

2019 Spiritual Growth Retreat

Western North Carolina Conference

United Methodist Women



Thorns & Roses



United
Methodist
Women
FAITH • HOPE • LOVE IN ACTION

June 13-15

Lake Junaluska



GENERAL INFORMATION

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 register even if you are not staying on the Lake property.

Program Resources: Thursday 2:00-6:30 PM and Friday 8:00-9:00 AM and 12:30-1:30 PM in Harrell Center Auditorium. Gift to Mission cards available for purchase along with a limited selection of Reading Program books, study books, and leadership aids. Some free resources.

Mission Coordinator Displays: View in Harrell Center Auditorium. Learn about current UMW issues and missions.

Memorial Chapel: Open during the retreat for prayer and meditation-except during Friday afternoon sessions where you can join for scripture sharing, prayer and meditation. Continue the tradition to pray for each other - LEAVE your written prayer in the basket at the front of the Chapel and TAKE the prayer of another.

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

Thursday Pasta Buffet: Served at Terrace only – Terrace & Lambuth Guests. Guests at Terrace, and guests who purchase meal passes dine at Terrace. Guests at Lambuth Inn dine at Lambuth

**Please allow those with Roses on nametags to break line as they attend to retreat responsibilities.*

An Offering for Mission Giving CELEBRATING 150 YEARS of United Methodist Women in Mission will be taken during the Saturday morning Session. Checks should be made payable to WNCC UMW.

LOST AND FOUND LOCATED AT THE DESK IN STUART

DATES TO REMEMBER IN 2019



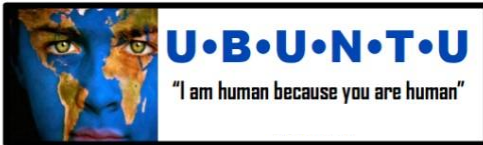
Mission u at Pfeiffer University, July 18-21:
Registration form available at
www.wnccumw.org
Must be received by July 5th

Spiritual Growth Study: “Mark & Radical Discipleship” &
Special Study: “Women United for Change: 150 Years in Mission”
Repeat Study: “What About our Money – A Faith Response”



46th Annual Conference Celebration
Lake Junaluska - September 13-15

Online Registration OPEN NOW and
Closes September 8!

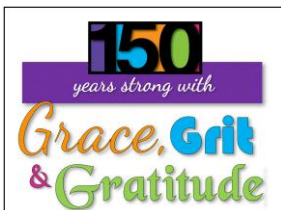


UBUNTU Day of Service
Locations across the
Conferences

October 12, 2019 - Online Registration runs July 1- October 1!

LEADING WITH GRACE, GRIT AND GRATITUDE:

Leadership Development Training for District Officers:



October 19, 2019 Granite Falls UMC
Granite Falls, NC.
Program Resources 8:00 – 9:00 a.m.
Training 9:00 -12:30 p.m.

New Programming
FRIDAY AFTERNOON SESSIONS

Session Start Times - 1:00pm and 3:30pm

Prayer Bead Workshop	Terrace 211 <i>Led by Sandra "Nan" Meyer</i>
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Session Start Times - 2:00pm and 3:30pm

Connect Bible Study*	Terrace 202
"A Letter"*	Harrell Center 102
Drama*	Terrace 213
Gospel Women*	Terrace 319
Scripture & Prayer*	Chapel
Boat Ride	Boat Dock behind Harrell
Trolley Garden Tour	Board in front of Terrace
Devotion Walk/Sing Around the Lake*	Entrance to the Rose Walk
World Methodist Museum Tours*	Museum
WNCC UMW Choir - 2 pm ONLY*	Stuart Rehearsal Room

LEGACY ROCK-A-THON* Rock Around the Lake! Throughout the retreat, in celebration of our 150th anniversary, rock to support The Legacy Endowment Fund. All monies raised will be given to the United Methodist Women Legacy Endowment Fund to support our mission work with women, children and youth for the next 150 years.

SPECIAL NOTE

*** SPACE AVAILABLE (at time of printing program)**



Thorns & Roses

***The 2019 Spiritual Growth Retreat Theme arose from the
April 8th reading of “Streams in the Desert”***

Excerpts reprinted with permission

“The secret of knowing God’s complete sufficiency is in coming to the end of everything in ourselves and our circumstances. Once we reach this point, we will stop seeking sympathy for our difficult situation or ill treatment, because we will recognize these things as the necessary conditions for blessings. We will then turn from our circumstances to God, realizing they are the evidence of him working in our lives”- A. B. Simpson.

“George Matheson, the well-known blind preacher of Scotland, once said, ‘My dear God, I have never thanked You for my thorns. I have thanked you a thousand times for my roses but not once for my thorns. I have always looked forward to the place where I will be rewarded for my cross, but I have never thought of my cross as a present glory itself.’”

“Teach me, O Lord, to glory in my cross. Teach me the value of my thorns. Show me how I have climbed to You through the path of pain. Show me it is through my tears I have seen my rainbows.”

***Thank you for silencing your electronic
devices during all sessions.***

***Please feel free to use them for scripture
reading and taking notes.***



Thorns & Roses

Session One - Thursday Evening, June 13
"The Gift of a Thorn"

Gathering Praise - 7:00 PM

Marie and Rhonda, Musicians

Welcome

Julia Willis
Conference President

Greetings from Lake Junaluska

Ken Howle
Executive Director, Lake Junaluska Conference and Retreat Center

Announcements and Introductions

Martha Efird
Conference Spiritual Growth Mission Coordinator

*Call to Worship

Sandra Williamson
District President, Northern Piedmont

LEADER: LORD, you called us to the lake shore and we have come to join our hearts, our minds, and our voices in worship and praise of You.

ALL: LORD, we humble ourselves before You. With You, we relax like an infant in a mother's arms. We release our troubles, our worries, our daily pressures so that we can worship and praise You.

LEADER: LORD, let us listen, let us feel, let us share, let us rest all while giving thanks and praise to you.

ALL: LORD, here we are giving thanks and praise. Through our worship, let us feel, let us surrender, let us rejoice. Melt us and mold us. Fill us with your Holy Spirit. Make us recognize our thorns and give thanks and praise for their blessings. Let us recognize our roses in their beauty and blessings. For both our thorns and our roses bring us closer to you so for Your Kingdom we will act justly, love mercy, and walk humbly with You. -Amen

Opening Song: "Be Thou My Vision"

UMH p. 451

Prayer Calendar and Opening Prayer

Lucy Earls

Blue Ridge District Spiritual Growth Coordinator

Special Music: *Oceans*

Hillside United

Marie Hitzemann Vocal/Piano

Scripture: 2 Corinthians 12:1-10

Betty Jacobson

Catawba Valley Spiritual Growth Coordinator

Message: "The Gift of a Thorn"

Deaconess Clara Ester

Hymn: "Turn Your Eyes Upon Jesus"

UMH p. 349

*Nightfall Prayer (unison):

Sherry Summerlin

Appalachian District Spiritual Growth Coordinator

Dear God, We turn our faces to you as the sun leaves the sky and the quiet beauty of nightfall descends on us. We take leave from this place, this hallowed ground where so many have come to know you— where Your Holy Spirit abides always and forever herein. Soon we will lay our head upon a pillow, soft and safe to allow Your peace to give us rest. Lord, we do not forget those whose pillow may be a stone, or whose bed may be the ground. Instead, we ask in Jesus's name that stones become feathers and the ground becomes lush soft beds for weary bodies. God, let our love be their blanket and give them rest. We are all your children, always turning our eyes upon Jesus. Lord, protect our families, we thank you for your rest and dream for the dawning of the morning sun. -AMEN

Postlude

Abide with Me

Arr. Rhonda Smith

Rhonda Smith

**Please stand as you are able.*

ENJOY THE MEDITATION DECK BEHIND THE CHAPEL - WALK THE
LABRYINTH BY THE LIGHT OF CHRIST - SLEEP WELL MY SISTERS



Thorns & Roses

Session Two - Friday Morning, June 14

“Turning it Over”

Gathering Praise - 9:30 AM Marie and Rhonda, Musicians

Morning Greeting: Martha Efir

Legacy Moment Legacy Ladies

Morning Reading: “Sonnet to Morning” Carolyn Payne
Conference Social Action Mission Coordinator

Let me unwrap the gift of this new day
And view its contents as an innocent child
Accepts the world: with eyes that see the way
To sun beyond dark clouds, where skies are mild;
With voice that lifts in prayer, as birds praise dawn;
With hands that touch each miracle, in awe
Of budding leaves or flowers on a lawn
Or furry friends with hoof and horn and paw.
Lead me along a path where I will find
In all the precious hours that stretch before,
The chance to help, to listen, to be kind;
To heal the wounds that make the world heartsore.
Oh. Let me fill each second so that I may greet the day
with an appreciative eye. — Sheila Forsyth

Prayer Calendar and Opening Prayer Sue Couch
Yadkin Valley District Spiritual Growth Coordinator

Special Mission Recognition Linda Greer

Special Music: *Shall We Gather at the River* arr. David Ruder
Marie and Rhonda, Musicians-Handbells

Scripture: Luke 22:42 Kay Jones
Metro District Spiritual Growth Coordinator

Message: "Turning it Over" Deaconess Clara Ester

Hymn: "Because He Lives" UMH p. 364

Love Offering and Prayer Nancy Reigel
Conference Treasurer

Offertory *Come Let Us Worship* Arr. Christine Anderson
Rhonda Smith, Musician-Handbells

*Offering Response: *Praise God, from Whom All Blessings Flow*
Page 94 UMH

*Blessing Carol Harper
Smoky Mountain District Spiritual Growth Coordinator

Postlude: *Victory in Jesus* Arr. Marie Hitzemann
Marie and Rhonda, Musicians



Thorns & Roses

Session Three - Friday evening, June 14
“Terrible, Horrible, No Good, Very Bad Day”

SERVICE OF HOLY COMMUNION
(seating in sections 2, 4, 6, & 8 only, please)

Gathering Praise – 6:45 PM Marie and Rhonda, Musicians

Prayer Lily Pierce
Northern Piedmont Mission Coordinator - Communications

Special Music - Thy Will Hillary Scott
Marie Hitzeman, piano/vocal

Scripture: Job 2:10 Lily Pierce
Northern Piedmont Mission Coordinator - Communications

Message: “Terrible, Horrible, No Good, Very Bad Day”
Deaconess Clara Ester

Hymn: “Am I a Soldier of the Cross” UMH p. 511

Service of Holy Communion – The Great Thanksgiving
Celebrant: Ret. Rev. Susan Giles, Dean of Chapel, Lake Junaluska
Assisting: Deaconess Clara Ester

Communion Music:
I Must Tell Jesus Rhonda Smith piano/vocal
Spirit Song UMH 347
Precious Lord Take My Hand UMH 474

Lighting of Candles

Amazing Grace My Chains Are Gone
The Lord's Prayer

TFWS 3104
UMH 270

Please remain standing at your seat after returning from being served communion. Join in singing, hold your candle and the Light of Christ will come to you. Remember, tip the unlit candle to take the flame from the candle next to you. Please remain standing if you are able and hold high the Light of Christ. Congregation will be instructed to remain in silent prayer through Amen

****ALL COMMUNION ELEMENTS GLUTEN FREE**



The Lake Junaluska Singers in Concert

Following Evening Session
Performance program included with retreat materials



Thorns & Roses

Session Four - Saturday Morning, June 15

“The Almighty Power of His Blood”

Gathering Praise - 10:30 AM Marie and Rhonda, Musicians

Morning Greeting Martha Efirid

*Hymn: *Lord You Have Come to the Lakeshore* UMH p. 344

Morning Prayer Kelli Smith
Northern Piedmont District Spiritual Growth Coordinator

Special Music: *“Here’s One”* Rhonda Smith, piano/vocal
Marie and Rhonda, Musicians

Scripture: 2 Corinthians 12:10 Betty Hunt
Uwharrie District Spiritual Growth Coordinator

Message: *“The Almighty Power of His Blood”*
Deaconess Clara Ester

Altar Call

*Blessing Betty Hunt
Uwharrie District Spiritual Growth Coordinator

Postlude: *“It is Well with my Soul’* arr. Rhonda Smith

**Please stand as you are able.*



Thorns & Roses

Session Five - Saturday Afternoon, June 15

Celebrating Thorns & Roses

Gathering Praise – 1:45 PM

Marie and Rhonda, Musicians

Final Greeting:

Martha Efirid

Thanks and Recognition to Program Participants

Celebration: “Sisterhood of Grace”

Special Music: “*Jesus my Friend*”
Hanson

Rhonda Smith and Libby

WNCC UMW CHOIR

*Benediction & Sending Forth

Julia Willis

President, Western North Carolina Conference UMW

Postlude: “*I’m Gonna Live so God Can Use Me*”
2153

TFWS

(ALL STAND AND JOIN IN SINGING)

- Special Thanks -

The Spiritual Growth Committee thanks the following for sharing their talents and gifts in preparing and delivering this spiritual growth retreat:

- 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

*We can complain because rose
bushes have thorns, or rejoice
because thorns have roses*

~ Jean-Baptiste Alphonse Karr



NOTES FOR SESSION ONE
“The Gift of a Thorn”

NOTES FOR SESSION TWO
“Turning it Over”

NOTES FOR SESSION THREE
“Terrible, Horrible, No Good, Very Bad Day”

NOTES FOR SESSION FOUR
“The Almighty Power of His Blood”

RETREAT LEADER

Deaconess Clara Ester



Deaconess Clara Ester is vice president of the United Methodist Women's board of directors. She retired in December 2006 as executive director of Dumas Wesley Community Center, a United Methodist Women-supported mission institution in Mobile, Alabama. Deaconess Clara Ester is proud to own the word "retired" yet remains committed to the call to Christian service she has known all her life.

As an African American woman who has spent all her life in the South, she is shaped by her experiences as a community organizer amidst the tumult of the 1960s and a builder of racially inclusive programming through the ministries of Dumas Wesley in the years following.

Growing up in Memphis, Tenn., Ms. Ester spent a lot of her time at the Bethlehem Center where her mother worked as housekeeper and cook. Two deaconesses were running the center at this time, Mary Lou Bond and Louise Weeks. These two single white women brought their ministry of love and compassion to a primarily black neighborhood in Memphis prior to the Civil Rights Movement.

In retirement Ms. Ester continues ministries in mission and evangelism through her community and local church. Recalling Jesus' teachings in Matthew 25:31-46, she said that when she participates in ministry that sees to the needs of those less fortunate, She is serving God in Christ.

MUSICIAN

Reverend Rhonda Smith



Rhonda began the study of piano at age 5 and has never stopped. She has performed as a soloist and accompanist in venues from gospel choir to Big Band. Rhonda, a UM deacon in full connection, is the Minister of Music and Worship Arts at FUMC, Hickory, NC, where she has served since 2006.

Rhonda is a Colleague in the American Guild of Organists, a Certified Music Teacher with the American College of Musicians, and holds membership in The Choristers Guild and the Handbell Musicians of America. Her degrees include a BA in Music Education/Bible (HSBC), a MA in Sacred Music (BJU), a MA in Liberal Studies (UNCG), an EdS in Higher Education/Music (ASU) and a Graduate Certificate in Christian Studies (Asbury Theological Seminary).

Rhonda is passionate about leading worship, combining the old with the new, creating a blend of ancient and modern worship. She leads worship for workshops and retreats. She loves musical collaboration with other musicians, whether piano, organ, voice, choral, or any other instrument! She actively searches for local artists in other areas of fine art; whether painting, portraying Biblical characters, or presenting scripture creatively, persuading them to use that gift in God's worship. Her joyful spirit passionately includes everyone who wants to follow Christ with all their soul, mind, body, and spirit!

MUSICIAN

Marie Hitzemann



Marie currently serves as the music minister at Center UMC of Catawba, NC. Originally from Huntersville, NC, she felt the call to music ministry at 5 years of age. Since her early call she has diligently devoted her time and talents to musical training including piano, vocals and trumpet. Prior to Center UMC she has also served at First UMC of Morganton, and Friendship UMC of Newton. In addition to musical training she has a B.S in Psychology from Appalachian State University. She is also the mother of 3 boys; Aaryn, Caleb and Michael. When she does have free time she enjoys studying theology, spending time with her children which includes hiking, bowling, basketball and tennis, just to name a few.

THE LAKE JUNALUSKS SINGERS



The Lake Junaluska Singers were formed in 1954, and their legacy includes national and international performances for conferences, dignitaries and major events. Their music ranges from classical choral and contemporary works to gospel, folk, traditional hymns and musical theatre. This 16-voice, award-winning ensemble is led by Mary Huff, director, and Kathy Geyer McNeil, associate director.

Director Mary Wannamaker Huff



In her second season leading the singers, Mrs. Huff is Associate Director of Music and Artistic Director of the New York City Children's Chorus at Madison Avenue Presbyterian Church in New York City. As a conductor, pedagogue, and organist, she has extensive experience working with choirs of all ages, specializing in children's choirs. Ms. Huff graduated cum laude from Furman University in 1999 and continued her musical studies at Yale University with further post-graduate studies in music education at Westminster Choir College. She was Director of Children's Choirs at the Church of St. Ignatius Loyola in New York City from 2004 to 2012 where she developed one of the finest Catholic, graded children's choir programs in the country. She is currently on the Executive Board of the Presbyterian Association of Musicians and past Secretary of the American Guild of Organists (New York City Chapter). Ms. Huff is married to Canadian organist and conductor, Andrew Henderson, and they have two energetic, musical boys.

WHILE AT LAKE JUNALUSKA

- Visit Memorial Chapel for prayer and meditation.
- Browse through the materials available in the Program Resources
- 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.
- Spend time on the meditation deck on the lake

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