

GOOD NEWS

A Publication of the Valle Crucis Conference Center

Spring 2019

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*Deeply Rooted on
Sacred Ground*

**Good News
Spring 2019**

Learning & Growing in the Valle

The original name of the Valle Crucis Conference Center was the Classical and Agricultural School for Young Men, though it soon became known throughout the region as the Valle Crucis Mission School. Later, the school changed focus and became the Valle Crucis School for Girls. Many old-timers in the Valle still know the conference center by its long-held name and purpose:

the Mission School.

While much of our focus these days is on our ministry of hospitality to a wide range of academic, religious, and non-profit retreats, we continue our original calling to provide lifelong education and proudly offer some amazing opportunities for learning. This year, we have scheduled our most ambitious, comprehensive programming season to date, with more than 20 workshops, lectures, and retreats featuring an array of subject matters from yoga to art, from ancient philosophy to modern life struggles. We welcome all seekers, whether you're a student or a senior, someone just starting a path of discernment or one who is well on their journey.

VCCC programs are incredibly affordable compared to similar venues, and are all-inclusive with meals and materials provided. The best thing about attending a VCCC program, though, is the lifelong friendships formed with fellow spiritual and intellectual travelers.

We welcome you to join us for one, several, or even all of the wonderful programs offered in 2019. Visit www.vcconferences.org to learn more, and we'll see you in the Valle!



Valle Crucis School for Girls Class of 1941

Yours in hospitality,

2019 Programs

To see a full list of our program policies, view housing and meeting space descriptions, and register online for any of these programs securely and quickly, please visit our website at www.vcconferences.org.

Seasons of the Spirit: Winter

Friday, February 22, 10 a.m. - 3 p.m.

The Reverend Rebecca Husband-Maynard

\$46 Program; \$45 more (total \$91) to add lodging Thursday night

Winter is a season of slowing down, resting, dormancy, and waiting. We are invited to an unhurried pace in the circle of life where we may find time for withdrawal and restoration of energy.

Come explore the spiritual winter that we experience in life. Maybe you are living through a time of loss, or perhaps relishing the stillness and stretching your soul. Come along on a journey to map our seasons, explore the paths we have taken, and seek our commonality found in the image of God that dwells within us. We will explore this topic through scripture, story, discussion, song, art, prayer, guided meditation, reflection time and creative spirituality.

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.



Quilting as Storytelling

Friday, March 1, 10 a.m. - 3 p.m.

Katherine Lile, the Mountain Thread Company

\$46 Program; \$45 more (total \$91) to add lodging Thursday night

As long as quilts have been made by loving hands, there has been a story stitched into every part. Join Katherine Lile for a workshop that explores the overlap between the crafts of quilting and storytelling. The day will cover topics from the history of quilting, block design and layout, and more. Participants will explore designs, colors, and patterns to tell their own stories through quilting.

Participants must bring sewing machines & basic accessories (pins, scissors, thread, etc); fabrics will be available for purchase or participants may bring their own.

Katherine Lile is an avid quilter and the owner of [The Mountain Thread Company](http://TheMountainThreadCompany.com) in Blowing Rock. She learned sewing and quilting at a young age alongside her mother, grandmother, and great-grandmother, and is now involved in teaching her own children the craft she loves so much. Katherine and her family returned to the High Country in 2015 after stints in Winston-Salem, Blacksburg VA, and Hartford CT. They hope to never leave the mountains again.

Women Writers Workshop I

Thursday, March 7 - Sunday, March 10

Women Writers Workshop II

Thursday, June 6 – Sunday, June 9

Women Writers Workshop III

Thursday, October 10 - Sunday, October 13

Katerina Whitley

\$308 Full Program (per Weekend); \$191 Commuter Rate; \$68/Day Lodging in the Mission House

Writing is often a lonely pursuit. 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, for one or more workshops.*

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.

Praying with Origen:

what the Church's misunderstood genius has to teach us today

Friday, March 15, 10 a.m. - 3 p.m.

The Reverend Joshua Bowron

\$46 Program; \$45 more (total \$91) to add lodging Thursday night

In the mid third century Origen of Alexandria essentially set the tone for the Christian intellectual tradition and developed Trinitarian theology nearly 100 years before the council of Nicaea. A thinker of unparalleled genius, he was marked as a heretic four hundred years after his death. The Episcopal church is currently revising its understanding of Origen. Join us at Valle Crucis for a day of more deeply understanding Origen, his impact on the Church, and his powerful advice on prayer and the object of our prayer.

The Reverend Josh Bowron is the rector of St. Martin's Episcopal Church in Charlotte, NC. He initially met the work of Origen in a class at the Advanced Degrees Program at the School of Theology at the University of the South, which led to his art installation at the Center for the Study of World Religions at Harvard Divinity School, "Cartoons in the Desert," now part of the permanent collection, which is set to be on display again in 2020. Josh lives in Charlotte with his wife, four chickens, three children, two cats, and one perfect dog.

Gentle Pathways Retreat

Monday, April 1 - Friday, April 5

The Reverend Tamara Franks

\$463 full program (meals and lodging inclusive);

\$278 Commuter Rate (includes all meals)

Lodging in the Inn

Follow Gentle Pathways to hope, grace, and maybe even some grit. Immerse your spirit in nature's beauty, calm, quiet, thoughtfulness, awe, hospitality - and some good-hearted belly laughter. You decide how much, and to what level you participate in hikes, nature meditations, finding your way to a waterfall or just enjoying an open field. Choose your engagement with Creation in all of its forms. Deepen your sense of being through connecting with nature and notice the balm that soothes your soul or the adrenaline that charges your spirit. Our hope is that you find rest, renewal and recharge in a few days connected to the mountains of Appalachia.

Rev. Tamara Franks is a product of a Texas corn/cotton farm. She loves the land and everything about it. In her rich and varied life she has been a head cook, science teacher, house cleaner, missionary, lecturer, minister and trip guide in Colorado, Maine, Washington and California.

Arriving in the High Country of North Carolina and at High Country United Church of Christ in July 2014, Tamara sees humanity as co-creators with God, actively participating in creation "as we live, breathe, consume, create, love, hurt, maim, heal, etc." She understands salvation as "the awakening to those moments of Emmanuel, God with us, each moment of the day."

Seasons of the Spirit: Spring

Friday, April 5, 10 a.m. - 3 p.m.

The Reverend Rebecca Husband-Maynard

\$46 Program; \$45 more (total \$91) to add lodging Thursday night

Spring is a season of birthing, growth, fresh beginnings, awakening. We are invited to see what seeds are germinating and sprouting, what dreams are unfolding.

During our time together, we will explore the spiritual spring that we experience in life. Perhaps you are feeling the sense of new life in your spirit and wish to examine where this will take you.

We will explore this topic through scripture, story, discussion, song, art, prayer, guided meditation, reflection time and creative spirituality.

Centering Prayer: An Introductory Retreat

Sunday, April 7 - Tuesday, April 9

The Reverend Rob Field & Becky Hannah

\$374 full program; \$274 Commuter (meals inclusive)

Lodging in the Inn

Centering Prayer is a receptive method of silent prayer that prepares us to receive the gift of contemplative prayer, prayer in which we experience God's presence within us, closer than breathing, closer than thinking, closer than consciousness itself. This method of prayer is both a relationship with God and a discipline to foster that relationship.

Whether you're new to the practice or have been involved with other centering prayer opportunities in the past, you are more than welcome to this time of quiet reflection, beautiful surroundings, and the companionship of others.

The Reverend Dr. Rob Field is the director for the Center for Spiritual Wisdom, a non-profit organization that teaches spiritual practices. As an ordained Episcopal priest, he served congregations for 22 years in NC, most recently as rector of St. Phillip's in Brevard. He is a founding member of Contemplative Outreach of Western NC and has had a personal practice of centering prayer for many years.



Want to register for several programs at once? Download a registration form at www.vcconferences.org/programs.

Short Lenten Retreat

Friday, April 12, 10 a.m. - 3 p.m.

Katerina Whitley

\$46 Program; \$45 more (total \$91) to add lodging Thursday night

Observing Lent in memory and practice is a tradition dear to the heart of many Christians. Lent brings the whole liturgical year into focus. This is what our faith means—the Incarnation in all its awesome meaning: God with us in our everyday lives and in our sorrows. And we, during these forty days, remember and make the effort to participate in the historic events of Jesus' suffering.

Our day retreat will urge us to participate rather than observe. Together we will highlight the steps and hours on the Via Dolorosa and we will visit the woodcuts of The Stations of the Cross as imagined by the artist Noyes Capehart.

Katerina Whitley is the author of *Walking the Way of Sorrows: Stations of the Cross*, among other books. She will lead the experience of participation in the greatest drama humanity ever witnessed.

Valle Crucis Nature Walk

Friday, May 3, 10 a.m. - 1 p.m.

Deb Vail & Harry LeBlanc, Grandparents of the Forest

\$20 per family; \$11 per person for lunch

A walk in Nature is always more enjoyable when you recognize the friends you meet there. Join Deb Vail and Harry LeBlanc of Grandparents of the Forest for an informative plant walk to the VCCC waterfalls. They will introduce you to the denizens of the VCCC conservancy forest. And early May should be a great time to see many native wildflowers in bloom. Learn to identify some of your plant neighbors and how some of them can assist in your health. Wear sturdy shoes and bring drinking water.

Harry LeBlanc and Deb Vail, Nature enthusiasts and herbalists, offer simple yet meaningful ways for families to connect to Nature for healing and wellbeing.

The Enneagram for Spiritual Seekers

Sunday, June 2 - Tuesday, June 4

The Reverend Rob Field & Paula Benton

\$374 full program; \$274 commuter rate

How differently might we experience each day if we looked at ourselves and each other with fresh eyes? What if we paid less attention to habitual patterns and behaviors that no longer support us or others?

The Enneagram offers us ways to see and embrace the beautiful Soul qualities within every human being.

The Enneagram has been widely recognized for its profound descriptions of nine distinct personality patterns. This program is designed to help participants shift their focus from personality-based patterns of emotion, thought and behavior to the Soul gifts they already possess, but may have forgotten.

The Reverend Rob Field is director of the Center for Spiritual Wisdom. Paula Benton has been a student of the Enneagram for many years and leads workshops and retreats often.

Praying *En Plein Air*:

An Art & Spirituality Workshop

Friday, June 14, 10 a.m. - 3 p.m.

Mike Newton-Ward

\$52 Program (art supplies provided, but feel free to bring your own) \$45 more (total \$97) to add lodging Thursday night

Join Mike Newton-Ward as we explore drawing what God's vision is for you. Practice seeing deeply, and then drawing - and drawing as a playful co-creation with God. We will use techniques such as *Zentangles* - a centering, meditative practice. Explore the grounds of Valle Crucis and capture the wonder of nature through art.

Mike Newton-Ward has thoroughly enjoyed tapping into his creative self since retirement from social marketing management for the State of NC Department of Health & Human Services. He began taking various classes through Raleigh Parks and Rec, as well as playing on his own. He enjoys drawing in numerous media, metal work, art history, and block printing.

Unbinding the Heart:

A Mountain Yoga Retreat

Friday, June 14 - Sunday, June 16

Chad Hallyburton

\$274 full program w/ lodging; \$214 commuter

The most visible faces of yoga are the popular stretching, postures, and breathing techniques, 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.

Owner of a yoga practice in Cullowhee, 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.

Seasons of the Spirit: Summer

Friday, June 21, 10 a.m. - 3 p.m.

The Reverend Rebecca Husband-Maynard

\$46 Program; \$45 more (total \$91) to add lodging Thursday night

Summer is a season of fruitfulness, clarity, and vitality. We discover that our spiritual life may feel productive and fulfilling as the light streams in and we respond with hopefulness.

During our time together, we will explore the spiritual summer that we experience in life. It is possible that our spirits feel lighter and more grateful as we sense the energy of productivity and fullness.

Come along on a journey to map our seasons, explore the paths we have taken, and seek our commonality found in the image of God that dwells within us.

Herbal Infusions for Wellness

Friday, August 9, 10 a.m. - 3 p.m.

Deb Vail & Harry LeBlanc, Grandparents of the Forest
\$46 Program; \$45 more (total \$91) to add lodging Thursday night

Join Deb Vail and Harry LeBlanc of Grandparents of the Forest for a discussion and demonstration of how to make and use simple herbal infusions to build your immune system and add vitality to your life. Come, learn ~ What is an infusion? What are their benefits? How can I simply and affordably add them to my life? We will also discuss herbal adaptogens which also support health and energy. You will sample some of our standard infusions and learn which ones to take and when.

Harry LeBlanc and Deb Vail, Nature enthusiasts and herbalists, offer simple yet meaningful ways for families to connect to Nature for healing and wellbeing.

A Journey in the Daring Way

Sunday, August 25 - Wednesday, August 28, 2019

The Reverend Cyndi Banks & the Reverend Karla Woggon
\$456 full program; \$309 commuter rate

A sacred space to explore living with courage and vulnerability and the things that get in our way. Facilitated by the Rev. Cyndi Banks and the Rev. Karla Woggon, Certified Daring Way™ Facilitators.

We live in anxious times amidst a multitude of internal and external voices that define what success looks like in our lives. The Daring Way™ process helps us peel back the layers and understand what happens to us and goes on to point a way forward where we can engage our lives with our whole heart.

We will wrap this experience in prayer, ritual, and community, rooted in an inclusive Christian spirituality, as we find our way forward together. Due to the nature of the work we will do, this event is alcohol-free. We also ask that participants be present for the entire event—we are unable to accommodate late arrival and early departure. Commuters are welcome, but we ask that you be present for all sessions and meals.



Seasons of the Spirit: Autumn

Friday, October 18, 10 a.m. - 3 p.m.

The Reverend Rebecca Husband-Maynard
\$46 Program; \$45 more (total \$91) to add lodging Thursday night

Autumn is a season of surrender, accepting that all things are passing. We seek the beauty in that truth as we gather the fruits of summer with gratitude into our spiritual barns.

During our time together, we will explore the spiritual autumn that we experience in life. Perhaps you are sensing spiritual transformation, or a time of “letting go.”

Come along on a journey to map our seasons, explore the paths we have taken, and seek our commonality found in the image of God that dwells within us.

Drawing (Badly) as a Spiritual Practice

Friday, November 15, 10 a.m. - 3 p.m.

The Reverend Joshua Bowron
\$52 Program (art supplies provided, but feel free to bring your own); \$45 more (total \$97) to add lodging Thursday night

Join this exciting workshop to learn how to engage scripture and other Christian literature in a new and refreshing way. Drawing (wink) on the practices of both *Lectio divina* and good old-fashioned cartooning, the Reverend Josh Bowron will show how we can prayerfully move deeply into texts to reveal their riches. No art experience is required; the complete novice may even have an advantage!

All materials will be supplied, but feel free to bring whatever it is you like to use, especially journals, pens, etc.

Painted trillium (left) & Carolina springbeauty (above) inspired by
Sacred Forest Flower Essences photography

Centering Prayer Retreat: Deepening the Silence

Sunday – Sunday, December 1 - 8

Becky Hannah, Joan Ricci Thome, & the Reverend Bob Cook

\$619 Full Program

Accommodations 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 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.

A Short Advent Retreat

Friday, December 7, 10:00 a.m.—3:00 p.m.

Katerina Whitley

\$52 includes lunch and book to take home

\$45 more (total \$97) to add lodging Thursday night

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.

To register for 2019 programs, visit our web site at www.vcconferences.org or use the program reservation form on the right.

2019 Donors

(as of January 23, 2019)

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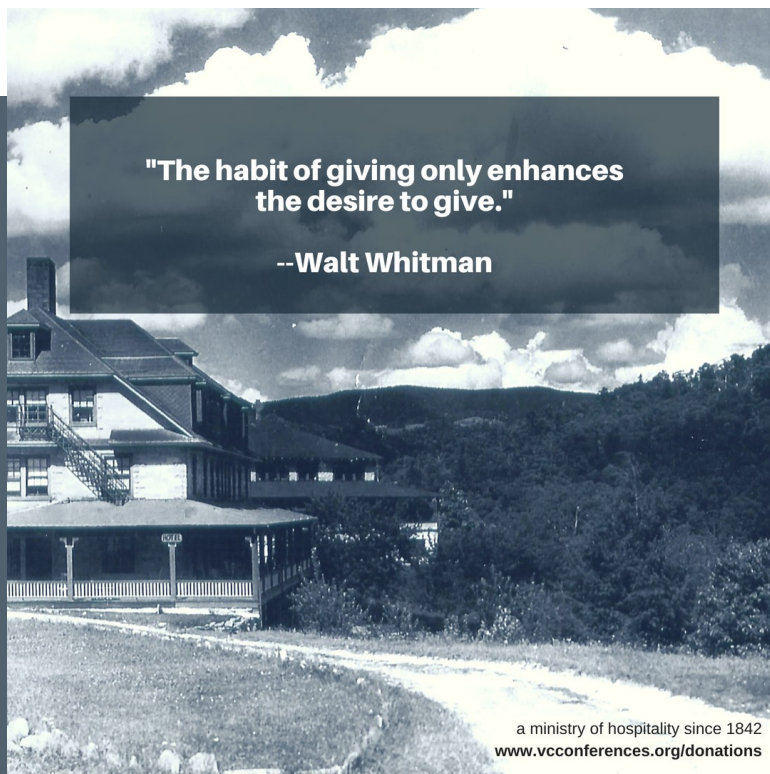
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**2019 Board of Directors*

**"The habit of giving only enhances
the desire to give."**

--Walt Whitman



a ministry of hospitality since 1842
www.vcconferences.org/donations

Valle Crucis Conference Center 2019 Program Registration Form

PO Box 654, Valle Crucis, NC 28691

(828) 963-4453 www.vcconferences.org

Please complete entire form and mail with your check to the address above. **Checks can be made payable to VCCC.** You can also register online.

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Primary Phone: () _____ Email: _____

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

Seasons of the Spirit: Winter

Friday, February 22, 10 a.m. - 3 p.m.

_____ \$46 Program

_____ + \$45 for lodging Thurs.

Quilting as Storytelling

Friday, March 1, 10 a.m. - 3 p.m.

_____ \$46 Program

_____ + \$45 for lodging Thurs.

Women Writers Workshop I

Thursday, March 7 - Sunday, March 10

_____ \$308 Full Program

_____ \$191 Commuter Rate

_____ \$68/day (list day _____)

Praying with Origin

Friday, March 15, 10 a.m. - 3 p.m.

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Monday, April 1 - Friday, April 5

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Valle Crucis Nature Walk

Friday, May 3, 10 a.m. - 1 p.m.

_____ \$20 per family;

_____ \$11 per person for lunch

(list how many will be eating lunch)

The Enneagram for Spiritual Seekers

Sunday, June 2 - Tuesday, June 4

_____ \$374 full program;

_____ \$274 Commuter

Women Writers Workshop II

Thursday, June 6 - Sunday, June 9

_____ \$308 Full Program

_____ \$191 Commuter Rate

_____ \$68/day (list day _____)

Praying En Plein Air: An Art Workshop

Friday, June 14, 10 a.m. - 3 p.m.

_____ \$52 Program

_____ \$45 more for lodging Thurs.

(art supplies provided, but feel free to bring your own)

Unbinding the Heart:

A Mountain Yoga Retreat

Friday, June 14 - Sunday, June 16

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Herbal Infusions for Wellness

Friday, August 9, 10 a.m. - 3 p.m.

_____ \$46 Program

_____ + \$45 for lodging Thurs.

A Journey in the Daring Way

Sunday, Aug. 25 - Wednesday, Aug. 28

_____ \$456 full program;

_____ \$309 commuter rate

Women Writers Workshop III

Thursday, Oct. 10 - Sunday, Oct. 13

_____ \$308 Full Program

_____ \$191 Commuter Rate

_____ \$68/day (list day _____)

Seasons of the Spirit: Autumn

Friday, October 18, 10 a.m. - 3 p.m.

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Drawing (Badly) as a Spiritual Practice

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Sunday - Sunday, December 1 - 8

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A Short Advent Retreat

Friday, December 7, 10 a.m. - 3 p.m.

_____ \$52 Program

_____ \$45 more for lodging Thurs.

TOTAL AMOUNT DUE: _____

Diet requests, allergies, or other needs: _____

I would like to room with: _____

☐ I am requesting a single room, with knowledge that single rooms are limited.

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



Valle Crucis Conference Center

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**Good News
Spring 2019**



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 enable rest, renewal, and transformation through care for natural beauty and a true commitment to hospitality.

We embody Christ in the world through a ministry of hospitality by preparing a safe, comfortable, beautiful space; honoring the seeker, refreshing the weary, and nourishing the hungry; and being careful stewards of the Thin Place that is Valle Crucis.

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**.