

## WHILE AT LAKE JUNALUSKA

- Visit Memorial Chapel for prayer and meditation.
- Browse through materials available from Program Resources.
- Enjoy the beauty and peace of the Susanna Wesley Garden.
- Sit at the foot of the Junaluska Cross or Amphitheater to rest, mediate and worship, and thank God for His creation.
- Stroll around the Lake on the walking trail.
- Fellowship with your sisters in Christ. Make new friends while cherishing your old friends.
- Spend time on the meditation deck on the Lake.



United  
Women  
in Faith

### Reasons to choose us

#### Faith

At our heart and in our soul, we are a faith-driven organization. Our beliefs bring us together. And our spirituality pushes us to do more. Join us to boldly live your faith and connect to something bigger.

#### Action

Our actions have always spoken as loud as our words. Acts of love. Acts of faith. Acts of change. For more than 150 years, our members have been showing up and getting things done. Together, we're making the world a better place: locally, globally, fearlessly.

#### Sisterhood

Welcome to our sisterhood. Connecting together as community leaders, justice champions and brave changemakers, we are women with more than a cause. We are on a mission to boldly act and transform communities, and we hope you'll join us.

## 2022 *Spiritual Growth Retreat*

*Western North Carolina Conference*

*United Women in Faith*



*June 9 - 11*  
*Lake Junaluska*



United  
Women  
in Faith



## *General Information*

**Retreat Check in 2:00-6:30 PM, Thursday in Room 201 (Susan Todd Lounge) of the Harrell Center.**

**Program Resources and other Mission Displays will be in Room 201 of the Harrell Center.** Learn about current United Women in Faith issues and missions. Get information about Mission u.

**Memorial Chapel will be open during the retreat for prayer and meditation.** Continue our practice of leaving your written prayer requests in the basket found at the back door of the Chapel. We will pray over these requests on Saturday morning.

**ALL meals will be served at the Terrace Dining Room (even for those staying at the Lambuth). Meal times are as follows:**

**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 as they have retreat responsibilities.*

**Hygiene Kits for UMCOR will be collected in Room 202 of the Harrell Center. Times are listed on the door.**

**A Love Offering for Mission Giving** will be taken up at Friday Evening's Session. Checks should be made payable to **WNCC UMW.**

**Lost and Found will be at the rear of Harrell Auditorium at the table.**

## *Breakout Sessions - Friday Morning Session 9:00 - 10:15*

**United Methodist Women Choir** (Led by Amy Johnson & Donna Cooke) Located in the **Harrell Center Auditorium.**

**Boat Trip** – limited to 30 participants, (Led by Lake Guide). Meet at the **dock** found at the **back of Harrell Center**

**Knitting Together for God's Good Work** (Led by Mary Billingsley). Located in **Room 202** of the Harrell Center.

**Trolley Garden Tour** - limited to 34 participants (Led by Melissa Tinsley). Meet at the **ground floor entrance** of the Terrace.

**Book Talk** (Led by Jennie Greenway). Located in **Room 201** (Susan Todd Lounge) of the Harrell Center.

## *Session 10:30 - 11:45*

**Krystal Handbells** (Led by Amy Johnson & Donna Cooke). Located in the **Harrell Center Auditorium.**

**Boat Trip** – limited to 30 participants, (Led by Lake Guide). Meet at the **dock** found at the **back of Harrell Center.**

**Trolley Garden Tour** – limited to 34 participants (Led by Melissa Tinsley). Meet at the **ground floor entrance** of the Terrace.

**Overview of Reading Program Books** (Led by Jennie Greenway). Located in **Room 201** (Susan Todd Lounge) of the Harrell Center.

**Walk Around the Lake** (Led by Valerie Prim). Meet at **the start of the Rose Walk** near Harrell Center.

**New Wineskins Overview** (Led by Molly Welch). Located in **Room 105** of Harrell Center.

## Upcoming 2022 Events



**Mission u**  
**Who Can We Be Together?**  
July 14-16  
Pfeiffer University

Adult studies:

Who Can we Be Together?

A Biblical Exploration of Luke 13

Or

Pushout: The Criminalization of Black Girls in Schools

Register online through July 1: [wnccumw.org](http://wnccumw.org)



**Annual Celebration**  
**Turn It Up!**  
September 9-11  
Lake Junaluska



**UBUNTU Days of Service**  
**"I am because you are."**  
October 1, 8, and 15  
Locations across the Conference



**Leadership Development Day**  
**for District Officers**  
October 22  
Virtual Zoom Training

## Come to the Water



### Did you know?

Water makes up about 71% of the Earth's surface; continents and islands make up the remaining 29%.

Oceans contain about 96.5% of all Earth's water. Therefore, only 3.5% is freshwater – water that we can use to live.

Water takes many forms: air vapor, rivers, lakes, icecaps, glaciers, in moisture within the soil, and in aquifers.

There is the same amount of water on Earth now as when the Earth was created.

Water regulates the Earth's temperature.

A person can survive only about 3 days without access to water.

A newborn baby is 78% water, while an adult is 55 -60% water. Water is involved in just about everything our body does. It's a big part of the blood that brings nutrients to all our cells. We use it to get rid of wastes. It helps us regulate our body temperature. It acts as a shock absorber for our brain and spinal cord. We are very dependent on water.

Water is mentioned a total of 722 times in *The Bible*, more often than faith, hope, prayer, and worship.

Water begins *The Bible*, in Genesis, Chapters 1-2 and ends the Bible, in Revelation, Chapter 22, verse 17. Water flows through scripture, showing us how important it is to us both physically and spiritually.

# *Come to the Water - The Great Invitation*

Session One – Thursday Evening, June 9

“It’s Party Time”

Gathering Praise – 7:00 PM	Amy Johnson & Donna Cooke <i>Musicians</i>
Welcome	Joanie Strohm <i>Conference President</i>
Greetings from Lake Junaluska	Ken Howle <i>Executive Director, Lake Junaluska Conference &amp; Retreat Center</i>
Announcements and Introductions	Darlene Gardner <i>Conference Mission Coordinator for Spiritual Growth</i>
*Call to Worship	Pat Jarvis <i>Uwharrie Spiritual Growth Coordinator</i>

Leader: Lord, we come to the water, the source of the living water, for you have said everyone who drinks of the water that you give shall never thirst.

**All: Lord, I come**

Leader: For you have said, Come, all you who are thirsty, come to the waters.

**All: Lord, I come**

Leader: Have mercy on me, O God, according to your unfailing love, according to your great compassion, wash away all my iniquity and cleanse me from my sin.

**All: Lord, I come**

Leader: Cleanse me and I will be clean, wash me and I will be whiter than snow.

**All: Lord, I come**

**Leader:** Lord, you have taught us not to fear, for You are with us; to not be dismayed, for You are our God. You will strengthen us and help us; You will uphold us with your righteous right hand.

**All: Lord, I come**

**Leader:** Lord, you have promised, strength to those who wait with the hopes in the Lord will be renewed. You will enable us to soar on wings like eagles. We will run and won’t become weary. We will walk and won’t grow tired.

**All: Lord, I come**

**Leader:** Lord, we come to you in every situation by prayer and petition, with thanksgiving, we present our request to You so we may have the peace of God which transcends all understanding, which will guard our hearts and minds in Christ Jesus.

**All: Lord, I come.**

*(Liturgy taken from John 4:13-14, Isaiah 55:1, Psalm 51: 1-2, Isaiah 40:10, Isaiah 40:31, Philippians 4: 6-7. This was used at the Uwharrie Prayer Breakfast)*

\*Opening Hymn: ***Lord, You Have Come to the Lakeshore*** UMH#344

Daily Prayer Guide & Prayer Valerie Prim  
*Yadkin Valley Spiritual Growth Coordinator*

Special Music: ***Come to the Water*** Amy Johnson, Soloist  
(Page/Blackwood)

Scripture: Isaiah 55:1-3 Lisa Bacon  
*Conference Coordinator for Communications*

Message: **It’s Party Time** Rev. Tammy Ingram

\*Closing Hymn: ***God You Call Us To the Waters***  
(Carolyn Winfrey Gillette)

Benediction Darlene Gardner

\*Please stand as you are able.

# *Come to the Water – The Great Invitation*

Session Two – Friday Afternoon, June 10

“The Thirst Quencher”

Gathering Praise – 2:00 PM Amy Johnson & Donna Cooke

Afternoon Greeting Darlene Gardner

Legacy Moment Rhita Newcomb  
*Yadkin Valley District President*

Call to Worship Carolyn Payne  
*Conference Mission Coordinator for  
Education & Interpretation*

**I Found Him Here!** *Based on Isaiah 55:6-7*

By Carolyn Payne

One: I sought the Lord and I found Him near.

**Many: In the fresh mountain air — at the lake — on the pier;**

One: In the clouds in the sky, drifting slowly away;

**Many: In the cool evening breeze at the end of the day;**

One: In the simple pleasure of familiar rocking chair;

**Many: In, song, in scripture, spoken word or through prayer;**

One: In the fowl of the air, when they linger awhile;

**Many: In the fragrance of roses, always pleasant, always mild;**

One: In sweet communion with friends, as we joyfully greet;

**Many: In the healing experience of a Spiritual Retreat.**

**All: I sought the Lord and I found Him here! Amen!**

\*Opening Hymn: *Once A Woman Seeking Water*  
(Carolyn Winfrey Gillette)

Daily Prayer Guide & Prayer Jennie Greenway  
*Blue Ridge Spiritual Growth Coordinator*

Special Music: *Fill My Cup Lord* Amy Johnson, Soloist

Scripture: Isaiah 55: 6-7 Kathy Chadwell  
*Conference Secretary for Program Resources*

Message: **The Thirst Quencher** Rev. Ingram

Closing Hymn: *Freely, Freely* UMH # 389

Benediction Lynda Morris  
*Conference Vice President*

Postlude

Enjoy the remainder of your afternoon and your evening meal. See you back here at 7:00 PM.



# ***Come to the Water – The Great Invitation***

Session Three – Friday Evening, June 10

“There’s Something in the Water”

Gathering Praise: 7:00 PM Amy Johnson & Donna Cooke

Welcome & Opening Prayer Darlene Gardner

Call to Worship Judy Sipe  
*Appalachian Spiritual Growth Coordinator*

**Call to the Thirsty!** *Based on Isaiah 55:10-12*  
By Carolyn Payne

One: If you hunger for righteousness and for Grace and mercy you thirst,

**Many: Call upon the Lord and your soul will be immersed...**

One: in the well of the Holy Spirit, in the well that never runs dry,

**Many: in the mighty hands of Jesus, so His Name we'll glorify.**

One: Just as rain and snow fall down upon parched earth ...

**Many: to nourish the seed and to give it new birth,**

One: God will touch the possible in you and your gift will flourish,

**Many: for His Word is not void and His Will, will not perish.**

One: Your JOY will be abundant, your heart will fill with song,

**Many: You will sing from the mountain top, and the mountains will sing along.**

**All: Fill my cup, Lord, I lift it up, Lord. Come and quench this thirsting of my soul. Bread of heaven, feed me till I want no more. Fill my cup, fill it up and make me whole. Amen!**

Opening Hymn: *I've Got Peace Like a River*

Hands on Mission Report Carolyn Payne

Mission u & Annual Meeting Invitations Lynn Alexander  
*Mission u Dean*  
Lynda Morris

Love Offering Nancy Reigel  
*Conference Treasurer*

Doxology UMH # 94

Special Music: ***How Great Thou Art*** Krystal Bell Choir

Scripture: Isaiah 55: 10-12 Jo Boyd  
*Metro Spiritual Growth Coordinator*

Message: **There's Something in the Water** Rev. Ingram

Closing Hymn: The Trees of the Field TFWS # 2279

Benediction Carol Harper  
*Smoky Mountain Spiritual Growth Coordinator*

***Movie Night - The Shack***  
***8:30 PM - Harrell Auditorium***

# *Come to the Water – The Great Invitation*

Session Four – Saturday Morning, June 11

“Come! Drink! Eat! Live!”

Gathering Praise Amy Johnson & Donna Cooke

Morning Prayer (including requests from Memorial Chapel) Molly Welch  
*Conference Mission Coordinator  
for Membership, Nurture & Outreach*

Special Mission Recognition Darlene Gardner, Joanie  
Strohm & Nancy Regiel

Opening Hymn: *This is a Day of New Beginnings* UMH #383  
(Verses 1, 2, 3 & 5)

Daily Prayer Guide Donna Morgan  
*Northern Piedmont Spiritual  
Growth Coordinator*

Special Music: *Come to the Water* United Women in Faith Choir  
(Foley)

Scripture: Isaiah 55: 1-3 Gwen Harris  
*Blue Ridge District President*

Message: **Come! Eat! Drink! Live!** Rev. Ingram

Holy Communion : The Great Thanksgiving  
Celebrant: Rev. Rob Ingram, Assisting, Rev. Tammy Ingram

Closing Hymn: *The Spirit Sends Us Forth* TFWS #2241  
(Verses 1, 2, & 4)

Benediction Joyce Irby  
*Conference Coordinator for Spiritual Action*

**Take the spiritual lessons from this retreat down the mountain as you return to your homes.**

# *A Note of Thanks . . .*

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

- All the program participants
- All the District Spiritual Growth Coordinators & Gwen Harris, President of the Blue Ridge District
- Members of the Conference Executive Committee
- The Lake Junaluska Assembly Staff
- YOU for choosing to spend your time in retreat with all of us, your sisters in United Women in Faith.

*Isaiah 55:1a*

*Come, all you who are thirsty,  
come to the waters.*



Spiritual Growth Committee: Darlene Gardner, Joanie Strohm, Lynda Morris, Nancy Reigel, Carolyn Payne, Molly Welch, Kathy Chadwell, Joyce Irby, Nancy Ward, Janet Bjork-Colton, Lynne Gilbert, Lisa Bacon

*Notes Session One*

*Notes Session Two*



*Notes Session Three*

*Notes Session Four*



*Retreat Leader*  
*Rev. Tammy*  
*Ingram*

Pastor Tamara “Tammy” Ingram is a native of Greensboro, NC. She pursued the study of drama and theater at the University of North Carolina at Chapel Hill then continued her education at Hood Theological Seminary in Salisbury, NC where she graduated with a Master’s Degree in Divinity.

Professionally, Rev. Tammy has over 33 years of management and corporate training experience; she worked for Aetna Insurance in its Greensboro and High Point, NC locations serving as the company’s local Volunteer and Outreach Coordinator and its Southeast Regional Spokesperson.

Pastor Tammy answered the call to pastoral ministry in 2014. She currently serves as Pastor of Raleigh’s Crossroads and Bass Chapel United Methodist Churches in Greensboro NC. She is elated to use her ministerial gifts to proclaim the Word of God to this body of believers.

Additionally, she was recently appointed as the Convener of the Religion and Race task force within the Western North Carolina conference. She is a servant of the Lord and she is dedicated to representing Jesus Christ to the fullest, all-day, and everyday-- readily serving God and the people of God.

Pastor Tammy is married to Rev. Rodvegas Ingram. They are the proud parents of 2 sons Marc (Charity) and Cameron. Their latest and proudest titles are that of MiMi and PaPa to 6-year-old Katelyn, 3-year-old Carmen and 5-month old Charlie.

Pastor Tammy’s favorite scripture comes from the gospel of  
Saint Luke 4:18-19

“The Spirit of the LORD is upon Me, Because He has anointed Me to preach the gospel to *the* poor; He has sent Me to heal the brokenhearted, to proclaim liberty to *the* captives, and recovery of sight to *the* blind, to set at liberty those who are oppressed. To proclaim the acceptable year of the LORD.”

*Communion Celebrant*  
*Rev. Rod Ingram*

**Rev. Rodvegas Marc Ingram Sr.**, a native of Albemarle, NC and a graduate of UNC Chapel Hill, has been pastoring in the Western NC Conference of the United Methodist Church since 2001. He, both, obtained his MDIV from Hood Seminary and was commissioned as a Provisional Elder in 2005. Rev. Ingram was ordained an Elder in Full Connection in 2011. Currently, he serves as the Pastor of St. Matthews UMC in Greensboro, NC. Previously, he served Collins Grove UMC in Greensboro, NC for 9 years. He served in Rockingham County at the following churches for a total of 8 years: Chapel Hill UMC and Salem UMC in Reidsville, NC; St. John UMC in Eden, NC and Memorial UMC in High Point, NC for 3 years. Rev. Ingram has not only served as a pastor, but he also remains a part of the Greensboro Cluster Choir and the Reidsville Community Charge Choir.

Rev. Ingram is a man who loves his family. Proverbs 18:22 says, “Whoso findeth a wife, findeth a good thing, and obtaineth favour of the Lord.” Rod found his good thing while he was a student at Carolina. He is married to his college sweetheart, Tamara McDowell Ingram. Whether he is serving in the role of pastor, teacher, leader, singer, son, husband, father, grandfather, or friend ~ Rev. Rodvegas Ingram strives to live by the words found in Matthew 5:16, “Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.”

## *Retreat Music Leaders*

*Amy Johnson & Donna Cooke*



Amy Johnson is no stranger to United Women in Faith. She has served in various offices on the local, district, and conference level, including Conference Treasurer and Conference President. Amy is the Music Director of Faith United Methodist Church in Rural Hall where she and her husband, Paul, are members. She has previously led music for Mission U, as well as for three national conferences of Professional Administrators of the United Methodist Connectional Structure (PAUMCS). Amy enjoys selecting music to go along with worship themes and seeing scripture come alive through music. Amy and her husband, Paul, make their home in Tobaccoville. They have one daughter, Jill; son-in-law, AJ; and two grandchildren, Dylan and Karley. Amy is retired and enjoys time with the family, playing the piano, cross stitching, and traveling.



Donna Cooke began her career in traditional church worship at Central UMC in Mt. Airy where she served as Organist and Music Director for 28 years. She then worked for seven years in the Yadkin Valley District as Coordinator of Age Level Ministries and Vitality Strategist. Following retirement from that office, she continued her career in Traditional Worship Arts at Mt. Tabor UMC in Winston-Salem where she “re-retired” in June of 2019. Currently she is organist at Wesley Memorial UMC, in Winston-Salem.

