



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

Keynote Speakers

Mark Nepo 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.

Rev. Sky St. John is one of the most loved and talented ministers in Unity. He is currently the Senior Minister of the Unity Church of Hawaii and 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, and 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. Sky also has had an exceptional entertainment career, winning a NANI Award in Hawaii for the best new artist of the year.



For a full schedule and description of workshops go to
www.ummas.org

For more information on
Kanuga Retreat Center go to
www.kanuga.org

Retreat Registration – Sept 15-Sept 18, 2009

Phone/Email reservations accepted w credit card until Sept. 1: 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: (____) _____
Children: (Name(s) and ages): _____ Preferred Roommate: _____ Roommates must send registration together.
Special needs for housing (wheelchair access, etc.)? Please describe: _____

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

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

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 Farming Bridge Rd., Mills River, NC 28759 tel: 828-891-8700, or unity@unitync.net.

The Wall

What blocks are you facing? **Embracing the Spirit of Healing with Rev. James and Leah King** will assist you in connecting with healing for body, mind and spirit. The Healing Presence is available to all but many times we do not know how to fully receive and embrace this power. In this healing ceremony 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...

For those of you who want to challenge yourself to soar to new heights and breakthrough limiting beliefs join us at the wall. **Go For It! - Climb Over the Wall of Limitation with David Hiller and Sheryl Padgett.** Challenge yourself to Receive group support and lots of 'go for it' energy to do a 40' climb on the Outdoor Climbing Wall at Kanuga. \$20 Fee.

Do you know how to meet a lot of new people in a fun and non-threatening way in a matter of minutes? Come to **New Games with Rev. Bruce Milne** and find out. Be prepared to laugh, have fun, and start new friendships.

The Walk

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

Programs and Activities

We will gather at "the wall" just outside the Kanuga snack bar, open with prayer and an inner reflection process to embark on an **Outer Walk with an Inner Reflection with Joel & Maryanne Blackford and Rev. Herb Pierson.** Join us for 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....

For those who would like to stay 'grounded' join us for a **Walk Around the Lake with Erin Kosak** as we explore the lake trail.

The Wisdom

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 **Facing the Lion, Being the Lion: The Practice of Inner Courage with Mark Nepo**, 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.

Seamless Service with Rev. Sky St. John 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.

Rev. Chad O'Shea and Lytingale invite you to join them for a mystical/musical inquiry into the nature of the human predicament in **Mellowing the Drama 101.** 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.

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.

The Wonder

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

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

Connect with God by drumming or listening and catching the vibe of the drums during **A Sacred Drumming Circle with Ed and Erin Kosak.**

Be inspired by musical stylings of **Lytingale** who blesses us with her eclectic talents.

Share your talents with your new found friends at our annual talent show. Laugh, grow, and connect with others, nature, and yourself as you rise to a **NEW YOU!**