



Fall Retreat at Lake Junaluska

UMMAS 2022 RETREAT



Rev. Amy Steinberg



Rev. Greta Counts



Rev. Christina Garza

Produced by

Unity Ministers
of the MidAtlantic States

Tuesday evening, September 20
to Friday morning, September 23
Lake Junaluska Retreat Center
North Carolina

The Art of Spiritual Transformation

Saying YES to Change

UnityRetreat.us

Welcome everyone to our first Fall Retreat at Lake Junaluska!

We invite you to breathe in the beauty here, where we are saying "Yes" to change this year. We're exploring the Art of Transformation.

If you have a question about anything. just ask. We're all learning this together.

So how does transformation occur? With our ministry in Knoxville, Tennessee, we talk a great deal about transformation. We encourage people to take a spiritual principle, to practice it in their lives, and to enjoy positive transformation.

We are delighted to welcome our keynote presenters - Rev. Greta Counts from Unity South Atlanta, Rev. Christine Garza from Unity of Nashville, Pastor D.E. Paulk from the Spirit and Truth Sanctuary in Atlanta, and Rev. Amy Steinberg, keynote musician from Asheville.

We also welcome from Unity World Headquarters Revs. Ellen Debenport and Mark Fuss and from Unity Worldwide Ministries Rev. Shad Groveland.

Check your schedule for the variety of workshops being presented as well. Also, you'll want to check out healing sessions being offered on a Love offering basis.

We set the intention this week to focus on spiritual principle and to luxuriate in a new location with new people and new experiences.

We are grateful you've chosen to be here with us.

Warmly,

Rev. Lora Beth Gilbreath

Unity Transformation, Knoxville, TN.

President of UMMAS, Unity Ministers of the Mid-Atlantic States

Welcome to Unity Ministers of Mid-Atlantic States Annual Fall Retreat

The Art of Spiritual Transformation Saying YES to Change

Daily Events Summary

Breakfast: 7:30 – 8:30 AM in the Lambuth dining room

Lunch: 12:00 – 12:45 PM in the Lambuth dining room

Dinner: 5:30 – 6:45 PM in the Lambuth dining room

7:00 – 7:45 AM – Tai Chi for Health – Grassy area outside Lambuth

7:00 – 7:30 AM – Morning Meditation – Room 102 in Lambuth

9:30 PM Evening Vespers – Room 102 in Lambuth

Want to talk? The ministers of UMMAS are available to talk with you - just ask! They have the blue name tags.

Be sure to complete & submit your **Evaluation Form** before you leave Lake Junaluska, including your suggestions on Featured Presenters for future retreats! THANK you and GREAT blessings.

Tuesday – September 20th

4:00 - 5:00 PM ~ check in – at the Bethea Welcome Center.

After 5:00 PM, please check in at the Lambuth hotel lobby.

5:30 - 6:45 PM ~ Dinner together at the Lambuth dining room (included with your registration)

7:00 - 9:30 PM ~ **Celebrate our coming together** with great music from the **Art of Spiritual Transformation Band** and Featured Unity Ministers **Christina Garza and Greta Counts**. - International room in Lambuth

9:30 pm ~ **Vespers** - Facilitated by a **UMMAS member** -Room 102 in Lambuth

Wednesday – September 21st

7:00 - 7:45 AM ~ Easy Tai Chi for Balance ~ Tai Chi is taught in Silver Sneakers and YMCAs across the country. ALL levels of fitness can use these simple practices to increase strength and balance while enjoying Tai Chi's meditation-in-movement. ~ Join enthusiast **Howard English**, Greenville, SC. - Outdoor grassy area to the right when exiting the Lambuth Hotel

7:00 - 7:30 AM ~ Morning Meditation ~ **led by a UMMAS member** – Room 102 in Lambuth

7:30 - 8:45 AM ~ Breakfast - Lambuth Dining Hall

9:00 - 11:45 AM ~ **Featured Presenter - Rev D.E. Paulk “Saying Yes to Positive Transformation”** - International room in Lambuth

12:00 - 12:45 PM ~ Lunch - Lambuth Dining Hall

1:00 - 2:30 PM Part 2 with Rev D.E. Paulk. - International room in Lambuth

2:45 - 4:15 PM (2 workshops. Please choose one) 1.5 hr

Rev John Strickland *“Think, Feel, Heal”* - International room in Lambuth

Rev David Hiller: *“Wrapped in a Cloak of Valor.”* - Room 100 in Lambuth

4:30 – 6:00 PM (2 workshops. Please choose one)

Rev Greta Counts: *“Love Yourself, Transform your Life”* - International room in Lambuth

Rev Ed Kosak: *“The Law of Mind Action Amplified.”* - Room 100 in Lambuth

5:30 - 6:45 PM ~ Dinner - Lambuth dining room

7:00 - 9:30 PM ~ More great music from the **Art of Spiritual Transformation Band** and **Featured Musician/Speaker Amy Steinberg**. - International room in Lambuth

*An Offering will be received at this session to benefit UMMAS Sub-Region (Unity Ministers of the Mid-Atlantic States, your hosts for this Fall Retreat. Please come prepared to share generously. (The Fees for the Retreat do not cover all the costs of providing this experience for you.)

Vespers – After evening event about 9:30 PM Facilitated by a UMMAS member – Room 102

Lambuth

Thursday – September 22nd

7:00 - 7:45 AM ~ Easy Tai Chi for Balance ~ **Howard English** (Greenville, SC) - Grassy area to the right when exiting Lambuth Hotel

7:00 - 7:30 AM ~ Morning Meditation ~ **led by a UMMAS member** – Room 102 in Lambuth

7:30 - 8:30 AM ~ Breakfast – Lambuth Dining Hall

9:00 - 11:00 AM ~ **From Unity Worldwide Ministries, welcome Shad Groveland, and from Unity World Headquarters welcome Mark Fuss and Ellen Debenport** - International room in Lambuth

11:00 AM - 12:00 PM ~ **Free time.** Shop in the gift shop, go for a walk around the lake, explore the gardens.

12:00 - 12:45 PM ~ Lunch - Lambuth Dining Hall

1:00 - 2:30 PM ~ **Workshop:** Rev James King *“Deep love”* - International room in Lambuth

1:00 – 2:30 PM ~ Workshop: Rev Beth Boilott *“Awakening Love”* - Room 100 in Lambuth

1:00 - 2:00 PM ~ Boat tour ride of Lake Junaluska (For those who signed up during registration.) The boat tour departs at 1 PM from the dock behind the Harrell Center, located across from the Terrace Hotel. **Sorry** the boat ride is **full**.

2:30 - 4:00 PM (2 workshops – Please choose one) 1.5 hrs.

Rev Victoria Loveland-Coen *“It’s not What, but Where”* - International room in Lambuth

Rev Danny Spears "Embrace the Rainbow: Engaging the LGBTQ+ Communities Inside and Outside of Our Churches"- Room 100 in Lambuth

After 4:00 PM, if you are not in the band or the Talent show please enjoy some **Free time** until dinner. Walk around the lake, visit the coffee/gift shop, take time out at the labyrinth, visit the rose garden outside of the Terrace hotel, take a nap, or check out nearby downtown Waynesville. There’s lots to choose from.

4:15 - 5:15 PM ~ 1 hr. Band practice – International room in Lambuth

5:15 – 6:00 PM ~ .75 hr. Talent show rehearsal, (Spirit Share) - International room in Lambuth

5:30 - 6:45 PM ~ Dinner - Lambuth Dining Hall

7:00-9:30 PM ~ Music from the **Art of Spiritual Transformation Band** and **“Spirit Sharing”** ~ **Mike Davis and Rev Therese Lee.** Annual retreat favorite for folks who want to share their gifts like poetry, music, dance, monologue, comedy, magic for an enthusiastic audience. This is YOUR time to shine in an evening of fun and surprises! Be sure you have Registered. - International room in Lambuth

An additional offering for UMMAS will be received!

Vespers – After evening event about 9:30 PM Facilitated by a **UMMAS member** – Room 102 Lambuth

Friday – September 23rd

7:00 - 7:45 AM ~ Easy Tai Chi for Balance ~ **Howard English** (Greenville, SC) - Grassy area near Lambuth

7:00 - 7:30 AM ~ Morning Meditation ~ **led by a UMMAS member** – Room 102 in Lambuth

7:30 - 8:30 AM ~ Breakfast - Lambuth Dining room

8:30 - 9:45 AM Pack up and be ready to check out by 11 AM. You **must check out** prior to our closing ceremony if you are planning to attend it.

10:00 - 11:00 AM ~ Closing Ceremony ~ Our final morning together as a retreat family is intended to provide us with closure to this rich experience of being together in Spirit, and to prepare us for 're-entry' into our everyday lives. Rev. DeBorah Ogiste, Mike Davis and Rev. Therese Lee are your host for our closing ceremony, which includes, music, guided meditations, working with our chakras and clearing stagnant energy. You will leave Lake Junaluska knowing that you are an expression of Love and ready to share that Love with the world.
- International room in Lambuth

LUNCH ON FRIDAY IS NOT INCLUDED IN THIS RETREAT EXPERIENCE.

Schedule Two (The long form)

Tuesday 7:00 - 9:30 - International room in Lambuth

Opening ceremonies with the Art of Spiritual Transformation Band and our Featured Unity Ministers Christina Garza and Greta Counts

The Art of Spiritual Transformation Band is composed of Rev. Dale Worley, (Unity of Savannah, GA), Rev James King, (Unity of Greenville, SC), Rev Christy Snow, (Charlotte, NC) Mike Davis, (Blairsville, GA) Bobby Shropshire, (Myrtle Beach, SC) and Rochelle Coatney, (Charlotte NC)

Rev. Christina Garza: is the Senior Minister of Unity of Nashville.

She has been a Unity Truth/New Thought student for over 18 years. She graduated and became a licensed minister through the Unity Urban Ministerial School in Detroit, MI in 2018 and was ordained by Unity Worldwide Ministries in June 2019. Also, a certified Q Effect/Q Process facilitator and coach, she regularly offers workshops and trainings.

Rev. Christina is passionate about the Unity message of affirmative prayer and inherent Divinity and wants to share it with the world. Her personal ministry focuses on spiritual liberation and engaging diverse communities including LGBTQ, low-income, and Spanish-speaking/Latino populations. She was born and raised in Chicago, but is very connected to her Mexican roots, as well as her "Spanglish" identity, and is committed to developing bi-lingual and Spanish Unity services. Christina has more than 25 years of experience working with and in nonprofit organizations as a community activist, nonprofit executive, foster care advocate, and participatory action researcher. She has dedicated her career to supporting social justice, equity, and improving people's daily lives. For the last 13 years, she administered her private

consulting firm that specializes in organizational development, evaluation, and funds development. She holds a Master's Degree in Political Science from the University of Michigan, Ann Arbor and is ABD (All but Dissertation) in her Doctoral work in Political Philosophy.

Christina's greatest blessing is her family which includes her wife, Veronica, her daughter, Isabella, and their highly intelligent Shih Tzu, "Cutie". When she's not buried under books reading for work or pleasure, she enjoys salsa dancing, shoe shopping, antiquing, and traveling.

Rev. Greta Counts is the Spiritual Leader of Unity South Atlanta, a Religious Science Practitioner with the Spiritual Living Center of Atlanta and an accredited Hay House Licensed Heal Your Life® Workshop Facilitator who is passionate about teaching others how to love, accept and approve of themselves to create positive changes in their personal and professional lives. She coaches individuals and groups who are seeking to live a life of good health, inner peace, unbridled joy and personal success. She is uniquely trained to help others move to a higher level of awareness about who they are and offers workshops on self-love, inner child and forgiveness just to name a few.

Wednesday's Featured Presenter 9 to 11:45 - International room in Lambuth
"Saying Yes to Positive Transformation"

D.E. Paulk - Senior Pastor of Spirit and Truth Sanctuary in Atlanta, GA

Rev D.E. Paulk will take us on a journey of spiritual transformation and saying YES to change. Paulk has lived through many changes in his own life that has informed his understanding about inclusivity, diversity, and spiritual growth. He will share his journey of transitioning from an evangelical Pentecostal Holiness Church into an Interfaith, LGBTQ+ affirming church and surviving it.

Rev Paulk invites us to the mountaintop to discover the various levels of happiness.

- How to go from material consciousness to an authentic spiritual awareness
- Waking up to the power to create your life
- Safeguards against ego and resistance
- How much happiness can you really stand?

Wednesday 1:00-2:30 - International room in Lambuth
Part Two

Rev. D.E. Paulk ~ Atlanta, GA

Wednesday 2:45-4:15 - International room in Lambuth
Think, Feel, Heal
Rev John Strickland ~ Ellijay, GA

Workshop: “Think, Feel, Heal” Eight Keys to Health and Wholeness. You will learn great ideas that will push your consciousness solidly in the direction of healing!

In his forty years in ministry, **Rev. John Strickland** has served churches from Hawaii to New York. He has worked as an assistant to Unity poet laureate James Freeman and to beloved author Eric Butterworth. From 1984 to 1991 he was director of the Silent Unity worldwide prayer ministry.

In 2001, Rev. Strickland joined Unity Atlanta Church as senior minister, serving there until his retirement in 2017. He has traveled the world as a delegate to the Parliament of the World’s Religions. Today, Rev. Strickland continues his ministry as he speaks to groups of all religious affiliations.

Wednesday 2:45-4:15 - Room 100 Lambuth Hall

“Wrapped in a Cloak of Valor”

Rev. David Hiller ~ Myrtle Beach, SC

Workshop: “Wrapped in a Cloak of Valor” Now more than ever before is the time to awaken to the truth of who we really are and to know we are always supported by the Heavenly Angels, Holy Spirit, and the Divine. In this workshop we will experience deep inner peace through Angelic Meditation and Healing, Enlightening Story Telling of Quantum Transformation & Shifts. Gain insights to overcome our fears and worries of what’s happening in our world.

Rev David Hiller has a Masters Degree in Counseling and is a Minister, Counselor and Psych-K facilitator and creator of his business: Mind Power Dynamics.

Wednesday 4:30 -6:00 - International room in Lambuth

“Love Yourself, Heal Your Life”

Rev. Greta Counts ~ Atlanta, GA

Workshop: Coach Greta believes that when you love yourself, you heal your life and when you heal your life, you love your life. This transformational workshop with author Greta Counts (Mirror Work Works) will support you in healing your life by helping you know how to love, accept and approve of yourself.

Participants will be guided in exercises to release the past and learn to love themselves more. Using the mirror technique popularized by Louise Hay, they will take a quantum step into self-acceptance. We will use affirmations and visualizations to focus on the new reality they want to create.

- Are you ready to understand your barriers to self-love?
- Do you want to address limiting beliefs that hinder your success?
- Are you ready to let go of what’s keeping you stuck?

Let’s activate the power of I AM so that your life can blossom in ways beyond your imagination. Come ready to embrace transformation. All are welcome.

Wednesday 4:30 -6:00 – Room 100 Lambuth

“The Law of Mind Action Amplified”

Rev Ed Kosak ~ Charleston, SC

Workshop: “The Law of Mind Action Amplified “. Transformation can happen at any level with the Law of Mind Action. This workshop will present stories, tools, and research to heighten the effectiveness of the Law of Mind Action in our own life and to create a world that works for all.

Rev Ed Kosak, assistant minister Unity of Charleston, SC

Ed's personal mission statement is: "Facilitating the spiritual and emotional transformation of those I serve, and to promote unity in our diversity."

Wednesday 7:00 PM to 9:30 PM – International room Lambuth

Featured Musician and Speaker

Amy Steinburg

“Singular” is the word that best describes Amy Steinberg.

Uplifting, enlightening and hilarious with a voice that can burn the house down, Amy Steinberg is a singer, songwriter and storyteller like none other. The main thrust of her work comes from marrying the sacred and profane, fusing the dreamlike nature of Spirit with the rooted realness of sexuality and humor.

She plays the piano and guitar with her own swingy rhythmic bounce, injecting shades of jazz, rock, hip hop, and poetry, all with a theatrical flair. Deeply soulful, with her bombastic belt, she sings of self-love, open-mindedness, and the holiness of everything.

Thursday morning 9:00 AM – 11:00 AM -International room Lambuth

“Rev. Shad Groverland, Executive Director from Unity Worldwide Ministries and Rev. Mark Fuss and Rev. Ellen Debenport both from Unity World Headquarters” Unity Village

These three powerful Unity leaders will give us the latest updates, progress, and vision of the Unity Movement.

Thursday 1:00 PM - 2:30 PM International Room Lambuth

“Deep Love”

Rev. James King ~ Greenville, SC

Workshop: “Deep Love” How can you access the love of God for yourself and others? How can you stay present with the world as it is? How do you heal from the slings and arrows of life and become a healing presence for others?

There is a deep love that is available to all of us. The walls we have built in our minds, as a defense mechanism, have kept us separated from its essence. In this session you will have the opportunity to experience real **transformation** through the immersion of deep love. You are invited to come apart for a while and soak in the healing streams of grace and love. As we stir the waters together, we will find wholeness for body, mind and spirit. What can you expect?

Words of affirmation, quiet moments, and original music filled with loving presence.

Rev James King is an ordained Unity minister of inclusion, embracing positive and practical principles of spirituality. He is interested in making a difference in the world by sharing uplifting teachings that provide peaceful methods to assist people in reducing and healing their inner conflicts.

“My mission is to embody healed states of being and then teach them to others”

James knew at an early age that he would become a minister. He was involved with creating three non-denominational churches in Indiana. He became the Minister at Unity of Greenville in 2004. Under his leadership, the church has acquired 14.5 acres and built a new church home.

Thursday 1:00 PM - 2:30 PM Room 100

“Awakening Love”

Beth Boilott ~ Byron, GA

Workshop: “Awakening Love” through music and meditation Let’s come together and expand our experience of love through music and guided imagery. I invite you to bring your pillow and to dress comfortably. I’m looking forward to our time together.

Beth Boilott BA, LUT, CACII, NCACI. After serving two Unity churches as Spiritual leader over the past 14 years. Beth is enjoying guest speaking, singing, furthering her education and enjoying life with her partner and family. She continues to be involved in her counseling career, where she has more than twenty years’ experience in healing processes for those affected by addictions. “I’m an introvert, I gain energy and focus through time in the familiar quiet. However, there is something beautiful, powerful and healing in being with groups of like-minded people. “I so enjoy and appreciate this opportunity to connect with you”

Thursday 2:45 PM-4:15 PM – International room Lambuth

“It’s Not What, but Where”

Rev Victoria Loveland-Coen ~ Chapel Hill, NC

Workshop: “It’s Not What, but Where“. Do you ever feel that you’ve done so much work trying to change something in your life...including prayer and affirmation work but nothing is changing? Often, it’s not the things you do, or the words you say, it’s the energetic place from which you do anything...including spiritual practice...that makes the difference. Rather than focusing on trying to fix the problem, discover the power of playing in the energy of the answer.

Rev. Victoria Loveland-Coen is the author of 3 books, including her newest, Breakthrough: A Complete Guide for Getting Unstuck and Realizing Your Dreams, and a frequent guest on Unity Online Radio, Rev. Victoria Loveland-Coen shares her passion to help others experience their spiritual magnificence, while permanently eliminating self-sabotaging blocks, so they can live their true life’s purpose.

Rev. Victoria has been a student of New Thought/Ancient Wisdom for over 35 years. She was ordained in 2012 from One Spirit, and in 2017 from Unity. She has served as Minister of Unity Center of Peace in Chapel Hill since 2012.

Thursday 2:45-4:15 PM - Room 100 Lambuth

"Embrace the Rainbow: Engaging the LGBTQ+ Communities Inside and Outside of Our Churches"

Rev. Danny Spears ~ Gainesville, GA

Workshop: "Embrace the Rainbow: Engaging the LGBTQ+ Communities Inside and Outside of Our Churches."

As a movement, overall, Unity tends to be welcoming to the Queer community. At the same time, what do we consider "welcoming"? Is it hanging a rainbow flag in our spiritual centers? Is it being nice to same-sex couples in our midst? Is it hiring a queer minister? Just how engaged are we with our queer siblings and their lived experiences beyond polite conversations at coffee hour?

This workshop is an introduction to all those letters we in the Queer community use (and those letters don't begin to cover all the possibilities). How can we begin to move from polite and quiet acceptance to full and OUT celebration of our queer siblings?

Rev. Dr. Danny Spears is the Spiritual Leader of Unity of Gainesville Georgia. He is also an out and proud member of the Queer Community since age 18. Danny's spiritual journey has taken him from Apostolic Pentecostalism through Progressive Christianity, and since 2015, Unity and New Thought.

Ordained in Metropolitan Community Churches (MCC) since 2001, Danny has ministered at MCC's in Texas, Illinois, Virginia, South Carolina, and Georgia. He is working toward full Unity ordination through the Field Licensing Program. Danny and Richard, his husband of 26 years, have three children, five grandchildren, and multiple grand dogs and grand cats. They live in Canton, Georgia with their 13-year-old "kitten," Dylan.

Thursday 5:15 PM to 6:00 PM - International room Lambuth

TALENT SHOW REHEARSAL

Rev. Mike Davis and Rev Therese Lee

Thursday 7:00 PM to 9:30 PM - International room Lambuth

MUSIC AND SPIRIT SHARING

Rev. Mike Davis and Rev Therese Lee and Friends

Friday 10:00 AM to 11:00 AM - International room Lambuth

CLOSING CEREMONY

Rev DeBorah Ogiste, Mike Davis and Rev. Therese Lee



Join DeBorah, Mike and Therese for our UMMAS Closing Ceremony. Together we will “Journey Though Our Chakras.” We will embrace our authentic selves and authentic relationships through music, meditations, working with our chakras, clearing stagnant energy and wrapping up blessed UMMAS time together. Be sure to stay for this wonderful, Sacred Ceremony.

Rev. DeBorah Ogiste, is an Ordained New Thought Minister holding a support minister position as Minister of Diversity Enrichment at Unity of The Blue Ridge. She is a Certified Reiki Master, sound therapist, spiritual teacher, guide and coach. She is a high intuitive and open channel using her gifts for holistic healing. She uses her over 20 years’ experience in Energy work, and her over 10 years’ experience as a Sound Therapist using Tuning Forks, drums and Tibetan bowls. She intuitively combines energy work, sound, vibration, and knowledge to awaken and soothe her students and clients, bringing them to a place of inner balance. <http://peacefulmiracles.weebly.com/>

Mike Davis is a life-long musician, life-long learner, and life-long lover of God and people.

In a wondrous example of Divine appointment, he heard the call to ministry just as Unity Church of the Mountains in Blairsville, GA. was searching for a minister. As Ministry Coordinator, Mike leads with a servant’s heart and a sense of humor.

He is currently following the Special Dispensation path toward ordination.

Mike is committed to our community’s spiritual growth and joyful unfoldment.

He serves as Vice President of UMMAS.

Rev. Therese Lee is a dynamic leader and consultant in the Unity movement with a passion and commitment to awaken and inspire individuals to embrace their own divinity. She is dedicated to raising consciousness by living an engaged spiritual life through a consciousness of wisdom and compassion. As an Ordained Unity minister for more than 16 years, Therese is a master in creating transformational retreats, rituals, ceremonies and workshops, using storytelling, laughter, tears and meditation as catalysts for spiritual transformation. She is sought after as a captivating, funny, inspiring and authentic speaker and educator.

Therese continues to embody the spiritual practice of loving out loud and she is a certified facilitator in:

- Grief Recovery Method Specialist: accepting change, acknowledging loss and allowing feelings / grief
- Prayer Chaplain Trainer
- 4-Whys Integral Vision, Mission, Core Values, Intentions and Objectives
- BE Peace – Peace Connection
- Healthy Congregations
- Self- Differentiation
- Peacemaking

Spiritual Intelligence Assessment

Parker Palmer Circles of Trust

Therese is the co-founder of Nehemiah Sacred Service Retreats at Unity Village. Known as Nana-Reverend, Therese dedicates her working for God in honor of her now angel-winged husband, Rev. Tom Lee, and the gift of his three children, seven grandchildren and five grandpuppies. Her mission is to Love Out Loud.

UMMAS Evaluation for Lake Junaluska

Is this your first UMMAS fall retreat? Yes NO

Would you be willing to return to Lake Junaluska next year or a future year?

Yes NO Any comments _____

Who would you recommend for key presenters next year?

What did you Love about the retreat? _____

What could we do better? _____

Add extra paper if needed.

One of next year's Key Presenters is tentatively Rev. James Blake from Unity Headquarters.

