



GOOD NEWS

A Publication of the Valle Crucis Conference Center

March 2017

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Contact Information

Valle Crucis
Conference Center
P.O. Box 654
Valle Crucis, NC 28961
828.963.4453
www.vcconferences.org

Margaret L. Love
Executive Director
director@vcconferences.org

Wendell J. Seaver
Business Manager
business@vcconferences.org

*Deeply Rooted on
Sacred Ground*

**Good News
1 Quarter 2017**

Learning is Life

Forgive me if I channel spring just a little bit early. As of this writing, that rascally rodent Punxsutawney Phil has just seen his shadow, promising us more weeks of cold and snow. Here in the High Country, the icy grip of Winter is to be expected - often long into what would be spring elsewhere. No mind, though, as we're heating up a bit early this year at the Valle Crucis Conference Center, with more program offerings than ever.

I am delighted to announce some unique hands-on experiences this year, with a new workshop offered on the art of flower arranging. We will also learn about plant medicine for your health and wellbeing by making herbal infusions and understanding how to use flower essences. We hope you and your family will join us in a special family walk observing and interacting with the natural wonders of our land. And of course we'll continue to offer **perennial** favorites (see what I did there?!).

Our focus is on what Nature has to offer us in the way of healing - whether it be observing through the careful lens of our women writers workshops, or feeling healing through the study of yoga, or through meditation and prayer. Come to the Valle and experience the healing grace of this Thin Place with us.

Yours in Hospitality,



www.vcconferences.org

General Program Information

- We believe that learning and spirituality flourish in a small group environment. Because class sizes are limited, they fill up quickly. **Early registration is encouraged!**
- Prices for multi-day programs include room, board, tuition, and materials. With the exception of the Centering Prayer Retreat, double occupancy is assumed. If you have a medical reason to request a single room, we will do our best to accommodate you; due to the limited number of single rooms, we cannot guarantee until check-in when final availability of single rooms can be determined.
- **We are a smoke-free facility.** If housekeeping staff find any evidence of smoking or utilizing a "smokeless" cigarette device (vaping) such as used cigarettes and tobacco/vapor residue or odor anywhere in the building, including in guest rooms, you may be subject to a \$100 room cleaning fee.
- **No pets, please.** We love animals, but we cannot allow pets. Service animals are welcome.
- **Deposits are non-refundable.** We appreciate that unforeseen circumstances may arise that prevent your attendance; in that case, we will consider your deposit a tax-deductible donation to our ongoing ministry.
- We serve hearty, nutritious, delicious meals. Our kitchen will do their utmost to meet dietary requirements. If you have **diet requests**, please let us know at least 14 days in advance so that we can prepare accordingly. If you have questions regarding our food service, our food service manager James Andra would be happy to assist. You can reach him directly at (828) 963-5968 or at dining@vcconferences.org.
- Unless otherwise noted, multi-day conferences begin with registration and check-in at 4:00 p.m., followed by dinner at 6:30 p.m. Conferences close after the Noon lunch on closing day. To assist our housekeeping staff, we request that you complete your check-out prior to lunch on closing day.
- One-day conferences typically start at 10:00 a.m. and end by 3:00 p.m. unless otherwise noted. Lunch is served at Noon.
- Registration for programs can be found on our web site, www.vcconferences.org, or included with this brochure. Please feel free to make photocopies of this brochure and any related materials to pass along.
- Registration confirmations are sent by email, approximately 1 week before each event.
- We are located 9 miles outside of Boone, NC (2 hours from Asheville, Winston-Salem, and Charlotte). GPS address is 146 Skiles Way, Banner Elk, NC 28604. If you would like assistance in booking ground travel from regional airports, please call the office at (828) 963-4453.

Women Writers Workshops

Led by Katerina Whitley

Workshop I

Thursday – Sunday, March 16 - 19

Workshop II

Thursday – Sunday, Aug. 31 - Sept. 3

(Labor Day Weekend)

\$308 Full Program (per Weekend)

\$191 Commuter Rate (includes all meals)

Some people dream and talk of writing, while others just do it. Writing is often a lonely pursuit, but it is the most satisfying expression of our thoughts and feelings. You may find that it's much easier to write in the company of like-minded people and with the guidance of a professional who loves to encourage others in the craft of writing. Join this group of women writers to capture memories, define thoughts, express emotions, bring order out of chaos.

New writers are most welcome.

A native of Thessaloniki, Greece, Katerina Whitley has worked as a church journalist on the diocesan and national levels, taught at universities, and is the author of six books.

You are welcome to attend one or both workshops. Full Program rate covers all lodging, meals, and program costs. Commuter rate includes meals and program costs. Deepen and hone your craft, get to know some wonderful women, and enjoy the beauty and tranquility of Valle Crucis for a long weekend. What could be better?

Accommodations in the Mission House

Good Friday Labyrinth Walk

Friday, April 14 10:00 a.m. – 3:00 p.m.

Rebecca Husband-Maynard

\$40 includes lunch

The Apple Barn and Outdoor Labyrinth

To cap your Holy Week, you are invited on a modern-day pilgrimage. What is the labyrinth and how can it help us in our spiritual journey? Explore our outdoor labyrinth and learn how this ancient tool can transform your Lenten experience. In case of inclement weather, we will use the Apple Barn and the large Chartres-model labyrinth there.

Facilitator Rebecca Husband-Maynard received her Master of Divinity from Eastern Baptist Theological Seminary. She is a *Veriditas* Certified Labyrinth Facilitator and received a Certificate in Spiritual Formation through Columbia Theological Seminary. Her husband, Mark, and she reside in Elkin, NC.





The Spirituality of Flowers in Holy Spaces: *A Work in Three*

Saturday, April 29
10:00 a.m. – 3:00 p.m.
Karen T. Lumpkin

*\$50 includes lunch and program materials
Johnson Hall 1st Floor*

The art of flower arranging is considered a form of prayer and meditation in many cultures. In this hands-on workshop, participants will learn some of the rich history of this art, as well as its purposes, goals, and basic principles. You will also practice design elements such as working in threes, the mechanics of hidden shapes, and how to best use containers, tools, and materials. In the afternoon, you will get a chance to create your own arrangement to take with you. Participants should plan to bring their favorite cutting implement. No experience is necessary to participate in this workshop; beginners and experienced arrangers are all encouraged to attend!

Karen Lumpkin is a retired English teacher who has studied and practiced flower arranging for well over 30 years. Her passion has led her to design floral arrangements for many occasions, both joyful and somber, in religious and secular settings. Karen specializes in liturgical floral arranging, and has served as arranger/designer in various Episcopal parishes in South Carolina. She is currently arranger/designer at Church of the Apostles, The Cathedral of The Anglican Diocese of the Carolinas. She has three grown daughters and two adorable grandchildren, and lives in Columbia, SC, with her husband and two cats who rule the roost.

Family Plant Walk

Saturday, May 6
10:00 a.m. – 3:00 p.m.
Deb Vail and Harry LeBlanc
Grandparents of the Forest

*\$15 includes lunch and program materials
Walk begins in Johnson Hall 2nd Floor
and continues up the Crab Orchard Falls Trail*

Join our very own Grandparents of the Forest, Deb and Harry, on this adventure walk for the whole family! Grab comfortable walking shoes and your nature-spotting eyes as we learn all about the wonderful edible and medicinal herbs and flowers that fill the extensive grounds of the Valle Crucis Conference Center shelters - how to spot them, what to do with them, and how to keep our land safe for future generations.

Deb Vail and Harry LeBlanc started the Grandparents of the Forest to share their extensive knowledge of and love for nature in all its forms, and especially herbal, medicinal, and edible plants. As Deb says, "At this point in my life, what I want most in the world is to bring people to Nature for restoration and wellbeing ~ both for them and Nature." Explore the world of nature with the Grandparents of the Forest, at www.grandparentsoftheforest.com.



Students from the Valle Crucis School for Girls on a field trip, ca. 1932

Yoga History, Philosophy, and Practice for Modern Life

Friday, June 9 - Sunday, June 11

Chad Hallyburton

\$210 Full Program; \$114 Commuter

The most visible faces of yoga are the popular stretching, postures, and breathing techniques practiced by many people, but yoga offers an entire toolbox of ideas to live life to the fullest. From ethical guidelines to commentary on the nature of reality and divinity, students of yoga through the ages have left a trail of breadcrumbs to guide us. We'll follow that trail through physical yoga, meditation, journaling, discussions, and more, as we explore the possibilities to begin or deepen our individual yoga practices.

Chad Hallyburton turned to yoga as a means of physical healing but soon embraced the practice as a spiritual journey and reconnection to our core foundation. Teaching in gyms, schools, and churches, Chad adapts the tools of yoga to the individual needs of students, whether they seek physical or emotional health or tools for a deeper spiritual practice. He is also a student of "Jnana Yoga," the yoga of study and knowledge, incorporating themes from the Christian Gospels as well as works from other spiritual disciplines.

As Nature Intended: Healing with Native Flowers and Herbs

Friday, August 18

10:00 a.m. - 3:00 p.m.

Deb Vail & Harry LeBlanc

\$50 (\$40 program + cost of materials)

Deb and Harry make Sacred Forest Flower Essences from wildflowers growing here in the Appalachian forests and fields. Every flower holds a unique and extraordinary energetic imprint which aids our emotional and spiritual wellbeing hence aiding the health of our body. Join our **Grandparents of the Forest** as we enjoy a hands-on workshop showing us how to connect to plants, make and use native flower essences for healing, and make basic herbal infusions which can be used as nourishment.

Deb is also the founder of Sacred Living. She is most happy when helping others to navigate the spiritual and emotional paths of life by connecting, through nature, to the wisdom of the present moment for support and healing. Her larger work can be found at www.sacredliving.net and in her joint venture with husband Harry LeBlanc.

Short Introduction to Centering Prayer

Saturday, August 19 - Sunday, August 20

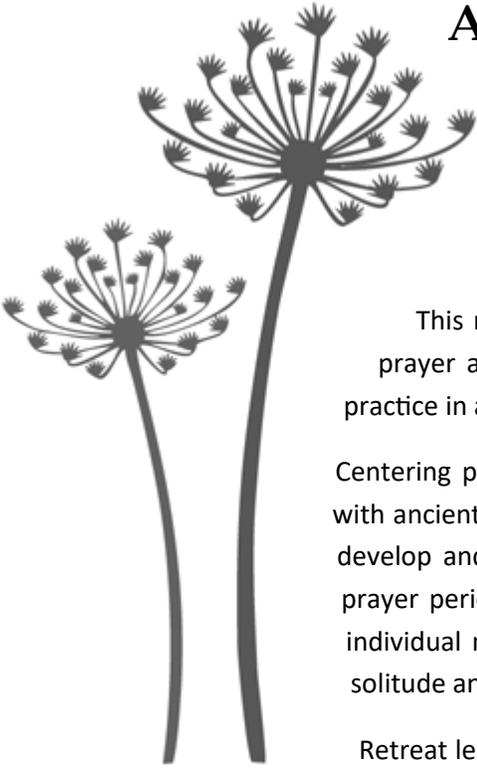
Rev. Rob Field & Becky Hannah,
Center for Spiritual Wisdom

\$140 Full Program (Commuting Not Recommended)

Most faith traditions have some form of meditation or contemplation. Virtually all methods of meditation have a goal of expanding, or deepening, the consciousness of the practitioner. The details vary. Centering Prayer is a surrender method of meditation, or contemplative prayer, that reaches back to the early days of Christianity. Join Rev. Rob Field with the Center for Spiritual Wisdom, and Becky Hannah with Contemplative Outreach, as we learn the basics of this ancient method of prayer.

Participants should plan to start their study early for this mini-retreat. Arrive by 9:30 in the morning on Saturday and stay through lunch on Sunday. A short and sweet introduction in a holy place - the perfect morsel of centering to prepare you for autumn!





Advanced Centering Prayer Retreat: Deepening the Silence

Sunday – Sunday, November 26 – December 3

Becky Hannah, Joan Ricci Thome, & the Rev. Bob Cook

\$533 Full Program

Housing in the Inn

This retreat is for those who would like a more prolonged experience of centering prayer and who are interested in entering into the more profound levels of spiritual practice in an atmosphere of silence, solitude, and community.

Centering prayer is a silent form of prayer that directs a person's attention toward God, with ancient roots in the mystical and monastic tradition. The retreat will help participants develop and sustain a regular centering prayer practice. In addition to several centering prayer periods offered daily, you will also have opportunities for contemplative worship, individual meetings with retreat leaders, walks and hiking, labyrinth walks, and time for solitude and reflection.

Retreat leaders are Becky Hannah, co-coordinator of Contemplative Outreach of Western NC, and Joan Ricci Thome, presenter of contemplative prayer retreats at the Oratory and St. Francis Springs Prayer Center in Stoneville, NC. The Rev. Robert Cook, Vicar of Christ Church, Walnut Grove, NC is spiritual director for the week. Joan and Becky have both been trained to facilitate centering prayer by Contemplative Outreach, the organization founded by Father Thomas Keating as a spiritual network committed to living the contemplative dimension of the gospel in everyday life.

Due to the length of this retreat, each participant should have an established practice of centering prayer for at least a year. **This retreat is limited to the first 20 registrants. Participants must stay on campus and plan to attend the entire retreat.**

If you have questions about the contents or itinerary for the retreat, please feel free to contact Becky Hannah at (828) 702-3518.

A Short Advent Retreat

Friday, December 8, 10:00 a.m.—3:00 p.m.

Katerina Whitley

\$40 includes lunch

Location: 1st Floor of Johnson Hall

What comes to your mind when you think of Advent? Can you stop worrying about decorating and gift buying to concentrate on the Coming of the Christ Child? Every year, people of faith long for something different, spiritual and holy, to prepare them fully for a Christmas to remember.

Katerina Whitley will focus and refine this longing. The world waited for this “central event in the history of creation,” as C.S. Lewis called it. We will examine this waiting through writings, poetry, the prophets, the Birth Narratives, and our own hopes and desires for peace and joy.

Katerina is well-known in the Diocese of Western NC and beyond. She is the author of several books, including two about Advent, and a writer of Advent Chancel dramas and plays.

Valle Crucis Conference Center 2017 Programs Registration Form

PO Box 654, Valle Crucis, NC 28691 (828) 963-4453
www.vcconferences.org

Please complete entire form and mail with your deposit check to the address above. Registration form can also be found online.
Checks can be made payable to VCCC.

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Primary Phone: () _____ Cell Home

Email: _____

Confirmations are made by email. Please include an email address when possible.

Non-refundable deposits are required for multi-day workshops, with remainder of balance due on arrival.

March 16 - 19

Women Writers Workshop I

\$308 Full Program OR \$191 Commuter
\$90 deposit

April 14

Good Friday Labyrinth Walk

\$40

April 29

The Spirituality of Flowers in Holy Spaces

\$50 (\$40 program + cost of materials)

May 6

Family Plant Walk

\$15 Per Family (program fee plus lunch)

June 9 - 11

Yoga as Philosophy

\$210 Full Program OR \$114 Commuter
\$90 deposit

August 18

As Nature Intended: Herbal Infusions & Infused Oils

\$50 (\$40 program + cost of materials)

August 19-20

Short Introduction to Centering Prayer

\$140 Full Program
\$50 deposit

August 31 - September 3

Women Writers Workshop II

\$308 Full Program OR \$191 Commuter
\$90 deposit

November 26 - December 3

Advanced Centering Prayer

\$533 Full Program
\$100 deposit

December 8

Short Advent Retreat

\$40

Total Due: _____ **Total Deposits Enclosed:** _____

If attending a multi-day workshop:

I would like to room with: _____

I am requesting a single room, with the understanding that a single may not be available.

Diet requests, allergies, or other needs: _____

Registration forms for programs, general information, and policies can also be found on our web site,
www.vcconferences.org.

Please feel free to make photocopies of this brochure and any related materials to pass along.



Valle Crucis Conference Center

Post Office Box 654
Valle Crucis, NC 28691

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Good News
1 Quarter 2017



The Valle Crucis Conference Center is a ministry of the Episcopal Diocese of Western North Carolina. Located on over 450 acres of mountain woodland and verdant farming valley, the Conference Center is truly one of the more beautiful places on Earth. With its beauty comes a sense of timeless spiritual grace that transcends denomination or faith tradition.

The mission of the Valle Crucis Conference Center is to inspire, by loving example and service, those who break bread with us and share in the quest for spiritual renewal, Christian community, and stewardship of this sacred place.

The Valle Crucis Conference Center is located in the historic Mission School, featuring buildings dating from the late 19th Century and early 20th Century, nearly all of which are on the National Historic Register.

The Conference Center is open year-round to accommodate groups of 5 to 150. Rates include three hearty, nutritious meals a day and arguably the best towels in Western North Carolina lodgings.

To inquire about availability of our accommodations or meeting spaces, or to learn about our Hermitage retreat cabins, visit our web site at www.vcconferences.org or call **(828) 963-4453**.