

Penny Werth  
Retreat Registration  
691 Gene Johnson Road  
Stanton, Tennessee 38069



UMMAS  
Unity Ministers of the Mid-Atlantic States

Presents

# The Wall, the Walk, the Wisdom, the Wonder



## Transcending the Illusion of Limitation

### A Mountaintop Retreat Experience

Sept. 15-Sept. 18, 2009  
Kanuga Conference Center  
Hendersonville, NC

#### Kanuga Conference Center

Imagine yourself transported to a scenic 1,400 acres, six miles from Hendersonville in Western North Carolina. Accommodations include a 62-room Inn and 48 four-to-six-bedroom cottages; some rooms share a bath. No A/C, but it's not needed in the mountains in September. Kanuga offers a gymnasium, outdoor exercise trail, tennis courts, labyrinth, hiking trails, and a lake for boating, fishing, swimming (in season). Fabulous barbeque--both meat & veggies--on the patio Wednesday evening (<http://www.kanuga.org>).

Your experience will begin with **dinner at 6 p.m. on Tuesday evening** and last until **11:00 a.m. Friday**.

Start your day with a soothing **Morning Meditation**, or with gentle, healing **Tai Chi** with **Chuck Blackburn**.

Enjoy a cornucopia of workshops with various ministers from the Unity Ministers of the Mid-Atlantic States (UMMAS), as well as our keynote speakers **Mark Nepo** and **Sky St. John**.

Inspiring, original **Music** will fill the air and your hearts, performed by the musicians of Trilogi, Sky St. John and others.

A **Children's Program** full of fun and creativity is offered, as well as **Nursery** care for the wee ones.

**Massages & Bodywork** by local professionals will be available for a love offering. To ensure availability and scheduling, indicate at check-in that you plan to treat yourself.

#### DIRECTIONS:

**From I-40:** near Asheville, take I-26 East to Exit 49-B (Old Exit 18-B / Rt 64 west) go 2.3 miles into Hendersonville, turn left on US 25 South (Church St) for 9 blocks, go right on Kanuga Street for 3.75 miles. Turn right onto Kanuga Lake Road (small Kanuga Conference sign). Go 1.25 miles. Turn right on Kanuga Chapel Drive (big sign). Continue thru the stop sign to the first paved parking lot on the left (@ 1/2 mile) to Main Lobby. (from Asheville, Greensboro, Winston-Salem, Raleigh, Wilmington, Knoxville, Cookeville, Nashville, etc.)

**From I-26 & points south:** West on I-26: Take Exit 53 (Old Exit 22) on Upward Rd (becomes Highland Lake Rd) to its end; turn left onto NC 225 (Greenville Hwy), to traffic light at Flat Rock Playhouse, then right on Little River Road to its end, then right on Kanuga Road, and immediate left on to Kanuga Lake Road (small Kanuga Conference sign). Go 1.25 miles, Turn right on Kanuga Chapel Drive (big sign). Continue thru the stop sign to the first paved parking lot on the left (@ 1/2 mile) to Main Lobby. (from Spartanburg, Columbia, Charleston, Savannah, Myrtle Beach, etc.)

**From I-85 at Greenville, SC:** US 25 North (White Horse Road exit) and follow that highway up the mountain into NC. Watch carefully for Exit #5 (Flat Rock) turn left on 2-lane NC 225 to second traffic light (at Flat Rock Playhouse). Turn left on Little River Road to its end, then right on Kanuga Road, and immediate left on to Kanuga Lake Road (small Kanuga Conference sign). Go 1.25 miles, Turn right on Kanuga Chapel Drive (big sign). Continue thru the stop sign to the first paved parking lot on the left (@ 1/2 mile) to Main Lobby. (from Greenville, Atlanta, etc.) For More Information about Kanuga go to: [www.kanuga.org](http://www.kanuga.org)

For more retreat information go to  
[www.ummas.org](http://www.ummas.org)

#### Keynote Speakers

**Sky St. John** Sky is one of the most loved and talented ministers in the Unity. He is an award-winning speaker, singer, musician and entertainer and has delighted his audiences for many years with his warmth, wit, talent and heart of gold.



Sky holds degrees in education, communications, nursing and is close to earning his doctorate in Public Health. He graduated from Unity Seminary in 1995 and worked as a minister in the Retreat Dept. at Unity Village for 2 years. During this time, he was also the Music Director for the First Unity World Conference in Birmingham, England and traveled throughout the country presenting workshops, concerts and Sunday Services.

After ministering churches in Omaha, NE and Coos Bay, OR, he worked on the faculty at Unity Institute, the Unity Ministers Seminary, as Chair of Communications and Performing Arts Dept. and continued his travel speaking and consulting with Unity ministries throughout America.

In July 2005, Sky accepted the Senior Minister position at Unity Church of Hawaii on the slopes of Diamond Head.

Sky also has had an exceptional entertainment career, winning a NANI Award in Hawaii for the best new artist of the year. As an actor, Sky has had lead roles in many local theater productions and was the Music Director for "Paradise Found" at the Hilton Dome, and performed as a singer/dancer in the theater production of "South Pacific."

Of special note, Sky also worked periodically as a registered nurse for two years in the last existing leper colony in the U.S. on the island of Moloka'i.



**Mark Nepo** Mark is a highly successful poet, philosopher and lecturer who has taught in the fields of poetry and spirituality for over 30 years and was nominated for the Lenore Marshall Poetry Prize.

He has written several exceptional books, which include *Facing the Lion*, *Being the Lion*, *Finding Inner Courage Where It Lives* and *The*

*Exquisite Risk* which *Spirituality and Health Magazine* cited as one of the best spiritual books of 2005.

He also wrote *The Book of Awakening* which was a finalist for the 2000 Books for a Better Life Award. Mark is also a very accomplished poet and has written and produced a number of books and CDs of his poetry.

As a cancer survivor, Mark is committed to the usefulness of daily inner life. Through his writing and teaching, he remains devoted to the life of inner transformation and relationship. Living through cancer and his near-death experience have brought Mark a spiritual perspective that supports others to tap into their own inner core of strength and wisdom during these times of shift and change.

Mark now serves as a Program Officer for the Fetzer Institute in Kalamazoo, Michigan, a non-profit foundation devoted to fostering awareness of the power of love and forgiveness in the emerging global community.

Mark regularly gives readings, lectures and retreats throughout the country. His powerful workshops help participants to overcome struggles, gain wisdom and courage, find the sacred in life and learn about service and compassion and the power of healing.

**DAILY SCHEDULE OF EVENTS**

**WANT TO TALK? The ministers of UMMAS are available to you – just ask!**

**7:00-8:00 a.m. - Tai Chi  
Master Chuck Blackburn**

*Cunningham-Nevius Pavilion by the Lake*  
Simple enough for beginners, yet beneficial techniques to maintain your health for a lifetime.

**7:30-8:00 – Meditation**

*Chapel of the Transfiguration*  
Start your day totally relaxed with a gentle morning Meditation.

**8:00-8:45 - Breakfast**

*Dietz Dining Room*  
**9am-9:30pm during Workshops and Programs  
Children’s Activities/Childcare**

*Baker Building*

The **Children’s Program** is full of fun and creativity. **Nursery** care is provided for the wee ones. **NOTE TO PARENTS:** Please pick up your children at meal-times and at the end of the day’s activities.

**12:30-1:30 – Lunch**

*Dietz Dining Room*

**6:00-7:00 – Dinner**

*Dietz Dining Room*

**9:40 p.m. Vespers**

*Chapel of the Transfiguration*

**TUESDAY, SEPT 15**

**2:00-7:00 – Registration**

**6:00 – Dinner**

**7:00-7:30 Welcome and Intro**

**7:30-8:15 New Games with Rev. Bruce Milne**

Do you know how to meet a lot of new people in a fun and non-threatening way in a matter of minutes? No. Then come and find out. Be prepared to laugh, have fun, and start new friendships.

**8:15-9:30 Mark Nepo and Rev. Sky St. John**

We kick off our amazing mountain top experience with music, poetry, and entertainment with our keynote speakers.

**WEDNESDAY, SEPT 16**

7:30-8 Meditation Rev. Herb Pierson

**9-10:30 Keynote/Workshop**

**Part 1 -Facing the Lion, Being the Lion: The Practice of Inner Courage with Mark Nepo**

Quite often, we are brought to each other through love or hardship. To learn from this and grow, we are given the gifts of courage and love. The original notion of the word *courage* means to stand by one’s core. This two-part workshop is an exploration into how to find our way to our core, to stand by it, and to then sustain the practice of living from our core—to live out of our courage. During this 2-part series, we will learn about the power of encouragement to impart strength and confidence, the courage of listening, the gift of vulnerability, the willingness to explore and the commitment to respect our own, as well as other’s journeys.

**10:45-12:15**

**Life Visioning with Rev. Terrence Padgett**

The reason you have been born is to reveal the Glory of your Divine essence as only you can do. The question is, “What is God’s idea of Itself – as your life? Come and explore this question as Rev. Terrence Padgett leads you in a “Life Visioning Meditation” – as taught by Rev. Dr. Michael Beckwith.

**An Outer Walk with an Inner Reflection with Joel & Maryanne Blackford and Rev. Herb Pierson**

We will gather at “the wall” just outside the Kanuga snack bar, open with prayer and an inner reflection process to embark on an easy climbing-walking meditation to the mountain top. There we will see the outer views with a renewed inner view. The return trip will help us solidify our mountain top experience and the Abundance of Nature all along the trail to home....

**Lake Walk with Erin Kosak**

For those who would like to stay ‘grounded’ join Erin as she explores the lake trail.

**1:45-3:15**

**Mellowing the Drama 101 with Rev. Chad O’Shea and Lytingale**

Rev. Chad and Lytingale invite you to join them for a mystical/musical inquiry into the nature of the human predicament. We’ll explore the question, “How did we become so adept at turning our “Garden of Eden” into a “Rock and a Hard Place?” And then we’ll play with some empowering strategies for maintaining “a peace that passes understanding” right in the middle of a “crowd of sorrows.” There’s an invitation carved on our souls from the very beginning to sing & laugh & learn & love. . . . R. S. V. P.

**“Go For It! - Climbing Over the Wall of Limitation” with David Hiller and Rev. Sheryl Padgett**

Challenge yourself to soar to new heights and breakthrough limiting beliefs. Receive group support and lots of ‘go for it’ energy to do a 40’ climb on the Outdoor Climbing Wall at Kanuga. \$20 Fee paid with pre-registration.

**3:30-5:00**

**Part II - Facing the Lion, Being the Lion: The Practice of Inner Courage with Mark Nepo**

Continuation of Part I – Attendees are welcome to one or both sessions.

**7:30-8 p.m. Music by Trilogly**

**8-9:30 Keynote**

**Breaking out of the Triangle of Distraction with Rev. Sky St. John**

As we walk through life, we often are faced with disruptions that alter the ease of our journey. If we delve into the drama of these circumstances, we form a geometric triangle of distractions, and we take on roles that stop movement on “The Walk.” These roles are known as the Hero, the Villain, and the Victim. This presentation will give us some great fun tools to take us out of this trap and put us back on the journey to wholeness. .

**9:40 Vespers with Rev. Chad O’Shea & Lytingale**

**THURSDAY, SEPT 17**

7:30-8 Meditation Rev. Bruce Milne

**9-11:00**

**Coming Home with Rev. Sky St. John**

Coming Home workshop is an experiential exploration into the

story of the Prodigal Son/Daughter. Using metaphysical interpretative techniques, coupled with aspects of psycho-drama, we will explore aspects of each character in the story and how they are reflective of our own lives. Then, in a safe environment, we are all asked to participate in our own homecoming. This is an exceptionally powerful experience in which many life-transforming healings have happened. The event dares to transform some of the most difficult separations of our lives and brings us home in a joyful and sacred reunion. The end result is an exquisite experience of Heaven on Earth.

**11:15-12:15 Spiritual Communion Rev. Ed Kosak**

Go directly to the Source for spiritual food. Without bread or wine, we will commune with God, divine substance, and the elixir of life.

**Labyrinth with Sam Richardson**

Be a-mazed at the experience of walking meditation.

**1:45-3:15**

**Embracing the Spirit of Healing Rev. James & Leah King**

The Healing Presence is available to all but many times we do not know how to fully receive and embrace this power. This special Healing Ceremony will assist you in connecting with healing for body, mind and spirit. With special music and gentle guidance Rev James will help us release the blocks and embrace our positive health and well being. Each participant is encouraged to come in silence and prepare to experience the Spirit of healing and wholeness. Miracles are always possible when two or more gather together...

**Kayaking with Doug**

Have you ever wanted to paddle a canoe or kayak around the lake on a beautiful afternoon? Here’s your chance! Join Rev Doug for some simple basic instructions, and an enjoyable outing on the lake.

**3:30-5:00**

**Seamless Service with Rev. Sky St. John**

This is a workshop for anyone who desires to help create dynamic, smooth flowing church services. We will discuss how to work creatively with group energy, what elements of service can be used to enhance and guide the movement of that energy, and finally, how to educate everyone to support the changes necessary to keep our services vital and appealing to present congregation, new seekers and the younger generation. Come prepared to sing, pray, laugh, learn and have fun.

**7-9:30 Talent Show**

**Rev. Joel Blackford**

Get out your talent—this is YOUR time to shine!  
Sign up at registration.

**9:40 Vespers (Balthus Room)**

**“A Sacred Drumming Circle” with Ed and Erin Kosak**

Connect with God by drumming or listening and catching the vibe of the drums. A great way to “come down” after a high energy night!

**FRIDAY, SEPT 18**

7:30-8 Meditation Rev. Doug Werth

**9-10 Closing Program**

**Rev. Chad O’Shea & Ed Kosak**

We’re so glad we’ve had this time together! In this hour, we will bless each other through sacred experiences before heading out on the Road of Life!

**Retreat Registration – Sept 15-Sept 18, 2009**

Phone/Email reservations accepted with credit card until Sept. 1: [pennywerth@unityofchattanooga.org](mailto:pennywerth@unityofchattanooga.org) Phone:423-755-7990 Fax:423-755-7982  
Balance due MUST be paid by cash or check at check in - NO CREDIT CARDS. All rooms are NON-smoking and NOT air conditioned.

Registration fee includes: Room (3 nights), Meals (3 breakfasts, 2 lunches, 3 dinners), and all workshops.

Name (s): \_\_\_\_\_ Street: \_\_\_\_\_ Apt #: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_ Phone: ( \_\_\_\_\_ ) \_\_\_\_\_ Email: \_\_\_\_\_

Children: (Name(s) and ages): \_\_\_\_\_ Preferred Roommate: \_\_\_\_\_ Roommates must send registration together.

Special needs for housing (wheelchair access, etc.)? \_\_\_\_\_ Please describe: \_\_\_\_\_

Please Circle	Before Aug15	After Aug 15	Deposit
Adult - Dbl occupancy	\$395	\$445	\$195
Adult - Sgl occupancy	\$485	\$535	\$240
Children (10-18)	\$140	\$150	\$70
Children (3-9) <small>Under 3 free</small>	\$100	\$100	\$50

**Deposit due with Registration. Balance due at check-in by CASH or CHECK ONLY!**  
Deposits NON-refundable after September 1st. \$50 Fee for ANY cancellation.

Sign me up for Wall climbing (Add \$20) Limited space available \$ \_\_\_\_\_  
I will pay the balance at check-in by cash/check TOTAL COST = \$ \_\_\_\_\_  
I am paying by check payable to “UMMAS.” TOTAL DEPOSIT(S)= \$ \_\_\_\_\_  
I am paying by Master Card/Visa Exp. Date: \_\_\_\_\_ 3 digit Security code \_\_\_\_\_  
Card # \_\_\_\_\_ Contact Phone # \_\_\_\_\_  
Full Name as it appears on Card \_\_\_\_\_

**COMMUTERS:** July 15-Aug 15 \$125 for whole retreat. After Aug 15: \$65 per day or \$175 for whole retreat. Price includes Lunch and Dinner each day but ONLY IF you pre-register thru Unity Center, 2041 Old Fanning Bridge Rd., Mills River, NC 28759 tel: 828-891-8700, or [unity@unityinc.net](mailto:unity@unityinc.net).

**Mail form with deposit or full registration fee to: Penny Werth, Retreat Registration Unity of Chattanooga, PO Box 4949, Chattanooga, TN 37405**