

PURPOSE
OF
UNITED METHODIST WOMEN

The organized unit of United Methodist Women shall be a community of women whose PURPOSE is:



To know God

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To experience freedom as whole persons
through Jesus Christ

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To develop a creative, supportive fellowship

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To expand concepts of mission through participation in the global
ministries of the church



*Hopefully your roots grew a little longer this week-end.
They will give strength to your faith...share it with others!
We are glad you came ... Have a safe journey home!*

Visit our conference website: www.wnccumw.org

Spiritual Growth Retreats United Methodist Women



AND DANDELIONS

Western North Carolina Conference
Lake Junaluska
June 15-17, 2007

WELCOME: We welcome you to the 2007 Spiritual Growth Retreats. We come together to experience a renewal, an increased awareness of the presence of God in our lives. We are here to pray, to listen, and to spend some quiet time in reflection. Put aside the pressures, the worries, the cares and share the stillness of God's world. Enjoy the fellowship, the beautiful surroundings, the music, the messages...all of which we hope will sustain us as we return to our busy world.

REGISTRATION IS downstairs in the Harrell Center Auditorium from 12:30—3:45. After that, registration will be in the lobby of Stuart Auditorium before each session. After you register, you might like to visit the Chapel, which is open at all times, to spend some time in prayer and meditation. Prayer requests may be left on the altar. Please feel free to take a prayer when you leave yours. Prayer requests will be lifted up during the sessions.

THE PROGRAM RESOURCE ROOM is located on the ground floor of the Harrell Center. (Just follow the signs). Bettie Sharpe Rowe, Conference Secretary of Program Resources, has an abundant supply of materials for you to purchase, as well as a variety of free leaflets and brochures. You are encouraged to browse through the Reading Program books. The room will be open 12:30-3:45pm, 5:30-7:00pm, and after the last session on Friday; 8:00-8:45am, 12:00-3:45pm, and 5:30-6:45pm on Saturday.

We respectfully request that you do not save blocks of seats in Stuart Auditorium between sessions and that all cell phones are either turned off or put

WHILE AT JUNALUSKA...

- visit Memorial Chapel for prayer and meditation.
- investigate the materials available in Program Resources.
- enjoy the peace and beauty of the Susanna Wesley Garden.
- sit at the foot of the Junaluska Cross or in the Amphitheater to rest, to meditate, and worship God in the beauty of his handiwork.
- stroll across the bridge on the walking trail.
- fellowship with your sisters in Christ, allowing friendships to form and grow and deepen.
- enjoy the fragrance of the roses along the water's edge.
- plan intentionally for times of silence and reflection.

OUR THANKS AND APPRECIATION TO:

M. Garlinda Burton for her inspirational messages and wonderful persona; **Mary Greene, Ronnie Wise and Javier Perez** for their ministry through music; **Pat Gilbert**, for the beautiful banners; the **Conference Officers**, the **Conference Spiritual Growth Committee**, the **District Spiritual Growth Mission Coordinators** and others who volunteered to help in many ways, and most of all, to **all of you** who came and were a part of these Spiritual Growth Retreats.

Spiritual Growth Retreat Committee:

Kris Peurifoy, chair; Amy Johnson, Sandy Hieronymus, Sharon Smith, Sherry Sink, Linda Young, Linda Baity, Bettie Sharpe Rowe, Rev. Dr. Lillie Jones, Bess Redmond and Betty Swarthout.

Dates to remember in 2007:

School of Christian Mission at Greensboro College, July 12-15

Conference Annual Meeting, Lake Junaluska, September 7-9

Training for District Officers at First UMC Conover, October 13

NOTES

"FAITH, FEARS, AND DANDELIONS

Session Three—Retreats I (Sat) & II (Sun)

Gathering Praise Stuart Auditorium 9:00-9:15am

Announcements

Prayer Calendar

Linda Baity
Membership Mission Coordinator

Opening Prayer

Betty Swarthout
Spiritual Growth Committee

*Hymn #133

Leaning on the Everlasting Arms

UMH

Litany (*page 5*)

Bess Redmond
Spiritual Growth Committee

Message *When You Can't Be A Superwoman*

Garlinda Burton

Mark 10:46-52

Special Music

*Hymn 115

Nurtured by the Spirit

Global Praise II

*Benediction

*Postlude

Please stand as you are able

Even if you're on the right track, you'll get run over if you
just sit there. *Will Rogers*

"FAITH, FEARS, AND DANDELIONS"

NOTES

Session Four—Retreat I (Sat)

Retreat II - LJ Worship Service 10:55 (Sun)

Gathering Praise Stuart Auditorium 10:30-10:45am

Announcements

*Hymn 2172 *We Are Called* UMH

Opening Prayer: Praise to you, Oh God, glorious King of all creation! We gather this morning as a people of faith, to offer ourselves as instruments of your will. We are called to sow your seeds of love and forgiveness throughout the world, but many times we falter in our faith. We become as empty vessels, dry and barren. We have been promised that as we sow, in good times and bad times, joy will be ours. We rest in that assurance. Just as dandelions need water to nourish their roots, so we need Living Water to nourish our souls. Fill us, Lord, with your Living Water so that our light will shine for all to see.

Linda Young
Social Action Mission Coordinator

Special Music Javier Perez

Message *Returning To Our UMW roots* Garlinda Burton
Matthew 5:14-16

*Hymn #664 *Sent Forth by God's Blessing* UMH

*Benediction

*Postlude

Please stand as you are able

Be kind to unkind people. They probably need it the most.



AND DANDELIONS



God sends us flowers every spring and a sunrise every morning. It is up to us to see them.

Dandelions: To a homeowner, they are weeds.
To someone from the inner city, they are beautiful flowers.

I thank God for the dandelions in my life that help me to see God more clearly. Denise Creed, *Seasons with the Spirit* 1996

*Behold the lowly dandelion who dares to raise its head,
In ever growing colonies, across the lawn they spread.
They couldn't be more beautiful, if planted there with care.
Nothing in life is common if you consider beauty rare."*



The flower head can change into the familiar, white, globular seed head overnight. Each seed has a tiny parachute, to spread far and wide in the wind.



The best bouquets spring from unlikely places.

When I look at a patch of dandelions, I see a bunch of weeds that are going to take over my yard. My kids see flowers for Mom and blowing white fluff you can wish on.

Don't judge each day by the harvest you reap, but by the seeds you plant. Robert Louis Stevenson

Need a barometer? Consider the dandelion. In fine weather the fluffy seed ball extends to its fullest. When rain approaches it shuts like an umbrella and does not open until the rain is gone.

Like a dandelion my faith grows and flourishes in the cracks and crevices of life, taking root in the most unlikely of places.



A LITANY OF FAITH

LEADER: Like the dandelion, which turns its golden sunny face to the sun, so we, as people of faith, turn our faces to God and allow the Spirit to shine from within;

PEOPLE: Unlike the dandelion however, we, as people of faith, often lose our focus when we encounter adversity. We cry out to the Lord, as fears threaten to take the place of our faith;

LEADER: Yet the dandelion, scorned and reviled by many, seeks to plant its roots ever deeper into the ground under even the most difficult of circumstances;

PEOPLE: But God answers *our* cry, saying, "I am the Lord, your God, who takes hold of your right hand and says to you, do not fear; I will help you."

LEADER: See the dandelion, which finds a home in even the poorest of places, lending its beauty and sharing its seeds with both rich and poor alike. It does this, alone, without any help.

PEOPLE: But *we* are a people of faith, affirmed and loved by a God who is ever-present. If the dandelion can do so much with so little, what great things *we* can do, when we allow God's spirit to banish the fears within and keep our faces turned to the One who gives us strength and assurance to do all things.



Faith is the very first thing you should pack in a hope chest.

Sarah Ban Breathnach

For we walk by faith, not by sight. *2 Corinthians 5:7*

Faith is the strength by which a shattered world shall emerge into the light. *Helen Keller*



Not truth, but faith, it is that keeps the world alive. *Edna St. Vincent Milay*

Fear imprisons; faith liberates; fear paralyzes; faith empowers; fear disheartens; faith encourages; fear sickens; faith heals; fear makes useless; faith makes serviceable.

Harry Emerson Fosdick

Faith, like light, should always be simple and unbending; while love, like warmth, should beam forth on every side, and bend to every necessity of our brother. *Martin Luther*

For you are all the children of God by faith in Christ Jesus. *Galatians 3:26*

So many hard surfaces of doubt and fear we encounter in our lives. We thank you, God, for the seeds of faith and the power they have to penetrate through the heaviest despair.

Without faith, nothing is possible. With it, nothing is impossible. *Mary McLeod Bethune*



Faith is taking the first step even when you don't see the whole staircase. *Martin Luther King*

Romans 5:1 - Therefore being justified by faith, we have peace with God through our Lord Jesus Christ.



Faith is like electricity. You can't see it, but you can see the light!



Worrying is like a rocking chair: it gives you something to do, but it doesn't get you anywhere. *Van Wilder*

Fear grows in darkness; if you think there's a bogeyman around, turn on the light. *Dorothy Thompson*



Don't be afraid to go out on a limb. That's where the fruit is. *Jackson Browne*



I'm not afraid of storms, for I'm learning how to sail my ship. *Louisa May Alcott*

And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our fear, our presence automatically liberates others. *Marianne Williamson*

You don't face your fears, you stand up to them.



Courage is not the lack of fear but the ability to face it.

Lt. John B. Putnam Jr.



Fear is that little darkroom where negatives are developed. *Michael Pritchard*

I've developed a new philosophy... I only dread one day at a time. *Charlie Brown*

Fear is the prison of the heart. *Anonymous*

The LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; of whom shall I be afraid? *Psalms 27:1*

