



## Our Mission:

The Mountain enriches lives, fosters an appreciation of the natural world, honors the interconnectedness of all things, and inspires people to build inclusive, meaningful, sustainable communities throughout their lives.

## Our Vision:

An exemplary retreat, camp & learning center that celebrates Unitarian Universalist principles, inspires people of all ages, transforms lives, and builds a more compassionate world.

## Retreat Planning Guide



## Come...

Connect by Disconnecting

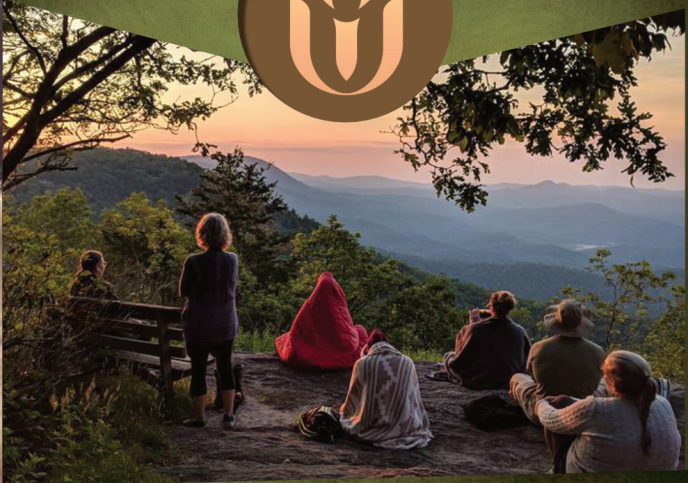
Rejuvenating the self

A Place for Fellowship

A Place of Peace

## Core Values:

- The Inherent Worth and Dignity of Every Individual
- Justice, Equity, and Compassion in Human Relations
- Acceptance of One Another and Encouragement to Spiritual Growth
- A Free and Responsible Search for Truth and Meaning
- The Right of Conscience and the Use of Democratic Process
- The Goal of World Community with Peace, Liberty, and Justice for All
- Respect for the Interdependent Web of All Existence of which we are a Part



## Support The Mountain

The Mountain has evolved over the years, from a family camp facility to a full-service retreat and learning center, and has always been led and supported by its members. Our Mountain Camps affirm the uniqueness of each individual, within the context of a caring and inclusive community.

828-526-5838

[TheMountainRLC.org](http://TheMountainRLC.org)

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Enriching Lives  
Creating Community  
Celebrating Nature

# The Mountain

is Here for You & Open  
To All



The Mountain Retreat & Learning Center was founded over 40 years ago by Unitarian Universalist from around the southern region of the United States. Here people can get away from daily pressures and experience the beauty and serenity of nature. The Mountain seeks to create the kind of community that makes a positive difference in people's lives and world. Guided by our Core Values to be a place for the exploration of truth and meaning, this is a place where one can actively engage in the building of community that begins with the inherent worth of every individual. The Mountain has held space as a retreat and training center for UU congregations and groups since its conception.

# Why The Mountain?

Our History Tells the Story



Our affordable housing options include lodge rooms, cabins, and bunk houses to accommodate various mobility needs and group sizes.



Our Campus holds a variety of spacious and versatile meeting spaces, many with spectacular views from its 4,200ft Elevation.



Our Staff offers an array of services, including (but not limited to) guided labyrinth walks and hikes, challenge course & initiative games, yoga, campfires...



The Many Hands Peace Farm aims to provide fresh produce for guest dining. Our Farm offers educational experiences focusing on regenerative practices, including farm tours, woodland walks, and indoor presentations to get to know The Mountain's unique temperate rainforest ecosystem.



Our kitchen provides balanced, delicious, nourishing, buffet-style meals and can accommodate your group's individual dietary needs.



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## A Home for All

- Spiritual Groups
- Wholistic Health Practitioners
- Campers
- Youth Programs
- Schools
- Student Groups/Educators
- Environmental Groups
- Musicians
- Artist



Inspiring New Generations

The Mountain is an ecologically conscious center that has been inspiring people of all ages for more than 40 years with enriching programs, a caring environment and amazing beauty. The Mountain's relaxed environment and comfortable lodging and meeting spaces provide the ideal setting to accomplish your retreat goals.

## Planning the Next Step?

- 1) Great retreats take time to plan. To schedule, contact The Mountain Group Sales office as soon as you have a time of year in mind. Weekends in the late Spring and Fall fill quickly, so schedule early. Weekdays and the winter months have greater availability.
- 2) Once your date is scheduled, you will receive a contract to be signed and returned to confirm. Then you can send out a "save the date" notice to your group. Your event will be listed on The Mountain's website for publicity and registration.
- 3) Now it's time to begin planning a great retreat program and activity offering. A reference to our offerings, facilities, lodging and more can be found on our website under "Plan Your Retreat".



To learn more about our programming or to schedule a retreat contact:

Guest Services Email:  
gsoffice@themountainrlc.org

[TheMountainRLC.org](http://TheMountainRLC.org)

