large hidden reservoir of musical talent at UUMAC just waiting to be tapped. This year we make it official and get our own room and a dedicated time. If you register, Steve will contact you to find out your instrument(s) of choice so that he can be prepared. The only requirement is a modest ability to read music and an instrument to bring. Don't let your nervousness or skill level stop you from enjoying this opportunity to make music together. It may sound hard, but Steve will support you. Nothing is quite so rewarding as making music with others, especially fellow UUMACers.	Steve has been playing instruments since he was in 4th grade. He also does a good deal of arranging and teaches privately. He is a member of three Brass Quintets and a concert band, and has performed at Nordstrom's at Christmas, in front of the Washington Monument, Flag Day events, July 4th fireworks, and many other venues. One of his groups, the Bayside Brass, has just started a Facebook site where you can hear them.	familywilliams1@verizon.net
6. Cindy Williams	The Art of Happiness: A Multi-media Workshop	Express yourself by unleashing your multi-media creativity. Blend paper, fabric, paint, beads, old electronic parts and who knows what into a form unique to you. We glue, paint, sew, and more to alter boxes or books, make hangings, or whatever sparks your imagination. Feel free to bring materials (old scarves or fabric, old jewelry or a sewing machine). Cindy will provide supplies and some ideas and new techniques to nourish and inspire. No experience or particular skill is required just a desire to use your hands. There is a \$15 supply fee payable to the instructor.	Cindy has been a regular workshop leader whose participants have asked her to return year after year. She really enjoys watching people get excited about what they can create. She has been making things with her hands since high school beginning with candles and macrame. For the past 15 years or so she has been sewing, quilting and attaching anything to anything as long as glue works.	familywilliams1@verizon.net

7. Deanna Slate Stennett	Shamanic Journeying: Communicating With the Spirit in All Things	Come learn about shamanism with an experienced teacher. What is it? Where does it come from? What is the Shamanic perspective on illness and treatment of illness? You will learn to do shamanic journeys, find out who your power animal is, and make a masks to honor your power animal. There is a \$10 materials fee payable to the instructor.	Deanna is a graduate of the Foundation for Shamanic Studies, Tom Cowan's Celtic Shamanism program, and Sandra Ingerman's Shamanic teacher training program. She is also a licensed and nationally certified Acupuncturist. Deanna currently leads a journey group she founded in 1997. Her Acupuncture practice runs alongside her Shamanic practice. Learn more about Deanna's practice by checking out her web sites: www.heartfirehealingjourneys.com and www.chesapeakeacupuncturecenter.com	spiritpoint@sprintmail.com
8. Patricia Infante and Mark Bernstein	Leading Change in Changing Times	Leadership School comes to UUMAC! This interactive and entertaining workshop is designed for leaders (and potential leaders) who want to guide their congregations toward transformative change. You'll learn about leadership styles and discover your own; gain a better understanding of change and how to embrace it; learn to turn conflict into opportunity; and discover ways of creating a healthier and more inclusive congregation. Youth and Young Adults are encouraged to join us in what promises to be an exciting and dynamic week. Note: <i>This is a shortened form of the UU Leadership Team Institute (UULTI) and so will run longer than other workshops, from 9:45am – noon, during both Theme Talk and Workshop times.</i>	Mark Bernstein is the Regional Growth Development Consultant for the Central East Regional Group (CERG) of the UUA. He lives in Springfield, PA and has been a member of the UU Church of Delaware County for nearly 20 years. Patricia Infante is the Faith Development Consultant for the UU Central East Regional District. She is a lifelong UU who grew up in the Metro NY area. Pat has been working in the field of religious education since 1997 and on district staff since 2006.	pinfante@uua.org mbernstein@uua.org