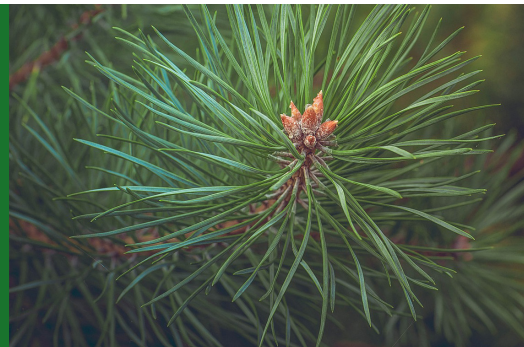


4 Corners UU Retreat

at Pine Song

July 12 - 14, 2024



A WEEKEND OF FUN AND FELLOWSHIP

FRIDAY, JULY 12

- 3:30 pm Retreat area opens for registration and camping set up
- 6-7 pm Zia Taqueria Taco Bar (vegetarian and GF options available)
- 7:30-8 pm **Vespers Service**, Julie Wolfrum (She/They): *Let us explore and delight in the connection our bodies offer, while building a foundation of gratitude for the simple ability to move. The first step toward liberation begins with a brave step toward personal movement. Let's create a space for this step by being vulnerable, willing, and present in our beautiful bodies.*
- 8:30 pm Game night in the pavilion

SATURDAY, JULY 13

- 8-9 am Registration and catered hot breakfast
- 9:30-12 pm **Workshop: Movement as a Sacred Form of Communication**
Julie Wolfrum
Join us on a journey where we explore everyday yet powerful movements that are intrinsically woven into our daily lives and connect us to the revolutionary realization that our minds can only take us so far without our body's alliance. We will delight in the simplicity of walking, laugh at the joy of moving our arms, and create space for the discovery of soul connection by immersing our thoughts into our bodies and embracing the precious third element of being.
- 12:30-1:15 pm Bring your own picnic lunch
- 1:30-3 pm **"Unworkshops"**: *Consider offering an activity or skill.*
- 3:15-5 pm **Free Time**
- 5-6 pm **Social Hour** Lemonade, iced tea or bring your own beverage. Consider bringing an appetizer to share.
- 6-7 pm **Potluck Dinner** Please bring an entrée, side dish, or dessert.
- 7:30-10 pm **Live Music for all ages in Pavilion**: Entertainer Tim Sullivan will get us singing and dancing!

SUNDAY, JULY 14

- 8:30-9:30 am Continental breakfast provided
- 10:30 am **Morning worship**, Rev. Barbara Coeyman
In a poem by Chelan Harkin, we hear these words: "The worst thing we ever did / was take the dance and the song / out of prayer / made it sit up straight / and cross its legs." Let's close out our Pinesong weekend retreat with embodied experiences of the sacred on the dance floor, as we continue to forge connections with one another, not only with those present at Pinesong but also in the wider community of UUFD. Let's feel sacred and holy connections in our hearts and souls and voices and elbows.

QUICK FACTS

WHEN

July 12-14, 2024

WHERE

Pine Song on the Pine River
12758 County Road 501
Bayfield (Vallecito) CO 81122
Home of Ken & Lois Carpenter
Driving directions at
durangouu.org/events/pine-song-retreat-2024/

FOR

UU members and friends from across the Four Corners region

COST

Adults: \$75
Teens (13-17): \$25
Children 12 and under with a registered adult: FREE
Includes 3 catered meals
Limited partial scholarships available; contact
retreat@durangouu.org

DEADLINE

Registrations received after **July 1** will be charged a \$10/person late fee

TO REGISTER / QUESTIONS

durangouu.org/events/pine-song-retreat-2024/
retreat@durangouu.org



RETREAT LEADERS



Retreat leader JULIE WOLFRUM M.A. (She/They), as seasoned Dance Instructor/ Professor and Educator in such institutions as the University of Northern Colorado, Stanley British Primary School and the Jefferson Unitarian Church, finds her journey illuminated by the transformative power of movement. Her path is one of service and activism, where dance becomes a conduit for social, emotional, physical, and spiritual change. As a founding member of SoShe's DANCE Collective, she has created spaces for artistic exploration and growth, fostering connections that transcend boundaries. In her role as a teacher and spiritual guide she continues to inspire and uplift, nurturing generations of movers, activists and fabulous humans.

Host minister REV. BARBARA COEYMAN is a trained, credentialed, experienced interim minister, having worked with and built valuable perspective from her interim work in eight other congregations from the east coast to Littleton here in Colorado since 2005. In addition to her ministerial degree, she has three degrees in music, including a Ph.D. in musicology and a master's in public management. She is a hiker and a biker, contra- and Scottish dancer, writer, UU historian, and volunteer musician in a wide range of UU events.



Singer/Songwriter **TIM SULLIVAN** is a longtime member and supporter of the Durango Unitarian Universalist Church. Tim has been a featured performer with Vince Gill, Willie Nelson, Alan Jackson, Tammy Wynette and Glen Campbell. He has entertained at venues across the country and will delight us with his music on Saturday night.

PLANNING INFORMATION

Accommodations The pavilion with tables and chairs, potable water, electricity and a serving counter will be headquarters for meals and adult programs. Smaller shelters will serve for child care and children's activities. Portable johns will be available. Participants may camp at Pine Song, stay in local facilities or drive from home each day. Go to www.vallecitolakechamber.com for Vallecito Lake accommodations, including trailer and motor home hook-ups. For accommodations at the lake, make reservations as early as possible.

What to bring In keeping with our environmentally friendly values, **please bring your own dishes, cups, and utensils.** A dishwashing station will be available. We suggest a flashlight, hat, jacket, rain gear, sunscreen, and insect repellent. Bring your nametag from church, beverages (other than water, coffee, iced tea and lemonade), a dish to share for Saturday's dinner, and a camp chair or mat to sit on around the campfire. Outdoor and board games are welcome. Please do NOT bring inner tubes or rafts. The river is very swift, cold and deep. Bring fly fishing gear if you want to fish in the river (catch and release only). You will need a valid Colorado fishing license.

Dogs Will your dog be happy on a leash at all times? Friendly dogs are welcome. Pick up waste promptly, please.

Potluck Hot dishes may be heated on the pavilion counter in your crockpot or electric skillet, but additional cooking facilities are not available.

CHILDREN & YOUTH PROGRAM

Saturday, July 13

Check-in at blue tent 9:00-9:15 am
Check out/pick up 3:30 pm

Look forward to activities such as:

- Hiking and nature walks
- Painting joyful scenery
- Creating and performing a play
- Building and cultivating connections in the beautiful outdoors
- After lunch, a dance and movement workshop with retreat leader Julie Wolfrum

All children and teens should bring a sack lunch, water bottle, tennis shoes, hat, jacket, and sunscreen. Water refill station will be provided. Children under 18 need a designated adult present at the retreat.



Volunteers make the retreat happen!

Please sign up at check-in to help clean up meals, make coffee, take down and store stage, build or put out the campfire, etc.