

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

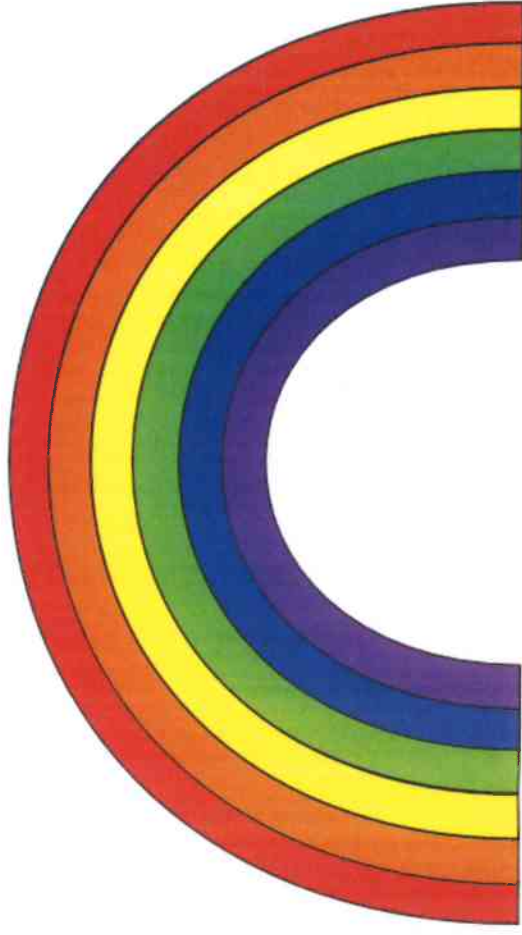
<http://www.duboseconf.org/>

2020 Retreat Planning Committee:

Sarah Webster	Kathy Ulezelski	Mindy Boggs
Katie Faulkner	Mary Kate Brandon	Barb Roth
Becky Farmer	Vicki Carlisle	Cassy Gilchrist

WOMEN OF ST. PAUL'S heART and Soul Retreat

Feb 7 - 9, 2020



"This I Promise"

The Women of St. Paul's Episcopal Church will hold its 9th 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:

Sarah Webster at webstersje@gmail.com

Barb Roth at daba224@aol.com or 615.975.6636 or

Kathy Ulezeliski at kathylezeliski@comcast.net or 615.512.1592

Last day to cancel is January 15, 2020.

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

No refund for cancellations after January 15.

Weekend Schedule

Friday, Feb. 7

4:00-6:30
5:30
6:30
7:30
9:00

Check-In/Get Settled
Facility tour for newcomers. Meet in lobby.
Dinner
Fun together time
Compline

Saturday, Feb. 8

7:30
8:00
9:00-10:15
10:15-10:30
10:30-11:45
12:00
1:00
1:30-2:45
3:00 - 5:00
5:00-6:00
6:30
7:30
9:00

Morning Prayer
Breakfast
Session I or Free Time
Break
Session II or Free Time
Lunch
Group picture in dining hall following lunch
Session III or Free Time
Free Time
Social Hour
Dinner
Fun together time
Compline
Breakfast
Eucharist

Sunday, Feb. 9

8:00
9:30

** 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

Stretching and
Flexibility

Compassion

Jewelry Making

Phone
Photography

Free Time

Session 2

10:30-11:45

Live Theatre

God's Promise

String Painting

Service Project

Free Time

Session 3

1:30-2:45

Hike

Contemplation

Paper Peculiars

Service Project

Play Bridge

Free Time

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heArt and Soul 2020 Registration Form

PLEASE PRINT

Turn in to church office, or place in retreat envelope in the Narthex.

Name _____

Phone H _____ C _____

Mailing Address _____

Email _____

Emergency contact
and phone _____

Dietary restriction(s) _____

Please be very specific about restrictions and allergies!

Do you require accommodations for hearing/mobility or other disability? Y N
If yes, please explain: _____

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

Confidential scholarships are available!

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

Contact Monna Mayhall for information.

monna@stpaulsfranklin.com

CANCELLATION POLICY

Last day to cancel is January 15, 2020.

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

No refund for cancellations after January 15.

EARLY BIRD PRICING: Registration form and payment must be received by 4:00 pm on January 1, 2020. \$25 will be added after January 1.

2020 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)

- \$230 Double Occupancy
- \$200 Triple Occupancy
- \$185 Quadruple Occupancy
- \$ 20 Cot desired in room

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

- \$225 Single Occupancy (only two available-first come, first served)
- \$195 Double Occupancy
- \$225 Handicap-Access

I plan to room with

(If you do not have a roommate, we will try to pair you up. If a roommate cannot be found, you will be charged the single rate.)

- \$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 _____

Circle shirt color: blond guava clover ocean shiroz
(yellow) (melon) (green) (blue) (purple)

- \$ 55 **Saturday Only Registration**
Includes lunch on Saturday, supply fees and participant goodies
- \$120 **Off-Campus Registration**
Includes five meals, occupancy tax, supply fees and participant goodies. You are responsible for your own lodging.

- \$ _____ **Additional class fee for Jewelry session**
- \$ _____ **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

Stretching & Flexibility

Learn some simple stretching and flexibility moves so you don't get bent out of shape
Monna Mayhall

Jewelry Making

Make a beaded necklace and bracelet, maybe even some earrings. \$5 fee for supplies. (pay with registration)
Carrie McBreyer

Compassion

Set a Bigger Table: Seeing Through the Eyes of Others
Heather Bottoms

Powerful Phone Photography

The best camera is the one you have with you! Learn tips and apps (usually free) for your iPhone or Android to turn an ordinary image into a work of art!
Mindy Boggs

I'd like free time

Session Two 10:30 - 11:45

There's More Than Meets the Eye: Get the Most Out Of Watching Live Theater

Learn about all that goes into the production (casting, directing, sets, costumes, lights, etc.) followed by the thrill of a performance.
Beth Woodruff, Laurel Aiello

Did God really promise that?

Ancient promises that are meant for us today--A personal story.
Robin Hensley

String Painting

No experience needed! A few practice papers to experiment with technique, then voila! a masterpiece!
Cassie Gilchrist

Service Project for Dubose Garden Greenhouse

Help with planting seeds in trays, working on signage, and, if time, organizing the art barn and greenhouse. The Dubose garden serves as a hub of ministry and food outreach.
Dubose Staff

I'd like free time

Session Three 1:30 - 2:45

Lets Take a Hike!

Explore the magic of the Fiery Gizzard. Hiking shoes/boots needed.
Vanessa Bateman

Contemplation

It's not what you think.
Judith Atkinson

Paper Peculiars

Make an Explosion card and a tiny book out of single sheets of paper.
Sarah Webster

Service Project for Dubose Garden Greenhouse

Help with planting seeds in trays, working on signage, and, if time, organizing the art barn and greenhouse. The Dubose garden serves as a hub of ministry and food outreach.
Dubose Staff

Bridge

Spend the afternoon (as long as you like) playing Bridge. We will provide all you need to play, so just come have fun (this will be a game, not a lesson).
Laura McCann

I'd like free time