

**United Methodist Women  
Western North Carolina Conference**

**Spiritual Growth Retreat 2021 - You Lift Me Up!**  
June 18-19, 2021 via Zoom & Whova

**Retreat Leader:** Rev. Lisa Beth White  
**Music Leaders:** Catherine Ritch and Rev. Dr. Mark Barden



**At-a-Glance Daily Schedule**

*Date	*Time Start	*Time End	*Session Title	Leaders
06/01/2021	thru	06/19/2021	Prayer Calendar - Join Together in Prayer	<p><b>Opportunities for interactive chat with your United Methodist Women Sisters, using our Prayer Calendar</b></p> <p>Participate at any time of day and share in prayer for our mission projects and mission personnel in the UMW Prayer Calendar.</p>

*Date	*Time Start	*Time End	*Session Title	Leaders
06/18/2021	08:00 AM	8:30 AM	Morning Praise! Coffee, Tea...Begin the Day in Prayer	Kathy Chadwell
06/18/2021	05:30 PM	6:00 PM	Get Acquainted! Fun Virtual Rotating Tables...Don't miss it!	Everyone!
06/18/2021	07:00 PM	8:30 PM	Spiritual Growth Retreat - Session 1	Rev. Lisa Beth White; Catherine Ritch; Rev. Dr. Mark Barden

*Date	*Time Start	*Time End	*Session Title	Leaders
06/19/2021	08:00 AM	8:30 AM	Morning Praise! Coffee, Tea...Begin the Day in Prayer	Kathy Chadwell
06/19/2021	09:00 AM	10:30 AM	Spiritual Growth Retreat - Plenary Session 2	Rev. Lisa Beth White; Catherine Ritch; Rev. Dr. Mark Barden
06/19/2021	11:00 AM	12:15 PM	Breakout - Tea and Mindfulness Meditation	Martha Isenberg
06/19/2021	11:00 AM	12:15 PM	Breakout - Crocheting Together	LindaLu Greer
06/19/2021	01:15 PM	1:30 PM	Fun Time - Jazzercizing for Jesus!	LaDonna Butts
06/19/2021	02:00 PM	3:15 PM	Breakout - Reclaiming Sabbath: Reshaping the Rhythm of Our Lives	Rev. Ellen Robison
06/19/2021	02:00 PM	3:15 PM	Breakout - You Raise Me Up	Catherine Ritch
06/19/2021	02:00 PM	3:15 PM	Breakout - Juneteenth...An Uplifting Celebration of Freedom!	Sandra Williamson; Carolyn Payne
06/19/2021	03:45 PM	5:00 PM	Spiritual Growth Retreat - Plenary - Closing Session	Rev. Lisa Beth White; Catherine Ritch; Rev. Dr. Mark Barden

**Complete information and registration link on our website at:**

<https://wnccumw.org/events/spiritual-growth-retreat-2021/>

**Retreat Love Offering** <http://tiny.cc/loveofferingumw>

**Hands On Mission Opportunities:**

- Bethlehem Center, Winston-Salem      School / Craft Supplies (See details on flyer)
- Alliance Center for Education, Charlotte      School / Craft Supplies (See details on flyer)
- Brooks-Howell Home, Asheville      Gift Cards / Checks

[Download complete Hands On Mission Information on our website.](#)

