
MONTEAGLE SUNDAY SCHOOL ASSEMBLY

142nd Platform

JUNE 9-AUGUST 4, 2024

Workshops, Events, Performances,
and Activities

*REGISTRATION POLICIES FOR ALL ADULT AND YOUTH
WORKSHOPS, EVENTS, AND ACTIVITIES*

1. MSSA gate tickets are required for all persons on the grounds of the Assembly, except those visiting for four hours or less, who will be issued a temporary pass. EVERYONE, members and non-members, MUST present their MSSA gate ticket at each workshop session. (A four-hour pass is not a substitute for a gate pass in attending a workshop.)
2. Registration for workshops may be made online or at the MSSA business office during regular hours: Monday – Friday, 8 a.m. to 4 p.m., and during the summer program season on Saturday, 9 a.m. to 3 p.m.
3. A name will not be added to the workshop registration until the fee has been paid by cash, check, credit card, or house account.
4. Refunds will be made only if a replacement participant can be secured from the waiting list. Otherwise, no refund will be given.
5. Assembly residents are eligible for priority registration from **April 1-May 15**. Assembly residents include: cottage owners, renters, and their guests, who have a purchased a gate pass and are in residence at the time of the workshop.
6. Non-residents may place their names on the waiting list between **April 1-May 15**. On May 16, registration is open to all and those on the waiting lists will be confirmed a place in a workshop as space becomes available.
7. Most adult workshops are also appropriate for mature teens, and in some cases for children as young as ten if accompanied by a registered parent.

WEEK ONE
June 9-15, 2024
The Story Starts

**Workshops, Events, Performances,
and Activities**

When required, payment and registration for workshops, events and activities may be made online or in the MSSA office. Remember to bring your gate pass to all workshops and show it to the platform staff on duty. Complete registration details and policies may be found on page 22.

Mon. & Wed., Weeks 1-8, 8-9:00 a.m., Gymnasium

Yoga Flow: Anneli Virkhaus, instructor

Come experience an hour of flowing yoga to strengthen and restore your body and mind. The class begins with focus on breathing, followed by gentle warm up poses, then moves into a flow based on the sun salutation series, and ends with some gentle cool down stretches. Every class ends with a long resting pose or savasana and Anneli plays live sound healing music with her guitar, voice, and singing bowls. This class is appropriate for all levels and modifications will be offered.

Open to adults; no fee; no advance registration required

Mon. & Wed., Weeks 1-8, 8:30-9:15 a.m., Pool

Aqua Yoga: Liz Norell (Mon.) & Harris Cleveland (Wed.), instructors

Aqua yoga moves traditional yoga postures into the water, to better support joints and lessen the cardio impact of the practice. These classes will also be gentle, in that we will move from one pose to the next at a relatively slow pace and hold the poses longer. Our goal will be to stretch big muscle groups (especially hips, back, and legs) and calm the nervous system. This accessible yoga class will leave you feeling refreshed and calmed. It's open to everyone, regardless of body type/shape, gender, yoga experience (or lack thereof), or mobility challenge. If you can get in and out of the pool, we will make this class work for you!

Open to adults; no fee; no advance registration required

Mon.–Fri., June 10-14

Decades week for youth

Bring your best decades attire from the 1950s-2000s for Week 1 activities!

Mon., June 10, 10 a.m.-noon and 2:30-4:30 p.m., Pickleball Courts

REGISTER HERE

#1-A Workshop: Adult introductory pickleball workshop with Stephanie Lane, instructor

For those who may or may not have played the game before and want to learn how to keep score or to get a refresher on the basics.

Advance sign-up required; max 10 participants; \$45 fee.

***Adults may register for only one pickleball workshop – Introductory OR Intermediate*

Mon., Weeks 1-8, 10:15-11:15 a.m., Warren's Point

Peaceful Practice at the Point with Pace Verner, leader

Pace will share her Peaceful Practice with us each Monday morning at Warren's Point gazebo from 10:15-11:15 a.m. She will read a prayer, poem, or scripture, followed by a time of silence for prayer, meditation, or journaling, then lead a brief time for group reflection. Bring your journal, pen, and perhaps a blanket for sitting. All are welcome

Open to adults; no fee; no advance registration required

Mon., June 10, 6-7 p.m., Warren Chapel

Dinner on the Chapel Grounds: Dinner on the Chapel Grounds: Come one and all! Everyone is invited to join the Chapel Committee for dinner on the Chapel Grounds Monday evenings at 6:00 pm. The main dish, paper products, water, and lemonade are provided by the Chapel Committee. Please bring a side dish or dessert to share. When the bell rings for Twilight Prayers, we are all invited to join in the Twilight Prayers service. A great time of fellowship!

No fee; no advance registration required

Mon.–Fri., June 10-14, 2:30-5 p.m., Art Pavilion/Shady Dell (check schedule each day) REGISTER HERE

#1-B Workshop: Exploring watercolors from a fresh perspective by painting cottage images with Cheryl Lankhaar, instructor

This workshop will focus on drawing skills and understanding values in creating strong paintings. We will also review watercolor theory and mixing.

Our subject matter will be painting an image of a cottage of your choice from your photograph.

Students provide their own materials unless they arrange otherwise to purchase a kit containing basic pigments, brushes, and paper.

Advance registration required; limited to 8 participants; \$25 class fee, watercolor kit can be pre-ordered for \$50.

Tues. & Wed., Weeks 1-8, 9:30-9:55 a.m., Warren Chapel

Ring! Intergenerational chime choir with Pam Maloof, instructor

Using a harmony bell method participants create a melody accompanied by a CD. The color-coded system allows everyone to participate. Grandparents, parents, and older siblings are encouraged to join in creating beautiful music.

Open to ages 4-100; no fee; no advance registration required

Tues. & Fri., Weeks 1-4, 8:00 a.m., Gymnasium

Pilates with Bruce Manuel, instructor

The Pilates mat class is designed to accommodate anyone from the novice to the experienced practitioner. Movements are performed on a cushioned mat. Unlike yoga, Pilates was developed in the early 20th century by Joseph Pilates. Pilates movements are efficient and fluid and require muscle control, coordination, balance, concentration, and precision. Our class will integrate these with strength, stability, flexibility, and breathing. The class begins with simple warm-up exercises and an introduction to fundamental Pilates exercise. As the class becomes more familiar with the repertoire, they will progress to more challenging movements. The primary purpose is to first have fun, with a fit body being a bonus.

Open to adults; no fee; no advance registration required

Tues., June 11, 10 a.m.-noon and 2:30-4:30 p.m., Pickleball Courts REGISTER HERE

#1-C Workshop: Adult intermediate pickleball workshop with Stephanie Lane, instructor

For those who have already played the game, know how to keep score, and how to position themselves on the court.

Advance sign-up required; max 10 participants; \$45 fee.

***Adults may register for only one pickleball workshop – Introductory OR Intermediate*

Tues., June 11, 2:30-4:00 p.m., Pulliam Center REGISTER HERE

#1-D Workshop: Yarn Wall Art with Virginia Curry, instructor

Choose a word that makes you *happy!* With an X-Acto knife, you'll cut out that special word from recycled mailing boxes (with help if needed). Then you'll wrap the word with yards and yards of yarn to complete a light-weight wall hanging or shelf decoration. This workshop is appropriate for Buzzards & Falcons and adults.

Advance registration required; max 12 participants; \$5 materials fee.

Wed., June 14, 10:45 a.m. and 1:00 p.m. REGISTER HERE

#1-E Plateau Wednesday Talk and Tour with Matt Sparacio of Cove Creek Farms

Using photos, we will explain how our practice of adaptive rotational grazing works with nature to improve the soil, increase grass growth, and improve the health of our livestock. Using multiple species, cattle, goats, pigs, turkeys, and chickens to graze small areas for short periods of time allows the grass and soil recover. Allowing this rest creates a deeper root system that improves water retention and nutrient cycling. We will go over the success and struggles we have faced while farming on the Cumberland plateau. On the afternoon tour, see for yourself how Cove Creek Farms supports responsible and sustainable agriculture on the Mountain.

Advance registration required: max 24 participants; no fee.

Thurs., Weeks 1-3, 8:00 a.m., Gymnasium

CIRCL Mobility with Sara Yarworth, instructor

Based on the science of functional movement, CIRCL Mobility™ focuses on flexibility, breathwork, and mobility exercises. Whether you're a fitness enthusiast, a busy mom, or a 9-5er, CIRCL Mobility™ helps you release stress, restore your range of motion, and renew your ability to move better, longer.

Open to adults; no fee; no advance registration required

Thurs., June 13, 9-10 a.m., Warren Chapel

Bible Study for All: Led by our minister of the week. No fee, no sign-up.

Thurs., June 15, 2:30-4:30 p.m., Pulliam Center

REGISTER HERE

#1-F Journaling Workshop: The Power of Putting Pen to Paper: An introduction to journaling with Deboran Denson, instructor

Science and psychology reveal that putting pen to paper is a powerful life tool. From reducing anxiety, increasing focus, boosting creativity, and improving physical health, journaling can transform our cluttered thoughts into a practice of self-discovery. In this workshop, we will discover and practice the healing art of journaling.

Advance registration required; journal and pen provided; no fee

Fri., June 14, 8-9:00 a.m., Warren Chapel

Prayer Time: Prayers will be offered for our Assembly, its members, guests, activities, programs, and more. These prayers will be led by a member of the Chapel committee from a list prepared for each participant to follow. The Chapel is open at all times for group or individual prayers, rest, and meditation.

Fri., June 14, 8-9:00 a.m., Meet at Nashville Home

Youth Trail Run with Anna Kate Tibbs

Each Friday, join Anna Kate Tibbs on a morning trail run. Open to Eaglets, Eagles, Buzzards, and Falcons. Wear supportive shoes for jogging on uneven terrain and bring a water bottle if possible.

Fri., June 14, 2:30 p.m., Writers' Grove (Warren Chapel is the rain location)

Readings in the Writers' Grove: Join Mary Liza Hartong for readings from *Love and Hot Chicken*. A book signing will follow, with a special Hot Chicken slider tasting afterwards.

Open to adults; no fee; no advance registration required

Fri., June 14, 6:00-7:00 p.m., Nashville Home Porch

Youth Porch Party for Eagles, Buzzards & Falcons

Dress up in your summer best and join your favorite Eagles, Buzzards & Falcons for a porch party on the Nashville Home Porch. Guests should bring an appetizer to share.

WEEK TWO
Wayne & Virginia Jervis Bible Week
June 16-22, 2024

**Workshops, Events, Performances,
and Activities**

When required, payment and registration for workshops, events and activities may be made online or in the MSSA office. Remember to bring your gate pass to all workshops and show it to the platform staff on duty. Complete registration details and policies may be found on page 22.

Youth Pickleball Tournament

Buzzards and Falcons are invited to participate in a pickleball tournament! Sign up beginning Sun.; sign-up closes at noon Tues. Participants are invited to a tournament kick-off party at Got Curried Away (#126B) on Tues. at 7:00 p.m. Teams will be drawn out of a hat. Please bring an appetizer or snack to share. The tournament will run Wednesday and Thursday morning on the Pickleball Courts. Please check the Auditorium bulletin board and attend the Tuesday Parent's Meeting for more details.

Mon. & Wed., Weeks 1-8, 8-9:00 a.m., Gymnasium

Yoga Flow: Anneli Virkhaus, instructor

Come experience an hour of flowing yoga to strengthen and restore your body and mind. The class begins with focus on breathing, followed by gentle warm up poses, then moves into a flow based on the sun salutation series, and ends with some gentle cool down stretches. Every class ends with a long resting pose or savasana and Anneli plays live sound healing music with her guitar, voice, and singing bowls. This class is appropriate for all levels and modifications will be offered.

Open to adults; no fee; no advance registration required

Mon. & Wed., Weeks 1-8, 8:30-9:15 a.m., Pool

Aqua Yoga: Liz Norell (Mon.) & Harris Cleveland (Wed.), instructors

Aqua yoga moves traditional yoga postures into the water, to better support joints and lessen the cardio impact of the practice. These classes will also be gentle, in that we will move from one pose to the next at a relatively slow pace and hold the poses longer. Our goal will be to stretch big muscle groups (especially hips, back, and legs) and calm the nervous system. This accessible yoga class will leave you feeling refreshed and calmed. It's open to everyone, regardless of body type/shape, gender, yoga experience (or lack thereof), or mobility challenge. If you can get in and out of the pool, we will make this class work for you!

Open to adults; no fee; no advance registration required

Mon.–Fri., June 17-21

Wild about animals week for Hummingbirds: Books, free play, and art activities about wild and wonderful animals.

Mon., Weeks 1-8, 10:15-11:15 a.m., Warren's Point

Peaceful Practice at the Point with Pace Verner, leader

Pace will share her Peaceful Practice with us each Monday morning at Warren's Point gazebo from 10:15-11:15 a.m. She will read a prayer, poem, or scripture, followed by a time of silence for prayer, meditation, or journaling, then lead a brief time for group reflection. Bring your journal, pen, and perhaps a blanket for sitting. All are welcome

Open to adults; no fee; no advance registration required

Mon., June 17, 6-7:00 p.m., Warren Chapel

Dinner on the Chapel Grounds: Dinner on the Chapel Grounds: Come one and all! Everyone is invited to join the Chapel Committee for dinner on the Chapel Grounds Monday evenings at 6:00 pm. The main dish, paper products, water, and lemonade are provided by the Chapel Committee. Please bring a side dish or dessert to share. When the bell rings for Twilight Prayers, we are all invited to join in the Twilight Prayers service. A great time of fellowship!

No fee; no advance registration required

Tues. & Wed., Weeks 1-8, 9:30-9:55 a.m., Warren Chapel

Ring! Intergenerational chime choir with Pam Maloof, instructor

Using a harmony bell method participants create a melody accompanied by a CD. The color-coded system allows everyone to participate. Grandparents, parents, and older siblings are encouraged to join in creating beautiful music.

Open to ages 4-100; no fee; no advance registration required

Tues. & Fri., Weeks 1-4, 8:00 a.m., Gymnasium

Pilates with Bruce Manuel, instructor

The Pilates mat class is designed to accommodate anyone from the novice to the experienced practitioner. Movements are performed on a cushioned mat. Unlike yoga, Pilates was developed in the early 20th century by Joseph Pilates. Pilates movements are efficient and fluid and require muscle control, coordination, balance, concentration, and precision. Our class will integrate these with strength, stability, flexibility, and breathing. The class begins with simple warm-up exercises and an introduction to fundamental Pilates exercise. As the class becomes more familiar with the repertoire, they will progress to more challenging movements. The primary purpose is to first have fun, with a fit body being a bonus.

Open to adults; no fee; no advance registration required

Tues.- Fri., June 18–21, 10:45 a.m., Warren Chapel

The Wayne and Virginia Jervis Bible Week Lectures with Guy Erwin

It is commonplace to consider the life of faith as a kind of pilgrimage, a journey into an ever-deeper encounter with the Divine, and to describe life events as milestones along the way. The church does this both in its exposition of Scripture—which it understands as a holy narrative—and in its liturgical life, as the cycle of the church year retells the story of Jesus' life and death and the birth of a new Christian movement. The vivid image of the Christian as a *homo viator*—literally a “person on the move”—is one that has captured the imagination of many theologians and philosophers. There is much in Scripture to support this, as the trajectory of the history of salvation makes clear: from sacred origins, to exile in a broken world, to redemption and hope for an eternal return to the divine origin.

To do this, Dr. Erwin will use the four presentations of this series to reflect on four texts from the Gospels and Acts that give us vivid descriptions of encounters “on the road” that changed those in the story and are meant to change us as well. An important aspect of these presentations will be the use of images created by artists—both ancient and contemporary—that add a visual component and a powerful perspective on well-known stories. Mostly paintings, but including some art photography, these “glimpses” of the stories will give us new angles of approach to familiar storytelling.

Tuesday: *The Road to Emmaus (Luke 24:28-33a, 35)*

Wednesday: *The Road to Jericho (Luke 10:29-37)*

Thursday: *The Via Dolorosa (Mark 15:16-21)*

Friday: *The Road to Damascus (Acts 9:1-9)*

The Wayne and Virginia Jervis Bible Week Fund

Tues., June 18, 2:30-5:00 p.m., Pulliam Center

REGISTER HERE

#2-A Workshop: Narrative Machines: How to Develop and Build a Story with Kevin Wilson, instructor. Bring your creativity and most convenient writing tools (paper and pen or computer to type).

Advance registration required; max 15 participants; no fee.

Wed., June 19, 2:30-4:30 p.m., Crestwood on Chestnut Hill (#17)

REGISTER HERE

#2-B An Afternoon Tea Party at Crestwood on Chestnut Hill with Karen Eager, hostess

You are invited to Crestwood Cottage on Chestnut Hill for an afternoon tea party and walk down memory lane. Our host, Karen Eager will discuss vintage linens, family china, and silver place settings. Visitors will be treated to several decorated tables with unique features and themes. After the talk, an afternoon tea will be served with finger sandwiches and an array of dainty scones, cakes, and tempting treats.

Karen Eager has spent a lifetime entertaining and making the world beautiful with her whimsical touches. She has developed a wonderful reputation for amazing and well-appointed tables. The afternoon is a lovely combination of southern style and traditions.

Advance registration required; max 20 participants; \$30 event fee

Wed., June 19, 4:00 p.m., Winfield Porch

Book Club #1 of 3: *Horse*, by Geraldine Brooks

Thurs., Weeks 1-3, 8:00 a.m., Gymnasium

CIRCL Mobility with Sara Yarworth, instructor

Based on the science of functional movement, CIRCL Mobility™ focuses on flexibility, breathwork, and mobility exercises. Whether you're a fitness enthusiast, a busy mom, or a 9-5er, CIRCL Mobility™ helps you release stress, restore your range of motion, and renew your ability to move better, longer.

Open to adults; no fee; no advance registration required

Thurs., June 20, 9-10:00 a.m., Warren Chapel

Bible Study for All: Led by our minister of the week.

No fee; no advance registration required

Thurs., June 20, 2:30-4:30 p.m., Shady Dell

REGISTER HERE

#2-C Make-and-Take Workshop: Felted Wool Laundry Balls with Virginia Curry, instructor

SAVE TIME, MONEY, AND ENERGY! By using a felted wool dryer ball your laundry will be naturally soft, with fewer wrinkles and less static cling. Bring your ideas for designs and a steady hand to make felted wool yarn balls. This project will take the entire 2 hours, but you will love your dryer ball for all your drying needs!

Advance registration required; limited to 12 participants; \$15 materials fee.

Fri., June 21, 8-9:00 a.m., Warren Chapel

Prayer Time: Prayers will be offered for our Assembly, its members, guests, activities, programs, and more. These prayers will be led by a member of the Chapel committee from a list prepared for each participant to follow. The Chapel is open at all times for group or individual prayers, rest, and meditation.

Fri., Weeks 1-8, 8-9:00 a.m., Meet at Nashville Home

Youth Trail Run with Anna Kate Tibbs

Join Anna Kate Tibbs on a morning trail run. Open to Eaglets, Eagles, Buzzards, and Falcons. Wear supportive shoes for jogging on uneven terrain and bring a water bottle if possible.

Fri., June 21, 2:30 p.m., Warren Chapel (rain location)

Readings in the Writers' Grove: Rick Glaze reads from his newly released book, *Ralph and Murray*.

WEEK THREE
Buzzards & Falcons Art Week
June 23-29, 2024

**Workshops, Events, Performances,
and Activities**

When required, payment and registration for workshops, events and activities may be made online or in the MSSA office. Remember to bring your gate pass to all workshops and show it to the platform staff on duty. Complete registration details and policies may be found on page 22.

Sun., June 23, 4:00 p.m.

Pet Show and Sundaes on the Mall

Come enjoy ice cream and a pet show on the mall! If you have a pet, no matter what type or size, and would like to enter the pet show, simply bring them with you and find a member of the youth staff! Judging will take place during the show, so if your pet has any special talents now is the time to show them off! Ice cream to follow the show.

Mon. & Wed., Weeks 1-8, 8-9:00 a.m., Gymnasium

Yoga Flow: Anneli Virkhaus, instructor

Come experience an hour of flowing yoga to strengthen and restore your body and mind. The class begins with focus on breathing, followed by gentle warm up poses, then moves into a flow based on the sun salutation series, and ends with some gentle cool down stretches. Every class ends with a long resting pose or savasana and Anneli plays live sound healing music with her guitar, voice, and singing bowls. This class is appropriate for all levels and modifications will be offered.

Open to adults; no fee; no advance registration required

Mon. & Wed., Weeks 1-8, 8:30-9:15 a.m., Pool

Aqua Yoga: Liz Norell (Mon.) & Harris Cleveland (Wed.), instructors

Aqua yoga moves traditional yoga postures into the water, to better support joints and lessen the cardio impact of the practice. These classes will also be gentle, in that we will move from one pose to the next at a relatively slow pace and hold the poses longer. Our goal will be to stretch big muscle groups (especially hips, back, and legs) and calm the nervous system. This accessible yoga class will leave you feeling refreshed and calmed. It's open to everyone, regardless of body type/shape, gender, yoga experience (or lack thereof), or mobility challenge. If you can get in and out of the pool, we will make this class work for you!

Open to adults; no fee; no advance registration required

Mon.-Fri., June 24-28

Fairy tale week for Hummingbirds: Classic and modern fairy tales will be this week's theme for our smallest birds.

Mon., Weeks 1-8, 10:15-11:15 a.m., Warren's Point

Peaceful Practice at the Point with Pace Verner, leader

Pace will share her Peaceful Practice with us each Monday morning at Warren's Point gazebo from 10:15-11:15 a.m. She will read a prayer, poem, or scripture, followed by a time of silence for prayer, meditation, or journaling, then lead a brief time for group reflection. Bring your journal, pen, and perhaps a blanket for sitting. All are welcome

Open to adults; no fee; no advance registration required

Mon., June 24, 6-7:00 p.m., Warren Chapel

Dinner on the Chapel Grounds: Dinner on the Chapel Grounds: Come one and all! Everyone is invited to join the Chapel Committee for dinner on the Chapel Grounds Monday evenings at 6:00 pm. The main dish, paper products, water, and

lemonade are provided by the Chapel Committee. Please bring a side dish or dessert to share. When the bell rings for Twilight Prayers, we are all invited to join in the Twilight Prayers service. A great time of fellowship!

No fee; no advance registration required

Tues. & Wed., Weeks 1-8, 9:30-9:55 a.m., Warren Chapel

Ring! Intergenerational chime choir with Pam Maloof, instructor

Using a harmony bell method participants create a melody accompanied by a CD. The color-coded system allows everyone to participate. Grandparents, parents, and older siblings are encouraged to join in creating beautiful music.

Open to ages 4-100; no fee; no advance registration required

Tues. & Fri., Weeks 1-4, 8:00 a.m., Gymnasium

Pilates with Bruce Manuel, instructor

The Pilates mat class is designed to accommodate anyone from the novice to the experienced practitioner. Movements are performed on a cushioned mat. Unlike yoga, Pilates was developed in the early 20th century by Joseph Pilates. Pilates movements are efficient and fluid and require muscle control, coordination, balance, concentration, and precision. Our class will integrate these with strength, stability, flexibility, and breathing. The class begins with simple warm-up exercises and an introduction to fundamental Pilates exercise. As the class becomes more familiar with the repertoire, they will progress to more challenging movements. The primary purpose is to first have fun, with a fit body being a bonus.

Open to adults; no fee; no advance registration required

Tues.-Fri., June 25-28, 10:00-Noon, Shady Dell

#3-A Buzzards & Falcons Art Week with Bradley Moody Mims and Colby Henderson-Black, instructors. **REGISTER HERE**

Tues.: Block Printing on T-shirts

Learn how to create your own one-of-a-kind block print! Once created, we will use these block prints to make our own designed t-shirts!

Wed.: Polymer Clay Creations

Design and create your own pins, earrings, jewelry, or bolo tie (or anything else you come up with!) out of polymer clay. This malleable, colorful clay is very easy to work with. Once cooked, it hardens but retains flexibility.

Thurs.: Shibori Tie Dye

Learn the art of shibori tie dye and create your own dyed piece. Clothing, dish towels, bags, and so much more can be tie dyed and designed with this amazing technique!

Fri.: Watercolor Pen Paintings

Come and learn the art of watercolor by creating and painting something inspired by the beautiful Monteagle Assembly! Watercolors dry so fast, so once your creation is dry, you'll learn the art of adding black ink pen detail to bring your painting to life.

Advance registration; max 12 participants; no fee.

Wed., June 26, 10:45 a.m. and 2:00 p.m., Meet at the Auditorium

#3-B Plateau Talk and Walk with Joey Favaloro and Jeff Reynolds **REGISTER HERE**

Learn about decades of caving on the Cumberland Plateau with a morning lecture followed by an afternoon caving trip to Soda Straw Cave.

Advance registration required; limited to 15 participants.

Wed., June 26, 6:30 p.m., Meet at Nashville Home

Eagles: Overnight at Assembly Campground

Bring sleeping bag or Eno, sleeping pad, flashlight, water bottle. Optional: snacks, cards/games. Meet at the Nashville Home.

Wed., June 26, 6:30-8:30 p.m., Winfield Porch

REGISTER HERE

#3-C Arty Party: Register at the office by Tuesday at 4:00 pm. Limit of 14 participants, adults only. \$40 fee. Bring your own snack & beverage.

Thurs., Weeks 1-3, 8:00 a.m., Gymnasium

CIRCL Mobility with Sara Yarworth, instructor

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Open to adults; no fee; no advance registration required

Thurs., June 27, 9-10:00 a.m., Warren Chapel

Bible Study for All: Led by our minister of the week.

No fee; no advance registration required

Thurs.-Fri., June 27 & 28, 3-4:00 p.m., Pulliam Center

#3-D Thursday, June 27 3-3:00pm

REGISTER HERE

#3-E Friday, June 28, 3-4:00pm

REGISTER HERE

Special Activity: Dr. Mould's Escape Room (choose one of two sessions)

Can you escape the Winfield basement in 60 minutes? Can you work as a team to decode the clues? Can you make a memory with your friends and family? Join the fun!

Advance registration required; limited to 8 participants; no fee

Special Lecture Fund

Fri., June 28, 8-9:00 a.m., Warren Chapel

Prayer Time: Prayers will be offered for our Assembly, its members, guests, activities, programs, and more. These prayers will be led by a member of the Chapel committee from a list prepared for each participant to follow. The Chapel is open at all times for group or individual prayers, rest, and meditation.

Fri., Weeks 1-8, 8-9:00 a.m., Meet at Nashville Home

Youth Trail Run with Anna Kate Tibbs

Join Anna Kate Tibbs on a morning trail run. Open to Eaglets, Eagles, Buzzards, and Falcons. Wear supportive shoes for jogging on uneven terrain and bring a water bottle if possible.

Fri., June 28, 2:30 p.m., Warren Chapel (rain location)

Readings in the Writers' Grove: Shao-nian Bates reads from her book, *Memoir of a Small Chinese Woman*.

WEEK FOUR

June 30-July 6, 2024

Workshops, Events, Performances, and Activities

When required, payment and registration for workshops, events and activities may be made online or in the MSSA office. Remember to bring your gate pass to all workshops and show it to the platform staff on duty. Complete registration details and policies may be found on page 22.

Mon. & Wed., Weeks 1-8, 8-9:00 a.m., Gymnasium

Yoga Flow: Anneli Virkhaus, instructor

Come experience an hour of flowing yoga to strengthen and restore your body and mind. The class begins with focus on breathing, followed by gentle warm up poses, then moves into a flow based on the sun salutation series, and ends with some gentle cool down stretches. Every class ends with a long resting pose or savasana and Anneli plays live sound healing music with her guitar, voice, and singing bowls. This class is appropriate for all levels and modifications will be offered.

Open to adults; no fee; no advance registration required

Mon. & Wed., Weeks 1-8, 8:30-9:15 a.m., Pool

Aqua Yoga: Liz Norell (Mon.) & Harris Cleveland (Wed.), instructors

Aqua yoga moves traditional yoga postures into the water, to better support joints and lessen the cardio impact of the practice. These classes will also be gentle, in that we will move from one pose to the next at a relatively slow pace and hold the poses longer. Our goal will be to stretch big muscle groups (especially hips, back, and legs) and calm the nervous system. This accessible yoga class will leave you feeling refreshed and calmed. It's open to everyone, regardless of body type/shape, gender, yoga experience (or lack thereof), or mobility challenge. If you can get in and out of the pool, we will make this class work for you!

Open to adults; no fee; no advance registration required

Mon.–Fri., July 1-5

Olympics on the Mountain: Color Wars!

Calling all youth: this week is **color wars!** Come to games and enjoy Olympic-style festivities, games, and competitions. Each youth will be sorted on to a team upon arrival and given a color bandana: keep up with your bandana and wear it to all youth activities throughout the week! Let the games begin! Who will be victorious at the end of the week?

Under the sea week for Hummingbirds: A week of friendly fish and special sea creatures. Stories, free play, and art activities about the world under the sea.

Mon., Weeks 1-8, 10:15-11:15 a.m., Warren's Point

Peaceful Practice at the Point with Pace Verner, leader

Pace will share her Peaceful Practice with us each Monday morning at Warren's Point gazebo from 10:15-11:15 a.m. She will read a prayer, poem, or scripture, followed by a time of silence for prayer, meditation, or journaling, then lead a brief time for group reflection. Bring your journal, pen, and perhaps a blanket for sitting. All are welcome

Open to adults; no fee; no advance registration required

Mon., July 1, 2:30 p.m., Meet at Auditorium

All-Assembly Outreach Project: Housing Sewanee

For this year's community service project, MSSA will be working with Housing Sewanee, which functions much like Habitat for Humanity, providing housing for those who may be unable to afford to own a home otherwise. Whether we are framing walls, putting in landscaping, or clearing land for a new home, there will be jobs for children aged 5-99, so come on out and

let's get to work! More information about Housing Sewanee can be found on their website.

<https://www.housingsewaneecoinc.com>

Will Reynolds, organizer

Tues. & Fri., Weeks 1-4, 8:00 a.m., Gymnasium

Pilates with Bruce Manuel, instructor

The Pilates mat class is designed to accommodate anyone from the novice to the experienced practitioner. Movements are performed on a cushioned mat. Unlike yoga, Pilates was developed in the early 20th century by Joseph Pilates. Pilates movements are efficient and fluid and require muscle control, coordination, balance, concentration, and precision. Our class will integrate these with strength, stability, flexibility, and breathing. The class begins with simple warm-up exercises and an introduction to fundamental Pilates exercise. As the class becomes more familiar with the repertoire, they will progress to more challenging movements. The primary purpose is to first have fun, with a fit body being a bonus.

Open to adults; no fee; no advance registration required

Tues. & Wed., Weeks 1-8, 9:30-9:55 a.m., Warren Chapel

Ring! Intergenerational chime choir with Pam Maloof, instructor

Using a harmony bell method participants create a melody accompanied by a CD. The color-coded system allows everyone to participate. Grandparents, parents, and older siblings are encouraged to join in creating beautiful music.

Open to ages 4-100; no fee; no advance registration required

Tues., July 2, 10:45 am, Auditorium

Lecture: Hear Them Now: Lost Voices of the Assembly with Richard Boeth and the Archives Committee

Since 1980, more than 100 oral histories of longtime MSSA members have been taken down, recorded, and transcribed by dedicated members of the Archives Committees in order to preserve the personal memories and community history of the Monteagle Sunday School Assembly. Last year, Archives Director Morgan Merrill arranged for the digitization of the interview cassettes, allowing them to be easily accessed and shared for the first time. In this program, these voices from the past, supported by archival and family images, will fill the Auditorium with their stories of life here from 40, 60, even 100 years ago.

No advance registration required; no fee

Tues., July 2, 2:30-4:30 pm, Shady Dell

#4-A Workshop: Flower Arranging with Judy Walling, instructor

REGISTER HERE

Bring your favorite container for a floral arrangement that reflects your style! Also, bring a bucket of greenery from your Cottage's yard, clippers or floral scissors, and the magic will begin! Flowers, oasis, floral tape, and wire will be provided for a memorable centerpiece to use all week!

Advance registration required; max 12 participants; \$40 materials fee.

Wed., July 3, 8:00 a.m., Meet at North Gate

16th Annual Off-Road Classic: Family Walk/Run in the Woods

Slightly challenging 5k run/walk through the Assembly's Waldrop Woods. Finish-line celebration with watermelon at the Pool! No registration fee to participate; purchase a commemorative race t-shirt at the Snack Shop in advance in lieu of a free t-shirt + registration fee.

No advance registration required; no registration fee

Thurs., July 4, 8 a.m., Meet at Front Gate

45th Annual Monteagle/Sewanee Run/Walk

Run 6.4 miles to Shenanigans via the Mountain Goat Trail. Walkers may begin at the trailhead at Dollar General. Celebration and awards at Shenanigans. No registration fee to participate; purchase a commemorative race t-shirt at the Snack Shop in advance in lieu of a free t-shirt + registration fee.

No advance registration required; no registration fee

Thurs., July 4, 12:00 p.m., Mall Bandstand

Family Entertainment: Tracy City Jam Band

Tracy City Jam provides a joyful accompaniment to your family's picnic. In the tradition of Appalachian bands, musicians pick up and play for most any event. The result is an energetic sound of musicians creating music in the moment. The little ones will dance!

Thurs., July 4, 7:10 p.m., Mall Bandstand

Candlelight Service with brass faculty of the Sewanee Summer Music Festival

Faculty brass will play a prelude and accompany the hymns during the service. The final piece of the prelude is a medley of the official song/hymn of each branch of the Armed Forces, during the playing of which active and retired members are invited to stand and be recognized.

Fri., July 5, 8-9:00 a.m., Warren Chapel

Prayer Time: Prayers will be offered for our Assembly, its members, guests, activities, programs, and more. These prayers will be led by a member of the Chapel committee from a list prepared for each participant to follow. The Chapel is open at all times for group or individual prayers, rest, and meditation.

Fri., Weeks 1-8, 8-9:00 a.m., Meet at Nashville Home

Youth Trail Run with Anna Kate Tibbs

Join Anna Kate Tibbs on a morning trail run. Open to Eaglets, Eagles, Buzzards, and Falcons. Wear supportive shoes for jogging on uneven terrain and bring a water bottle if possible.

Fri., July 5, 2:30 p.m., Warren Chapel (rain location)

Readings in the Writers' Grove: Susan Binkley reads from her book, *From My Front Row Seat*. Book signing to follow.

WEEK FIVE
July 7-13, 2024
Adult Tennis Tournament Week

**Workshops, Events, Performances,
and Activities**

When required, payment and registration for workshops, events and activities may be made online or in the MSSA office. Remember to bring your gate pass to all workshops and show it to the platform staff on duty. Complete registration details and policies may be found on page 22.

Mon. & Wed., Weeks 1-8, 8-9:00 a.m., Gymnasium

Yoga Flow: Anneli Virkhaus, instructor

Come experience an hour of flowing yoga to strengthen and restore your body and mind. The class begins with focus on breathing, followed by gentle warm up poses, then moves into a flow based on the sun salutation series, and ends with some gentle cool down stretches. Every class ends with a long resting pose or savasana and Anneli plays live sound healing music with her guitar, voice, and singing bowls. This class is appropriate for all levels and modifications will be offered.

Open to adults; no fee; no advance registration required

Mon. & Wed., Weeks 1-8, 8:30-9:15 a.m., Pool

Aqua Yoga: Liz Norell (Mon.) & Harris Cleveland (Wed.), instructors

Aqua yoga moves traditional yoga postures into the water, to better support joints and lessen the cardio impact of the practice. These classes will also be gentle, in that we will move from one pose to the next at a relatively slow pace and hold the poses longer. Our goal will be to stretch big muscle groups (especially hips, back, and legs) and calm the nervous system. This accessible yoga class will leave you feeling refreshed and calmed. It's open to everyone, regardless of body type/shape, gender, yoga experience (or lack thereof), or mobility challenge. If you can get in and out of the pool, we will make this class work for you!

Open to adults; no fee; no advance registration required

Mon.-Fri., July 7-13

Movie star and talent week for youth

Teddy bear week for Hummingbirds: A fun week of teddy bear stories, crafts, and activities.

Mon.-Fri., July 8-12, 10:00 a.m.-Noon (practice), and Fri., July 12, 2:30-4:00 p.m. (dress rehearsal) and 7:45 p.m. (show), Auditorium

All-Assembly Talent Show, organized by Bradley Moody Mims and Colby Henderson-Black

Rehearsals during the week; Talent Show on Saturday. Bring your costumes, props, musical instruments, and all those talents you know you have! Let your imagination go wild as you develop a skit, musical number, comedy routine, or dance. will be at the helm to help lead us towards a magical and memorable night. Start thinking about something fun! Adults and families are welcome and encouraged to participate. Don't miss this annual MSSA tradition! (Sign up to participate at the Auditorium bulletin board.)

Mon., Weeks 1-8, 10:15-11:15 a.m., Warren's Point

Peaceful Practice at the Point with Pace Verner, leader

Pace will share her Peaceful Practice with us each Monday morning at Warren's Point gazebo from 10:15-11:15 a.m. She will read a prayer, poem, or scripture, followed by a time of silence for prayer, meditation, or journaling, then lead a brief time for group reflection. Bring your journal, pen, and perhaps a blanket for sitting. All are welcome

Open to adults; no fee; no advance registration required

Mon.-Fri, July 8-12, 2:30-5:00 p.m., Art Pavilion (Shady Dell rain location)

#5-A Workshop: Oil Painting with Kim Barrick

REGISTER HERE

Grab your brushes, paints, and canvases for a fun week learning new or refreshing old skills. Kim's engaging teaching style will inspire you to take artistic risks and expand your creative spirit. Kim will focus on florals, wildlife, and abstraction. Bring your photos and dreams. Students provide their own supplies. A suggested supply list can be found at kimbarrickstudio.com/artist-toolbox/

Advance sign-up required; max 10 participants; no fee

Mon., July 8, 6-7:00 p.m., Warren Chapel

Dinner on the Chapel Grounds: Dinner on the Chapel Grounds: Come one and all! Everyone is invited to join the Chapel Committee for dinner on the Chapel Grounds Monday evenings at 6:00 pm. The main dish, paper products, water, and lemonade are provided by the Chapel Committee. Please bring a side dish or dessert to share. When the bell rings for Twilight Prayers, we are all invited to join in the Twilight Prayers service. A great time of fellowship!

No fee; no advance registration required

Tues. & Thurs., Weeks 5-8, 8:00 a.m., Gymnasium

CIRCL Mobility with Sara Yarworth, instructor

Based on the science of functional movement, CIRCL Mobility™ focuses on flexibility, breathwork, and mobility exercises. Whether you're a fitness enthusiast, a busy mom, or a 9-5er, CIRCL Mobility™ helps you release stress, restore your range of motion, and renew your ability to move better, longer.

Open to adults; no fee; no advance registration required

Tues. & Wed., Weeks 1-8, 9:30-9:55 a.m., Warren Chapel

Ring! Intergenerational chime choir with Pam Maloof, instructor

Using a harmony bell method participants create a melody accompanied by a CD. The color-coded system allows everyone to participate. Grandparents, parents, and older siblings are encouraged to join in creating beautiful music.

Open to ages 4-100; no fee; no advance registration required

Tues.-Sat., July 9-12, Adult Tennis Tournament

Women's doubles, women's singles, and mixed doubles. No fee to play.

Sign-up sheets will be posted (Auditorium bulletin board) from Mon., July 1-Mon., July 8. Register by 5:00 p.m. July 8. Participants should attend the kick-off party at Get Right (#92), Betsy Peebles's cottage, at 7:00 p.m. Mon. (BYOB). Participants will find out the draw at the party. Play begins Tues., July 9 at 10:00 a.m.

Tues., July 9, 2:30-4:30 p.m., Pulliam Center

#5-B Workshop: Raising Kids in a Digital World with Katherine Walters

REGISTER HERE

As a follow-up to the morning's lecture on Raising Kids in a Digital World, Katherine Walters will share life hacks and simple strategies for parents of all ages. Parents will learn ways to stay connected to their kids, ways to motivate their kids, ways to streamline routines, and a variety of mindfulness techniques that will help create more harmony in their homes.

Advance registration required; limited space; no fee

Wed., July 10, 2:30-4:30 p.m., Pulliam Center

#5-C Beginner's Genealogy Workshop: Merryanne Pierson, instructor

REGISTER HERE

This introductory workshop will show you how to pull your family history together. Participants will learn the best places to look for information and how to gather original records.

Advance registration required; max 30 participants; no fee

Thurs., July 11, 2:30-4:30 pm, Shady Dell

#5-D Workshop: Decoupage Pumpkins with Lynn Priest, instructor

REGISTER HERE

Pumpkins are not just for the fall anymore! Bring your favorite fancy paper napkins or paper hand towels to decoupage the provided foam pumpkins. A simple pumpkin will transform into an all-year decorative pumpkin. Using Modge Podge and patience, the pumpkins will take on a whole new look! You'll top off your decorated pumpkins with gold paint pens on the stem for a decorative, finished look.

Advance registration required; max 8 participants; \$15 materials fee.

Thurs, Weeks 4-8, 10:00 a.m., East Courts

Adult Cardio Tennis: Get your heart pumping and work up a sweat.

No fee, no advance registration required

Thurs., July 11, 9-10:00 a.m., Warren Chapel

Bible Study for All: Led by our minister of the week.

No fee; no advance registration required

Thurs., July 11, 10:45 a.m., Warren Chapel

Lecture and Cake Tasting: Baking in the American South with Anne Byrn

Anne will talk about her forthcoming book, *Baking in the American South: 200 Recipes and Their Untold Stories* (A Definitive Guide to Southern Baking). After the lecture, enjoy a variety of pound cakes (provided by Anne) and ice cream on the Warren Chapel porch!

No fee; no advance registration required

Fri., July 12, 8-9:00 a.m., Warren Chapel

Prayer Time: Prayers will be offered for our Assembly, its members, guests, activities, programs, and more. These prayers will be led by a member of the Chapel committee from a list prepared for each participant to follow. The Chapel is open at all times for group or individual prayers, rest, and meditation.

Fri., Weeks 5-8, 8-9:00 a.m., Gymnasium

Tai Chi: Shao-nian Bates, instructor

Tai chi is an ancient martial arts technique that enhances physical and mental health, as well as improves posture, balance, flexibility, and strength. Tai chi is a series of flowing and meditative like movements. Tai chi can boost mood, alleviate pain, strengthen the immune system, and improve heart health. In this class, we begin by warming up the body, then practice learning the Yang style 24-Forms. This class will build on itself; over time you will learn the 24 forms. This class is for all levels and is good for people of all ages.

Open to adults; no fee; no advance registration required

Fri., July 12, 2:30 p.m., Warren Chapel (rain location)

Readings in the Writers' Grove: Rabbi Bruce Alt continues the morning lecture conversation with a reading from Dr. Marc Grobin's book, *Healing the Heart of Conflict*.

Sat., July 13, 5:30-8:15 p.m., Harton Hall & Mall

Jazz Picnic: Grab-and-go options will be available at Harton Hall starting at 5:30 p.m. The grill will be open with kid- and adult-friendly selections. Art Four Sale's all-original music draws from a variety of influences ranging from Pop and Brazilian to R & B and Jazz. From Nashville, Art Four Sale has performed in various settings since 1999 as they create the perfect mood, from festivals to garden parties. Sit back, relax, and enjoy a live art experience. Bring a picnic blanket or lawn chair. See *Mountain Voices* for more details on food options.

No fee; no advance registration required

WEEK SIX
Thomas Malone Trabue, III, Youth Week
July 14-20, 2024

**Workshops, Events, Performances,
and Activities**

When required, payment and registration for workshops, events and activities may be made online or in the MSSA office. Remember to bring your gate pass to all workshops and show it to the platform staff on duty. Complete registration details and policies may be found on page 22.

Mon. & Wed., Weeks 1-8, 8-9:00 a.m., Gymnasium

Yoga Flow: Anneli Virkhaus, instructor

Come experience an hour of flowing yoga to strengthen and restore your body and mind. The class begins with focus on breathing, followed by gentle warm up poses, then moves into a flow based on the sun salutation series, and ends with some gentle cool down stretches. Every class ends with a long resting pose or savasana and Anneli plays live sound healing music with her guitar, voice, and singing bowls. This class is appropriate for all levels and modifications will be offered.

Open to adults; no fee; no advance registration required

Mon. & Wed., Weeks 1-8, 8:30-9:15 a.m., Pool

Aqua Yoga: Liz Norell (Mon.) & Harris Cleveland (Wed.), instructors

Aqua yoga moves traditional yoga postures into the water, to better support joints and lessen the cardio impact of the practice. These classes will also be gentle, in that we will move from one pose to the next at a relatively slow pace and hold the poses longer. Our goal will be to stretch big muscle groups (especially hips, back, and legs) and calm the nervous system. This accessible yoga class will leave you feeling refreshed and calmed. It's open to everyone, regardless of body type/shape, gender, yoga experience (or lack thereof), or mobility challenge. If you can get in and out of the pool, we will make this class work for you!

Open to adults; no fee; no advance registration required

Mon.-Fri., July 14-20

Spirit week for youth: Check the Auditorium bulletin board for the daily theme!

Halloween in July for Hummingbirds: Halloween stories, crafts, and games will help our Hummingbirds celebrate Halloween in July.

Mon., Weeks 1-8, 10:15-11:15 a.m., Warren's Point

Peaceful Practice at the Point with Pace Verner, leader

Pace will share her Peaceful Practice with us each Monday morning at Warren's Point gazebo from 10:15-11:15 a.m. She will read a prayer, poem, or scripture, followed by a time of silence for prayer, meditation, or journaling, then lead a brief time for group reflection. Bring your journal, pen, and perhaps a blanket for sitting. All are welcome.

Open to adults; no fee; no advance registration required

Mon., July 15, 6-7:00 p.m., Warren Chapel

Dinner on the Chapel Grounds: Dinner on the Chapel Grounds: Come one and all! Everyone is invited to join the Chapel Committee for dinner on the Chapel Grounds Monday evenings at 6:00 pm. The main dish, paper products, water, and lemonade are provided by the Chapel Committee. Please bring a side dish or dessert to share. When the bell rings for Twilight Prayers, we are all invited to join in the Twilight Prayers service. A great time of fellowship!

No fee; no advance registration required

Mon., July 15, 6:00 p.m., Mall Bandstand

Final Crossings gospel band: Final Crossing was formed in November 2021 by a bunch of guys just getting together to pick on Sunday afternoons after church. These Sunday afternoon “pickings” quickly turned into something more, and Final Crossing began performing at local churches and venues around the area. Final Crossing primarily performs Bluegrass Gospel, but they do throw in some traditional bluegrass driving songs from time to time. Members of the group are Daniel Stephens (guitar, vocals), Randy Hill (banjo, vocals), Dwight Duckworth (mandolin, vocals), Nathan DuBois (fiddle), and Curt DuBois (upright bass, vocals). Final Crossing is based out of Franklin County, Tennessee.

Judith Humphreys Choral Music Program

Tues. & Thurs., Weeks 5-8, 8:00 a.m., Gymnasium

CIRCL Mobility with Sara Yarworth, instructor

Based on the science of functional movement, CIRCL Mobility™ focuses on flexibility, breathwork, and mobility exercises. Whether you’re a fitness enthusiast, a busy mom, or a 9-5er, CIRCL Mobility™ helps you release stress, restore your range of motion, and renew your ability to move better, longer.

Open to adults; no fee; no advance registration required

Tues. & Wed., Weeks 1-8, 9:30-9:55 a.m., Warren Chapel

Ring! Intergenerational chime choir with Pam Maloof, instructor

Using a harmony bell method participants create a melody accompanied by a CD. The color-coded system allows everyone to participate. Grandparents, parents, and older siblings are encouraged to join in creating beautiful music.

Open to ages 4-100; no fee; no advance registration required

Tues.-Thurs., July 16-18, Shady Dell

#6-A Eagles art workshops with Susie Elder, instructor

REGISTER HERE

Monteagle inspirations: Tues., Wed., & Thurs., 10:00 a.m.-Noon

Express yourself and see how creative you can be! In this drawing and painting workshop, eagles explore various subjects and experiment with different types of paint to create Monteagle memories through art. Works include gardens, whimsical animals, and colorful Monteagle landscapes.

Advance registration and MSSA gate ticket required; max 12 participants.

#6-B Eaglets art workshops with Susie Elder, instructor

REGISTER HERE

Bees, Birds, Blooms, and Bugs: Tues. & Thurs., 2:30-4:00 p.m.

Find artistic inspiration in nature and the sites of Monteagle before venturing into Shady Dell to make your own art and creatures. Eaglets will learn about birds, insects, flowers and friendly beasts (dogs) then create beautiful artwork inspired by these natural subjects. Old clothes and happy faces are required!

Advance registration & MSSA gate ticket required; max 16 participants.

Tues., July 16, 2:30-4:30 p.m., Pulliam Center

#6-C Workshop: The Art of Flower Pressing

REGISTER HERE

Bring back the lost art of note writing and pressed flowers! Capell Simmons will demonstrate how to press flowers by using a press or a heavy book. Participants will select dried flowers from Capell’s collection to create a pair of custom floral notecards and envelopes using handmade paper in a beautiful color palette. Participants will also create a pair wax seals for the handcrafted notecards.

Advance registration required; max 30 participants; \$30 fee

Wed. July 17, 2:30 p.m., Meet at Auditorium

#6-D Adult Excursion: William Ralston Listening Library and Archive

REGISTER HERE

An afternoon outing to the Ralston Listening Room in Sewanee to enjoy a variety of Beatles songs. Beatles historian, Richard Courtney will give a behind the music talk about the selections.

Advance registration required; limited to 20 participants.

Wed., July 17, 4:00 p.m., Linger Longer (#70)

Book Club #3: Remarkably Bright Creatures by Shelby Van Pelt. Join us for refreshments and discussion!

Wed., July 17, 6:30-8:30 p.m., Winfield Porch

#6-E Arty Party: Register at the office by Tuesday at 4:00 pm.

Limit of 14 participants, adults only. \$40 fee. Bring your own snack & beverage.

REGISTER HERE

Thursdays, Weeks 5-8, 10:00 a.m., East Courts

Adult cardio tennis: Get your heart pumping and work up a sweat.

No advance registration required; no fee

Thurs., July 18, 9-10:00 a.m., Warren Chapel

Adult Bible study: Led by our minister of the week.

No advance registration required; no fee

Thurs., July 18, 3:30 p.m., Lexington (#9)

#6-F Creating Non-Alcoholic Cocktails program, with Jim Rogan, mixologist and presenter

REGISTER HERE

“Once you’ve had a great cocktail, it’s almost impossible to go back to drinking lousy ones,” writes Nick Kokonas in *The Aviary Cocktail Book*. The goal of this program is to give participants the confidence to make non-alcoholic cocktails and start them on their way to making great cocktails. The role of ice, juices, egg whites, and syrups will be discussed. Participants will learn how to properly shake and stir ingredients as they create their own cocktails. Entertaining guests in the home will also be discussed.

Advance registration required; max 16 participants; no fee

Fri., July 19, 8-9:00 a.m., Warren Chapel

Prayer Time: Prayers will be offered for our Assembly, its members, guests, activities, programs, and more. These prayers will be led by a member of the Chapel committee from a list prepared for each participant to follow. The Chapel is open at all times for group or individual prayers, rest, and meditation.

Fri., Weeks 5-8, 8-9:00 a.m., Gymnasium

Tai Chi: Shao-nian Bates, instructor

Tai chi is an ancient martial arts technique that enhances physical and mental health, as well as improves posture, balance, flexibility, and strength. Tai chi is a series of flowing and meditative like movements. Tai chi can boost mood, alleviate pain, strengthen the immune system, and improve heart health. In this class, we begin by warming up the body, then practice learning the Yang style 24-Forms. This class will build on itself; over time you will learn the 24 forms. This class is for all levels and is good for people of all ages.

Open to adults; no fee; no advance registration required

Fri., Weeks 1-8, 8-9:00 a.m., Meet at Nashville Home

Youth Trail Run with Anna Kate Tibbs

Join Anna Kate Tibbs on a morning trail run. Open to Eaglets, Eagles, Buzzards, and Falcons. Wear supportive shoes for jogging on uneven terrain and bring a water bottle if possible.

Fri., July 19, 11 a.m.-3 p.m., MSSA Grounds

#6-G Woman’s Association 60th Annual Cottage Tour & Bazaar

REGISTER HERE

9:00 a.m.-3:00 p.m.: Bazaar

11:00 a.m.-3:00 p.m.: Cottage Tours. Advance tickets are \$20; same-day tickets are \$25. Parking in North Gate Field available for \$5.

Payment for tour tickets and box lunches may be made online or in the MSSA office.

Lecture by Stephen Smith and John Ramsey Miller at 10:45 a.m. in the Auditorium.

WEEK SEVEN
July 21-27, 2024
Youth Tennis Week
Adult Pickleball Tournament Week

**Workshops, Events, Performances,
and Activities**

When required, payment and registration for workshops, events and activities may be made online or in the MSSA office. Remember to bring your gate pass to all workshops and show it to the platform staff on duty. Complete registration details and policies may be found on page 22.

Youth Tennis Tournament

Sign-up sheet will be posted Monday morning and will run until Noon Tuesday. Felix Mann will post a schedule for matches and activities for the week. Check the Auditorium bulletin board and *Mountain Voices* for more details.

#7-A Adult Pickleball Tournament

REGISTER HERE

Starting Wed., July 19, you can sign up in person using the posters that will be on display at the Pickleball courts. Another option is to sign up online with workshops. All sign ups must be received by Noon on Sat., July 20. Partners for all divisions will be determined by a random drawing of names at the kickoff party (TBA). Check *Mountain Voices* for more details.

Mon.-Fri., July 22-25

Pirate week for Hummingbirds: X marks the spot for treasure hunts, fun songs, art, and stories about pirates and mermaids.

Mon. & Wed., Weeks 1-8, 8-9:00 a.m., Gymnasium

Yoga Flow: Anneli Virkhaus, instructor

Come experience an hour of flowing yoga to strengthen and restore your body and mind. The class begins with focus on breathing, followed by gentle warm up poses, then moves into a flow based on the sun salutation series, and ends with some gentle cool down stretches. Every class ends with a long resting pose or savasana and Anneli plays live sound healing music with her guitar, voice, and singing bowls. This class is appropriate for all levels and modifications will be offered.

Open to adults; no fee; no advance registration required

Mon. & Wed., Weeks 1-8, 8:30-9:15 a.m., Pool

Aqua Yoga: Liz Norell (Mon.) & Harris Cleveland (Wed.), instructors

Aqua yoga moves traditional yoga postures into the water, to better support joints and lessen the cardio impact of the practice. These classes will also be gentle, in that we will move from one pose to the next at a relatively slow pace and hold the poses longer. Our goal will be to stretch big muscle groups (especially hips, back, and legs) and calm the nervous system. This accessible yoga class will leave you feeling refreshed and calmed. It's open to everyone, regardless of body type/shape, gender, yoga experience (or lack thereof), or mobility challenge. If you can get in and out of the pool, we will make this class work for you!

Open to adults; no fee; no advance registration required

Mon., Weeks 1-8, 10:15-11:15 a.m., Warren's Point

Peaceful Practice at the Point with Pace Verner, leader

Pace will share her Peaceful Practice with us each Monday morning at Warren's Point gazebo from 10:15-11:15 a.m. She will read a prayer, poem, or scripture, followed by a time of silence for prayer, meditation, or journaling, then lead a brief time for group reflection. Bring your journal, pen, and perhaps a blanket for sitting. All are welcome.

Open to adults; no fee; no advance registration required

Mon., July 22, 6-7:00 p.m., Warren Chapel

Dinner on the Chapel Grounds: Dinner on the Chapel Grounds: Come one and all! Everyone is invited to join the Chapel Committee for dinner on the Chapel Grounds Monday evenings at 6:00 pm. The main dish, paper products, water, and lemonade are provided by the Chapel Committee. Please bring a side dish or dessert to share. When the bell rings for Twilight Prayers, we are all invited to join in the Twilight Prayers service. A great time of fellowship!

No fee; no advance registration required

Tues. & Thurs., Weeks 5-8, 8:00 a.m., Gymnasium

CIRCL Mobility with Sara Yarworth, instructor

Based on the science of functional movement, CIRCL Mobility™ focuses on flexibility, breathwork, and mobility exercises. Whether you're a fitness enthusiast, a busy mom, or a 9-5er, CIRCL Mobility™ helps you release stress, restore your range of motion, and renew your ability to move better, longer.

Open to adults; no fee; no advance registration required

Tues. & Wed., Weeks 1-8, 9:30-9:55 a.m., Warren Chapel

Ring! Intergenerational chime choir with Pam Maloof, instructor

Using a harmony bell method participants create a melody accompanied by a CD. The color-coded system allows everyone to participate. Grandparents, parents, and older siblings are encouraged to join in creating beautiful music.

Open to ages 4-100; no fee; no advance registration required

Tues. & Thurs., 2:30 p.m., Pulliam Center

#7-B Photography Workshop: The Photographer's Playbook with Mauro Antonio Barreto, instructor **REGISTER HERE**

Whether you take pictures casually on your phone or you shoot regularly on a standalone digital camera, this class will invite you to see photography in a new light. If you're stuck, hopefully this class will help to unstick you. If you're curious about photography but are not sure how to fit it into your everyday life, this class can be a guide. Through lectures, discussions, photography, and writing assignments, we will stray from our comfort zones and think about photography as a tool to help you be more attentive to the world around us.

Advance registration required; max 12 participants; no fee

Wed. July 24, 1:00 p.m., Meet at the Auditorium

#7-C Hiking Excursion with Ned Murray **REGISTER HERE**

Hike a newly opened trail on the Cumberland Plateau. *Advance registration required.*

Wed., July 24, 2:30-4:30 p.m., Shady Dell

#7-D Workshop: Zentangle decorative balls with Virginia Curry, instructor **REGISTER HERE**

Zentangles are an easy-to-learn, relaxing and fun way to create beautiful images by drawing repeating, structured patterns. Using a template with designated sections, participants will fill the sections with Zentangle patterns and watercolor paint; the template magically folds into a 3-D paper ball. The three paper balls can be placed in the provided clear bowl for an intriguing decorative piece!

Advance registration required; maximum 10 participants; \$10 materials fee

Thurs, Weeks 5-8, 10:00 a.m., East Courts

Adult Cardio Tennis: Get your heart pumping and work up a sweat.

No fee; no advance registration required

Thurs., July 25, 9-10:00 a.m., Warren Chapel

Adult Bible Study: Led by our minister of the week.

No fee; no advance registration required

Fri., Weeks 5-8, 8-9:00 a.m., Gymnasium

Tai Chi: Shao-nian Bates, instructor

Tai chi is an ancient martial arts technique that enhances physical and mental health, as well as improves posture, balance, flexibility, and strength. Tai chi is a series of flowing and meditative like movements. Tai chi can boost mood, alleviate pain, strengthen the immune system, and improve heart health. In this class, we begin by warming up the body, then practice

learning the Yang style 24-Forms. This class will build on itself; over time you will learn the 24 forms. This class is for all levels and is good for people of all ages.

Open to adults; no fee; no advance registration required

Fri., July 26, 8-9:00 a.m., Warren Chapel

Prayer Time: Prayers will be offered for our Assembly, its members, guests, activities, programs, and more. These prayers will be led by a member of the Chapel committee from a list prepared for each participant to follow. The Chapel is open at all times for group or individual prayers, rest, and meditation.

Fri., Weeks 1-8, 8-9:00 a.m., Meet at Nashville Home

Youth Trail Run with Anna Kate Tibbs

Join Anna Kate Tibbs on a morning trail run. Open to Eaglets, Eagles, Buzzards, and Falcons. Wear supportive shoes for jogging on uneven terrain and bring a water bottle if possible.

WEEK EIGHT

July 28-August 4, 2024

Workshops, Events, Performances, and Activities

When required, payment and registration for workshops, events and activities may be made online or in the MSSA office. Remember to bring your gate pass to all workshops and show it to the platform staff on duty. Complete registration details and policies may be found on page 22.

Mon.-Fri., July 28-August 4

Insect week for Hummingbirds: It's a bug's life for our little birds this week. Hummingbirds will be treated to an exploration of art, games, free play, and an insect egg hunt.

Mon. & Wed., Weeks 1-8, 8-9:00 a.m., Gymnasium

Yoga Flow: Anneli Virkhaus, instructor

Come experience an hour of flowing yoga to strengthen and restore your body and mind. The class begins with focus on breathing, followed by gentle warm up poses, then moves into a flow based on the sun salutation series, and ends with some gentle cool down stretches. Every class ends with a long resting pose or savasana and Anneli plays live sound healing music with her guitar, voice, and singing bowls. This class is appropriate for all levels and modifications will be offered.

Open to adults; no fee; no advance registration required

Mon. & Wed., Weeks 1-8, 8:30-9:15 a.m., Pool

Aqua Yoga: Liz Norell (Mon.) & Harris Cleveland (Wed.), instructors

Aqua yoga moves traditional yoga postures into the water, to better support joints and lessen the cardio impact of the practice. These classes will also be gentle, in that we will move from one pose to the next at a relatively slow pace and hold the poses longer. Our goal will be to stretch big muscle groups (especially hips, back, and legs) and calm the nervous system. This accessible yoga class will leave you feeling refreshed and calmed. It's open to everyone, regardless of body type/shape, gender, yoga experience (or lack thereof), or mobility challenge. If you can get in and out of the pool, we will make this class work for you!

Open to adults; no fee; no advance registration required

Mon., Weeks 1-8, 10:15-11:15 a.m., Warren's Point

Peaceful Practice at the Point with Pace Verner, leader

Pace will share her Peaceful Practice with us each Monday morning at Warren's Point gazebo from 10:15-11:15 a.m. She will read a prayer, poem, or scripture, followed by a time of silence for prayer, meditation, or journaling, then lead a brief time for group reflection. Bring your journal, pen, and perhaps a blanket for sitting. All are welcome.

Open to adults; no fee; no advance registration required

Mon., July 29, 6-7:00 p.m., Warren Chapel

Dinner on the Chapel Grounds: Dinner on the Chapel Grounds: Come one and all! Everyone is invited to join the Chapel Committee for dinner on the Chapel Grounds Monday evenings at 6:00 pm. The main dish, paper products, water, and lemonade are provided by the Chapel Committee. Please bring a side dish or dessert to share. When the bell rings for Twilight Prayers, we are all invited to join in the Twilight Prayers service. A great time of fellowship!

No fee; no advance registration required

Mon., July 29, 2:30-4:30 p.m.

Tues.-Fri., July 30-Aug. 2, 9:30-11:30 a.m., and 2:30-4:30 p.m., Pulliam Center

REGISTER HERE

#8-A Intermediate & Advanced Bridge Workshop: Enjoying America's Forgotten Pastime, Scott Campbell, instructor

This class will cover many of the misunderstood concepts of the game, from the basic mathematics of bidding to logical approaches to declarer's play and creative defense. Animated hands provided by Bridge Base Online will be used during much of the class. Practice of daily teaching concepts will be offered through the use of duplicate boards. Review of standard conventions will also be discussed.

Advance registration required; max 48 participants; no fee

Tues. & Thurs., Weeks 5-8, 8:00 a.m., Gymnasium

CIRCL Mobility with Sara Yarworth, instructor

Based on the science of functional movement, CIRCL Mobility™ focuses on flexibility, breathwork, and mobility exercises. Whether you're a fitness enthusiast, a busy mom, or a 9-5er, CIRCL Mobility™ helps you release stress, restore your range of motion, and renew your ability to move better, longer.

Open to adults; no fee; no advance registration required

Tues. & Wed., Weeks 1-8, 9:30-9:55 a.m., Warren Chapel

Ring! Intergenerational chime choir with Pam Maloof, instructor

Using a harmony bell method participants create a melody accompanied by a CD. The color-coded system allows everyone to participate. Grandparents, parents, and older siblings are encouraged to join in creating beautiful music.

Open to ages 4-100; no fee; no advance registration required

Tues.-Thurs., July 30-Aug. 1, 2:30-4:30 pm, Got Curried Away! (#126B)

REGISTER HERE

#8-B Workshop: Intermediate Knitting with Virginia Curry, instructor

Knit a basic hat with faux fur pom pom! Knitted hats are the perfect gift! Participants need to have the basic knitting & purling skills and how to cast on. Refreshing of the basic skills will be demonstrated. Instruction on decreasing will be highlighted for that nicely, rounded beanie top! A variety of yarn colors plus faux fur pom poms will be provided as well as all other supplies.

Advance registration required; max 8 participants; \$25 materials fee.

Wed., July 31, 2:30 p.m., Meet at Auditorium

#8-C Plateau Tour: Sewanee Cemetery, led by Gerald "Smith" Smith.

REGISTER HERE

Cemeteries as Sacred Places: Our field class will explore multiple aspects of a cemetery as a Sacred Place. We will look at cemeteries as a map, cemeteries as ecological preserves, cemetery stone architecture, and examine some of the symbols we encounter in cemeteries. There will also be some discussion of cemetery maintenance and preservation.

Thursdays, Weeks 5-8, 10:00 a.m., East Courts

Adult cardio tennis: Get your heart pumping and work up a sweat.

No advance registration required; no fee

Thurs., Aug. 1, 9-10:00 a.m., Warren Chapel

Adult Bible study: Led by our minister of the week.

No advance registration required; no fee

Fri., Weeks 5-8, 8-9:00 a.m., Gymnasium

Tai Chi: Shao-nian Bates, instructor

Tai chi is an ancient martial arts technique that enhances physical and mental health, as well as improves posture, balance, flexibility, and strength. Tai chi is a series of flowing and meditative like movements. Tai chi can boost mood, alleviate pain, strengthen the immune system, and improve heart health. In this class, we begin by warming up the body, then practice learning the Yang style 24-Forms. This class will build on itself; over time you will learn the 24 forms. This class is for all levels and is good for people of all ages.

Open to adults; no fee; no advance registration required

Fri., Aug. 2, 8-9:00 a.m., Warren Chapel

Prayer Time: Prayers will be offered for our Assembly, its members, guests, activities, programs, and more. These prayers will be led by a member of the Chapel committee from a list prepared for each participant to follow. The Chapel is open at all times for group or individual prayers, rest, and meditation.

Fri., Aug. 2, 8-9:00 a.m., Meet at Nashville Home

Youth Trail Run with Anna Kate Tibbs

Join Anna Kate Tibbs on a morning trail run. Open to Eaglets, Eagles, Buzzards, and Falcons. Wear supportive shoes for jogging on uneven terrain and bring a water bottle if possible.

Fri.-Sat., Aug. 2-3, TBD

Ocoee River and Overnight adventure: Buzzards & Falcons

Buzzards and Falcons will travel to the Ocoee River for a night of camping and Saturday's river trip. Departure time, fees, and items to bring will be announced and discussed at the Parents' Meeting on Tuesday.

Advance registration required at the Auditorium.