

October 27 – 30, 2008

# Autumn Time

## Senior Adult Retreat

### Dr. Pat Day Preaching

Dr. Day has served as senior pastor of First United Methodist Church, Shreveport, LA since 1992. Prior to joining First Methodist, Shreveport, Dr. Day served at various churches in Texas. In addition to his duties as senior pastor of First Methodist, Dr. Day is a member of the National Speakers Association & is in constant demand as an inspirational & motivational speaker and is the author of the inspirational book "Growing Into Greatness." Dr. Day received his B.A. degree from Austin College, earned both a Master of Theology and a Doctor of Ministry from SMU's Perkins School of Theology.

### Rev. Marilyn Dickson Biblical Role Models

Rev. Dickson is on staff part-time as Singles Minister at First United Methodist Church, Richardson, Texas. She is an ordained Disciples of Christ clergywoman and a graduate of SMU's Perkins School of Theology. She is a certified Spiritual Director and a retreat leader of various different models. Rev. Dickson has developed curriculum for both Grief and Divorce Recovery programs which are used extensively throughout the Dallas Metroplex and region. She regularly contributes to the Upper Room Disciplines Yearly Devotional Book. She is married to Ron, mother of 4 and grandmother of 11. She is an avid reader and quilter.

### Anne Holcomb Worship Leader

Anne Holcomb is a candidate for ordination, currently serving as a local pastor at Mt. Pleasant United Methodist Church in Little Rock. She is also on staff at Quapaw Quarter United Methodist Church in Little Rock as Director of Children's and Youth Ministries and Worship Leader. She considers music one of God's greatest gifts and loves to be involved with it. Anne lives in Little Rock with her husband David, their 13-year old son, Patrick, one dog, two cats, one crab, and an ever-fluctuating number of goldfish.

## Classes and Workshops

**Witter Wildlife Refuge:** Jim Orr will discuss the rescue and rehabilitation of injured and orphaned wildlife and share stories of various native animals and explore their behavior and personalities. The workshop will address how you can help wildlife as well as "what not to do." The presentation will include some video of his work in the wild and at the wildlife refuge. A few wild animals will accompany him and the participants given the opportunity to meet each personally and learn about their specific habits and behavior.

**One Man Drama:** David Flynn presents a 40 minute drama. "Mr. Carey's Apron: The story of William Carey."... opens with the burning down of the Serampore Press, where the English missionaries printed translated copies of Scripture. Carey, a poor cobbler from England, shares how God called him from mending soles to saving souls, and the faithfulness of God through his work in India.

**Gardening in a Responsible Manner:** Calvin Bey addresses real environmental issues and suggests solutions. As an avid Organic Gardener and more, he will address the Laws of Nature that we have been ignoring, how to grow NUTRI-DENSE vegetables, and how small changes can make big impacts. It's all presented in the context of how it effects our health and our responsibility to be better stewards of the Earth. Be prepared to say "Wow!" when this session is over.

**The Art of Soap Making:** Sara Ross - Learn how to make natural, soothing soaps with a glycerin base. Choose from different ingredients such as oatmeal, flowers, spices, fruits, and anything else you can think up to make soaps that moisturize rough skin, can be used as astringents, minimize pores, and/ or encourage skin elasticity and overall health.

**Missions Past, Present and Future:** David Flynn - What has been the historical progress of the Kingdom of God throughout the centuries following Christ? And how has this accelerated in the last 200 years? This workshop deals with some of the epochs of missions activity, and the basis for a balanced approach to missions emphasis.

**Praying Scripture:** Shirley Crowell - Sometimes our prayers may seem to be "lifeless". This session will present an opportunity to hear about developing a prayer life using the Bible to inspire your prayer time. Each session will also end with an opportunity to experience a time of prayer using scripture.

**Mount Sequoyah Conference & Retreat Center**

programs@mountsequoyah.org • www.mountsequoyah.org

## Workshops continued

**The Pleasure of Herbs:** Janice Neighbors will share the requirements needed for healthy herb care, year round gardening & harvesting of herbs, and when and how to use herbs. The main emphasis will be on culinary herbs, but the many different ways to use herbs will be also be discussed for those who may not be interested in cooking. Janice will have a taster's table, recipes used for the class, and other favorites.

**Bookmaking - The Accordion Memory Book:** Dawna Johnson - Inspired by a workshop offered at the San Francisco Center for the Book, we will begin with the construction of a simple & beautiful accordion book from handmade papers. We will incorporate photos, embellished materials, & journaling that tell the stories of our families, our travels, or our hobbies. *Each participant will need to bring 7-10 color or black and white pictures, or duplicates in a 4 x 6 format.*

**Tai Chi Fundamentals:** Barbara Peterson will be facilitating an informative, interactive demonstration of the Tai Chi Fundamentals Program. The Program is designed to make Tai Chi clear and accessible for beginners with a wide range of abilities. Tai Chi is an ideal exercise for life-long well being.

**Down in the Holler: A Sampling of Ozark Folk Speech:** Susan Young - Do you know where your goozle is? Was your breakfast plum larupin? Will you light a shuck for home at the end of this program? Learn how to talk Ozark in this program featuring words, phrases, and expressions once commonly used in the hills and hollers of the Ozark Mountains.

**Calligraphy:** Barbara Horner will give a brief history of calligraphy and the many styles of writing, along with a hands on lesson with basic strokes and the italic style of writing.

*In order to provide adequate transportation for the outings, attendees must sign up in advance.*

### Off Campus Outings - Optional

**Bud Walton Arena & Sports Complex:** Enjoy a behind the scenes tour of the home of the Razorbacks and LadyBacks! Known throughout the region as the Basketball Palace of Mid-America, this venue has been ranked near the top since its completion in 1993. In the Arena's first year open, the Razorbacks won the Basketball National Championship (1994)...visit our museum to see the official trophies, game ball, team bench chairs and uniforms from that exciting game!

**Botanical Garden:** Located on 86 picturesque acres in northeast Fayetteville, the Botanical Garden of the Ozarks opened to the public in 2007 and features nine themed gardens. Each of the 2,000 square foot themed areas capture the imagination. Care has been taken to include features within each garden to highlight local artists and sculptors.

## PRE-SIGNUP FOR WORKSHOPS AND OUTINGS IS REQUIRED & MUST ACCOMPANY REGISTRATION

### Schedule for Autumn Time

<b>Monday, October 27</b>	<b>Tuesday, October 28 (Cont'd)</b>	<b>Wednesday, October 29 (Cont'd)</b>
2:00 - 4:00 pm    Check-in & Apple Cider Circle 4:00 -5:00 pm    Welcome & Orientation 5:30 pm            Dinner 7:00 pm            "Old Tyme" Hymn Sing 7:30 pm            Worship 9:00 pm            Snacks & Games	1:15 pm            Witter Wildlife Refuge 3:00-3:30 pm    FREE TIME  <b>Workshops-3:30-5:00 pm</b> <i>Tai Chi</i> <i>The Pleasure of Herbs</i> <i>Down in the Holler</i> <i>Bookmaking</i>  5:30 pm            Dinner 7:00 pm            Worship 9:00 pm            Snacks & Games	1:15-3:30 <i>Off Campus Outing</i> Botanical Garden  <b>Workshops-1:15-3:00 pm</b> <i>Missions</i> <i>Tai Chi</i> <i>Praying Scripture</i> <i>The Pleasure of Herbs</i>  3:00-3:30            FREE TIME  <b>Workshops-3:30-5:00 pm</b> <i>Calligraphy</i> <i>The Art of Soap Making</i> <i>Praying Scripture</i> <i>Gardening in a Responsible Manner</i> 5:30 pm            Dinner 7:00 pm            Worship 9:00 pm            Halloween Party
<b>Tuesday, October 28</b>	<b>Wednesday, October 29</b>	
7:00 am            Morning Watch 7:30 am            Breakfast 8:45 am <i>Off Campus Outing</i> <i>Bud Walton Arena Tour</i> <b>Workshops 9:00-10:15 am</b> <i>Art of Soap Making</i> <i>Down in the Holler</i> <i>Gardening in a Responsible Manner</i> <i>Calligraphy</i> 10:15 am          Break 10:30 am          Bible Study 12 noon            Lunch	7:00 am            Morning Watch 7:30 am            Breakfast 8:45 am            Bible Study 10:00 am <b>One Man Drama</b> 12 noon            Lunch	
<b>Thursday, October 30</b>		
7:00 am Morning Watch                      7:30 am Breakfast and Goodbyes		

# Autumn Time

Monday, October 27 - Thursday, October 30

Deadline for Registration October 13 (or until full capacity)

Lodging is assigned on a first come, first serve basis

## Registration Contact Information

Mr. Mrs. Ms. Miss Rev. Dr. Bishop

Last Name First Name  
( ) ( ) ( )  
Home Phone Work Phone Cell Phone

Email Address  I prefer email communications

Address

City State Zip

Emergency Contact: Full Name Phone:

Organization/Church Conference (If applicable)

## Roommate Information

Roommate Full Name (If no roommate is available, you will be charged the single occupancy rate.)

Spouse  Spouse/Participant  No roommate  Assign a roommate

## Special Needs

Handicap Access  Vegetarian  Diabetic  Gluten-Free

Please provide your access needs:

\*With other dietary needs, please provide the main components of your meal (we can refrigerate for you), and supplement from our buffet line and salad bar.

I will arrive after 8:00 p.m. (The office closes at 8:00 pm, though we will arrange for an after hours check-in, call (479) 443-4531 if you are delayed)

### Cancellation Policy:

If the reservation is cancelled 30 days prior to the anticipated arrival date, Mount Sequoyah will issue a full refund. If you cancel within 30 days prior to the anticipated arrival date, Mount Sequoyah will charge \$30 per reservation cancellation fee. If you cancel and have not paid, the card identified above will be charged the \$30 per reservation. *The cancellation fee is non-refundable and non-transferable.* If your reservation is cancelled within 24 hours of the anticipated arrival, Mount Sequoyah has the right to retain the full amount of the reservation. The above credit card will be charged if the participant's account has not been paid in full before departure.

## Lodging and Meals Reservation

Costs include the program fee, 3 nights lodging and 8 meals beginning Monday dinner and continuing through Thursday breakfast.

Fees cannot be pro-rated.

- Single Occupancy Room, Private Bath \$345.00 per person \$ \_\_\_\_\_
- Double Occupancy Room, Private Bath \$255.00 per person \$ \_\_\_\_\_
- Spouse, Programs and Meals \$210.00 \$ \_\_\_\_\_
- Commuters (lunch only, Tues & Wed) \$103 per person \$ \_\_\_\_\_
- Golf Cart \$50 deposit, \$25 refundable \$ \_\_\_\_\_

Mt. Sequoyah is a non-profit organization, no state or federal taxes apply.

## Payment of Fees

Total \$ \_\_\_\_\_

Reservation must be either held with a credit card or payment in full.

### Method of Payment

- I am paying in full with the payment
- OR
- Please hold my reservation with the credit card
- Check  Master Card  Visa  Discover

\* \_\_\_\_\_ / \_\_\_\_\_  
Credit Card # Exp. V- Code  
(last 3 digits on the back)

Name as it appears on the credit card

Signature



### Mail your registration to:

Mount Sequoyah  
Conference and Retreat Center  
150 NW Skyline Drive  
Fayetteville, AR 72701

### Fax your registration to:

Attention: Registrar (479) 443-4569

For information, call (800) 760-8126 or (479) 443-4531



## SIGN UP FOR WORKSHOPS

I plan to attend the following...

### Bookmaking

\_\_\_ 3:30 Tues \_\_\_ 3:30 Wed

### Gardening in a Responsible Manner

\_\_\_ 9:00 am Tues \_\_\_ 3:30 Wed

### Art of Soap Making

\_\_\_ 9:00 am Tues \_\_\_ 3:30 Wed

### Down in the Holler

\_\_\_ 9:00 am Tues \_\_\_ 3:30 Tues

### Tai Chi

\_\_\_ 3:30 Tues \_\_\_ 1:15 Wed

### Calligraphy

\_\_\_ 9:00 am Tues \_\_\_ 3:30 Wed

### Pleasure of Herbs

\_\_\_ 3:30 Tues \_\_\_ 1:15 Wed

### Praying Scripture

\_\_\_ 1:15 Wed \_\_\_ 3:30 Wed

### Missions

\_\_\_ 1:15 Wed

I would be interested in participating in an Autumn Time Choir to perform at the evening service \_\_\_yes \_\_\_No

### Bud Walton Arena Tour

(8:45 - 10:15 am Tuesday)

### Botanical Garden

(1:00 - 3:30 pm Wednesday)

800-760-8126 or 479-443-4531  
mail@mountsequoyah.org · www.mountsequoyah.org

