



Spiritual Growth Retreat

United Methodist Women
Western North Carolina Conference
June 10-11, 2016
Lake Junaluska, North Carolina

Memorial Chapel is open during the retreat for prayer and meditation. Our tradition to pray for each other continues when you leave your written prayer in the basket at the front of the Chapel and take the prayer of another. Following the Friday evening session a special prayer session will be held before the performance by the Junaluska Singers. Space will be limited.

Retreat Check-in & On-Site Registration: 2:00-6:30 PM, Friday in the Harrell Center Auditorium and in Stuart Auditorium lobby before each session. Please check-in or register even if you are not staying on the Lake property.

Program Resources: Hours: 2:00-6:30 PM, Friday and 7:30-8:30 AM, Saturday and located in Harrell Center Auditorium. Reading Program books, study books, leadership aids and Gift to Mission cards will be available for purchase and will also include some free resources.

MISSION COORDINATOR DISPLAYS: Located in the Harrell Center Auditorium. Stop by and learn more about current issues and events important to and supported by United Methodist Women.

Meal Schedule at the Terrace and Lambuth Hotels:*

Dinner: 5:00-6:30 PM Breakfast: 7:00-8:30 AM Lunch: 12:00-1:30 PM

*Please allow those with ribbons on their nametags to break line if needed. They have duties for the retreat. Thank you.



An Offering for Mission Giving will be taken during the Second Session. Checks should be made payable to WNCC UMW.



Dates to Remember in 2016:

Mission u at Pfeiffer University, July 21-24: Register On-Line Now!
Theme: "Created as Caretakers"

43rd Annual Conference Celebration at Lake Junaluska, September 9-11



Training for District Officers at First United Methodist Church, Hickory,
October 8, 2016



2016 Spiritual Growth Committee

Martha Efird, Chairperson, Lynn Alexander, Renee Hayes,
Tonya Lanier, Sibyl Long, Deborah Ray, Nancy Reigel,
Jatana Royster, Joanie Strohm, Julia Willis, and Rebecca
Wright

Thank you for silencing your electronic devices during all sessions. Please feel free to use them for scripture reading and taking notes.

Pray - Session One - June 10

Gathering Praise - 6:45 PM
Hill

Dr. Charlesetta Dawson
& Carolyn McLean-

Welcome

Tonya Lanier
Conference President

Greetings from Lake Junaluska
Chief Operating Officer, Lake Junaluska Conference and Retreat Center

Reverend Rob Huckaby
Chief Operating Officer, Lake Junaluska Conference and Retreat Center

Announcements and Introductions
Coordinator

Martha Efir
Conference Spiritual Growth Mission

*Call to Worship

Debbie Ray
President, Smokey Mountain District

Stop! Let go of the busyness of life,

For God seeks to show his children peace, rest and joy.

Come, let your weariness fall away and be filled with the spirit.

For God rejoices as he so lovingly comforts and restores us.

Come with glad hearts to praise God with prayer, word and song.

Let us, with strong hearts and hands, rejoice over one another and worship together in the name of Jesus Christ.

(adapted from Ruth Duck U.S.A, 20th Cent., Alt)

*Hymn: *I Need Thee Every Hour*

Page 393

The United Methodist Hymnal

Prayer Calendar and Opening Prayer
Hardy

Margaret

Northern Piedmont District Spiritual Growth Mission Coordinator

Special Music: Come Fill This Place

Al Denson

Performed by Long's Chapel Deaf Choir Directed by Kay Free

Choir Members: Mason & Donna Shephard; Sheila Sorrels and Turpy
Skinner

Legacy Moment:

Nancy Riegel
Conference Treasurer

Scripture: Matthew 15: 21-28 from the Message
Summerlin

Sherry

Appalachian District Spiritual Growth Mission Coordinator

*Hymn: "Leaning on the Everlasting Arms"

Page 133

The United Methodist Hymnal

Message: Praying Pregnant: *Take Risks*

Rev. Holly Adams

*Hymn: *Sweet Hour of Prayer*

Page 496

The United Methodist Hymnal

*Benediction
Wright

Rebecca

Mission Coordinator Education & Interpretation

Postlude

**Please stand as you are able.*

SWEET HOUR OF PRAYER: District "Build a Prayer" Stuart Auditorium;
Lectio Divina – Chapel (space limited); Postures of Prayer – Outside Tent;
Walk the Prayer Labyrinth

End 9:20 Return to Stuart for Concert

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The Lake Junaluska Singers in Concert

9:30 PM

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PRAY - Session Two - June 13

Gathering Praise - 8:45 AM

Dr. Charlesetta Dawson
& Carolyn McLean-Hill

Announcements

Martha Efird

*Call to Worship
Hayes

Renee

Conference Social Action Mission Coordinator

Morning has broken – Hallelujah and shout for joy!

We know God listens as we sing praises to him and lay out our needs before him.

We cry out for the hurting, the sick, the needy, the lost;
We cry out for love, for healing, peace, joy, kindness and saving grace;

And God answers with his love and blessings - now, tomorrow and always. His love consumes us; God's faithful ways are eternal. Hallelujah!

*Hymn: *Lord, You Have Come to the Lakeshore*

Page 344

The United Methodist Hymnal

Prayer Calendar and Opening Prayer
Crofts

Barbara

Yadkin Valley District Spiritual Growth Mission Coordinator

Love Offering and Prayer

Nancy Reigel
Conference Treasurer

*Offering Response: *Give Thanks*

Page 2036
The Faith We Sing

Scripture: John 11:1-3, 17-37 &40 – The Message
Hafey

Shirley

Metro District Spiritual Growth Mission Coordinator

Message: *Praying Pregnant: Fight the Urge of N.C.I.S* Rev. Holly Adams

*Hymn: *Be Still and Know*

CCLI #5819779
Jack Shrader's version

*Benediction
Royster

Jatana

Mission Coordinator Membership Nurture Outreach

Postlude

**Please stand as you are able.*

Pray - Session Three - June 11

Gathering Praise - 10:15 AM

Dr. Charlesetta Dawson
& Carolyn McLean-Hill

Announcements

Martha Efirid

*Call to Worship

Carolyn Briggs
Uwharrie District Spiritual Growth Coordinator

Sing boldly to God a brand new song, he has made a world
of wonders!

**We stand worshiping and praising God while singing
ourselves into his presence.**

We give thanks to God with everything we've got- We come to share in blessed Holy Communion, the Body of his Bread and Blood, his greatest gift of his Son Jesus Christ. He boldly shows us that he does all he says. He is the God of Grace, the God of Love, the God of Prayers Answered.

We stand—Boldly, gratefully together bringing prayers of love and thanksgiving in communion with one another; Hallelujah! Hallelujah!

*Hymn: What a Friend We Have in Jesus

Page 526

The United Methodist

Hymnal

Prayer of Confession and Assurance of Pardon

Esther Manchester

Smokey Mountain Spiritual Growth Mission Coordinator

Leader: We are precious to God, but not perfect. Let us confess our sins before God and one another. Let us pray:

**All: We confess to you, all-knowing God, what we are.
We are not the people we like others to think we are.
We are afraid to admit, even to ourselves, what lies in the depths of our souls.
But we cannot hide our true selves from you.
You know us as we are, and yet you love us.
Help us not to shrink from self-knowledge.
Teach us to respect ourselves for your sake.
Give us the courage to put our trust in your guiding power.
Raise us out of the paralysis of guilt, of numbness, complacency and insecurity and boldly into the freedom and energy of being strong risk taking praying forgiven woman through Jesus Christ, your Holy Son.**

Leader: We have asked for forgiveness. Friends, hear and believe the good news of the Gospel: In Jesus Christ we are forgiven.
Thanks be to God.

Scripture: Joshua 6:1-5, 15-18 & 20
Alexander

Lynn

Northern Piedmont District President

Message: Praying Pregnant: Pray Boldly

Rev. Holly Adams

Special Music: Oh Lord Hear our Prayer

Charlesetta Dawson

Service of Holy Communion**

Rev. Holly Adams Celebrant
Linda Young, Deaconess

Communion Music

Carolyn McLean-Hill

Prayer After Communion:

**Eternal God, we give you thanks for this holy mystery
in which you have given yourself to us.
Grant that we may go into the world
in the strength of your Spirit,
to give ourselves for others,
in the name of Jesus Christ our Lord.
Amen.**

*Hymn: *"Have Thine Own Way Lord"*

Page 382
The United Methodist Hymnal

*Sending Forth

Tonya Lanier

Postlude

**Please stand as you are able.*

***Those who are gluten intolerant can receive a gluten-free wafer during Holy Communion at the station near the organ.*



- Special Thanks -

The Spiritual Growth Committee would like to thank the following individuals and groups for sharing their talents and gifts for this meeting:

- All of the program participants
- All of the District Mission Teams for your help and support
- Members of the Conference Executive Committee
- The Lake Junaluska Assembly staff
- YOU for your dedication to United Methodist Women

Thank you for sharing in this Spiritual Growth Retreat.



Program Participants

Rev. Holly Cobb Adams - Retreat Leader



Holly was born Jan. 9, 1964 in Greensboro, North Carolina. She received her call to ministry at the age of 17 at Mt. Carmel United Methodist Church (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 UNC Greensboro 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 United Methodist Church in Hudson, NC. Holly is the very proud mother of two wonderful young adult children (and college graduates), Gregory and Olivia, and is owned by her two Methodist cats, Charlie and Wesley. 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."

Dr. Charlesetta M. Dawson



was born and raised in Iowa. According to her mother, she sang her first solo in church at the age of two. She encouraged four younger siblings to sing with her to the extent that they began performing locally and traveled to surrounding Midwestern states, singing gospel music in

four-part harmony. Their classically trained mother played the piano and their father, an accomplished a cappella quartet singer, occasionally added his voice. After high school, Dr. Dawson attended the University of Northern Iowa where she earned her first three college degrees (Early Childhood Education, Elementary Education, and Elementary Principalship). Music also permeated her teaching of elementary students for 17 years in Iowa. While living in Iowa her music experiences included teaching, directing, accompanying on the keyboard, and singing with adult and youth church choirs, praise teams, and university choirs as well as making presentations about church music and worship for churches, schools, and state conferences. She has experienced similar music-related opportunities for the past 19 years in North Carolina as she earned a doctoral

degree in Curriculum and Instruction from the University of North Carolina-Greensboro. Integrating music, as an instructional strategy for teaching various courses to undergraduate and Master of Teaching elementary education majors at Catawba College for seven years and now at North Carolina A&T State University where she has been employed as a clinical faculty professor for nine years, comes naturally to her. Additionally, Dr. Dawson has written arts-based curriculum and assessment for grades one through eight 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 United Methodist Women's local unit at New Goshen United Methodist Church and participated in numerous district and conference meetings.

Mrs. Carolyn McLean-Hill, a native of Greensboro, NC for 69 years, has worked tirelessly to improve the lives of children and adults alike in the field of education and through her ministry of music. Growing up in a vital and active musical environment impacted her greatly. According to her mother, she began playing the piano at the age of three years, but she remembers playing as a five-year-old. She recalls her



grandmother constantly putting a music book in front of her so that she could learn to sight read the notes; however, she was so bored that she only endured that task for two years. As she got older she began to play at her home church, the East Market Street Seventh Day Adventist Church. Mrs. McLean-Hill worked at a local hospital for eight years, a day care for

eight years, and three different elementary schools in Guilford County for 32 years. At the various locations she was always asked to teach and play music. "The people I worked with liked the life and energy I put into it so I got to do it." At the Guilford County Schools she was a special education teacher assistant and taught third through fifth graders. Those students benefitted from her music, too. Mrs. McLean-Hill's piano playing has encompassed numerous United Methodist churches as well as churches of other denominations. For 30 plus years she played for five churches at the same time! 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 United Methodist Church (39+ years), Greater Christian Fellowship Church (30+ years), and her home church ("I've played there all of my life."). Another group that she has shared her gift with for the past seven years is the ecumenical Greensboro Cluster Choir. Mrs. McLean-Hill says "The music was a gift to me and I wanted to share that gift."



The Lake Junaluska Singers, directed by Dr. Melodie Galloway, are a 14-voice professional ensemble, which serves as the Ambassador Choir for the Southeastern Jurisdiction of the United Methodist Church and of the



Lake Junaluska Conference and Retreat Center. The group began in 1954 and has performed nationally and internationally for conferences, dignitaries, and major events. Their music ranges from classical choral and contemporary works to gospel, folk and musical theatre styles. This group has performed for the WNCC UMW Spiritual Growth Retreat for many years.



While at Lake Junaluska

- Visit Memorial Chapel for prayer and meditation.
- Browse through the materials available in the Program Resources area and purchase books and supplies for yourself and your unit.
- Enjoy the peace and beauty of the Susanna Wesley Garden.
- Sit at the foot of the Junaluska Cross or Amphitheater to rest, meditate and worship, and thank God for His creation.
- Stroll around the lake on the walking trail.
- Enjoy the fragrance and beauty of the roses.
- Fellowship with your sisters in Christ. Make new friends while cherishing your old friends.



The 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.



Visit our Conference UMW Website:

www.wnccumw.org

