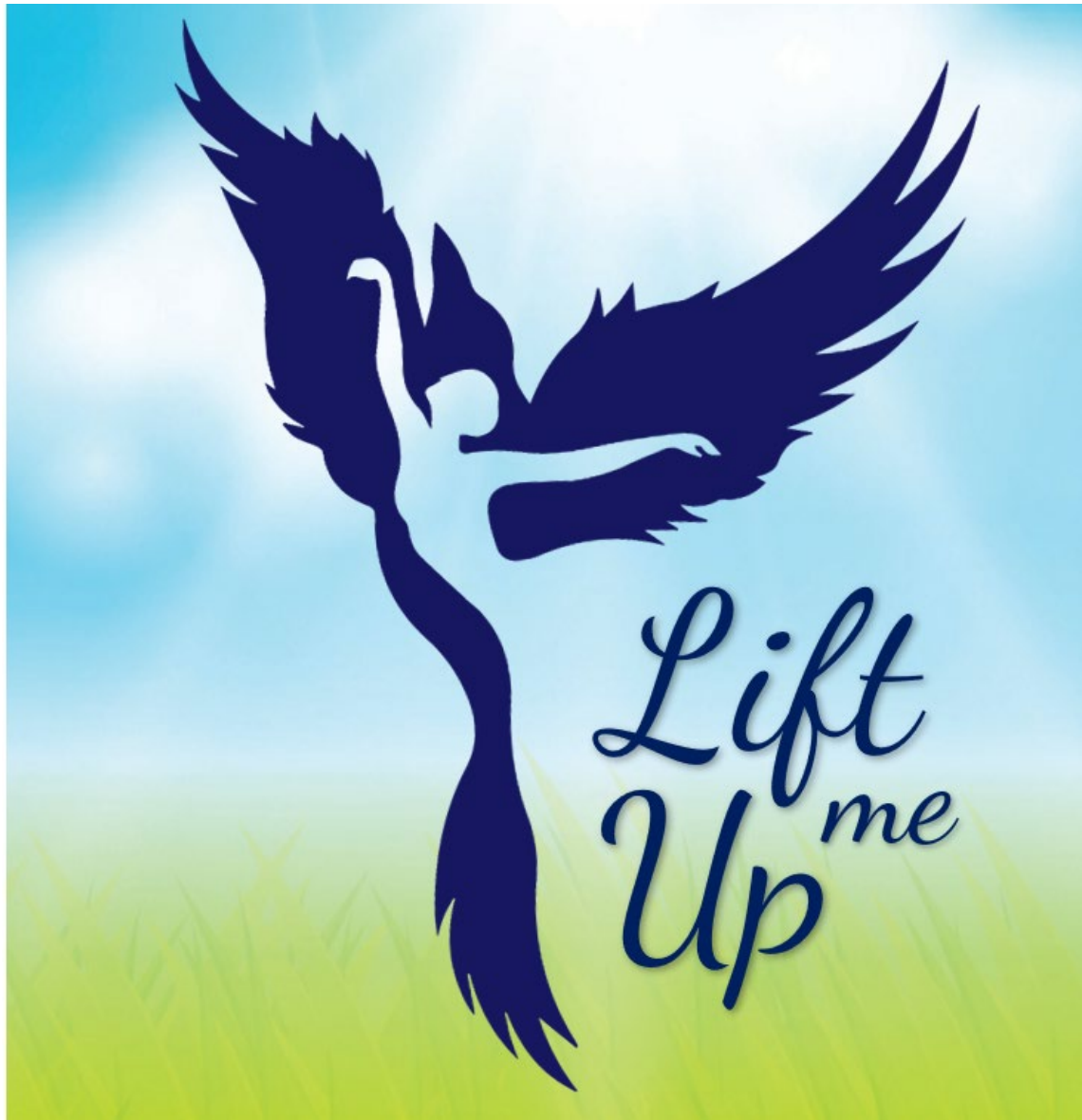


*Western North Carolina Conference
United Methodist Women*



**SPIRITUAL GROWTH RETREAT 2021
JUNE 18 & 19**

You Lift Me Up
Friday, June 18, 2021
7:00 PM

Prelude: <i>Psalm XIX</i>	Catherine Ritch
Gathering Music <i>Lord, You Have Come to the Lakeshore</i> <i>O For A Thousand Tongues</i> <i>10,000 Reasons</i>	Catherine Ritch & Rev. Dr. Mark Barden
Welcome	Julia Willis, WNCC UMW President Darlene Gardner, WNCC UMW Spiritual Growth Coordinator
Prayer Calendar & Mission Moment	Linda Greer, WNCC UMW Mission Education & Interpretation Coordinator
Litany <i>You Lift Me Up</i>	Carolyn Payne, WNCC UMW Social Action Coordinator

You Lift Me Up
Written by Carolyn Payne

- One: When the light of my spirit grows dim and darkness persist,
and my soul has lost its mooring, swift descending deep abyss.
- Many: YOU lift me up!**
- One: When I feel invisible, hat in hand, head low-bowed
an irrelevant person— nameless face in the crowd,
- Many: YOU call my name!**
- One: When I stand before giants, and I tremble at their might
and my fears unnerve me and I'm blinded by fright,
- Many: YOU open my eyes.**
- One: When my sins come to haunt me, to remind me of my shame
and my past cries out to taunt me, pointing fingers, placing blame.
- Many: YOU forgive me!**
- One: When my way is uncertain and my gait is unsure
and the road that I travel is a dark detour,
- Many: YOU light my path!**
- One: When loved ones must leave and memories are thus left
and my grief is immeasurable and my heart is bereft,
- Many: YOU comfort me!**
- One: When sinister shadows conspire to overtake me,

to confuse me — abuse me— trying to break me,

Many: **YOU shield me!**

One: When I'm crippled with pain in my body and in my mind
 and my life is in shambles and no peace can I find,

Many: **YOU heal me!**

One: When the hour is quiet and there's time to reflect;
 I can examine my life in victorious retrospect—because...

All: **YOU LIFT ME UP!**

Solo: *You Raise Me Up*

Rev. Dr. Mark Barden, Soloist
Catherine Ritch, Piano

Prayer

Renee Hayes, WNCC UMW Membership Nurture &
Outreach Coordinator

Dedication of 2020 Annual Report Book

Nancy Reigel, WNCC UMW Treasurer

Introduction of Speaker

Darlene Gardner

Scripture: Psalm 30

Judy Sipe, Appalachian District Spiritual Growth
Coordinator

Message: *A Disruptive Season*

Rev. Lisa Beth White

Closing Music: *Lord of the Dance*

Catherine Ritch & Rev. Dr. Mark Barden

Benediction:

Joanie Strohm, WNCC UMW Vice President

Postlude: *Just A Little Talk With Jesus*

Catherine Ritch



You Lift Me Up
Saturday, June 19, 2021
9:00 AM

Prelude: *Sun of My Soul*

Catherine Ritch, Piano & Handbells

Gathering Music

All Creatures of Our God and King

Spirit Song

Be Thou My Vision

Catherine Ritch & Rev. Dr. Mark Barden

Welcome

Darlene Gardner

Litany *Every Breath I Take!*

Carolyn Payne

This litany was written as a commentary on Social Justice issues challenging our country as well as our planet. It is presented as dialogue between the voice of one lifting the issue and as many who wonder if there is an issue at all.

~Carolyn Payne, Western North Carolina United Methodist Women Social Action Coordinator

Every Breath I Take!
Written by Carolyn Payne

One: As United Methodist Women, We **BELIEVE** in the sanctity of life, that every breath we take is a gift from God, given us in perpetuity on the day of our creation — George Floyd, denied the gift of breath for 9 min 29 seconds.

Many: He probably should have complied!

One: We **REGRET** the slaughter of the innocent; their stilled voices cry out across the nation, pleading, — Please do something!

Many: We offer our prayers and condolences.

One: We **AFFIRM** the earth belongs to the LORD, and the fullness thereof; we confess that as stewards of the land, we have not protected the fish of the sea, we fill the oceans with waste, we have not protected the birds of the air, we pollute the air with toxins.

Many: The science is unclear on that!

One: We **LEGISLATE** laws designed to overcome legal barriers that prevent some from exercising their right to vote. As we speak today, more than 100 bills that would restrict voting are moving through state legislatures.

Many: We must protect the integrity of our elections...voter fraud is rampant!

One: We **ASSERT** that work is a gift from God, and a worker is worthy of his wages.

Many: Raising the minimum wage will hurt small business!

One: We are **CONCERNED** about the sick among us, those with physical or mental disabilities with no benefits, where do they go, what do they do?

Many: **Hospital emergency rooms are open day and night!**

One: We **WANT** to welcome the stranger and love them as we love ourselves.

Many: **But they are so different! And they take jobs from Americans!**

One: We **ARE** United Methodist Women, we **PRESS** forward, seeking justice for all, speaking **POWER** to power!

All: **With Every Breath We Take!**

Special Music: <i>I'll Walk With God</i>	Rev. Dr. Mark Barden, Soloist Catherine Ritch, Piano
Prayer	Joanie Strohm
Prayer Calendar, Mission Moment & Love Offering	Linda Greer & Nancy Reigel
Introduction of Speaker	Darlene Gardner
Scripture: Luke 24:32	Carol Harper, Smoky Mountain District Spiritual Growth Coordinator
Message: <i>A Candle's Glow</i>	Rev. Lisa Beth White
Closing Music: Trust and Obey	Catherine Ritch & Rev. Dr. Mark Barden
Benediction	Darlene Gardner
Postlude: <i>We Are Marching in the Light of God</i>	Catherine Ritch



You Lift Me Up!
Saturday, June 19, 2021
3:45 PM

Prelude: <i>Jesu, Joy of Man's Desiring</i>	Catherine Ritch & Carol Hinson (Flute)
Gathering Music <i>The Church's One Foundation</i> <i>Here I Am, Lord</i> <i>I Love You, Lord</i>	Catherine Ritch & Rev. Dr. Mark Barden
Welcome	Darlene Gardner
Reading Program Update	Kathy Chadwell, Secretary of Program Resources
Mission u Update	Lynn Alexander, WNCC UMW Mission u Dean
Annual Celebration Update	Joanie Strohm
Appreciation to Participants	Nancy Reigel
Litany <i>A Litany for Juneteenth</i>	Carolyn Payne & Sandra Williamson, Northern Piedmont District President

A Juneteenth Litany

Adapted from "A Christian Affirmation of Juneteenth" By Sharon Laverne Fuller

- Leader: As we commemorate freedom as sisters and brothers, let us not forget the trials and tribulations faced by our African Americans ancestors, forced into slavery for hundreds of years.
- People: Thanks be unto God for granting freedom and giving us victory through Jesus Christ our Lord!**
- Leader: Let us continue to emphasize the importance of education and the advancement of the African American people and all people.
- People: Thanks be unto God for granting freedom and giving us victory through Jesus Christ our Lord!**
- Leader: God has granted us freedom, let us use it wisely, guard it carefully, and embrace it totally.
- People: Thanks be unto God for granting freedom and giving us victory through Jesus Christ our Lord!**
- Leader: Allow this Juneteenth commemoration to serve as a reminder of our tenacity, our ability to hold on to hope and to our God.
- People: Thanks be unto God for granting freedom and giving us victory through Jesus Christ our Lord!**
- Leader: Let all people of all religions come together and acknowledge a period in our history that shaped and continues to negatively influence American society.
- People: Thanks be unto God for granting freedom and giving us victory through Jesus Christ our Lord!
We are more than conquerors through Jesus who loves us so.**

Leader: Allow all ethnic groups to be sensitized to the conditions our African American ancestors endured and help them to understand why racism and bigotry cannot have the last word.

People: Thanks be unto God for granting freedom and giving us victory through Jesus Christ our Lord! We are more than conquerors through Jesus who loves us so.

Leader: Let all Africa Americans continue to hope for a better tomorrow while remembering and rejoicing over our triumphant heritage.

People: We will not forget the “Middle Passage.” We will continue to tell our ancestral story of bondage that gave way to freedom, both physically and spiritually. We shall forever strive to advance the Kingdom of God through liberation and excellence.

All: Thanks be unto God for granting freedom and giving us victory through Jesus Christ our Lord! We are more than conquerors through Jesus who loves us!

Prayer: *A Prayer for Juneteenth*

Lisa Bacon, WNCC UMW Communications Coordinator

Special Music: *Lift Every Voice & Sing*

Catherine Ritch & Rev. Dr. Mark Barden

Introduction of Speaker

Darlene Gardner

Scripture: Ephesians 2: 19-22

Valerie Prim, Yadkin Valley District Spiritual Growth Coordinator

Message: *Lifted Up into Christ's Mission*

Rev. Lisa Beth White

Communion

Rev. White

Closing Music: *For The Bread*

Rev. Dr. Mark Barden, Soloist
Catherine Ritch, Piano

Benediction

Rev. White

Postlude: *Passacaglia*, by Handel

Catherine Ritch



You Lift Me Up

A big **thank you** goes out to all the folks involved in this year's Spiritual Growth Retreat.

The Spiritual Growth Committee Members:

Julia Willis, Joanie Strohm, Nancy Reigel, Linda Greer, Renee Hayes, Kathy Chadwell, Carolyn Payne, Sherry Summerlin, Sandra Williamson, Lynne Gilbert, Lisa Bacon, Darlene Gardner (chairperson)

Conference Executive Team

Technological Gurus:

Lynne Gilbert, Lisa Bacon, Nancy Reigel, Julia Willis, and Carol Harper

Breakout Leaders & Moderators:

Leaders: Martha Isenberg, Linda Greer, Ellen Robison, Catherine Ritch, Carolyn Payne, Sandra Williamson

Moderators: Nancy Reigel, Jennie Greenway, Carol Harper, Lynne Gilbert, Sherry Summerlin

District Spiritual Growth Coordinators:

Judy Sipe, Jennie Greenway, Teresa Conner Greene, Kay Jones, Donna Miller, Carol Harper, Betty Hunt, Valerie Prim

YOU – as a faithful supporter of United Methodist Women

And of course, **Rev. Lisa Beth White, Catherine Ritch, and Rev. Dr. Mark Barden**



Our Retreat Leadership

Speaker: Rev. Lisa Beth White

We are EXCITED that Rev. Lisa Beth White is our retreat leader for the 2021 Spiritual Growth Retreat. Rev. Lisa Beth White is the founder of Sister of Hope Ministries, a pastor, and scholar. Sister of Hope Ministries provides consultations, training, and retreats for volunteers in short-term mission work. Her doctoral research is focused on contemporary practices of mission in the United Methodist Church, and other research interests include the work of non-governmental organizations and faith-based organizations. Lisa Beth has over 18 years' experience teaching and leading short-term mission projects with people of all ages – from elementary school students to retirees. Having been raised in the United Methodist Church, her understanding of mission is grounded in the grace of Christ (John 1:16) and his commission to the disciples to be witnesses to God's grace (Acts 1:8). She believes people are called to live out this gift of grace in humility with respect for all people and creation. Lisa Beth has served as a mission study leader for United Methodist Women in numerous conference Mission events and leader development events. She is currently serving as pastor of Tabernacle (Black Mountain) in the Blue Ridge District, and she will be moving on July 1st to the Big Sandy / Western Chapel (Leicester) charge.



Music Leaders

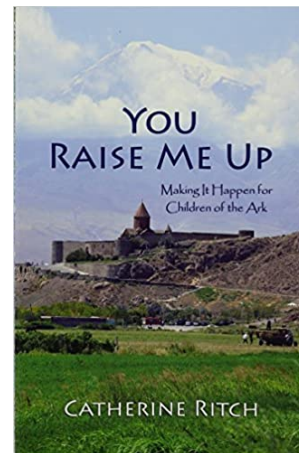
Rev. Dr. Mark Barden

Rev. Dr. Mark Barden, Music Leader, is currently the senior pastor of Central United Methodist Church in Shelby in the Catawba Valley District. He will be moving July 1st to serve as senior pastor of First Norwood United Methodist Church in the Uwharrie District. Mark is an Elder in the Western North Carolina Conference, and has served appointments across the conference, including five years as a member of the conference program staff as Director of Communication. He has a long connection with United Methodist Women, and we are grateful for his continuing support and sharing of his wonderful talents again this year! Thank you, Mark!



Catherine Ritch

Catherine Ritch, Music Leader, is a Diaconal Minister, appointed to Circuit Riding Musician Ministry. She is known as an author, composer, comedienne, entertainer, inspirational speaker, teacher, musician and missionary, but her favorite way to be acknowledged is “friend”. Her book, *Because He Lives* was on the 2012 UMW Reading List, and *You Raise Me Up*, about Project AGAPE, details a mission project of the Western North Carolina Conference and the North Carolina Conference located in the disputed territory of Nagorno-Karabakh. Catherine also has a long connection with United Methodist Women. We are especially grateful for the ways that she has provided music for multiple virtual events during the pandemic. Catherine is also leading a workshop about her book, *You Raise Me Up*, and the ministry of Project AGAPE. Thank you, Catherine!



Breakout Opportunities

Saturday Morning: 11:00 -12:15



Martha Isenberg –

Tea and Mindfulness Meditation:

Join us as we learn how to practice mindfulness meditation with a cup of tea. You'll learn what mindfulness is and how it can lower stress, help you focus your mind and improve your health. We'll practice this together with two different types of tea. In our tea meditation we'll use all five senses, so be prepared to enjoy this fun and interactive session. You will need the following items:

- *2 favorite tea cups or mugs
- *Tea kettle filled with 2 cups water (or use microwave for heating)
- *Small dish with 2 teaspoons loose leaf green tea or 2 teabags with green tea
- *Small dish with 2 teaspoons black tea or 2 teabags with black tea
- *If using loose leaf tea, a measuring teaspoon and a tea infuser or paper tea filter
- *If using tea bag tea, a pair of scissors
- *Minute timer
- *Sugar, honey or other sweetener for tea if you prefer it sweetened and spoon for stirring
- *[Tea and Mindfulness Meditation Handout](#) printed



Linda Greer –

Crocheting Together:

Participants need to have some knowledge of crochet if they want to crochet a small project.

Items needed: a crochet hook in any size G-L, 10 yards of yarn in any color, scissors. Stitches that will be used: chain, slip stitch, single crochet, double crochet, half double crochet, and triple crochet.

Handout has instructions for the project we will be making.

Participants will be asked to share ideas about crochet projects they are doing as well as suggestions for favorite crochet hints and patterns.

Saturday Afternoon: 1:15-1:30

Jazzercising for Jesus!

LaDonna Butts

Jazzercising for Jesus

Join LaDonna for a fun time with chair yoga – Jazzercizing for Jesus!

Saturday Afternoon: 2:00 -3:15

Reclaim THE Sabbath

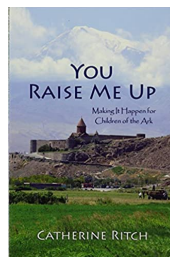
Ellen Robison

Reclaiming Sabbath: Reshaping the Rhythm of Our Lives

After a year in which our lives were completely turned upside down by the pandemic, we are slowly getting back to "normal," however you might describe that! Old habits and patterns were disrupted and our sense of time and space took on new meanings. As we begin to emerge from our lockdown lives, we have an opportunity to reshape our relationship with time and reclaim the ancient practice of Sabbath ordained by God. Join us as we discover the richness and life giving practice of Sabbath keeping as we grow closer to God in these post-pandemic days!

Catherine Ritch

In addition to learning about Project AGAPE – which is the focus of the book *You Raise Me Up* – you will also be updated on the recent offensive and bombings that have killed or displaced approximately 40,000 residents of the Nagorno-Karabakh area (known more commonly as Artsakh) served by this mission. This current situation, which at the moment is under a ceasefire, has created a somewhat different set of circumstances for the residents of that region. As a part of this session, participants will be updated about the immediate needs of Project AGAPE as a result of this situation. (It is important to note that Project AGAPE is supported solely by the Western North Carolina and North Carolina Conferences of the United Methodist Church.)





Sandra Williamson & Carolyn Payne

Juneteenth...An Uplifting Celebration of Freedom!

“Every year we must remind successive generations that this event triggered a series of events that one by one defines the challenges and responsibilities of successive generations. That’s why we need this holiday.” — Al Edwards

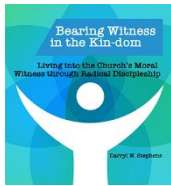
June 19th, “Juneteenth,” is the oldest nationally celebrated commemoration of the end of slavery in the United States. It began with prayer in Texas in 1865. Join our workshop where we will learn the significance of this kettle as well as other important and interesting facts about this holiday. We’ll have fun and share lots of resources, too.

Juneteenth...An Uplifting Celebration of Freedom!





Western North Carolina Conference 2021 Conference Events



Bearing Witness in the Kin-dom:
Living into the Church's Moral Witness
through Radical Discipleship

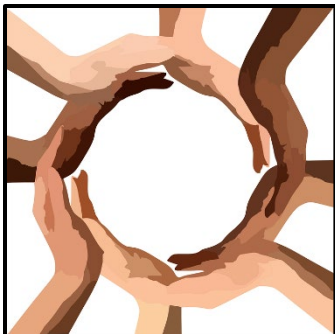
Mission u

Bearing Witness: July 15 – 18,
Pushout: Options – See website
Virtual Event



Pushout:
The Criminalization of
Black Girls in School

Annual Celebration / September 11 - 12 / Virtual Event



Ubuntu Days of Service

“I am because you are”
Saturday, October 2 and 9
Across the Conference



**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>Opportunities for interactive chat with your United Methodist Women Sisters, using our Prayer Calendar</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!	Sandrea 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.](#)

