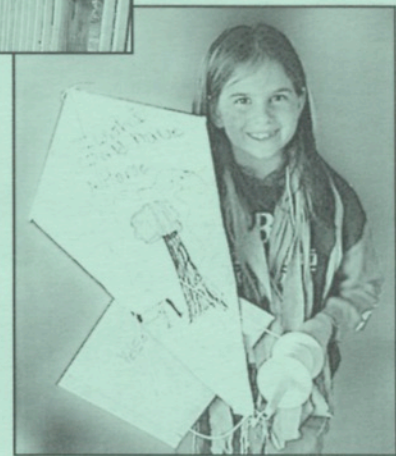

Experience
The Mountain!



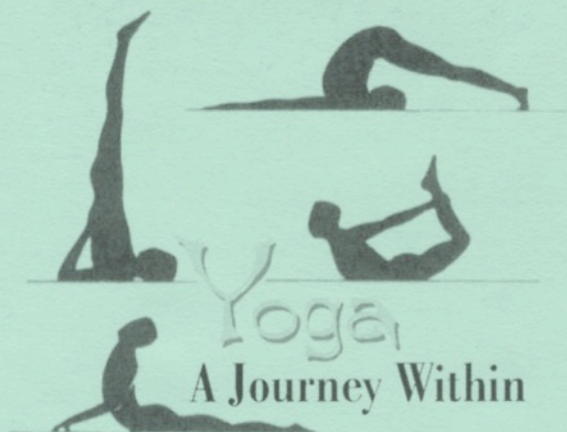
PROGRAM CALENDAR
FALL 2002 – SPRING 2003

THE MOUNTAIN RETREAT & LEARNING CENTERS, INC.



Retreat Center Programs

Register today by using the registration form on page 11 or by calling **The Mountain Office** at (828) 526-5838. **REGISTER NOW** to get **Early Bird Discount Rates** — see **Fees Tables** on page 10 for details.



August 30 - September 1, 2002

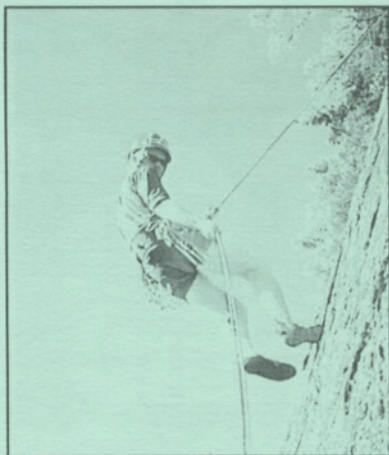
Are you curious about yoga and how it is used as a spiritual practice? This may be just the time to explore this ancient science. Certified Kripalu yoga instructor, **Rocky Beeland** will lead us gently into the postures and teach us how to use breath and body awareness to see ourselves in a different way. This is not a class that will teach you to stand on your head, but rather will help you stand tall on your own two feet. There will be plenty of time for reflection and walks on the beautiful mountain trails for which The Mountain is famous. All levels are welcome from beginners to buddhas. No experience is necessary. Just bring an open mind, loose comfortable clothes and a yoga mat if you have one.

MountainScape Fall Canoeing Week September 29 – October 3, 2002



Fall may be the most beautiful time of year to canoe in the Appalachian Mountains. The weather is cool; the water is warm and the range of colors is almost unlimited. During this program you will see beautiful colors and learn a variety of canoeing skills from an American Canoe Association certified canoe instructor. We will start with the basic skills on our pond and progress to more challenging trips that may take us to southern classics like the Nantahala, Tuckasegee or Chattooga Rivers. You'll learn not only the skills to paddle a canoe but also how to plan your own paddling trips. All equipment is provided, just pack your adventurous spirit!

MountainScape Rock Climbing Adventure October 4 – 6, 2002



Though the weather may be cool, the south facing cliffs at The Mountain stay warm year round. That makes fall an ideal time for climbing them. In this rock climbing course, you will learn the basic skills of rock climbing, including choosing and fitting safety equipment, moving in the vertical world, belaying another climber, and reducing the risks. You will also have the opportunity to learn more advanced concepts to start preparing you to go climbing with other people. Rock climbing



is a fun and challenging sport that almost anyone can participate in, so come climbing with The Mountain Outdoor Staff. This program is open to everyone 14 and over. All equipment is provided, just pack your adventurous spirit!

The Retreat You Don't Have to Plan II October 4 - 6, 2002

Thinking about having a church retreat, but you just don't have time to plan all the activities, recruit the workshop leaders and other volunteers? Let The Mountain do the work for you!

Join UUs from around the region for our second annual "Retreat You Don't Have to Plan." Hike in the fall colors; enjoy outdoor and indoor activities, music and dance and community. The weekend will feature *The Footnotes* and their spe-



cial brand of intergenerational music, movement and dance that *everyone* can do—including those who believe they have two left feet! Just pull together a group from your church to come and enjoy this special weekend! *Discounts are available for UU congregations that have not come to The Mountain in the last three years.* Contact **Carol Hamilton** (carol.hamilton@mountaincenters.org) or call (828) 526-5838, ext. 265 for more information about discounts.



Robert Burns Scottish Weekend January 24 - 26, 2003

Come to The Mountain for a celebration of all things Scottish. We'll start the weekend with a ceilidh (pronounced "*kay-lee*"), the Gaelic word for a party at which everyone makes music, dancing and poetry. Saturday you will have time to visit the Scottish Tartan Museum in Franklin, watch a Scottish movie, or go hiking. Or join in the cooking class and learn how to make Scottish specialties such as shortbread, oatcakes, and more for the traditional Scottish afternoon high tea. Then enjoy the high tea you helped create! In the evening, a shuttle will take our guests off The Mountain to join members of the local Scottish Heritage Society for a Traditional Burns Night Supper – the time honored form which includes the eating of a traditional Scottish meal, the drinking of Scotch whisky, and the recitation of works by, about, and *in the spirit of* the Bard.

Robert Burns



Scottish WEEKEND

More Programs at The Mountain

Council on UU Camps & Conferences Annual Conference	September 11-15, 2002
Gay Spirit Visions	September 18-22, 2002
UU WomenSpirit Fall Institute & Gathering	September 25-29, 2002
Go With the Flow Weekend Workshop offered by Cosmos Wellness	November 1-3, 2002

For more information about any of these programs or to register call The Mountain office at (828) 526-5838.

Retreat Center Programs – Continued from page 3

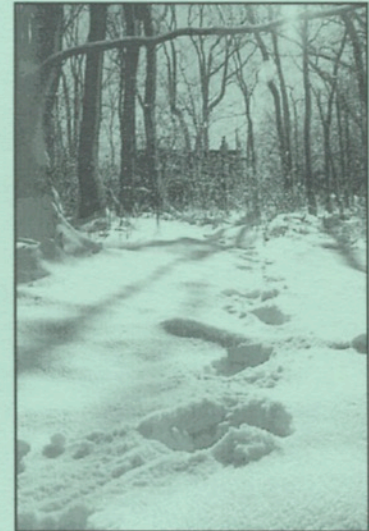


Dinner & A Movie – Masala Movies January 31 - February 2, 2003

Feast yourself to a weekend of Indian film and cooking classes. Watch and discuss films of meaning and depth that intersect with the cuisine of the films. Then spend time with the chef in cooking class preparing a special dinner that your group will enjoy that evening. A wonderful way to spend a winter weekend at The Mountain.

MountainScape Hardy Hikers Weekend February 7 - 9, 2003

Come join The Mountain Outdoor Staff on a winter wonderland tour for a new perspective on old favorites and some new ones, too. We'll strap on our boots (and maybe steel crampons* for walking on ice) and hit local trails to experience the beauty of winter hiking in the Appalachian Mountains. When Mother Nature drops the leaves from the trees, she opens up incredible sweeping vistas. And if there is snow on the trail, you'll be able to see animal tracks you'd miss otherwise. You'll see things only possible when the temperature drops, the leaves fall and you'll leave with the pictures to prove it. In the evening, you'll relax by the fire with hot beverages and share stories with one another. (*These will be provided, if necessary.)



Give Yourself the Gift of The Mountain

Create your personal retreat today.

The Mountain is a place to heal, reflect
and just be. Sit. Rock. Take in the view.
Nourish yourself. Nourish your soul.

Call The Mountain Office at 828-526-5838
for more information.

Holiday Programs at The Mountain

Register today by using the registration form on page 11 or calling **The Mountain Office** at (828) 526-5838. **REGISTER NOW** to get **Early Bird Discount Rates** — see **Fees Tables** on page 10 for details.

Gifts of the Solstice—Sources of Light December 20 - 22, 2002



Most Western religious holidays in December have at least one thing in common: they all celebrate the light. We will celebrate and bask in the light, too, during our observance of “the birth of the Sun” from Friday to Sunday, December 20-22. We’ll work with the Sun, Moon, Stars, and Self as we explore sources of light. All are welcome at this intergenerational circle, a Nature-based cornucopia of Spirit, song, story, creativity, and sacred space. Please join us.

Christmas on The Mountain December 23-26, 2002

Join us for a quiet, spiritual noncommercial Christmas. We’ll pursue Christmas crafts for all ages including decorating the Christmas tree. We’ll

brighten the holiday for our neighbors by caroling at a local nursing home. Christmas Eve will feature a candlelight dinner followed by a meditation service with **The Mountain Quartet** and **Jim Short**. Christmas day we’ll enjoy a “Yankee” gift exchange – bring one simple or humorous gift per family member and let the fun begin! There will be plenty of free time to enjoy as you please with walks, hikes or sitting by the fire and relaxing.



Singing In the New Year! New Year's at The Mountain December 29, 2002 – January 1, 2003

Whether you consider yourself a singer or not, join us to sing in the New Year. Back by popular demand, our special guest will be **Dr. Kenneth Nafziger**. His quiet, gentle presence, sudden bursts of humor, and the permission he gives to let the singing happen are guaranteed to inspire and delight you – from those who consider themselves “tone deaf” to the professional musician!



Ken says, “ I have a (naive, maybe) belief that *doing music, turning our breath into a thing of beauty, cannot help but improve something about the way we live and the way we deal with each other. I think it's important to sing together — to sing each other's songs — in order to experience things from the history and culture of another that we cannot feel any other way than by breathing and dancing it.*”

Dr. Nafziger, Professor of Music at Eastern Mennonite University, served as the primary clinician for both of the UU Musicians Network Conferences at The Mountain (1994 and 2001). A participant in one of Ken's sessions commented, “it's going to take a long time for me to figure out exactly what happened here . . . I've never been so moved and completely immersed in the spirituality of music.” Another wrote, “Ken uses sound as a palette, and creates masterpieces.”

During the program, we will also explore the natural wonder of The Mountain in winter, offer opportunities to partake in dance & movement and arts & crafts workshops. So join us to toast in 2003 with singing, celebration – and commitment to “being the peace we wish to see.”

Milestone Learning Center Programs

Register today by using the registration form on page 11 or calling **The Mountain Office** at (828) 526-5838. See **Fees Tables** on page 10 for details.

Celebrating Labor Day Mountain "Regatta" Style! August 30 - September 2, 2002 Intergenerational 3-Night Event!

Families, immediate or extended, will want to share Labor Day weekend together in the glorious setting of The Mountain. **Lee Knight** will teach us more about the meaning of Labor Day through his magical stories and songs of historic labor movements. We'll create artistic representations of meaningful work, and have time for youth and adults to swap memories and hopes about what work they've done or want to do in the world. Through it all, we'll look at what Labor Day means and how we want to honor it now and in the future.

When we were kids, we tinkered with everything, trying to figure out how it worked or why it did this or why it did that. The First Annual Mountain Regatta is a chance for all kids and those who are kids at heart to tinker with a bunch of stuff to make something that not only floats, but floats one of them across The Mountain's pond. In the spirit of a friendly regatta, teams will have a chance to plan, build, test (and maybe rebuild) their craft before the big race begins. Join us for some fun teambuilding and some plain old building and get ready to race.

JOIN US! This first-time event is specially priced at low-season rates, so y'all come!



Give Your Teen New Year's at The Mountain for Christmas/Hannukah/Solstice! December 29, 2002 – January 1, 2003



The first annual Teen New Year's program is an event your teens won't want to miss! This 3-night program will provide a safe, spiritual and adventurous experience for youth ages 14-17. There will be lots of music, dance/movement, time outside in the winter wonderland and an inspiring service project. This will be a great time to re-connect with CON, Camp and Leadership School friends made throughout the year – and to make new friends, too!

Please watch for details on our webpage – or ask The Mountain office to send you a flier for details.

Parents/grandparents welcome to come share this weekend – register for the **"Singing in the New Year"** program (see description on page 5).

Bring Your Church's Youth Group to a Mountain CON

Youth CONs at The Mountain are extremely popular. Plan to register early to make sure your group gets in. Registration letters are sent out in early Fall to the directors of religious education and to those who re-

quest to be on the CON mailing list. If you have not received CON registration materials in the past and would like to be placed on the mailing list, please e-mail The Mountain at youth.programs@mountaincenters.org.



November 1-3, 2002	Elementary CON
November 15-17, 2002	Junior High CON
December 6-8, 2002	Senior High CON
January 17-19, 2003	Youth CON
February 7-9, 2003	Youth CON
Feb.28-Mar. 2, 2003	Youth CON

Learning Center for Leadership Programs

Working Together: Human Resources in Unitarian Universalist Congregations
November 8 - 10, 2002 — Brandermill Inn Resort, Richmond, VA

\$150 per person (includes Participant Handbook and program fees)

For district and congregational teams of between three and six people.



This program, supported by a generous grant from the UU Funding Panel, is designed to:

- Encourage organizational health by requiring teams (minister(s), religious educators, board members, committee members, others) of participants
- Encourage greater understanding of congregational structure and processes by requiring teams to assemble information in advance
- Discuss theological underpinnings and implications of models of congregational life
- Discuss implications of "shared ministry" as a model of congregational life
- Gain understanding of congregations as systems through simulation
- Outline and evaluate principles of volunteer management, including
 - Recruiting
 - Orienting
 - Training
 - Developing
 - Mentoring
 - Coaching
 - Supervising
 - Evaluating

- Discuss key points of church development in relation to paid staff, including
 - The congregation's first paid staff
 - Transition from part-time to full-time staff
 - Staff development
 - Multiple staff interactions
- Evaluate organizational models (hierarchical, independent, interdependent, team) for paid staff on
 - Accountability
 - Structure
 - Implications for training and development
 - Issues of power and authority for professional ministerial leaders
- Offer coaching in interviewing and evaluating skills



Program begins after dinner on Friday, November 8, and concludes at noon on Sunday, November 10. Participants can earn Continuing Education Units (CEUs), and teams can begin developing an action plan for managing human resources in congregations and districts. For further information or to register, contact **Helen Bishop** (510-758-6065, helen.bishop@mountaincenters.org).



Adventures in Lifelong Learning Elderhostel at The Mountain

A part of our programming since 1983, Elderhostel weeks at The Mountain offer extraordinary opportunities to expand your physical and mental horizons and meet new friends.

Elderhostel features programs for adults age 55 and older that combine an educational and travel experience rolled into six days and five nights. Program weeks typically offer three courses on various topics, covering a range of subjects – see the list below. Depending on your course of study, you will likely have classroom sessions combined with field trips and programs each evening. For more information about the programs listed below, call The Mountain office for an Elderhostel brochure or check out The Mountain website: www.mountaincenters.org/elderhostel.html.

Registration for Elderhostel programs at The Mountain must go through Elderhostel. To register, call Elderhostel toll free at (877) 426-8056 or go online to www.elderhostel.org.



2002-2003 Program Dates

Dates	Program	Price
September 1-6	Exploring the Southern Appalachians On Foot	\$486
September 8-13	Hiking Adventure in the Southern Appalachians	\$486
September 15-18	Three-Day Appalachian Sampler	\$350
September 22-27	Women's Hiking Adventure	\$486
Sept. 29-Oct. 4	Wealth of the Appalachian	\$456
October 6-11	Heritage and Traditions of the Appalachian People & Homesteaders; Folk Music	\$446
October 13-18	Mountain People; Natural History and Fall Splendor; Roots of the The Scots-Irish	\$446
October 20-25	Beautiful Blue Ridge; Designer Genes; America's History Through Folk Music	\$456
Oct. 27-Nov. 1	Mountain People, Yesterday and Today; Cherokee History; Civil War in the Mountains	\$446
March 16-21	The American Family on Film; The World of Emily Dickinson & T'ai Chi Chih	\$447
March 23-28	Roots of the Appalachians – Mountain Peple, Yesterday and Today; The Scotch-Irish Journey to Appalachia; Cherokee History, Culture and Ongoing Traditions	\$457
Mar. 30 - Apr. 4	America's History Through Folk Music; Mark Twain: His Wit and Social Comment; Southern Appalachian Culture Through Stories	\$447

September 29 - October 4, 2002

Wealth of the Appalachians: History and Culture of the Southern Mountains with George Ellison and Lee Knight

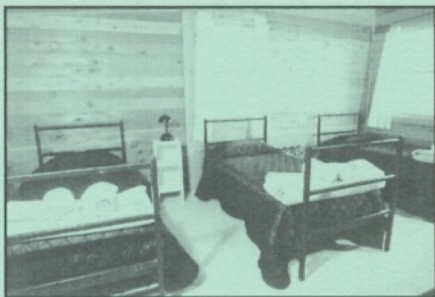


A glimpse into the past at Foxfire.

Immerse yourself in the history, culture, folklore and natural areas of the Southern Appalachians. Explore early Indian and Cherokee history, and discover the roots of the white pioneers who settled the area. The Southern Mountains are your classroom for studying the trees and wildflowers, geology, and distinctive natural habitats of this magnificent area. Learn non-technical birding and wildflower identification in the classroom and on short nature walks over moderate mountain terrain. Visit Foxfire Museum, an educational site devoted to the preservation of Appalachian culture, and Tallulah Gorge natural areas. Delight in the folklore of the area through native folksongs and stories. Good walking ability and sturdy shoes needed.

Staying at The Mountain

Accommodations



Guests are housed either in our Lodge or our rustic cabins. Linens, blankets, pillows, and towels are provided. Each living space is heated and includes a bathroom. There

are no phones or TVs in living accommodations by design, but phones are available on our campus. No pets are allowed at The Mountain.

Meeting Space

Programs are held in various locations on the campus, including the Lodge and the REC Hall. A small Library Reference Center



located in the Lodge is available for reading and book check-out. **All meeting spaces, lodging and dining are connected by paved trails.**

Special Needs

Wheelchair accessible rooms and cabins (with specially-equipped bathrooms) are available. All primary meeting spaces are accessible.

Dining Hall

Delicious meals with both vegetarian and meat offerings are served buffet style each day in our community Dining Hall, just a short walk from the Lodge



and cabins. Due to the volume of food that we prepare, we cannot create individual meals for our guests with special dietary needs. You may need to bring your own food items for special needs. Social Time occurs each evening before dinner in Heritage Hall, adjacent to the Dining Hall.

Registration Process



Mountain staff are ready to greet you!

Please indicate your preference between **double occupancy housing** and **multiple occupancy housing**. Multiple occupancy is defined as 3 or more adults sharing a bathroom. There is a per night surcharge for private rooms when requested. Private rooms are dependent upon availability.

Full payment of program fees is due at time of registration. Early bird discount rates are valid until the dates indicated in the fee table. Registration must be received by The Mountain by the early bird deadline to qualify. When full payment for your registration is received, you will receive a confirmation packet with information about The Mountain including travel directions.

Scholarships for Mountain programs are available based on need. An application is required. The form is available either from The Mountain office

(828-526-5838) or check out our website at www.mountaincenters.org/scholarshipform.html.

Cancellation Policy

Individuals who cancel 30+ days before the program will have 75% of their fees refunded; those who cancel 29-15 days before the program will have 50% of their fees refunded; and those who cancel 14 days or less before the program will not receive a refund. All individual cancellations requesting a refund must be made in writing. A minimum nonrefundable processing fee of \$35 per adult registrant and \$20 for youth will be charged.



Fees Tables

Adult Programs

Program & Dates	Rate Type	Registration Deadline Date	Occupancy		Youth 14-17
			Double	Multiple	
Yoga – A Journey Within August 30 - September 1, 2002	Regular		\$220	\$205	n/a
MountainScape Fall Canoeing Week September 29 - October 3, 2002	Early Bird	On or before 09/15/02	\$423	\$395	n/a
	Regular	On or after 09/16/02	\$448	\$420	n/a
MountainScape Rock Climbing Adventure October 4 - 6, 2002	Early Bird	On or before 09/20/02	\$215	\$201	\$138
	Regular	On or after 09/21/02	\$240	\$226	\$153
Robert Burns Scottish Weekend January 24 - 26, 2003	Early Bird	On or before 01/10/03	\$155	\$145	n/a
	Regular	On or after 01/11/03	\$180	\$170	n/a
Dinner & A Movie January 31 - February 2, 2003	Early Bird	On or before 01/17/03	\$145	\$135	n/a
	Regular	On or after 01/18/03	\$170	\$160	n/a
MountainScape Hardy Hikers Weekend February 7 - 9, 2003	Early Bird	On or before 01/24/03	\$140	\$130	\$85
	Regular	On or after 01/25/03	\$165	\$155	\$100

Intergenerational Programs

Program & Dates	Rate Type	Registration Deadline Date	Occupancy		Youth 12-17	Children 4-11*
			Double	Multiple		
Celebrating Labor Day Mountain "Regatta" Style! August 30 - September 2, 2002	Regular			\$191	\$106	\$46
Retreat You Don't Have to Plan II October 4 - 6, 2002	Early Bird	On or before 09/04/02	\$150	\$136	\$73	\$40
	Regular	On or after 09/05/02	\$175	\$161	\$88	\$55
Gifts of the Solstice December 20 - 22, 2002	Early Bird	On or before 12/06/02	\$145	\$135	\$90	\$57
	Regular	On or after 12/07/02	\$170	\$160	\$105	\$72
Christmas on The Mountain December 23 - 26, 2002	Early Bird	On or before 12/09/02	\$224	\$214	\$109	\$48
	Regular	On or after 12/10/02	\$249	\$239	\$124	\$63
Singing in the New Year December 29, 2002 - January 1, 2003	Early Bird	On or before 12/15/02	\$249	\$234	\$131	\$78
	Regular	On or after 12/16/02	\$274	\$259	\$146	\$93

* Children through 3 years of age attend for FREE.

Youth Program

Program & Dates	Cost
Give Your Teen New Year's at The Mountain for Christmas/Hannukah/Solstice! December 29, 2002 - January 1, 2003	\$150 Round-trip Shuttle from Atlanta: \$60



REGISTRATION FORM

Program Name: _____

Dates: _____

Registrant: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Evening Phone: (_____) _____ **Day Phone:** (_____) _____

E-mail Address: _____

Enter names of ALL registrants as you want them to appear on namelists:

Adults	Gender	Fees	Life Member?	Youth, children, infants	Age	Gender	Fees
Total Fees				Total Fees			

Lodging Preference: Indicate 1st and 2nd choices: _____ **Double Occupancy** _____ **Multiple Occupancy**

◆ Housing preferences are not guaranteed but honored by date registration is received. Prices include lodging, programs, and meals. Multiple occupancy is defined as 3 or more adults sharing a bathroom. We may assign you a roommate if you do not come with one, or request one. There is a \$32 surcharge per night for private single room, if available.

Private room requested

Roommate Preference (if not registering together): _____

Bed Preference (subject to availability): Twin _____ Double (for 2) _____ Crib _____

Mobility Considerations: _____



Dietary Information:

The Mountain's Food Services serves three delicious, healthy meals (served buffet style) each day. Due to the volume of food that we prepare, we cannot create individual meals for our guests with special dietary needs. You may need to bring your own food items for special needs.

FULL PAYMENT IS DUE AT REGISTRATION. Amount Enclosed: \$ _____. Your check payable to **The Mountain** is preferred; *Visa* and *MasterCard* can be used by legibly printing your complete card number and expiration date below, and signing the space provided.

Cancellation Policy: Individuals who cancel 30+ days before the program will have 75% of their fees refunded; those who cancel 29-15 days before the program will have 50% of their fees refunded; and those who cancel 14 days or less before the program will not receive a refund. All individual cancellations requesting a refund must be made in writing. A minimum nonrefundable processing fee of \$35 per adult registrant and \$20 for youth will be charged.

Visa/MasterCard #: _____ **Expiration Date:** _____

Print Name (as appears on card): _____ **Amount \$** _____

Cardholder's signature: _____

802PC

Office use only:	Payment received:	Housing:	Data:	Confirmed:
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Discover The Mountain

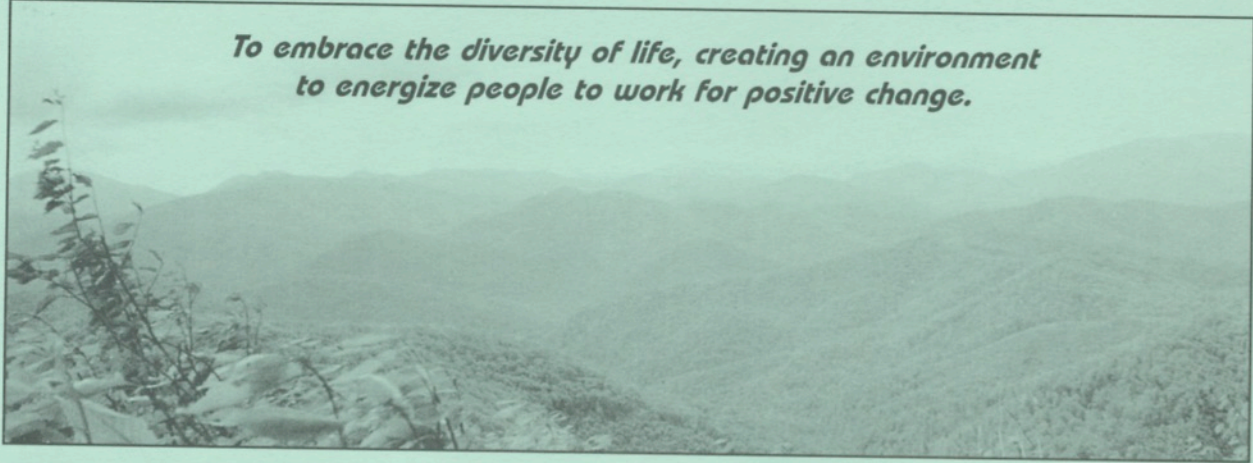
A retreat center located high in the Blue Ridge of the Southern Appalachian Mountains, The Mountain Retreat & Learning Centers is a place to expand your horizons—explore new ideas, meet new people and re-connect with yourself, community and the natural world.

Surrounded by the Nantahala National Forest, our home is Little Scaly Mountain—four miles southwest of Highlands, North Carolina. At 4200' elevation, perched atop striking granite cliffs and nestled in an ancient dwarf white oak wind

forest, our site is spectacular, with dramatic vistas, quiet places and lots to do.

Open year-round, The Mountain offers excellent programming for all ages. Inspiration mixes with renewal as you challenge yourself to grow and learn. Browse this Program Calendar to discover more about the opportunities from learning, renewal, personal growth and just plain fun that await you at The Mountain.

*To embrace the diversity of life, creating an environment
to energize people to work for positive change.*



20+ YEARS OF COMMUNITY

THE MOUNTAIN

RETREAT & LEARNING CENTERS, INC.

P.O. Box 1299

Highlands, NC 28741

Register today . . . to make The Mountain part of your 2002 and 2003!
See inside for exciting fall, winter and spring programs.