

Conference Gram

May 2016 ~ Volume 65, Issue 2



My two cents worth...



This issue of the Conference Gram is special. It is devoted to spiritual growth. While spiritual growth is the process of becoming more and more like Jesus Christ, it is a practice that is always.....always developing. In a nutshell, there are 4 essential steps to moving forward toward divine progress: read your bible, hangout with like believers, get involved and pray daily. It's that simple.

Thanks to being elected a delegate to General Conference, these steps have become a very active component of my recent journey. I have read my bible (and other resources). I have met monthly with friends from my conference. I have been involved with the details of what is about to happen. And, I continue to pray...daily!

In May, close to 1,000 church leaders, delegates and interested others will meet in Portland Oregon for the 2016 General Conference. The theme is, "Therefore, Go," which is based on Matthew 28:19-20. This gathering will discern God's will for The United Methodist Church and make decisions that will guide our denomination. There will be representatives from all over the world. Half will be clergy, the other half laity. It is comforting to know that there will be United Methodist Women there.....lots of them. Our presence will be strong thanks to the legislation passed in 2012 that separated our organization from the General Board of Global Ministries. During the ten days, we will listen to one another, have healthy conversation, advocate for justice and build community.

United Methodist Women's

contribution to *The Book of Discipline of the United Methodist Church* includes the call for ecclesiastical support; three "new" resolutions; three resolutions without any change; and fourteen resolutions for amending and readopting.

You will read about our Spiritual Growth retreat in more detail throughout these pages. Join us at Lake Junaluska for this wonderful experience. Remember the growth never stops. It is imperative to carve out a little time in our day, in our month and even in our year to intentionally meditate and pray. As we adhere to the simple spiritual growth steps, we will study, nurture, encourage and advocate, not just for ourselves, but for others. When this happens, we cannot help but to soar and become more Christ like...Therefore, Go!

Tonya Lanier, President

2016 SPIRITUAL GROWTH RETREAT — SPEAKER

Our 2016 Spiritual Growth Retreat Leader is Rev. Holly Adams.

Holly was born in Greensboro, NC. She received her call to ministry at the age of 17 at Mt. Carmel UMC (in the rural community of Oregon Hill near Reidsville, NC) but wandered in the wilderness for 20 years, raising a family and teaching elementary school until answering God's call in 2001. Holly graduated from UNCG in 1987 earning a Bachelor of Science degree in Speech and Language Pathology. In 2005, she earned her Masters of Divinity from Hood Theological Seminary. She became an ordained elder in full connection in 2009. Holly has served churches in Burke, Catawba, Iredell,

and Caldwell counties. She now serves Hudson UMC in Hudson, NC. Her ministry revolves around the firm belief that God's grace is freely given to all people. Jesus invites everyone to the table! The overall message title for all three sessions of the retreat is "What to expect when expecting: Pray Pregnant."

Holly is the very proud mother of two wonderful young adult children (college graduates), Gregory and Olivia, and is owned by her two Methodist cats, Charlie and Wesley.



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SPIRITUAL GROWTH — MARTHA EFIRD

2016 Spiritual Growth Retreat

Pray. The word PRAY is a verb, an important action verb and when United Methodist Women Pray the world sees and feels faith hope and love in action. So come to Lake Junaluska, June 10th -11th for the 2016 Spiritual Growth Retreat - Come PRAY! The retreat will provide a rich opportunity for you to pray through song and word, through listening, through fellowship and through being still. Bring your friends or your husband as men are always welcome.

Reverend Holly Adams, Pastor of Hudson United Methodist Church, will lead our three retreat sessions presenting enriching messages exploring our theme PRAY. Dr. Charlesetta Dawson and Carolyn McLean Hill, very accomplished musicians, will lead our music throughout the retreat. And, as always anticipated, the Lake Junaluska Singers perform following our Friday evening session.

Our retreat sessions are held in Stuart Auditorium and the 2016 schedule follows that of recent years by beginning Friday evening, June 10th evening at 6:45p.m. and concluding around noon on Saturday, June 11th. Both sessions open with wonderful gathering music. The Saturday session begins at 8:45 a.m. During the Saturday session you will have an opportunity to share your financial gift in the Love Offering which goes to Mission Giving.

noon on Saturday. Prayer request cards and a basket will be available so that you can leave a prayer and take a prayer to lift in support of another. Other special opportunities to pray will be available during the retreat.



Online Retreat Registration is \$15.00 and On-Site registration is \$25.00. Upon arrival at the Lake, retreat attendees must check in on the lower level of the Harrell Center (1:00 – 6:30 pm Friday) where they will receive the program book and other materials.

Room Reservations may be made on-line through Lake Junaluska or by calling 1-800-222-4930. All information is available at www.wnccumw.org. Check-in at the Bethea Welcome Center for your room and the Harrell Center, as described above, for the retreat. The check-in time for Lake Junaluska rooms is 4:00 p.m. If you need child care, you can make arrangements by calling Lake Junaluska at 828-452-2881.

Yellow WNCC UMW signage will be guide you at the Bethea Welcome Center and will also be placed around the Harrell Center. The signage is especially helpful for first-timers, and I know we have some, because I have been blessed to talk to you already.

You will find Program Resources, Social Action displays and other important UMW information on the lower level of the Harrell Center. The hours during which you can purchase Program Resources and other materials are: Friday 1:00 p.m. – 6:30 p.m. and Saturday 7:30 a.m. -8:30 a.m. Program Resources is closed during the retreat sessions.

June is a beautiful time at Lake Junaluska. Dress comfortably. Bring walking shoes if you want to walk around the lake, which is almost 3 miles, with benches along the way. Or stroll the rose walk around just part of the lake and enjoy the array of color and fragrance. In June, it could be very warm or it could be cool and/or rainy. Regardless of the weather, be prepared to rejoice in the fellowship and blessing of the WNCC 2016 Spiritual Growth Retreat.

To prepare, PRAY!

Register Now!

See you at the Lake!!



Plan and participate in the ***HANDS-ON MISSION PROJECT*** by bringing ***Health Kits***. Information regarding proper contents and assembly of the Health Kits may be found on our web-site www.wnccumw.org or <http://www.umcor.org/UMCOR/Relief-Supplies/Relief-Supply-Kits/Health>. Health kits provide basic necessities to people who have been forced to leave their homes because of human conflict or natural disaster. The kits will be delivered to the Mission Response Center and ultimately distributed worldwide. When you deliver your kits, plan to also deliver, separate from the kit, \$2.00 per kit to help with the purchase of toothpaste and distribution of the kits.

The Memorial Chapel will be open for prayer, meditation and quiet time Friday afternoon through



SPIRITUAL GROWTH RETREAT—MUSIC LEADERS

Mrs. Carolyn McLean-Hill, a native of Greensboro, NC. has worked tirelessly to improve the lives of children and adults in the field of education and through her ministry of music.

As she got older, she began to play at her home church, the East Market Street Seventh Day Adventist Church. She has played and sung in the presence of gospel music greats, such as Rev. James Cleveland, Rev. Shirley Caesar, Rev. Alex Bradford, The Caravans, and many others. She is currently a full-time pianist at Holmes Grove UMC, Greater Christian Fellowship Church, and her home church. She has shared her gift for the past seven years with the ecumenical Greensboro Cluster Choir.



Dr. Charlesetta M. Dawson was born and raised in Iowa. She attended the University of Northern Iowa where she earned her first three college degrees. Dr. Dawson has written arts-based curriculum and assessment for grades 1-8 teachers at a private academy. Currently, she sings with and is co-director for the Greensboro Cluster Choir, an ecumenical group represented by almost twenty churches and six denominations in Greensboro, NC. She is also the musical director and keyboardist at Brown New Calvary Baptist Church in Thomasville, NC. Dr. Dawson has actively served for the past seven years as a member of the UMW's local unit at New Goshen UMC and participated in numerous district/conference meetings.



SECRETARY — LINDA YOUNG

Recently, I was preparing a message for a local unit's gathering. I have often made it a point to always share, at gatherings, some of the history of our United Methodist Women's organization. It dawned on me how important the accuracy of the information recorded is for what has continued to be shared for 147 years. We all share the same information. This is also true for you, as Secretary, to know the importance of recording the minutes as accurate, and useful, as possible. You may even want

to consider having those officers that are reporting to hand you a copy of their report with that which they want recorded in the minutes either underlined or highlighted. Write the minutes in final form as soon as possible after the meeting. This approved documentation will be filed, or ordered to record, as the history of your district and, on the local level, of your local unit. The Secretary will be informed about the mission emphasis and the total involvement of the organization in order to perform the responsibilities assigned to her and to assist the president.



PROGRAM RESOURCES — SIBYL LONG

There are big changes in the United Methodist Women reading program this year. This change was adapted to enhance the program to be better than it has ever been. You can now read children and youth books for **all plans**. This change will enable all UMW members to embrace the purpose of the program which is to encourage ALL members to: Expand understanding of and participation in God's mission; increase sensitivity to all human beings—their needs, interests and concerns; encourage critical thinking about issues facing humanity today;

grow in understanding of Scripture as it relates to Christian faith in contemporary life; enhance self-knowledge and act from that knowledge; and strengthen involvement in local and global Christian mission.

“Pray” is this year's theme for our 2016 Spiritual Growth Retreat in June. There will be copies of all the 2016 books plus copies of this year's mission study books for sale in Program Resources. This is my first “official” duty as being YOUR Program Resources Secretary and I am looking forward to seeing old friends and making new ones.

HISTORIAN — CAROLYN PAYNE

(Excerpt from “Perfect Love Drives Out Fear” posted on www.unitedmethodistwomen.org in November 2015)

Because of current situations and difficult decisions the United States has to make concerning refugees, I wanted to share with you, in part, the official statement on this matter from the United Methodist Women Racial Justice Charter, it reads, “United Methodist Women denounces calls by some U.S. governors, candidates and members of Congress to refuse Syrian refugees, to turn away Muslim refugees, and to incite fear and hatred, As

followers of Jesus Christ, we must embrace the things that make for peace. We must ask that our nation seek just relations, reconciliation, and extend radical welcome. we must resist the call to fear and act out of our faith which calls us to love our neighbor and welcome the stranger. There is no doubt about the biblical message regarding how we are to treat foreigners. In no less than 34 passages the faithful are reminded that we are to treat strangers as we do our own kin.”

VICE PRESIDENT — JULIA WILLIS



Our *Program Book* has a great May 2016 Mother's Day programming idea for local units based on The Book of Ruth. Just 85 verses of love, support and immigration. Mother's Day is the ideal time to meditate on the significance of Ruth's encounter with Boaz. Such an encounter helps us discover and appreciate the love and support that can occur between two generations.

Often time is an issue during local unit meetings. Each program in this book provides a short version plan. Just look for the circular symbol!

As we begin advertising and promoting our annual meeting in September at Lake Junaluska, you'll notice a name change. It's no longer Annual Meeting, but **Annual Celebration!**

SAVE THIS DATE
September 9-11, 2016
Annual Celebration
Lake Junaluska
Online Registration June 13-September 4
"A Fresh Wind Blowing"
An event to "celebrate" our Districts & Conference



TREASURER — NANCY REIGEL



The 2015 giving report from the National Office indicates that ***Western North Carolina United Methodist Women for the 15th consecutive year led the nation in...***

- ✠ Total Mission Giving (the five channels)
- ✠ Total Giving
- ✠ Gift to Mission...by a BUNCH!!
- ✠ Gift in Memory
- ✠ World Thank Offering
- ✠ Total Designated Giving
- ✠ and, in its very first year...the Legacy Fund



Our 2015 Total Giving of \$822,983.10 was sent to United Methodist Women National Office. Even though we did not meet our Pledge, there is still cause to celebrate because we are making mission possible!

Our 2016 Financial Goal is: "Each Unit will increase their Pledge to Mission by \$5.00 per member." Pledge to Mission is the most basic way to think about giving, the channel that binds each member to the Missions we support... "I pledge to support the Mission and Missions of United Methodist Women" a powerful concept. And \$5 can make a real difference! Think how powerful those few pennies were as we celebrate the approach of our 150th Birthday...many small gifts can become incredibly powerful.

WHAT IF...

What if...every member sent just ONE Gift to Mission card... 24,339 members x \$5 = \$121,695

What if...every unit gave ONE additional Gift to Mission card... 729 units x \$5 = \$3,645

What if...every member sent three (3) Gift in Memory card in lieu of a sympathy card... 24,339 members x \$15 = \$365,085

What if...every unit purchased a basic Special Mission Recognition pin... 729 units x \$40 = \$29,160

What if...for LENT every member gave up even a 50¢ cup of coffee a day... 24,339 members x 50¢ X 40 Days= \$486,780!!

What if...every District received ONE undesignated bequest from a member's estate

An undetermined amount for Mission Giving
Based on 2014 Membership Data

Something to think about!!

I do look forward to seeing you at the Spiritual Growth Retreat. There will be a good supply of Gift to Mission Cards for your selection. And your local unit will receive credit for any card(s) you purchase. I LOVE these cards...they give you a message about Mission as you choose and purchase them, they sent the recipient a message about Mission and they put Mission in action in the world through the funds they bring in..Win..Win..Win. And your participation in using these cards over the past years shows that Western North Carolina United Methodist Women understand that!! Send the cards...spread the word and Mission.

Peace, Be Peace.

Tools for Social Action

“October 6, 1774 — I met those of our society who had votes in the ensuing election, and advised them...

- 1. To vote, without fee or reward, for the person they judged most worthy
2. To speak no evil of the person they voted against, and
3. To take care their spirits were not sharpened against those that voted on the other side.”

— John Wesley, The Journal of John Wesley

Nearly two-and-a-half centuries ago, the founder of Methodism recorded these words which ring especially true today. While many of us may wish that this whole election process would just go away since it seems to bring out the worst in folks, we cannot forget that this very process is what has set our country apart as a place of hope and promise for millions of immigrants, a place where women of the Methodist Church have stood for the rights of those with little or no voice, a place where through the early 2000s access to the ballot box had been broadened and streamlined



for more and more eligible voters.

Today, much has changed. So now is not the time to retreat in dismay. Now is the time to step out in faith on behalf of those whose voices again are being muted. And because “we believe that our struggle for justice must be based on new attitudes, new understandings, and new relationships that must be reflected in the laws, policies, structures, and practices of both church and state, we will work for the development and implementations of national and international policies to protect the civil, political, economic, social, and cultural rights of all people...” (from the Voters Rights Toolkit 2016), beginning in our own communities at the polls.



Take action locally to support voting rights by educating yourself and others using the resources provided at www.unitedmethodistwomen.org. Contact your congressional representatives (202-224-3121) and urge them to support the restoration of the Voting Rights Act. And work to elect candidates who are committed to transforming the lives of women, girls, and families in positive ways.

United Methodist Women — Celebrating 150 Years: 1869-2019

GIFT OF GRATITUDE... Why I Support the Legacy Fund

Recently, I spent some time reflecting on how my membership in United Methodist Women has made an impact on my life. Those thoughts nearly overwhelmed me! That’s because UMW has changed me in so many ways during the more than 30 years that I’ve been a member.

Through serving as a local and district officer, I met other North Carolinians engaged in mission who became my friends, mentors and traveling companions. If ever I flagged, someone was there to pick me up and say, “Let’s keep the work going!” UMW gave me training in financial interpretation and leadership skills that I’ve used in church and community work.

I learned about people and issues that challenged me to think through participating in our Reading Program. Who can forget the irrepressible King Peggy who fought to make her country a better place despite the overwhelming odds of limited resources and political corruption?

UMW provided me with the means to be engaged in mission, in spite of health conditions and job and family responsibilities that limited my direct involvement. I participated in, and led, mission studies that jolted my complacent world and exposed me to people who are different, like the Roma, or who are caught up in misery not of their own making, like victims of human trafficking.

UMW has given me so much! How can I give back? I have chosen to make a major gift to the Legacy Fund, not as any kind of “repayment” but in gratitude for all I have received. Each of us today stands on the shoulders of those women who came before, marshalling their energies and money to build our organization. Our foremothers challenge us to follow their lead by securing and endowing our future through our support of the Legacy Fund.

By: Emily Johnston

Emily Johnston is a former District Officer, and active member of West Market Street UMW in Greensboro in the Northern Piedmont District. Learn more about how you can support the Legacy Fund at: www.wnccumw.org/legacyfund.



MEMBERSHIP, NURTURE, AND OUTREACH — JATANA ROYSTER

We are all involved in Membership Nurture and Outreach!

- ◆ Invite women in your church to your events and gatherings.
- ◆ Invite women from your work or neighborhood to be involved with your unit.
- ◆ Invite a district or conference officer to your unit.
- ◆ Nurture each other as a creative and supportive community.
- ◆ Help expand concepts of mission through outreach opportunities.

I talked with a member of a local unit recently. She is 95 years young and going strong! She is sending cards, making phone calls, praying, inviting, and much more. God is never finished with us and we should never stop doing whatever we can in our mission with women, children and youth.

Come by the Membership Nurture and Outreach display at the Spiritual Growth Retreat June 10-11 at Lake Junaluska. I will have some cards for you to take with you and utilize in your local units to invite others to your gatherings. I like the word “gatherings” so

much better than “meetings!” Thanks to Center United Methodist Women in Welcome for sharing this idea. You can take the card and use it to make one for your local unit.



At the 2016 Leadership Development Days, the following ideas were shared from Limitless, a movement within United Methodist Women to increase participation of young women in United Methodist Women and make the organization truly multigenerational. These are some ideas to attract younger women:

- ◆ More social justice work
- ◆ A chance to lead
- ◆ Less meetings – more doing
- ◆ More fun social activities
- ◆ More use of social networking
- ◆ Gather in places other than the church building
- ◆ More music
- ◆ Variety of times of gatherings
- ◆ Less agendas – more sharing

MISSION EDUCATION & INTERPRETATION — REBECCA WRIGHT



I usually open this Conference Gram issue with "Spring has finally arrived." Spring arrived a little early this year, flowering trees and plants have erupted with the sweet smells and wonderful aromas that remind us of the goodness of God. What an awesome God we serve.

Every unit should be well on its way to becoming a Mission Today unit. We are working to increasing our membership and mission over last year. Strive to complete one more criterion in 2016 and if every unit in the conference completes that extra one, we will reach our goal. But remember, you must complete number one on the list, **"The Unit will make and meet its Pledge to Mission"** It is not an option. Start today, if you have not already, and be a Mission Today unit.

2015 UMCOR celebrated its' 75th Anniversary of serving those in crisis. Over the years through the efforts of United Methodist Women in responding to the call for Health, School, Birthing, Layette and Bedding kits, UMCOR has been able to provide necessities for a hurting world in dire situations. Our Hands on Mission focus for our Spiritual Growth Retreat is Health Kits. When these are received, we join UMCOR in its' song:

"Let Us Be Hope"

Let us be hope, hope for the world, sustaining hope, life

giving hope.

Let us be hope, Christ in this world, let us be UMCOR
let us be hope.

Hope that abides, hope that restores, hope that is shared
forever more.

Let us be hope. Let us be UMCOR. Let us be hope.

Now is a good time to collect items for other kits during the sales centered from the changing season. Sweaters for the Layette kits would be a good place to start, as stores will be having sales in expectation of the arrival of spring and summer clothes.

Have you made your reservation for the Spiritual Growth retreat? When at least two members other than a district or conference officer attend the retreat you fulfill #18 of Mission today, plus you will come away from Lake Junaluska renewed spiritually.

Remember your district and conference officers love to visit. Include them when planning your calendar for the year and fulfill #20 of the Mission Today criteria.

Be well versed in current events by reading from Response magazine. Our March issue has inspiring articles from Forest Hill UMC, Concord, NC, Teen Circle.

If you have any questions regarding Mission Today or anything else, let me know or contact your district coordinator. Let 2016 be the best year yet!

NOMINATIONS — BETTY DURHAM

6 We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; 7 if it is serving, then serve; if it is teaching, then teach; 8 if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully. Romans 12: 6-8

In this scripture we learn what is required of us

to serve the Lord and starting in Romans 12:9 we start learning about Love in Action. Read these scriptures, think about your talents, think about the talents of your UMW Sisters. We need the talented but most of all we need women who are ready to put their Love in Action for women, children and youth around the world. If you or someone you know is that person please let us know. We want you to share your love!

Dedication of Annual Report Book

Each year the Annual Report Book is dedicated to a special woman who has served on the local, district, and conference level of United Methodist Women. She has demonstrated leadership abilities and works well with her peers. The recipient will be honored at Conference Annual Meeting in September at Lake Junaluska. Nomination forms must be completed and returned by June 1, 2016. Request forms by contacting Linda Young, 828-241-2343, lmyou2253@aol.com.

2016 Conference Love Offering

“A Gift to Mission in Honor of Bishop Larry Goodpaster and Deborah Goodpaster”

You may bring your Local Unit’s Love Offering to Annual Meeting at Lake Junaluska,

September 9-11, 2016, or send it directly to:

Nancy Reigel, Conference Treasurer

375 Troy Norris Rd.

Boone, NC 28607

Please make checks payable to: Treasurer, WNCC UMW



2016 Officers List — WNCC United Methodist Women

OFFICE	NAME	PHONE	E-MAIL
President	Tonya Lanier	336-243-1361 (h) 336-470-1100 (c)	sonshiners@lexcominc.net
Vice President	Julia Willis	336-685-4857	jawillis1@aol.com
Secretary*	Linda Young	828-241-2343	lmyou2253@aol.com
Treasurer*	Nancy Reigel	828-268-0637	nancy@reigelridge.com
MC—Educ. & Interp.	Rebecca Wright	336-656-7109	wrightpreacher@gmail.com
MC—Memb. Nurture & Outreach	Jatana Royster	704-454-5333	jatanaroyster@gmail.com
MC—Social Action	Renee Hayes	336-434-3582	renee.hayes1956@gmail.com
MC—Spiritual Growth*	Martha Efird	704-875-0065	mjefird@bellsouth.net
Communications Coordinator	Dianne Beam	704-274-9183	diannebeam@roadrunner.com
Sec. of Program Resources*	Sibyl Long	704-535-9240	sibyl.long@gmail.com
Nominations (Chair)*	Betty Durham	336-275-6847	betty.durham50@yahoo.com
Mission u (Dean)	Lynda Morris	704-847-2521	lfmorrisap@aol.com
Parliamentarian	Irish Spencer	336-681-2424	irish@spencergroup.us
Historian	Carolyn Payne	366-766-5568	reginaldtpayne@bellsouth.net
Scholarship (Chair)	Sherry Sink	336-880-2663	sherrysink@gmail.com
UMW Board of Directors	Lynne Gilbert	336-207-3479	lynnegilbert2@gmail.com

**Indicates New Officer for 2016*

Western North Carolina Conference
United Methodist Women
Dianne Beam
12517 Stumptown Rd.
Huntersville, NC 28078-3739
diannebeam@roadrunner.com

NON PROFIT
ORGANIZATION U.S.
Postage Paid
Charlotte, NC
Permit #2557

PURPOSE of United Methodist Women

The organized unit of United Methodist Women shall be a community of Women whose PURPOSE is to know God and to experience freedom as whole persons through Jesus Christ; to develop a creative, supportive fellowship; and to expand concepts of mission through participation in the global ministries of the church.

2016 Upcoming Dates:

- | | |
|----------------|---|
| May 10-20 | General Conference, Portland, Oregon |
| June 3-5 | Southeastern Jurisdiction— UMW Quadrennial Meeting—Charleston, SC |
| June 10-11 | Spiritual Growth Retreat - Lake Junaluska |
| July 21-24 | Mission u, Pfeiffer University |
| September 9-11 | Annual Meeting - Lake Junaluska |
| October 8 | Leader Development Day (LDD) - First UMC, Hickory, NC
<i>All 2017 District Officers should attend!</i> |
| October 15 | Ubuntu Day – WNCC Mission Institutions – You Choose! |

For more information, visit: www.wnccumw.org

UNITED METHODIST WOMEN

Western North Carolina Conference

What: 2016 Spiritual Growth Retreat

When: June 10-11, 2016

Opening Session 6:45pm Friday / Ends Noon Saturday

Where: Lake Junaluska, Stuart Auditorium

Theme: *Pray*

Leader: Rev. Holly Adams



Our 2016 Retreat Leader is **Rev. Holly Adams**, Pastor at Hudson United Methodist Church, in Hudson, North Carolina.

Music Leaders: Our music leaders are: Dr. Charlesetta Dawson - Song Leader, and Carolyn McLean Hill - Pianist.

Hands On Mission Project:

UMCOR Health Kits



Health kits provide basic necessities to people who have been forced to leave their homes because of human conflict or natural disaster.

Get details about making UMCOR Health Kits at: <http://goo.gl/77V1eb>

Complete information about the retreat is available on our website: www.wnccumw.org

**Mark your calendar!
Register ONLINE!
Join us at the lake!**

Retreat Registration: (Begins February 1, 2016)

- On-site registration at the retreat - \$25.00 per person
- **Get a DISCOUNT! Register early and ONLINE!**
Online advance registration, February 1, 2016 through June 5, 2016 is only \$15.00 per person! Use the online registration link on our website at www.wnccumw.org.
- **Advance registration fees are transferable, but non-refundable.** So, if someone registers for the retreat, and is unable to attend, their registration fee is not refundable, but it is ok for someone else to attend in their place.
- **Register yourself AND others!** Our online registration offers the opportunity for you to register up to 35 guests at the same time that you do your own retreat registration. Help other members of your local unit to register online — especially those who may not use a computer!
- **DO NOT** mail Spiritual Growth Retreat registration fee money to Lake Junaluska. Contact us if you have a question about registration.

Contact Persons:

Retreat Information

Martha Efird,
Mission Coordinator for Spiritual Growth, mjefird@bellsouth.net
704-875-0065

Questions about Online Payments

Nancy Reigel,
Conference Treasurer
nancy@reigelridge.com
828-268-0637

Questions about Online Registration

Lynne Gilbert
Webmaster
lgilbert.umw@gmail.com
336-207-3479



Lake Junaluska
 Conference & Retreat
 Center, P. O. Box 67
 Lake Junaluska, NC 28745

Reservations Phone #:

1-800-222-4930 (Toll Free)
 1-828-452-2881

**Lake Junaluska
 Reservations:**

**Housing Reservations
 Open February 1, 2016**

To book Lake Junaluska
 lodging for the
 Spiritual Growth Retreat:

- **Call the Lake Junaluska reservations department at 1-800-222-4930.** Then select 1 for the Reservations Department, and the next available agent will be glad to assist you. The Lake Junaluska reservations team is on duty from 8:00 am until 5:00 pm, Monday through Friday. **Our group number is 7616.**
- **Reservations can also be made online at:**
<http://goo.gl/XzdHfj>



United Methodist Women
 Western North Carolina Conference

Visit our Website:
www.wnccumw.org

Visit us on

facebook

www.facebook.com/wnccumw

2016 Spiritual Growth Retreat

June 10-11, 2016 - Lake Junaluska, North Carolina

Lake Junaluska Accommodations & Rates

The Terrace / Lambuth Inn

(Private baths, Free WIFI, heat, air conditioning, phone, elevator)
 Rates are per person, per day, room & meals.

	Terrace Rooms	Lambuth Rooms	Meals* Both	Terrace Total	Lambuth Total
Single	\$110	\$97	\$33	\$143	\$130
Double	\$55	\$48.50	\$33	\$88	\$81.50
Triple	\$44	\$36	\$33	\$77	\$69
Quad	\$38	\$29.25	\$33	\$71	\$62.25

*Lake Junaluska operates The Terrace and the Lambuth Inn on an American Plan, and all meals are required with the room.

Lakeside Lodge

(Private baths, heat, air conditioning, TV, phone, no elevator)
 Rates are per person, per day, no meals.

Single	\$72
Double	\$43
Triple	\$33
Quad	\$27

Junaluska Apartments

Rates are per person, per day, no meals.

Single	\$72	Triple	\$33
Double	\$43	Quad	\$27

Apartments are furnished with linens and blankets. Type A, C, & D have kitchens with small refrigerators, counter top burner, microwave, and limited equipment and dishes.

Lake Junaluska Lodging Information:

Event lodging reservation deposit – Due 60 or more days prior to the event – Deposit amount is equal to the first nights lodging and is due at the time of reservation. Any rooms not reserved with a Lodging Reservations Deposit will be released into general availability 30 days prior to an event. Individual lodging reservations deposit refund policy: 30 days or more before an event receive a full refund minus a \$15 processing fee. 29 days or less before an event will not receive a refund. **CHECK IN TIME FOR 2016 for all facilities is 4:00pm; check out is 11:00am.**

Meal Information:

The room rate that shows on your confirmation letter is the room rate only, meals are an additional cost. Meals are optional for all facilities other than the The Terrace or the Lambuth Inn. Guests staying in optional meal facilities may purchase a 3 meal package at the same cost of \$33.00 per person for each 3 consecutive meals or individual meals can be purchased: \$10.00 for breakfast, \$12.00 for lunch and \$14.00 for dinner (tax not included). Children 6 through 11 years of age receive meals at half price, 5 years of age and under eat free. **Meal package of \$33.00 per person, per day will automatically be added for each person staying in the The Terrace or the Lambuth Inn (dinner on day of arrival, breakfast and lunch the next day).**