
Directions to DuBose Conference Center

From Franklin:

1. Take I-65 South to Exit 59A
(Murfreesboro/Knoxville/Interstate 840 East.)
2. Then take Exit 53A to I-24 East (Chattanooga.)
3. Take Exit 134 (Monteagle/Sewanee)
4. Turn right off exit ramp and go approximately one mile through Monteagle.
5. Turn left onto Hwy 41 (Tracy City)
6. Turn right into DuBose Conference Center.

DuBose Conference Center
635 College Street
Monteagle, TN 37356
Phone: (934) 924-2353
Fax: (934) 924-2291
<http://www.duboseconf.org/>

2018 Planning Committee

Katie Faulkner Jodie Jaudon
Ellen Kirk Barb Roth
Kathy Ulezelski Ann VanDervoort Sarah Webster
Becky Farmer Mary Kate Brandon

WOMEN OF ST. PAUL'S heArt and Soul Retreat Feb 2 - 4, 2018



IT TAKES A FLOCK!

"...And remember, I am with you always,
to the end of the age." Matthew 28:20

All Women of St. Paul's and their guests are welcome!

The Women of St. Paul's Episcopal Church will hold its 7th annual "heArt and Soul" retreat at DuBose Conference Center in beautiful Monteagle, Tennessee. Come enjoy this sacred space and time to nourish your spirit, soul, and body as a child of God. The weekend will include:

- The opportunity to gather for fun and fellowship
- Morning Prayer and Compline services with Sunday morning Eucharist
- Optional enrichment classes throughout the day Saturday with supplies included
- A Spa Room to relax
- Hiking on the Mountain
- Games and plenty of free time
- A Bridge room
- Social Hours (BYO drinks)
- The 2nd annual St. Paul's Angels' Got Talent Variety Show
- The wonderful Welcome Bag
- An optional **early start** on Thursday evening

Price includes room, meals, welcome bag and all supplies.

Confidential financial assistance is available.

Please contact Monna Mayhall. (monna@stpaulsfranklin.com)

Have questions about the weekend? Contact:

Ellen Kirk at ellenvkirk@gmail.com or 615.545.8820

Barb Roth at daba224@aol.com or 615.975.6636 or

Kathy Ulezelski at kathyulezelski@comcast.net or 615.512.1592

**"...And remember, I am with you always
to the end of the age." Matthew 28:20**

Last day to cancel is January 20, 2018.

Cancellations made **prior** to January 20 will be refunded **minus** a \$25 fee.

No refund for cancellations after January 20.

Weekend Schedule

Friday, Feb. 2

4:00-6:30 Check-In/Get Settled
6:30 Dinner
7:30 Flock Rally
9:00 *Compline*

Saturday, Feb. 3

7:30 *Morning Prayer*
8:00 Breakfast
9:00-10:15 Session I or Free Time
10:15-10:30 Break
10:30-11:45 Session II or Free Time
12:00 Lunch
1:30- 2:45 Session III or Free Time
3:00-4:15 Session IV or Free Time
5:00-6:00 "Fla-mingle" Social Hour
6:30 Dinner
7:30 St. Paul's Women Got Talent Show
9:00 *Compline*

Sunday, Feb. 4

8:00 Breakfast
9:30 *Eucharist*

**** CHECK OUT by 11:00 ****

Saturday Enrichment Offerings

Feel free to mark your selections below, and keep for your reference.

<u>Session I</u>	<u>Session II</u>	<u>Session III</u>	<u>Session IV</u>
Latin Dancing	Self Defense	Line Dancing	Writing
Stained Glass (\$5 fee)	Pine Cone Art	Mercy	Kintsugi
Bible Study	Prayer Study	Aromatherapy	Even The Moun- tains Are Sacred
Internet Safety	Postcrossing	Hike (double session)	Wine / Cheese Pairings (\$5 fee)
Free Time	Free Time	Free Time	Free Time

We need you Saturday night!

**2nd Annual
St. Paul's Women Got Talent
Variety Show!**

Last year's show was such a hit, let's have an encore!

Can you sing, dance, act,
cluck like a chicken (or strut like a flamingo),
yodel, read poetry, play an instrument,
imitate famous people or tell a great joke?

We are calling for all talents -
great or small - serious or funny -
practiced or newly acquired!



heArt and Soul 2018 Registration Form
PLEASE PRINT

Name _____

Phone H _____ C _____

Mailing Address _____

Email _____

Emergency contact
and phone _____

Dietary restriction(s) _____
Please be very specific about restrictions and allergies!

Carpooling Interest: _____ I can drive and take _____ (#) passengers.
_____ I need a ride.

Sign up now!

Registrations cannot be processed until forms
and payment (or payment arrangements) are turned in.

Early Bird pricing is available until January 2 at 4:00 p.m.

But don't wait! Rooms are assigned in order of registrations/payments received.

Confidential scholarships are available!

Don't let money be the reason you don't come!

Contact Monna Mayhall
monna@stpaulsfranklin.com

Single rooms **are not** available in Bishop's Hall.
Single rooms **are** available in Claiborne Hall.

CANCELLATION POLICY

Last day to cancel is January 20, 2018.

Cancellations made **prior** to January 20
Will be refunded **minus** a \$25 fee.

No refund for cancellations after January 20.

Remove entire insert, complete and turn in with your payment. Thank you.

NEW THIS YEAR...EARLY BIRD PRICING!

Registration form and payment must be received by 4:00 pm on January 2, 2018.
\$25 will be added after January 2.

2018 Room Options: Price includes two nights lodging, five meals, occupancy tax, supply fees and wonderful welcome bag. All buildings are non-smoking. If you need a first floor room or special accommodations, you MUST let us know by November 1.

Bishops Hall (*Motel-style rooms with two double beds and private bathrooms*)

Double Occupancy	_____	\$221
Triple Occupancy	_____	\$189
Quadruple Occupancy	_____	\$175
Cot desired in room	_____	\$ 10/night

Claiborne Hall (*Stair access only, two single available (FIRST COME-FIRST SERVED) and eleven doubles with two twin beds. Baths are shared in hall*)

Single Occupancy	_____	\$215
Double Occupancy	_____	\$187
Handicap-Access	_____	\$215

I plan to room with _____
(If you do not have a roommate, we will pair you up).

Optional Extra Night _____ \$103
(Thursday night accommodation with breakfast and lunch provided on Friday.
Thursday dinner is on your own.)

Saturday Only Registration _____ \$ 47
(Includes lunch on Saturday, supply fees and welcome bag)

Off-Campus Registration _____ \$110
(Includes five meals, occupancy tax, supply fees and welcome bag.
You are responsible for securing your own lodging.)

Optional T-shirt _____ \$ 22
Please indicate size and quantity needed:

___ S ___ M ___ L ___ XL ___ XXL ___ XXXL

Additional class fees \$ _____
(Stained Glass \$5; Wine & Cheese \$5)

Optional Gift to help others attend retreat \$ _____

Optional Tip for Dubose Staff \$ _____

EARLY BIRD AMOUNT (DUE JAN. 2): \$ _____

ADD \$25 AFTER JAN. 2 \$ _____

Make check payable to St. Paul's with "WSP Retreat" in the note line.

Name _____

Please circle one session (or free time) in each time slot.

Session One 9:00 - 10:15	Latin Dancing <i>(Julia High)</i>	Session Three 1:30 - 2:45	Line Dancing <i>(Debra Brake, Leslie Fraser)</i>
	Stained Glass (Fee \$5) Create a faux stained glass look using dimensional paint, mod podge, and unicorn spit. <i>(Donna Stokes Rogers)</i>		Mercy Mercy is the middle ground where we go to see one another. Beloveds, let's talk about Mercy! <i>(Kristin Grimm)</i>
	Bible Study Flocks of Christians, sheep (and flamingoes) follow Jesus, the Good Shepherd. <i>(Jean Larsen)</i>		Aromatherapy Care for yourself and take better care of others. <i>(Linda Stubblefield)</i>
	Internet Safety Staying safe and secure in the cyber world - tips for life online <i>(Karen Austin)</i>		Hike Fiery Gizzard: a beautiful 3 mile hike in nearby South Cumberland State Park. (Double session, 1:30 - ???) <i>(Vanessa Bateman)</i>
	Free Time-I just want to chill.		Free Time-I just want to chill.
Session Two 10:30 - 11:45	Self Defense Simple strategies, techniques and moves to stay safe and get out of trouble. <i>(Catherine Gain)</i>	Session Four 3:00 - 4:15	Writing Journaling is - guess what - writing! We will use interesting pictures as inspiration for our writings. <i>(Peggy Macpherson)</i>
	Pine Cone Art God's art - create beautiful flowers from nature's bounty <i>(Alex Wilkerson)</i>		Kintsugi "Kintsugi"-from broken to beautiful. Every scar, every crack gilded with grace - it's our story. <i>(Mishelle Phillips)</i>
	Prayer Study "I pray for everyone else but...how do I pray for me?" <i>(Ann Denson)</i>		Even The Mountains Are Sacred Recognizing the power of earth, sea and sky in our spiritual development. <i>(Elizabeth Power)</i>
	Postcrossing Join us for Postcrossing! Send and receive real postcards from random people around the world. <i>(Robin Hensley)</i>		Wine / Cheese Pairings(Fee \$5) It's a second serving of wine and cheese. Come sip and sample. <i>(Cindy Thomsen, Susan Miller)</i>
	Free Time-I just want to chill.		Free Time-I just want to chill.