

Directions to DuBose Conference Center

From Franklin (approximately 86 miles):

1. I-65 South to Exit #59A
(Murfreesboro/Knoxville/Interstate 840 East)
2. Exit #53A to I-24 East (Chattanooga)
3. Exit #134 (Monteagle/Sewanee)
4. Turn right off the exit ramp onto Main Street (going away from University of the South) and continue .8 miles
5. Turn left onto Fairmont/Hwy 41 going toward Tracy City
6. Take an immediate right into DuBose Conference Center (you will see the wooden sign)
7. Go through the white gates and follow the circular driveway to Claiborne Hall with the large red doors. Welcome!

DuBose Conference Center
635 College Street
Monteagle, TN 37356

Phone: (934) 924-2353

Fax: (934) 924-2291

<http://www.duboseconf.org/>

2019 Retreat Planning Committee:

Sarah Webster
Katie Faulkner
Becky Farmer

Kathy Ulezelski
Mary Kate Brandon
Margaret Ann Horn

Ellen Kirk
Barb Roth
Cassy Gilchrist

WOMEN OF ST. PAUL'S heArt and Soul Retreat Feb 1 - 3, 2019



We are family.

In the spirit of this year's theme, "We Are Family", we would like to invite daughters/granddaughters of WSP who are 16 years old and older.

These young women (16-21) must be registered with a Woman of St. Paul's member.

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

The Women of St. Paul's Episcopal Church will hold its 8th 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)
- Wonderful participant goodies
- An optional **early start** on Thursday evening

Price includes room, meals, participant goodies 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

Sarah Webster at webstersje@gmail.com

Last day to cancel is January 15, 2019.

Cancellations made **prior** to January 15 will be refunded **minus** a \$50 fee.

No refund for cancellations after January 15.

Weekend Schedule

Friday, Feb. 1

4:00-6:30 Check-In/Get Settled
5:30 Facility tour for newcomers. Meet in lobby.
6:30 Dinner
7:30 Fun together time
9:00 *Compline*

Saturday, Feb. 2

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
1:00 Group picture in dining hall following lunch
1:30- 2:45 Session III or Free Time
3:00 5:00 Free Time
5:00-6:00 Social Hour
6:30 Dinner
7:30 Family Feud Game
9:00 *Compline*

Sunday, Feb. 3

8:00 Breakfast
9:30 *Eucharist*

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

SATURDAY WORKSHOP OFFERINGS

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

Session 1

9-10:15

Origami boxes

Esther, of Old Testament

Kick Boxing

Poetry

Free Time

Session 2

10:30-11:45

Create Memoir

Quintessential Sisters

Qi Gong, Chi Gung

Bridge 101

Free Time

Session 3

1:30-2:45

Felted Brooch

Meditation

Aging YOUR way

Hike

Bridge Play

Free Time

This page intentionally left blank.

heArt and Soul 2019 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 1 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 15, 2019.

Cancellations made ***prior*** to January 15
will be refunded ***minus*** a \$50 fee.

No refund for cancellations after January 15.

Please remove entire insert, complete and turn in with your payment.

EARLY BIRD PRICING: Registration form and payment must be received by 4:00 pm on January 1, 2019. \$25 will be added after January 1.

2019 Options: Price includes two nights lodging in either Bishops or Claiborne Hall, five meals, occupancy tax, supply fees and participant goodies. 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 bath*)

- \$225 Double Occupancy
- \$195 Triple Occupancy
- \$180 Quadruple Occupancy
- \$ 20 Cot desired in room

Claiborne Hall (*Stair access only, community baths in hall*)

- \$220 Single Occupancy (only two available-first come, first served)
- \$190 Double Occupancy
- \$220 Handicap-Access

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

- \$110 **Optional Extra Night** (*Thursday night stay with breakfast and lunch provided on Friday. Thursday dinner is on your own.*)
- \$ 20 **Optional T-shirt(s) - Please indicate size and quantity needed:**
 _____ S _____ M _____ L _____ XL _____ XXL _____ XXXL

- \$ 50 **Saturday Only Registration**
Includes lunch on Saturday, supply fees and participant goodies

- \$115 **Off-Campus Registration**
Includes five meals, occupancy tax, supply fees and participant goodies. You are responsible for your own lodging.

- \$ _____ **Additional class fee(s)**
- \$ _____ **Optional Gift to help others attend retreat**
- \$ _____ **Optional Tip for Dubose staff**

\$ _____ **TOTAL EARLY BIRD AMOUNT (DUE JAN. 1)**

\$ _____ **ADD \$25 AFTER JAN. 1**

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

Name: _____

Email: _____

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

Session One 9:00 - 10:15	
Origami boxes Fold pretty paper into a sweet box with lid <i>Donna Stokes-Rogers</i>	Esther, of Old Testament fame Meet a strong, intelligent, pragmatic heroine in your faith family <i>Jean Larson</i>
Kick-boxing We are strong, hear us roar <i>Monna Mayhall</i>	Poetry Read and discuss some classical greats and some talented locals <i>Sally Lee</i>
I'd like free time	

Session Two 10:30 - 11:45	
Creating a memoir for you or your family. <i>Pam Horne</i>	Quintessential Sisters Having a Mary heart in a Martha world <i>Nancy Black</i>
Qi Gong, Chi Gung the gentle, rhythmic movements of peace <i>Pat McCracken</i>	Bridge 101 It's not just your mother's game <i>Barb Roth</i>
I'd like free time	

Session Three 1:30 - 2:45	
Make a felted brooch with hidden pocket for prayers, inspirational messages or photos. <i>Ginny Brewer</i>	Meditation—it's not what you think Learn several easy ways to find your own inner peace. <i>Sarah Webster</i>
Aging YOUR way. <i>Beverly Headley</i>	Hike a trail in a local state park. Bring hiking shoes/boots. This will be a longer session. <i>Vanessa Bateman</i>
Bridge Play —for all levels. Try out the skills you learned this morning, or play with experienced. This will be a longer session.	I'd like free time