

Spiritual Growth Retreat
**Western North Carolina United
Women in Faith**



June 8-10, 2023, Lake Junaluska



United
Women
in Faith



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

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

Memorial Chapel will be open during the retreat for prayer and meditation. As in the past, you may leave written prayer requests in the basket found at the back of the Chapel. We will pray over these requests at the Saturday session.

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

Dinner 5:30-7:30, Breakfast 7:30-8:30, Lunch 12:00-1:30.

Please allow those with ribbons on their nametags to break line as they have retreat responsibilities.

All UMCOR kits 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 WNCUMW.

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

Breakout Sessions – Friday Morning

Session 9:00 – 10:15

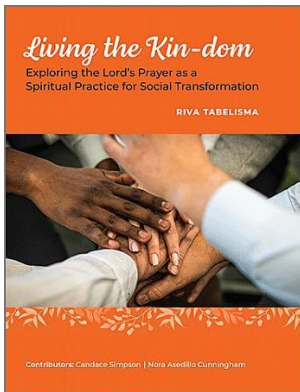
- **United Women in Faith Choir** – Led by Mark Barden and Catherine Ritch. Harrell Center Auditorium
- **Boat Trip** around the Lake (Limited to 30 persons) Meet at the dock in back of Harrell Center
- **Trolley Garden Tour** (Limited to 30 persons). Meet in front of Harrell Center.
- **Book Study** – *The Book Woman of Troublesome Creek* – Led by Kathy Chadwell & Blue Ridge Ladies Room 201 Harrell Center

Session 10:30-11:45

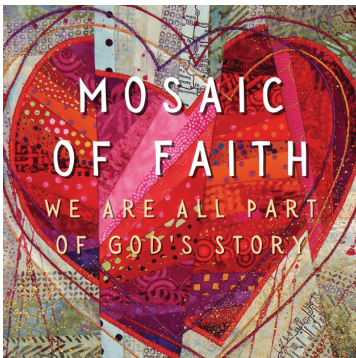
- **Kristal Handbells** – Led by Donna Ireland. Using the colored Kristal handbells, participants will learn to play various hymns. Room 201 Harrell Center
- **Boat Trip** around the Lake (Limited to 30 persons) Meet at the dock in back of Harrell Center
- **Trolley Garden Tour** (Limited to 30 persons) Meet in front of Harrell Center
- **Uniting for Justice Today:** Interaction and creativity for Justice Today – Led by Joanie Strohm Room 105 Harrell Center
- **Chair Yoga** – Led by LaDonna Butts, Harrell Center Auditorium



Upcoming Conference Events



Mission u 2023
July 28-29, 2023
Catholic Conference Center
Hickory, NC
On line registration is open
NOW!
This is a change of Venue,
due to renovation at Pfeiffer
University.



September 8-10, 2023
In-Person, at Lake
Junaluska
Details to follow

Ubuntu
Days of Service
October 7, 14, 28
Various Locations

Leadership
Development Day
October 21, 2023
All District Officers
Zoom Meeting

Women Coming to Christ
Session One – Thursday Evening, June 8

Gathering Praise – 7:00 PM

Rev. Mark Barden &
Catherine Ritch, Musicians

Welcome

Joanie Strohm
Conference President

Greetings from Lake Junaluska

Ken Howle
Executive Director, Lake Junaluska Conference & Retreat Center

Announcements & Introductions

Darlene Gardner
Conference Mission Coordinator for Spiritual Growth

*Call to Worship

Pat Jarvis
Uwharrie Spiritual Growth Coordinator

Leader: Heavenly Father, we come together in worship

All: We Come to Jesus,

Leader: Bearing our sins, shames, weaknesses, and failures

All: We Come to Jesus

Leader: Like the Woman with the issue of Blood

All: We Come to Jesus

Leader: Seeking healing, recognition, a return of a life previously lost

All: We Come to Jesus

Leader: We receive forgiveness, love and compassion

Leader & All: We Come to Jesus once again.

*Opening Hymn: *When Jesus the Healer Passed Through Galilee*

Daily Prayer Guide & Prayer

Lynne Alexander
Dean mission u

Special Music: *I Quietly Turned to You*

Florence Greene
Yadkin Valley Member

Message: **The Old and the Young Come to Jesus** Rev. Jan Brittain

Closing Hymn: *Precious Lord Take My Hand*

Benediction

Darlene Gardner

*Please stand as you are able.

Notes

Women Coming to Christ
Session Two – Friday Afternoon, June 9

Gathering Praise – 2:00 PM Mark & Catherine

Afternoon Greeting Darlene Gardner

Legacy Moment Rhita Newcomb
Yadkin Valley District President

*Call to Worship: Lynda Morris
Conference Vice President

Leader: In our busy, crowded world today, how can we still feel isolated and alone?

All: Those whose lives have been broken

Leader: Where can we find acceptance and belonging?

All: Those with illness, both physical and emotional

Leader: Who will show us the way forward?

All: Those of different colors, faiths, gender identity

Leader: In the story of the Good Samaritan, who does Jesus say is our neighbor?

Leader & All: EVERYONE we meet is our neighbor. Inclusion is the loving response we are taught by Christ.

*Opening Hymn: *She Came to Jesus* Carolyn Gillette words

Daily Prayer Guide & Prayer Sarah Lee
Uhwarrie District President

Mission u Information Lynn Alexander, Dean

Special Music: *Come to Jesus*

Rev. Mark Bard

Message: **The Outsider & the Isolated Come to Jesus**

Rev. Jan Brittain

*Closing Hymn: *Fill My Cup Lord*

*Benediction

Diann Back
Metro District President

Notes

*Enjoy the rest of your
afternoon and dinner. See
you back at 7:00 PM.*



Women Coming to Christ
Session Three – Friday Evening, June 9

Gathering Praise

Mark & Catherine

Welcome & Opening Prayer

Darlene Gardner

*Call to Worship

Jo Boyd

Metro Spiritual Growth Coordinator

Leader: It is a story we know only too well.

All: How can we be all the things we need to be?

Leader: Our time is torn between what we think we have to do and what we feel we need to do to be whole persons in Jesus Christ.

All: But who will take care of the house, the cooking, the children, the cleaning, and the needs of the family?

Leader: Taking time out of our busy lives to spend with God is a challenge.

All: How can I be both a “Martha” and a “Mary” as a follower of Christ?

Leader & All: Martha and Mary were both beloved friends of Christ, welcoming Him into their home for food and fellowship. Each demonstrated her faith in Jesus and his saving grace. Let us come to Christ as they did.

*Opening Hymn: *You Are My All in All*

Hands on Mission Report

Linda Greer

Appalachian District President

Love Offering

Bess Redmond

Offertory Solo: *Covenant Prayer*

Rev. Mark Barden

*Doxology:

UMH # 94

Message: **The Sisters Come to Jesus**

Rev. Jan Brittain

*Closing Hymn: *Freely, Freely*

Benediction:

Kathy Chadwell
Conference Coordinator of Reading Program

Notes

8:30 Viewing of film “Hidden Figures”

Women Coming to Christ
Session Four – Saturday Morning, June 10

Gathering Praise: Mark & Catherine

Morning Prayer (including requests from Memorial Chapel) Valerie Prim
Yadkin Valley Spiritual Growth Coordinator

*Call to Worship Joanie Strohm

Leader: It is darkest before the dawn, so they say.

All: But a little light goes a long way to dispel darkness.

Leader: When everyone else had deserted Christ, Mary Magdalene came in the early morning light to do what she could for her Master.

All: But Jesus was not in the tomb! How could this be? What did it mean?

Leader: Then Christ appeared to her, calling her by name. He was coming to heal her broken heart and sending her back to the disciples to spread the news of His resurrection.

Leader & All: Like Mary, we come to Christ daily for the reaffirmation of our eternal lives and to answer our call to reach out to others. Come to Christ and share the path we have chosen to walk as Women in Faith.

Special Mission Recognition: Darlene Gardner,
Joanie Strohm, Bess Redmond

Opening Hymn: *How Shall I Come Before the Lord?*

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

Special Music: *In Christ Alone*

United Women in Faith Choir

Message: **The One Who Came to Jesus – and Stayed**

Rev. Jan Brittain

Holy Communion: The Great Thanksgiving

Rev. Brittain
Celebrant

Closing Hymn: *Sweet, Sweet Spirit*

Benediction:

Lynda Morris

May the blessings we have received in this time of being “on the mountain top” follow us down in the valley as we return to our homes.

Notes

Our Spiritual Growth Retreat Leaders



We are excited to announce that **Rev. Jan Brittain** will be our **retreat leader** for the 2023 Spiritual Growth Retreat. Jan retired in 2022 after serving almost 11 years as the senior pastor at Williamson's Chapel UMC in Mooresville in the Metro District. Prior to that she served for 8 years as the senior pastor at Christ UMC in Greensboro in the Northern Piedmont District.

More about Jan...

Kneeling on the concrete floor of a summer camp in the mountains of NC, Jan Brittain committed her life to full time Christian service at the age of 16. Of course, at that time, she did not know any women pastors and assumed her commitment would take her overseas as a missionary. But God had other plans. Jan has served churches of all sizes and in a variety of locations — country, urban, suburban, mountain, farm, and finally a regional church at Lake Norman. And though, not in the way she anticipated, Jan has done her share of overseas work. She began her ministry by serving churches in Bristol, England and has worked with churches and ministries in Guatemala, Bolivia, Kenya, Uganda, Jamaica and Haiti. Jan has preached on 4 continents and in some notable settings including the New Room (the oldest Methodist Church in the world), at the 200th anniversary of the oldest Methodist Church in Bolivia, in the Duke Chapel and in Stuart Auditorium at Lake Junaluska.

Jan's background in Christian Education and her degree in Business Administration, along with her nearly 4 decades of professional ministry are resources that are still serving the local church

and the larger church. Her focus is on preaching and teaching in a variety of settings and facilitating the success of other clergy. Jan writes a devotional blog — graceinbitsandpieces.wordpress.com.

Jan is a true child of the church. As the daughter of a United Methodist pastor, Jan grew up in the parsonages of South Carolina. And, at the top of any list of achievements or blessings, Jan would put the honor of being a mother and a Gran Jan.

Jan summarizes her personal theology this way:

1. God's motivation is always love.
2. Jesus Christ's death on the cross is the means to our salvation. His resurrection is the promise of our eternity. We cannot save ourselves and, praise God, we do not have to.
3. There are three absolute essentials for effective and faithful living: time spent in God's word, time spent in prayer and time spent with God's people.
4. God formed and chose the Church. As flawed as the Church is, it is still God's chosen agent for doing His work in the world. Those who want to be on God's team find their place in the Church and go to work helping the Church do what only the the Body of Christ can do.

Music Leaders

Rev. Dr. Mark L. Barden is no stranger to the United Women in Faith. While serving on the Western NC Conference Staff (2000-2011), he was the staff liaison to the conference United Methodist Women. Through the years, he has participated in many UWF/UMW events including leading music at district and conference gatherings.

Mark is the son of a WNC United Methodist pastor and grandson of United Methodist missionaries who served in Africa. He began his career teaching journalism and broadcasting at the University of Mississippi and Murray State University (KY). Following his call to ordained ministry, he completed seminary at Duke University, later earning a doctorate in Arts and Theology from Wesley Theological Seminary in Washington, DC. He has served churches throughout our conference in addition to serving on conference staff. He is currently pastor of First UMC, Norwood and plans to retire this month.

For 25 years, he has collaborated with Catherine Ritch on a variety of ventures. From leading music and performing concerts to photographing and

designing covers for Catherine's books, they have traveled all over the world gathering stories of God's love at work through the church and its missions. He is married to the Rev. Barbara Barden, retired clergy from Myers Park UMC, Charlotte. They have a son, Chris, a computer software developer, who lives in Charlotte.



Catherine Ritch, a native of Matthews, NC, is a published composer and author of inspirational fiction, non-fiction and children's books with 27 books currently in print, and 7 others currently in process. A frequent speaker/musician in a variety of venues, she has entertained or spoken for audiences around the globe. She was selected as the International Profile of The United Methodist Church for September 2009 because of her continual work and efforts with missions for schools in areas of natural disasters.

Catherine's lightning quick wit and musical talent are astonishing enough, but combined with her never ending source of positive energy, the woman is a ball of fire that's sure to inspire." Put Catherine on a piano, organ or keyboard and from Bach to Broadway to Boogie to the Best of Gospel, she'll have the audience enthralled with the rhythms of life.

One of Catherine's most fun ventures is a comedy series featuring Miz Eudora Rumph of Smackass Gap, NC, which happens to be a real place (where Methodists have The Hinton Retreat Center). Dressed as Miz Eudora, she has entertained doctors and medical personnel, ministers and bishops, teachers and various other groups with "Laughter Is the Best Medicine" through the simple mountain wit and wisdom of her Appalachian grandmother. In Catherine's words, "People in today's society take themselves way too seriously or get caught up in unnecessary stresses. A good dose of Miz Eudora is a cure for all that ails you, and also for that which don't!"

Catherine has been introduced as an author, composer, comedienne, entertainer, teacher, musician, inspirational/motivational speaker, and volunteer-in-mission, but her favorite way to be acknowledged is "friend.

A Note of Thanks . . .

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

- All program participants
- All the District Spiritual Growth Coordinators, Diann Back (Metro President) and Sarah Lee (Uhwarrie President)
- Members of the Conference Executive Committee
- Leaders of our Breakout Sessions
- The Lake Junaluska Assembly Staff
- And YOU for sharing in this spiritual journey as **Women Coming to Christ.**

Spiritual Growth Committee: Darlene Gardner, Joanie Strohm, Lynda Morris, Bess Redmond, Carolyn Payne, Molly Welch, Kathy Chadwell, Joyce Irby, Diann Back, Sarah Lee, Lynne Gilbert and Amy Cochran.

United Women in Faith is 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.

