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# *Experience* **The Mountain!**



*"... to embrace the  
diversity of life,*



*creating an environment*



*to energize people*



*to work for  
positive change."*



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## PROGRAM CALENDAR

### SPRING – Summer 2003

THE MOUNTAIN RETREAT & LEARNING CENTERS, INC.





## Spring at The Mountain

Register today by using the registration form on Page 8 or calling **The Mountain Office** at (828) 526-5838.

**REGISTER NOW** to get **Early Bird Discount Rates** — See **Fees Tables** on Page 7 for details.

### 10th Anniversary Embracing Our Lesbian Identity Retreat

**April 24-27, 2003** — 3 & 2 night options available

Join lesbian women of all ages for our 10th annual weekend retreat at The Mountain. Come for three nights starting on Thursday or for two nights beginning Friday evening. Revel in the great outdoors with a variety of daytime activities including mountain biking, golfing, the challenge course and more. Or spend time getting in touch with yourself with personal and spiritual growth workshops. Take care of business with 'women's medical and financial health.' And learn new skills in arts workshops. Spend some time getting to know the local area. This year's retreat will feature our first art event by attending artists.

Celebrate at parties Friday and Saturday evening with jB JAMS Entertainment. All on an incredible mountaintop in the Southern Blue Ridge Mountains.

### MountainScape Climbing and Rappelling Weekend

**May 23-25, 2003**

At The Mountain we have a lot of natural gifts, including onsite cliffs for climbing and rappelling. In this course, you will learn the basic skills of rock climbing and rappelling, including choosing and fitting safety equipment, moving in the vertical world, belaying another climber, and reducing the risks of climbing and rappelling. Rock climbing and rappelling are fun and challenging sports that almost anyone can participate, so join our Outdoor Staff for a little adventure. This course is open to everyone 14 and over, but youth ages 14-17 require a parent/guardian participating in the program as well.



### The Retreat You Don't Have to Plan III Memorial Day Weekend 2003 — Annual Meeting

**May 23-25, 2003**

Plan to join us for this very special Memorial Day Weekend.



It's the perfect time if you have been 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 third annual "Retreat You Don't Have to Plan." Enjoy outdoor and indoor activities, music, crafts and community. 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.**

**Charter Members of The Mountain's President's Society will be honored during the weekend.** The Mountain's Annual Meeting will be held Saturday evening. On Sunday, the annual early morning memorial service will be held in the Memorial Garden honoring Life Members who have died during the past year. Following breakfast we'll join together for worship.

### MountainScape Flyfishing Weekend

**June 13-15, 2003**

Spend a weekend with avid fly fisherman and instructor, **Carl Hammond-Beyer**. For those with some fly fishing experience, refine your skills and way of thinking about the sport while casting and catching fish in nearby rivers. Topics include fishing strategies, casting skills, reading the streams, fly selection, and, of course, *catching fish*. A North Carolina license is required and is available nearby; instructions for obtaining a license will be in your confirmation materials. The group will practice catch and release. Some equipment will be available to borrow.



# Summer at The Mountain

## Old Fashioned Family Fourth July 3-6, 2003

*"These days, the 4th passes as just another day. When I was little, our whole neighborhood turned out for a 4th of July parade, led by old Mr. Brown, who rode his red-white-and-blue decorated riding lawn mower. The kids all decorated their bikes, trikes & wagons. Some high school kids wore their marching band outfits and played instruments or threw batons. Everyone participated, from baby up to octogenarian, either in the parade or cheering from the sidelines. Then folks would assemble at the park for a huge picnic dinner with fried chicken, deviled eggs, baked beans, lemonade, apple pie, frisbee, mini-golf, badminton, singing, etc. The day ended with sparklers and fireworks, of course. It was a major event. Why don't we see that kind of celebration anymore?" – Terry Beale*



We CAN see a celebration like that! Come to The Mountain July 3-6 for

a real family gathering – we'll recreate some of Terry's memories. Bring whatever you want to contribute to our own little July 4th parade, and enjoy a mountain-style picnic, field play (with water balloons!), crafts – there will be fun and games for all. We'll have our own mini-fireworks that night with our Beginning and Elementary campers, and a good ol' fashioned campfire with s'mores and songs. On Saturday we'll do some mountain favorites and perhaps our own magic gem mine near the creek! Of course, no family event like this would be complete without **Lee Knight**, who will do stories and songs with us Saturday night. Of course, we'll have intergenerational worship and closing on Sunday morning right after breakfast.

Don't miss this unforgettable family festival. We may turn the entire lodge into a "family dorm" – to add to the old fashioned flavor of the weekend! Spaces are limited – so register soon!

**Beginning Camper parents** – camp ends on July 5, so come for the program, and stay with your child after the camp closing – no charge for your camper!

## Religious Education Week at The Mountain July 6-11, 2003

The Mid-South and the Thomas Jefferson Religious Education Committees present Religious Education Week at The Mountain. Join your colleagues for a week of continuing education, training, worship, fellowship and fun with some camp type activities thrown in! Participants will have a choice of two week-long workshops — **Renaissance Module: Administration of Religious Education Programs; Workshop for Seasoned Religious Educators: Recharging Our Batteries**. Plan now to attend – spaces are limited.

### Program for Children (ages 4 to 13)

This camp will take place each morning during the time for *Renaissance Module* or *Recharging Batteries* programs and during two early afternoon workshops. "Campers" will have many fun activities both inside and outside.

### Other Activities

**Adults — Focus Groups:** Including discussions of Religious Education Credentialing process, covenanting with congregations, and formation/ benefits of LREDA chapter.

— **Porch talks:** Informal dialog with others to share information and perspectives. Also opportunities to ask questions of Mid-South and Thomas Jefferson District RE Committee members.

**Everyone:** Worship, hiking, recreation, campfires, entertainment.

## Family MountainCamp July 13-18, 2003

Go to camp together! Designed for families with children who are 1-11 years old, your family will experience typical camp activities – boating and swimming on the lake; non-competitive games, arts & crafts; folk dancing, hiking, nature study and much more. Our minister for the week will lead vespers and a workshop for parents. Our crafts leader will lead crafts for kids and adults alike. Enjoy water play, nature study and more. Childcare will be available during the workshop time. Beat the heat and take time out this summer to enjoy your family – Mountain style. Program leaders include **Darcy Hammond Ross, Margo Whitcomb, the Rev. Lori Bernard Staubitz, Lee Knight** and the wonderful Mountain Staff.

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### SCHOLARSHIPS AVAILABLE!

Look up the form on our website at:

[www.mountaincenters.org/scholarship\\_app\\_form.html](http://www.mountaincenters.org/scholarship_app_form.html).



# MountainCamp 2003

Camp	Ages	Dates	Rates
CITs (Counselors in Training)	Rising 12th thru 2003 Graduates	June 8 – July 26	\$986
ASCENDERS	Rising 11th thru 12th Graders	June 8 – July 12	\$833
Junior High Camp	Rising 7th thru 9th Graders	June 15 – 27	\$880
Work & Adventure Camp I—Paddling	Rising 8th thru 12th Graders	June 15 – 27	\$1,238
Beginning Camp	Rising 1st thru 3rd Graders	June 29 – July 5	\$459
Elementary Camp	Rising 3rd thru 6th Graders	June 29 – July 11	\$874
Work & Adventure Camp II—Hiking	Rising 8th thru 12th Graders	June 29 – July 11	\$1,042
Senior High Camp	Rising 10th thru 12th Graders	July 13 – 26	\$944
Work & Adventure Camp III—Rock Climbing	Rising 8th thru 12th Graders	July 13 – 26	\$1,085
Art & Revolution I	Rising 10th thru 12th Graders	July 27 – August 2	\$475

## NEW DEVELOPMENT for Work & Adventure I — Paddling!!!

June 15 - 27, 2003

We are excited to announce that Mountain alumnus and world famous professional kayaker and kayak designer **Shane Benedict** will be joining us for two days of whitewater kayaking during Work & Adventure I: Paddling. Shane will bring a fleet of LiquidLogic kayaks and over 20 years of international experience teaching paddling to The Mountain for two exciting days. Don't miss out on this opportunity of a lifetime!

Summer at The Mountain – Continued from page 3

## UU Week at The Mountain August 17-23, 2003

What do Unitarian Universalists believe, anyway? And how do you answer that in twenty-five words or less? In the cool Mountain weather you'll have the opportunity to enjoy a relaxing and stimulating week at The Mountain. Participate in some "hot" topics of conversation. Join in a very special arts & crafts program. Take time to just relax, make some music together, and join the Elderhostel group for several of their evening events, including our own **Lee Knight** and **The Mountain Quartet**. Each morning we'll have brief "Sing-ins," experiencing the UU Hymnbook in new ways. Then **The Rev. Elinor Artman** will lead workshops on the theme for the week, "What do Unitarian Universalists believe, anyway? And how do you answer that one in 25 words or less?" with topics such as:

- UU Controversies in a Controversial World ... Diversity, Racism, Affirmative Action, Peace, God....
- The Many Faces of UUism—the diverse theologies within us
- Disagreements that Unite Us (based on a curriculum by **David Johnson**)
- YOUR issues of interest!

### Outdoor Activities & Crafts

Each afternoon you'll have time to nap or relax in a rocker and take in the spectacular



**The Mountain's website is updated regularly and more detailed descriptions of programs are available on our site at [www.mountaincenters.org](http://www.mountaincenters.org).**

Mountain scenery. We'll also have a daily "traditional Mountain activity" such as a nature walk or hike to a near-by mountain. And by popular demand, we're delighted to have guest artist **Marni Jeffers** with us for the week. Marni's crafts programs are always a magical blend of creativity, fun and spirituality. With Marni, you're in for a treat — whether or not you think that arts & crafts are for you!





## Elderhostel Programs at The Mountain

Call Elderhostel now (877-426-8056) to register for May through September.

Dates	Prog. #	Spring Programs	Price
May 4-9	8612	Natural History and Heritage of Appalachia	\$450
May 11-16	8613	Appalachian Fun – An Adventure for Active Women	\$485
May 18-23	8615	Wildflowers of Appalachia; Southern Appalachian Culture through Character portrayal and Music	\$450

Dates	Prog. #	Summer Programs	Price
July 27-Aug. 2	4997	Mountain Adventure for Grandparents and Grandchildren	Grandparents, \$505 Grandchildren ages 8-12, \$435
Aug. 4-9	9001	Appalachian Whitewater and Hiking Adventure	\$555
Aug. 17-22	2249	Appalachian Outdoor Adventure!	\$485
Aug. 24-29	4335	Appalachian Home Theme Week	\$426
Sept. 2-5	4325	3-Day Program–Appalachian Sampler: Natural History & Culture of the Appalachians	\$350
Sept. 7-12	4891	Hiking Adventures in the Southern Appalachian Mountains	\$486
Sept. 14-17	9620	3-Day Program–Appalachia: The Place, The People	\$350
Sept. 21-26	9331	Women's Hiking and Whitewater Adventure: Appalachian Fun	\$550
Sept. 28-Oct. 3	4893	Wealth of the Appalachians	\$430
Oct. 5-10		Traditional Week of Three Courses	\$426
Oct. 12-17	1795	Roots of the Appalachians Theme Week	\$426
Oct. 19-24		Traditional Week of Three Courses	\$426
Oct. 26-31	6936	Traditional Week of Three Courses	\$430
Nov. 5-8	6599	3-Day Program–A Season of Laughter: Appalachian Stories, Ballads and Mark Twain	\$350

### Registration Information

Registration for an Elderhostel program at The Mountain must go through Elderhostel, Inc. To register, call Elderhostel toll free at (877) 426-8056, or go on-line to [www.elderhostel.org](http://www.elderhostel.org). When registration is complete, The Mountain will send you confirmation materials including information about your program, The Mountain, travel information, and two forms to complete and return.



For more information about Elderhostel programs at The Mountain, consult the Elderhostel catalog listings under North Carolina and Active Outdoor, or check their website at [www.elderhostel.org](http://www.elderhostel.org). The Mountain's website ([www.mountaincenters.org](http://www.mountaincenters.org)) has detailed descriptions of all our Elderhostel programs.



# Learning Center for Leadership Programs

## The Mountain School for Congregational Leadership

**July 20-26, 2003**

**Limited to 40 Students**

Come to The Mountain for an opportunity to expand your skills as a congregational leader. The School for Congregational Leadership provides opportunities to explore your own leadership style, gain interpersonal and organizational skills, deepen your spiritual life, and network with people from small, mid-size and large Unitarian Universalist congregations in the Southeast.

MSCL has a proven track record in preparing lay-people for leadership roles in UU Congregations. Join the many UUs who consider this to be a life-changing experience. For application and registration information, please contact Robert E. Smith, Registrar, 828-526-5838, ext. 227, [roberte.smith@mountaincenters.org](mailto:roberte.smith@mountaincenters.org).

## Leadership School for Religious Educators

**August 3-9, 2003**

**Walker Creek Ranch, Petaluma, California**

**Limited to 40 students**

Expand your professional skills with religious education colleagues at The Mountain's Leadership School for Religious Educators being held at Walker Creek Ranch in Northern California (see photo below). Leadership School provides opportunities to explore your own leadership style, gain interpersonal and organizational skills, deepen your spiritual life, and network with people from small, mid-size and large Unitarian Universalist congregations.



Leadership School areas of focus:

- Temperaments and styles
- Small group dynamics
- Organizational development for UU congregations
- Systems thinking
- Size dynamics
- Professional standards
- Working with volunteers & staff
- Conflict management
- UU heritage and values
- Worship

An application is required for both MSCL and LSRE. Please download the application form from The Mountain's website [www.mountaincenters.org](http://www.mountaincenters.org) or call the office for a copy, (828) 526-5838.

## On-Line Course Offerings

### How to Take an On-Line Course – \$50

Learn the ins and outs of web-based courses, practice new skills, and gain confidence in your abilities to make use of this wonderful learning resource.

### Volunteer Management – \$175 for a limited time only

This course will explore the concepts and practices involved in developing and sustaining effective volunteer programs in our faith communities.

### Media Relations 101 – \$175 for a limited time only

Through this online course, participants will learn the basics of media relations and to create a plan for developing a media relations program in their congregation.

### How Church Systems Work – \$175 for a limited time only

Look at congregations from a systems perspective, learning how to reinforce desired change and balance less desirable outcomes. Coursework includes systems thinking, mental models, systems diagrams and flowcharts, and how they apply to congregational models, from the theological perspective of Unitarian Universalist polity, governance and structure.

See The Mountain's website for more information on the Learning Center for Leadership's On-line Courses and how to register — [www.mountaincenters.org](http://www.mountaincenters.org).

## Other Programs at The Mountain

### Gay Spirit Visions Spring Conference

April 18-20

### SEUUMA Spring Conference

April 21-24

### WomenSpirit Spring Institute and Gathering

May 14-16  
& May 16-18

### Gay Spirit Visions Fall Conference

September 17-21

### WomenSpirit Fall Institute and Gathering

September 24-26  
& September 26-28



## 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.

## Fees Tables

### ADULT PROGRAMS

Program & Dates	Rate Type	Registration Deadline Date	3-night Option Double	3-night Option Multiple	2-night Option Double	2-night Option Multiple	Per Adult	Youth 14-17*
<b>10th Anniversary Embracing Our Lesbian Identity Retreat</b> April 24-27, 2003	Early Bird	On or before 03/14/03	\$255	\$219	\$170	\$146		
	Regular	On or after 03/15/03	\$280	\$244	\$195	\$171		
<b>MountainScape Rockclimbing and Rappelling Weekend</b> May 23-25, 2003	Early Bird	On or before 04/23/03					\$200	\$125
	Regular	On or after 04/24/03					\$225	\$140
<b>MountainScape Flyfishing Weekend</b> June 13-15, 2003	Early Bird	On or before 05/13/03					\$325	
	Regular	On or after 05/14/03					\$375	
<b>Mountain School for Congregational Leadership</b> July 20-26, 2003	Early Bird	Full pay't rec'd by 05/21/03					\$625	
	Regular	Full pay't rec'd by 06/21/03					\$700	
<b>Leadership School for Religious Educators, Walker Creek Ranch, CA</b> August 3-9, 2003	Early Bird	Full pay't rec'd by 05/31/03					\$750	
	Regular	Full pay't rec'd by 07/03/03					\$825	

\* With parent or guardian.



### INTERGENERATIONAL PROGRAMS

Program & Dates	Rate Type	Registration Deadline Date	Per Adult	Per Day	Youth 12-17	Children 4-11**
<b>Retreat You Don't Have to Plan III</b> <b>Memorial Day Weekend</b> May 23-25, 2003	Early Bird	On or before 04/23/03	\$155	\$80	\$80	\$47
	Regular	On or after 04/24/03	\$180	\$95	\$95	\$62
<b>Old Fashioned Family Fourth</b> July 3-6, 2003	Early Bird	On or before 06/12/03	\$219	n/a	\$123	\$115
	Regular	On or after 06/13/03	\$239	n/a	\$143	\$135
<b>Religious Education Week</b> July 6-11, 2003 Accompanying spouse or partner upon availability after June 1, 2003	Early Bird	On or before 06/01/03	\$415	n/a	\$150	\$150
	Regular	On or after 06/02/03	\$465	n/a	\$175	\$175
<b>Family Camp</b> July 13-18, 2003	Early Bird	On or before 06/13/03	\$390	n/a	\$223	\$130
	Regular	On or after 06/14/03	\$440	n/a	\$248	\$155
<b>UU Week at The Mountain</b> August 17-23, 2003	Early Bird	On or before 07/17/03	\$405	n/a	\$220	\$107
	Regular	On or after 07/18/03	\$455	n/a	\$245	\$132

\*\* Children through 3 years of age attend for FREE.





# 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			

♦ Housing preferences are not guaranteed but honored by date registration is received. Prices include lodging, programs, and meals. 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:

☐ Omnivore

☐ Vegetarian

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: \_\_\_\_\_

303PC

Office use only: Payment received: Housing: Data: Confirmed: