

1996 Program Calendar



February - August, 1996

"the mountain has a Calling: to be an intergenerational Center for Learning, based upon UU values, whose participants share of themselves, experience spiritual renewal, acquire skills, and give voice to the passion that inspires them to lovingly work for justice and transformation in the world." (Mission Statement of The Mountain)

In 1996, The Mountain is Calling...You!!

Welcome to the Wintertime Edition of the Mountain Program Calendar. With winter upon us and 1996 before us, we prepare to make the most of our opportunities. We believe our 1996 programs offer possibilities for growth, renewal and change for us all. We urge you to find the programs for you, your family and friends to attend—and resolve to register, right now! Or, you may reflect on the needs of your congregation, work group or interest group and contact us about arranging for a retreat or program which you could have here or that we could design for you, and contact us as soon as possible to make arrangements. (See article below) We ask you to

share this information with others; the calendar insert is easily copied and can be given to your friends who aren't yet on our mailing list.



Calendar Highlights

Program prices listed are based on cabin with private bath rates. Each program has a promotional flyer providing detailed information and a registration form with all the particulars. We circulate the flyers and registration forms to prior participants in that program, congregational Mountain Representatives, and program leaders. Please call or write if you are unable to get the information you need. We take reg-

istrations by phone and will be glad to answer any questions you have. We are open seven days a week, 8:30 a.m. to 5:00 p.m. and we have a voice mail system to record your requests; use extension 201.

We look forward to seeing you at **the mountain**. So, make your plans and come home to **the mountain** in 1996!!

Consider Membership!!

Mountain Members—Patron, Life, Annual and Sustaining—make **the mountain** possible for us all. We strongly encourage all of you to become members or renew your annual or sustaining memberships for '96.

Testimonials from our members:

- ☼ "There is a special magic about The Mountain and its staff. I don't know that any other place could be home."
- ☼ "I think you people have a secret spring high up here on The Mountain from which you constantly refresh and refill yourselves because whenever I've come I find full cups and drink contentedly from them."
- ☼ "Thanks for all you do to lift our spirits, protect The Mountain environment (physical and spiritual), keep us focused on a vision, and make us welcome when we visit."

What the mountain Can Do For You:

As a full service conference and retreat center, **the mountain** can provide meeting space for your group. For example, **the mountain** is an ideal setting for family reunions and weddings. Your groups may wish to experience a program of some type during the conference. You may provide your own program agenda and faculty or have the mountain staff facilitate your programming needs. The following types of programs have been run at **the mountain** during the past year:

- Personal Growth Seminars
- Leadership Schools
- Meditation Seminars
- Couples Enrichment Retreats
- Writers' workshops
- Spirituality Retreats
- Initiatives/Challenge Course Team-Building and Training Programs
- Environmental Group Meetings
- Business/Work Group Meetings
- Hiking clubs
- Rock Climbing Groups
- Non-profit Organization Board meetings

JUST TO NAME A FEW !!!

How Do I Do This?

Call us at

(704) 526-4505

for more information.

Program Highlights

Youth CONs (CONferences)

Jr. High - grades 7, 8, 9 -

Feb. 23 - 25, 1996

Sr. High - grades 10, 11, 12

Mar. 1 - 3, 1996

CONs are times for UU Youth (and their non-UU friends) to gather on **the mountain** for a weekend of CONnection with friends old and new, CONcentration on an important theme, CONsideration of values and what's important, and lots of good CONversation. All weekends include a work project which CONTRIBUTES to the work of **the mountain**. Please talk to your youth advisors and call **the mountain** for registration information. Don't miss the CON for your age group!

Rainbow Rally

March 8 - 10, 1996

Come out, come out wherever you are! Join us in a weekend of **mountain** Magic. We've done "Adult and Family" retreats for years and this weekend we'll focus on *alternative* adult-and-family activities. Bring your "family" (partner, parents, children, friends) and your "child within" for music, spiritual hikes, initiatives and other whimsical activities. There'll also be presentations dealing with the unique problems of alternative families, discussions, community building, and crafts. Plan now to bring your family to **the mountain** for this special weekend.

The Dances of Universal Peace

March 29 - 31, 1996

From the dawn of time, sacred movement, song and story have brought people together—both at times of seasonal ceremony and as part of daily life. **The Dances** are a part of this timeless tradition—a multicultural way to touch the spiritual within ourselves and to reach out to others. Using sacred music, phrases, chants, and movements from many traditions, **The Dances** create a sense of wholeness and connection within individuals and groups. No previous dance or meditation experience is necessary—new and experienced participants form the circle together. We'll leave this weekend with valuable new ways of communicating and being in awareness. Join us!



The Rhythms of Our Lives: Lesbian Identity Weekend

April 5 - 7, 1996

"Come home" to the safety of **the mountain** for this third annual "adults only" weekend—a rare and unique time of relaxation and renewal. Discussions and workshops will focus on the physical, emotional and spiritual changes we go through as we move through the cycles of our lives. We will learn more about ourselves, and also how other women have responded to the cycles of life and relationships. We'll become aware of our own personal rhythms! There'll also be time for hiking, massage, egg decorating, drumming, writing and spiritual growth. Rev. Janet Harvey will be Minister of the weekend.

Native American Spirituality Weekend

April 19 - 21, 1996

Our emphasis on Cherokee culture at last year's final "Surf & Turf" Weekend led many to request more Native American programs, particularly with a spiritual emphasis—hence this new weekend. Nancy Basket, whose ancestors walked "The Trail of Tears" to Oklahoma and became the western band of the Cherokee, is now a member of the Spartanburg, S.C. UU Church. She'll be one of our leaders as we explore the spiritual connections among all things. She'll also lead our basket-making craft activity. Our other leader will be Amy Walker from the eastern Cherokee. She will lead us in a "Talking Circle" Ceremony on Saturday evening (Ceremony open to the public at no charge). There'll be time for outdoor activities and discussion, too. Join us for this exciting new program!

Relationships: The Path to Self-Discovery

April 26 - 28, 1996

This popular weekend of gentle, yet profound self-discovery is open to anyone who wants relationships to be a source of healing and joy. (One need not be a student of "A Course in Miracles".) Led by Carol Howe, author of *Homeward to an Open Door*, the program will facilitate the fundamental shift in perception required for experiencing peace of mind and for living fully and joyfully. Carol's workshops are

lighthearted, yet profound and inspiring, highly participatory, and addressed toward specific issues of participants. Join us as problems, concerns, doubts and hurtful relationships are resolved and pain and limitations disappear.

Mothers' Day on *the mountain*

May 10 - 12, 1996

Our Mothers' Day weekend has multigenerational appeal. For the active of all ages, there'll be initiatives and other outdoor activities, plus instruction and practice on our indoor climbing wall. For the less active, we'll have crafts, a waterfall tour, and plenty of time for relaxation with the family. There'll be separate youth programming so particularly harried Moms can have some welcome "free time". There'll also be special meals and a Saturday night concert of music and storytelling by Mack & Joan Swift, professional storytellers from Virginia. Bring or send Mom (or Grandmom) to *the mountain* for Mothers' Day!

Spring African Drumming and Dancing Weekend

May 30 - June 2, 1996

African Drumming and Dancing programs continue to be some of our most popular. Chuck Cogliandro, who served as first assistant during our 1995 programs, will be in charge this time while Stone Montgomery is in Africa. He'll be assisted by members of Stone's organization with the popular Agyeiwaah Anan returning as head dance instructor. Mostly the weekend will be experiential—we will drum and we will dance! There'll be time for individualized instruction at whatever level it's needed, plus two-night and three-night options to suit varying schedules. *the mountain* has a limited number of rental drums available—call for details. (See also Summer African Drumming & Dancing Weekend, Aug. 22 - 25, 1996.)



Religious Education Week

July 8 - 12, 1996

REvitalize your RE Program! REinvigorate yourself! REcommit your RE Team! REgroup with your family! RE Week at *the mountain* '96 will be a wonderful experience—continuing education, networking and community-building with peers and co-workers, plus time for fun and shared growth with our families. The Renaissance Module on TEACHER TRAINING will be offered along with additional workshops on curriculum planning, problem solving, quick 'n' easy ideas, crafts and projects, and Current Curriculums That Work & How to Fix Some That Don't. There'll be time for outdoor REcreation and excursions too. Come meet and network with RE workers from all around the southeast.

Leadership School

July 28 - August 4, 1996

Active leaders in UU societies (and those who hope to be) are invited to join us for this intensive, experiential week of work-

shops, discussions, shared experiences and fun. We'll grow in our leadership skills, gain confidence in our abilities, and develop understandings of ways to foster healthy relationships while getting things done. We'll prepare and present worship services, develop our personal philosophies and credos, and study UU values and heritage. For a mid-week break, we'll challenge the famed whitewater of the Nantahala River. Past participants have said this program changed their lives. Join us and see for yourself—and for your congregation. (Applicants must be sponsored by a UU organization. Enrollment limited.)

Multifaith Conference

August 4 - 10, 1996

Presented jointly by *the mountain* and The UUA Social Justice Department, this new program will bring together leaders of various religious political action groups to discuss issues of social justice, to form alliances, and to build trust and community across group lines. Aimed at countering the religious right in the November '96 elections, issues to be discussed include anti-racism, homophobia, reproductive choice, equal rights, separation of church and state, and more. We'll have interfaith worship, music and outdoor experiences too. Call or write us for details.

Ministerial Leadership School

August 18 - 23, 1996

Dr. John Buehrens, President of the UUA will serve as Dean for this exciting new program. Entitled "Leadership Skills for Effective Ministry", it's designed for parish ministers in their first ten years of service. Workshops and activities will deal with "different lenses from which to see congregational analysis". There'll be plenty of time for renewal and fun as well. Enrollment is limited.

Summer African Drumming and Dancing Weekend

August 22 - 25, 1996

Stone Montgomery returns for another explosive weekend! He'll have just returned from Africa and will have lots of new things to teach us. As always, he'll talk a bit about African culture and philosophy, but mostly **we will drum and we will dance!** There'll be two-night and three-night options to suit varying schedules, time for individualized instruction at whatever level it's needed, and free time to hike, swim, read, loaf—or drum some more! *the mountain* has a limited number of rental drums—call for details.

the mountain office is open from 8:30 am to 5:00 pm daily, often later on weekends. Call us at (704) 526-4505 if you would like to:

- register for a program over the phone
- request that a flyer and registration form be sent to you
- obtain information about the programs we offer

- Prices shown in this calendar are based on double occupancy, private bath cabin. (This means shared living quarters—you may have a roommate.)
- All prices listed are for adults. Youth under 18 in the same cabin receive free housing. There is a charge for meals and programming only.
- There are several housing options at The Mountain. When you register you will be asked for your preference in housing although there are no guarantees offered. These include:
 - * Private Bath Cabin—each living space has its own bath.
 - * The Lodge—hotel-style (\$5 per night more than private bath cabin).
 - * Shared Bath Cabin—more than one living space in a cabin shares a bath (\$5 per night less).
 - * Some programs have Bunkhouse space available for a reduced price. In a Bunkhouse, as the name implies, sleeping is on bunk beds; however, each bunkhouse has bath facilities. (\$10/night less than private bath cabin)
 - * Youth under 18 are not normally housed in the Lodge. If an exception is made, they are charged normal adult rates.
- Some scholarship money is available to provide financial assistance for people who otherwise might not be able to attend. For details, please give the office a call or indicate your interest on the form when you mail in your registration. All requests are handled confidentially.
- The Mountain is open 366 days a year (this is a leap year after all!). While it does get cold here in the winter, we do not (usually) get much snow. Many of our guests love the beauty of the mountains in the winter. Some of our busiest times are around the holidays. Come up and see us.
- The Mountain's Food Services staff works with our guests to meet their dining needs. Special diets can be accommodated and there is a vegetarian alternative at every meal. In addition, the kitchen staff can prepare foods required for health-related diets such as low-salt, low-fat, pureed, vegan, etc. If you have special dietary needs, it is very important that you indicate this on the registration form, or inform the office if you register by telephone.
- Weekend programs usually begin with a light supper on Friday evening at 7:30 pm and end with breakfast on Sunday morning. If you want to join us for lunch, just let the office know ahead of time.
- Longer programs may have a different starting time, in which case it will be noted on the registration form and program flyer information.

About Program Registration:

- To register for a Mountain program mail in (or fax) the registration form from the program flyer or call us.
- Your space is reserved when we receive your deposit. You can pay the deposit by check, Visa or MasterCard — Payment by check is preferred as part of our commitment to fiscal responsibility.
- Reservations are on a first come - first serve basis—your completed registration form and deposit are required in order to hold space.
- Some programs stipulate a late fee if you register after a certain date. This is to encourage early registration to assist **the mountain** staff with planning for the program.
- Once your space is reserved, you will receive a packet containing a confirmation letter, general information sheet, and travel information including a map.



HIGHLANDS CAMP & CONFERENCE CENTER
PO Box 1299, Highlands, NC 28741-1299

Non Profit Organization
Bulk Rate
U.S. Postage Paid
Highlands, NC
Permit No. 46



Calendar of Programs

March - August 1996

(call or write for details on any **mountain** program)



LEGEND

- CC - Conference Center Program
(May be closed - call for details)
EH - Elderhostel
(Call (617)426-8056 for EH
information & registration)

MARCH

- 1 - 3 SrHi CON (Jr Hi CON - Feb. 23 - 25) \$55
- 3 - 8 **EH** Tales of the Appalachians \$315
Free Speech vs. Media Hype
Creative Dramatics: Acting for
Non-Actors
- ✓ 8 - 10 *NEALY TOUCH* Rainbow Rally—Alternative Families \$113
Weekend
- 10 - 15 **EH** Mark Twain: Wit and Social \$315
Comment
Bushwhackers & Bugles: Civil War
in the Mountains
Mountaintops & Valleys of the
Southern Highlands
- 15 - 17 Spirits Weekend (**mountaincamp** planning)
mountaincamp Visioning Weekend
the mountain "REPS" Weekend
- 17 - 22 **EH** Scottish/Appalachian Theme \$315
Week—Music, History, & Dance,
plus The Tartan Museum
- 22 - 24 Northwest (Atlanta) UU Women's Retreat
Northwest (& Atlanta area) UU Youth Passage
CC - SAPSE
- 24 - 29 **EH** High Mountain Vistas \$315
Appalachian Mountain Heritage
Song Catcher's Notebook: Folk
Songs and Stories
- 29 - 31 The Dances of Universal Peace \$149
Spartanburg/Greenville (SC) UU Work
Weekend

APRIL

- 31 - 5 **EH** The Cherokees: A View of \$315
Their History
Walk With a Mountain Woman:
Oral History
We'll Sing the Songs of Scotland
- 5 - 7 The Rhythms of Our Lives: \$121
Lesbian Identity Weekend
- 8 - 11 Spring SEUUMA \$154

- 11 - 14 Eno River (Durham, NC) UU Retreat
UU Congregation of Atlanta Retreat
- 14 - 19 **EH** Yesterday's People: Fact \$315
or Fiction?
Banjos, Ballads and Bad Men
Scottish Country Dancing
- 19 - 21 Native American Spirituality Wkend \$126
CC - Methodist Men's Retreat
- 21 - 26 **EH** Southern Eagles (WW I Flyers) \$315
High Vistas & Songs: Birds of the
Blue Ridge
T'ai Chi for Health and Happiness
- 26 - 28 Relationships: The Path to Self- \$111*
Discovery
- 28 - 3 **EH** Whistles in the Hills: RRs in \$335
the Blue Ridge
Appalachian Folkhistory
T'ai Chi: Gentle Way to Health &
Happiness

MAY

- 1 - 3 Howard School
- 3 - 5 **the mountain** Members \$108
Annual Meeting
Hendersonville (NC) UU Retreat
CC - Free the Body - Free the Voice \$119
- 5 - 10 **EH** Voices in the Plough: Scottish \$315
Work Songs
The Making of US Foreign Policy
Appalachian Spring: Birds &
Wildflowers
- ✓ 6 - 8 Atlanta International School
- 10 - 12 **the mountain** Mothers' Day \$126
Weekend
Spartanburg (SC) UU Men's Retreat
- 12 - 17 **EH** All-Women's Theme Week— \$315
Walk With a Mountain Woman:
Oral History
Life Story Writing: Heirlooms for
Loved Ones
Creatures of Habitat: Plants & Animals
- 15 - 17 Spring Womenspirit Institute \$100

* Price shown does not include presenter's tuition
- call for details

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(call or write for details on any **mountain** program)



LEGEND

- CC - Conference Center Program
(May be closed - call for details)
EH- Elderhostel
(Call (617)426-8056 for EH
information & registration)

17 - 19 Spring Womenspirit Gathering \$100

19 - 24 **EH** North American Indians \$315
Flowers, Birds & Natural History
of the Blue Ridge
Roaming Night Skies: Astronomy
for Everyone

24 - 26 **the mountain** Members' \$113
Memorial Day Weekend

26 - 31 **EH** How Do We Know What \$315
We Know?
The Story as Song: Ballads and Folklore
Cherokee History: Yesterday to
Today

30 - 2 Spring African Drumming and \$187
Dancing Weekend

JUNE

ATMENS BD

2 - 7 **EH** Mountain Mayhem: Civil War \$315
in the Southern Appalachians
Mountaintops & Valleys: Plants & Birds
Mountain Myths, Memories &
Personalities

7 - 9 Chattanooga (TN) UU Retreat

9 - 14 **EH** We'll Sing the Songs of \$315
Scotland
Blue Ridge Biodiversity: Beauty &
the Beast
Yoga for Health and Happiness

11 - 22 **mountaincamp Counselor**
Training

11 - 22 **Counselors-in-Training (CITs)** \$611

14 - 16 Northwest (Atlanta) UU Board Retreat

15 - 16 First Time Camp Opening \$39

16 - 22 **First Time Camp** \$365
Ann Arbor (MI) UU Youth

16 - 21 **ASCENDERS** \$611

21 - 22 First Time Camp Closing \$39

23 - 29 **EH** Appalachian Adventure \$340
Week: Hiking, Whitewater Rafting,
Natural History, and Folk Music

23 - 6 **ElementaryCamp I & II** \$639

30 - 5 UU Congregation of Atlanta Retreat

✓ 7-14 **JrHi Camp** **JULY** \$669
7 - 20 **DANCES OF PEACE**
8 - 12 Religious Education Week \$267

✓ 20 - 27 **CC** - American Ethical Union

21 - 3 **SrHi Camp** \$669

21 - 10 **Work Adventure Camp** \$799

✓ 28 - 4 UU Leadership School \$535

AUGUST

4 - 10 Multifaith Conference \$283

11 - 16 **EH** Intergenerational Adventure \$335/
for Grandparents and Grand- \$295
children—Nature Hikes, Whitewater
Rafting, Campfires, Music, Whittling
& Crafts

18 - 23 UU Ministerial Leadership School \$273

EH Wildflowers & Natural History \$315
of the Blue Ridge
Appalachian Pioneers: Whittling and
Woodcraft
Healthy Hiking on the Appalachian
Trail

22 - 25 Summer African Drumming and \$187
Dancing Weekend

25 - 30 **EH** Appalachian Adventure Week— \$340
Hiking, White-water Rafting, Natural
History & Folk Music

NOTE:

All prices shown are per adult person,
usually based on private bath cabin occupancy.



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