

Hi everyone!

What a great meeting we had this month! There were 17 members in attendance. With our meeting summary, I'd like to share this beautiful quotation from Marie that fits our shared time together.

“If we begin to get in touch with whatever we feel with some kind of kindness, our protective shells will melt, and we'll find that more areas of our lives are workable.”  
-PEMA CHÖDRÖN

That said, we began at about noon in short prayer, and then covered the next 7 months of our meeting content with gals committing to leading our group with these themes/activities:

Jan. 12<sup>th</sup> 2025- Drumming Circle-led by Christine

February 9<sup>th</sup> 2025- Female Black History-led by Wanda Faye

March 9<sup>th</sup> 2025- Presentation on Traveling-led by Susan Whol

April 13<sup>th</sup> 2025- Something along the topic of “Time”-Lynette

May 4<sup>th</sup> 2025-(We voted to change the meeting to first Sunday since May 11<sup>th</sup> is Mother's Day. May 4<sup>th</sup> happens to be “Star Wars Day”) Theme: “The Force is with us”- Deb McQuaid

June 8<sup>th</sup> 2025- Dowsing and Muscle Testing (energy-based tapping into subconsciousness)-Marie

July 13<sup>th</sup> 2025- Sing A Long-Rose and Susan R.

Next, Mickey summarized comments from the feedback survey on the Women's Retreat she led in September. Most gals wanted a one-day retreat vs. two day, with varied activities, held on a weekend, and felt most comfortable in small group discussions. In all, women enjoyed the day and felt closer connected to each other. THANK YOU to Mickey for all your hard work!

Taking this discussion into a possible retreat for next Fall (2025), it was suggested that a chair and co-chair position plus “retreat team” would be useful for planning purposes. It was then suggested that we share what we wanted personally to fuel/inspire a theme for a future retreat. The following were needs expressed by group members:

- 1) Sisterhood
- 2) Acceptance of Loss and Change (as part of Aging)
- 3) Experiencing increased Joy
- 4) Simplicity
- 5) Authenticity

- 6) Re-charging
- 7) Free Time
- 8) Group Socializing
- 9) Removing our Layers (Masks)

This productive meeting also led into deeper conversation about what we need as women from the women's group both personally, and from each other.

There was discussion of inviting our sisters from Naperville Unity to join our activities. Wanda volunteered to share our activity info. with our local sisters from Naperville.

We all discussed ideas for ADDITIONAL socializing via invitation to events around town and during the holidays, such as theater performances in Aurora, and Comedy Shows locally. The easiest way to get the info. to everyone is to send the information to Laura's email, ([LauraSchreiner@hotmail.com](mailto:LauraSchreiner@hotmail.com)) and she will email the entire women's group.

We ended with a prayer from Marie around 2pm.

There is NO Women's Group meeting in November due to our annual church meeting.

There is NO Women's Group meeting in December due to the holiday season.

Our next meeting is January 12<sup>th</sup> 2025 for our Drumming Circle!

Meetings will still be at Unity from 12-2pm-ish Second Sundays (except May).

Love and Light to all!

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