

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

Western North Carolina
Conference



God Gives...God Directs...We Share

Spiritual Growth Retreats
United Methodist Women
Lake Junaluska
June 17-19, 2005

WELCOME: We welcome you to the 2005 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: You are asked to register in Room 202, Harrell Center, from 12:30-4:00 PM. Even if you are not staying on the Lake property, we would like you to register so that we can be aware of your presence with us. You also will have an opportunity to register at the front doors of Stuart Auditorium if you failed to register at Harrell Center.

After you register, you may visit the Memorial Chapel for a time of prayer and meditation. This is an opportunity to open your hearts and minds to the renewing spirit of this event. You may place prayer requests on the altar. Please feel free to take a prayer request as you leave yours. Those prayer requests will be lifted up during the retreats. The Chapel will be open at all times during your stay here and we encourage you to return there for meditation and prayer at any time.

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.

Mealtimes at Lake Junaluska:
Breakfast 7:00-8:30, Lunch 12:00-1:30, Dinner 5:30-7:00

**Please allow Program Participants and Spiritual Growth Committee Members to break in line, since they have responsibilities that limit their time. They will have ribbons on their nametags*

WHILE AT JUNALUSKA...

- visit Memorial Chapel for prayer and meditation.
- investigate the materials available in the program resources room.
- 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 to 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:

Jane Rubietta for her inspirational messages and radiant presence. **Patricia Townsend and Catherine Guess** for their ministry through music, **Tara Frye and Laura McIntyre** for allowing the music to flow from within, the **Rev. Dottie Gibbs and Rev. Lewis Gibbs**, for their special contribution to the communion service, 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; Mary Kizer, Lynne Gilbert, Amy Johnson, Sherry Sink, Angela White, Polly Pearson, Bettie Sharpe Rowe, Peggy Wilkerson, Mark Barden.

Dates to remember in 2005:

School of Christian Mission at Greensboro College, July 21-24
Conference Annual Meeting, Lake Junaluska, September 9-11
Training for District Officers at Broad Street UMC, Statesville, October 1

*As you leave this place, remember God's gift...
The music within...share it with others...let your light shine!
We are glad you came ... Have a safe journey home!*

Visit our conference website: www.gb-gm-umc.org/wnccumw

ORGANIST/PIANIST Catherine Guess is a Diaconal Minister of The United Methodist Church. After serving 34 years as an Organist/Minister of Music, she is now appointed Circuit Riding Musician, a position that allows her to serve globally through her writing and music. Also a published composer, Catherine has carved her own niche in the market of inspirational fiction with twelve titles in four years. Her works also include a new CD, *Musical Sculptures*, and a children’s series called the White Squirrel Parables. She composed the theme song *Come Unto the Potter* used for the SEJ UMW Conference held in Louisville, KY, in 2004, and the musical that was performed for the 2005 WNCC Annual Conference at Lake Junaluska. Catherine, who was selected by the UMC *Interpreter Magazine* as one of 2004’s twelve FACES from around the world who serve others in unique and exciting ministries, holds degrees in Church Music, Music Education and a Master’s in Christian Education. A resident of Hendersonville, NC, Catherine is in great demand as a speaker/performer/teacher for a variety of avenues throughout the world.

LITURGICAL DANCERS

Tare Frye is a member of Forest Hill UMC in Concord, where she is involved in MYF, the UMW Teen circle, serves as a Sunday School representative and participates in and teaches liturgical dance. She is a junior at Concord HS where she is involved in Student Council and the cross-country team. Having taken 14 years of dance at Pegge' Lee School of Dance, Tara is proficient in ballet, pointe, tap and jazz and is an assistant teacher at the studio. She is a member of Dance Masters of America. In the summer, she is involved in MR camp and Carolina Cross Connection. She also has participated in Habitat for Humanity, the Keystone Club and the Christmas Ballet benefit for the Life Center. Her parents are Kenny and Pam Frye.

Laura McIntyre is a member of Forest Hill UMC in Concord, NC, where she helps teach liturgical dance to elementary school girls. She is also a member of the Senior Leadership Team in her youth group and is one of the charter members of the UMW Teen circle. Laura attends Northwest Cabarrus HS where she is a senior. She has enjoyed playing on the school tennis team for the past four years. Her plans include attending UNC-Chapel Hill in the fall and becoming a dentist. She is the daughter of Susan McIntyre.

“THE MUSIC WITHIN”

Session One

Gathering Praise Stuart Auditorium 3:45–4:00pm

Welcome Mary Kizer
Conference UMW President

Greetings from Lake Junaluska Joetta Rinehart

Announcements and Introductions

Opening Prayer Kris Peurifoy
Spiritual Growth Mission Coordinator

*Hymn #2001 *We Sing to You, O God* The Faith We Sing

Message *A New Song* Jane Rubietta
Creating Room for God to Act
Psalm 147:1-3

Service of Holy Communion UMH pg.18, Musical Setting B
Rev. Dottie Gibbs and Rev. Lewis Gibbs

Please sit quietly as communion is being served, using this as a time for reflection, meditation and prayer.

*Hymn #347 *Spirit Song* UMH

Benediction

Postlude

Please stand as you are able

*** An offering for undesignated giving will be taken in the second session. Checks may be made to WNCC UMW.*

“THE MUSIC WITHIN”

Session Two

Gathering Praise	Stuart Auditorium	7:15-7:30pm
Announcements		
Opening Prayer		Lynne Gilbert Conference Vice President
Special Music	<i>How Great Thou Art</i>	Solo
*Hymn #380	<i>There's Within My Heart A Melody</i>	UMH
Offering/Prayer		Amy Johnson Conference Treasurer
Offertory		
*Doxology #94		
Special Music	<i>You Raise Me Up</i>	Dance
Message	<i>Listening to the Music</i> Mark 6:31	Jane Rubietta
*Hymn #2128	<i>Come and Find the Quiet Center</i>	The Faith We Sing
	Benediction	
Postlude		

Please stand as you are able

*** The Junaluska Singers in Concert ***

PROGRAM PARTICIPANTS

RETREAT LEADER Jane Rubietta - Audiences describe her speaking ministry as mesmerizing, deeply spiritual, funny, vulnerable, dramatic, and personal. Jane's passion is to see people's hearts restored by the knowledge of the truth: that God absolutely delights in them, that God is crazy about them, that God would give everything on earth to make sure they know they are loved. After obtaining a B.S. in Business from Indiana University, Jane completed postgraduate studies in Germany while also forming and directing an international drama team, taking the Gospel into then-Communist countries. She worked on her Master's at Trinity Divinity School in Deerfield, IL. Jane is assistant coordinator and faculty member of Write-To-Publish Writer's Conference - where she finds enormous joy in helping others follow their God-given dreams. She belongs to Advanced Writers and Speakers' Association and SpeakUp! Speaker Services. Jane is the author of several books and over 100 articles. Both *Quiet Places* and *Fabulous after 50* appear on the United Methodist Women's Reading Program.

SONGLEADER Patricia Townsend is a member of Memorial United Methodist Church in High Point where she is involved in the Chancel choir, Gospel Choir, Infinite Praise Choir and Praise Team, and the United Methodist Women. At present she is the director of the Men's Choir. Other musical involvements include serving as a member of the Ebony Gospel Chorale, the MP Browne Community Choir, and the KL Norman Interdenominational Mass Choir. Music has always been her first love! From an early age Pat studied the B Flat clarinet and sang in junior and senior choirs. She has also participated in various workshops and traveled to many parts of the United States sharing her voice with others. The daughter of Mr. and Mrs. Roscoe Gilmore, Pat is a member of the last graduating class of William Penn High School in High Point. After pursuing further education and obtaining a certificate in the field as a Nursing Secretary, she presently is employed as an evening shift Unit Secretary at High Point Regional Health System.

“THE MUSIC WITHIN”

Session Four

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

Announcements

*Hymn #2025 *As the Deer* The Faith We Sing

Opening Prayer: **Loving God, our Creator, we come before you this morning with hearts full, seeking to understand the music within us. Yet we have the assurance that you would not give us a tune to play without teaching us how to play it. We have only to listen to your voice speaking softly to our hearts. You call us to let our music flow from within. Through our singing we lift our praise to you, O God. We sing as we share our love for you with one another. We sing as we search for ways of carrying out your purpose. Our souls cry out in joy as we sing your song of love, of mercy, of justice and of compassion. Just as the harpist caresses the strings of the harp, you play within our hearts. How thankful and privileged we are that you, the Great Musician, have chosen us as your instrument of choice! Amen.**

Angela White
Social Action Mission Coordinator

Special Music

Message *Playing by Heart:* Jane Rubietta
Remembering the Melody
Psalm 40: 3,5,10,11

Hymn #2175 *Together We Serve* The Faith We Sing

*Response *Benediction*
Freely, Freely UMH #389

Postlude

Please stand as you are able



Marrying a man is like buying something you've been admiring for a long time in a shop window. You may love it when you get it home, but it doesn't always go with everything else in the house. *Jean Kerr*

The only reason I would take up jogging is so that I could hear heavy breathing again!

Erma Bombeck

Life is simpler when you plow around the stump.



Every path has a few puddles.

Remember, Ginger Rogers did everything Fred Astaire did, but she did it backwards and in high heels."
Faith Whittlesey

Laugh every day, it's like inner jogging.

Life ain't about how fast you run, or how high you climb, but how well you bounce!

Forgive your enemies. It messes up their heads.



Life is what happens to you when you are making other plans.

Betty Talmadge

A good exercise for the heart is to bend down and help another up.

Remember that silence is sometimes the best answer.

**Live simply.
Love generously.
Care deeply.
Speak kindly.
Leave the rest to God.**





WISDOM and.....

"Most people live and die with their music still un-played.
They never dare to try." Mary Kay Ash

In the Silence
and purity of the heart,
God speaks. *Mother Teresa*

Life is not necessarily the party we signed up for,
but while we are here we may as well dance.
Mary Ann Chopko, cancer survivor

"I say that if each person in this world will simply take a small
piece of this huge thing, this tablecloth, bedspread, whatever,
and work it regardless of the color of the yarn, we will have
harmony on this planet." *Cicely Tyson*

"I was always looking outside myself for strength and confidence but
it comes from within. It is there all the time." *Anna Freud*

The Bubbling Brook would lose its song if you removed the rocks
Unknown



*Said the Robin to the Sparrow,
"I should really like to know
Why these anxious human beings
Rush about and worry so."
Said the Sparrow to the Robin,
"Friend, I think that it must be
That they have no Heavenly Father
Such as cares for you and me."*

Elizabeth Cheney

TO GOD WHO SINGS THROUGH US

DANCERS: God who sings in our hearts, as the flute needs openness to receive the
breath of melody, we pray to be open to the many ways that your symphony of
love plays in our lives.

**ALL: Thank you for the way that your enlivening Spirit touches
us and moves through our beings. Remind us often that each one
of us is a special instrument of yours. Together we create the
wondrous music in your concert of love.**

DANCERS: You stand at the door of our hearts, asking for an entrance. You desire
to come in and share the intimacy of your presence with us.

**ALL: Behold, we open the door of our minds and hearts. We wel-
come your entrance and long for deeper union with you. Come
and make music through our lives. Dance through our days and
sing in our hearts.**

DANCERS: We have days when we resist your movement and message. We seek
you in stillness, but forget you in busyness. We yearn for fullness, but miss you in
emptiness. We welcome you in joy, but reject you in sorrow. We rejoice in the har-
vest but struggle with the planting.

**ALL: Open our inner eyes so that we may know you in all the
dimensions of our lives. Help us to trust you in the numerous ups
and downs, to believe that your song can happen in all aspects of
our existence.**

DANCERS: God of courage and strength, we are waiting to receive your loving
energy in the empty corners of our hearts. It is your power working through us that
can do more than we can ever ask or imagine. It is your enlivening breath moving
through us that enables us to overcome anxieties, fears, doubts and misgivings.

**ALL: Breathe through us, Music Maker, and let your song weave
a melody through all we are and do. May we acknowledge your
power at work in us and open ourselves to this blessing.**

DANCERS: You are a God who accepts the uniqueness and beauty of every indi-
vidual. You love us as we are while you yearn for us to be more. You invite us to
extend this kind of love to those who challenge our compassion and our patience.
Your love within us will give us the strength to love them as we ought.

**ALL: Nudge us and encourage us to accept those people who are
alien to our love. May your song of kindness and patience be sung
through us. Fill our attitude toward others with notes of under-
standing and nonjudgement.**

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♪ LISTEN TO THE MUSIC ♪

Galatians 5:25: *Since we live by the Spirit, let us keep in step with the spirit.*

Are you in step with the spirit? Are you playing your part in time? Or are you taking your cues from somewhere else? Listen to the music of the spirit in your heart. Pray. *The Spirit Moves*



When the songs of your heart start singing,
you should gratefully listen...
For the harmony
is that which will bring you happiness
and the melody is the voice of your true spirit.

Is It Time to Make a Change? By Deanna Beisser

When listening to our own music, we are all one.

One World, One Heart - Susan Polis Schutz



We can learn to hear the music within
through constant prayer and meditation.
God's music is unique to each one of us.
It is the same but we hear it differently.

Unknown

**If we can feel that
it is not our voice,
not our fingers,
But some reality deep inside our heart
which is expressing itself,
Then we will know that it is
the soul's music. The outer music
comes from an outer instrument.**

**The inner music
comes from the heart.**

Unknown



♪ PLAYING OUR MUSIC ♪

*Sing to the Lord a new song; sing to the Lord, all the earth.
Sing to the Lord, praise his name;
proclaim his salvation day after day.*

Psalm 96:1-2 NIV

What kind of music are you playing?



*I am a little pencil in the hand of God
who is sending a love letter to the world. - Mother Teresa*

**"Dance is bigger than the physical body. Think bigger than that.
When you extend your arm, it doesn't stop at the end of your fingers,
because you're dancing *bigger* than that; you're dancing *spirit!*
Take a chance. Reach out. Go further than you've ever gone before...."
*Let your light shine!***

Dancing Spirit - Judith Jamison

The Spirit flows through creation, bringing together the different contributions of God's people to create perfect, incredible music. All of creation, like the instruments in your song, is in step...in rhythm...with God's tempo. Your life is an important part of this beautiful sound. You help to create a song of beauty and joy. Without you, it's not quite as rich and moving as it could be.

We are an instrument of God's.

