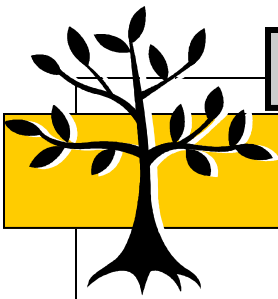


October 20 – 23, 2008

LEAVES OF GOLD



Senior Adult Retreat

Rev. James J. Bryan Preaching

Rev. Bryan is Senior Pastor of Missouri United Methodist Church in Columbia, MO. He is a sixth generation United Methodist Pastor and has served 32 years at churches in Kansas City, Osage Beach, Springfield, and Columbia, MO. Holding an undergraduate degree in Sociology and Master's in Public Health from the University of Missouri-Columbia, and a Master of Divinity from Saint Paul School of Theology, Rev. Bryan has also served two years of military service with the US Army in Germany and worked as a Juvenile Officer, Medical Social Worker, and Health Educator. He is married has three children, and three grandchildren.

Rev. Pam Estes Bible Study Leader

Born in Topeka, Kansas, Rev. Estes is a proud descendent of Kansas Methodists, including a great, great grandfather who rode horseback on the circuit. She graduated with a BA, BME, and MME from Ouachita Baptist University, an MLIS from George Peabody College for Teachers in Vanderbilt University, and an STM and Master of Divinity from Boston University of Theology. She served as associate pastor of Union Congregational Church in South Walpole, MA, and pastor of various Methodist churches in AR, including Camden, Little Rock, and Blytheville. Rev. Estes is the current pastor of Grand Avenue United Methodist Church in Hot Springs, AR.

Alicia Opoku Worship Leader

Alicia became a worship music leader because, ultimately, it was the call of her life. She has served Christ Church Unity in San Diego, CA, Cross Of The Plains Church, Seinajoki, Finland, 1st Presbyterian Church in Grand Island, NE, and Southpointe Christian Church in Lincoln, NE. Currently she serves as the Director of Contemporary Music at Saint Paul United Methodist Church in Lincoln, NE. Her many duties include Worship song leader and accompanist; director of youth and adult choirs; vocal; bell; and instrumental; and co-director of Worship Arts. God has proven to her His power of presence in her life.

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 NUTRIENT DENSE vegetables, and how small changes can make big impacts. It's all presented in the context of how it effects our health & 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.

Indians of Arkansas: Jerry Hilliard, Arkansas Archeological Survey will present an overview of Native American History and Pre-History in Arkansas.

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Workshops continued

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.

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 and 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.

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 LadyBucks! 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 Leaves of Gold



| Monday, October 20 | Tuesday, October 21 (Cont'd) | Wednesday, October 22 (Cont'd) |
|--|---|---|
| 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 Workshops-3:30-5:00 pm <i>The Art of Soap Making</i> <i>The Pleasure of Herbs</i> <i>Tai Chi</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 Workshops-1:15-3:00 pm <i>Missions</i> <i>The Pleasure of Herbs</i> <i>Tai Chi</i> <i>Praying Scripture</i> 3:00-3:30 FREE TIME Workshops-3:30-5:00 pm <i>The Art of Soap Making</i> <i>Gardening in a Responsible Manner</i> <i>Praying Scripture</i> <i>Indians of Arkansas</i> 5:30 pm Dinner 7:00 pm Worship 9 :00 pm Halloween Party |
| Tuesday, October 21 | Wednesday, October 22 | |
| 7:00 am Morning Watch 7:30 am Breakfast 8:45 am <i>Off Campus Outing</i> <i>Bud Walton Arena Tour</i> Workshops 9:00-10:15 am <i>The Art of Soap Making</i> <i>Bookmaking</i> <i>Gardening in a Responsible Manner</i> <i>Indians of Arkansas</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 One Man Drama 12 noon Lunch | |
| Thursday, October 23 | | |
| 7:00 am Morning Watch 7:30 am Breakfast and Goodbyes | | |

Leaves of Gold

Monday, October 20 - Thursday, October 23

Deadline for Registration October 10 (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

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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 participants 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

* _____ / _____ V- Code
Credit Card # Exp. (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

___ 9:00 am Tues ___ 3:30 Tues

Gardening in a Responsible Manner

___ 9:00 am Tues ___ 3:30 Wed

Art of Soap Making

___ 9:00 am Tues ___ 3:30 Wed

___ 3:30 Tues

Indians in Arkansas

___ 9:00 am Tues ___ 3:30 Wed

Tai Chi

___ 3:30 Tues ___ 1:15 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 a Leaves of Gold 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)

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