
MONTEAGLE SUNDAY SCHOOL ASSEMBLY

143rd Platform

JUNE 8-AUGUST 3, 2025

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. **Each listing with an identifying catalog number in red (example: 1-A) calls for advance registration.** A link below the listing will take you to a registration page for that particular workshop, event, etc.
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 8-14, 2025
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.

Sun., June 8, 2:30 p.m., Warren Chapel and Assembly Locations

The Great Assembly Blessing! A New Assembly Tradition

Please join us as we begin a new tradition at the Assembly— Blessing the Assembly Together! As we begin the 143rd Season, join us in the Chapel as Pace Verner and Sara-Scott Wingo speak to us on the power of blessing and how we can speak blessings over our Assembly. And after some short instruction, each person will choose one of 5 preset locations on the grounds, follow our Prayer Leaders there and offer blessings and prayers from a program that each of us will receive. We can walk or go in a golf cart to our location of choice and after our Blessing, we are invited to return to the Chapel for an Ice Cream Social. All ages are welcome, and we invite you to gather with us as we bless together our summer home and all of the activities that go with it!

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

Ageless Strength & Vitality: Brendie Mitchell, instructor

Join us for *Ageless Strength & Vitality*, a dynamic, one-hour class specifically designed to support healthy aging through a holistic combination of yoga, weightlifting, brain exercises, and balance training. This unique class targets key areas that are known to age more rapidly, such as muscle mass, flexibility, balance, and cognitive function, while also enhancing overall wellness. The class combines aerobic movement, muscle-strengthening exercises, and brain-boosting activities to provide a well-rounded workout aimed at slowing the effects of aging. Whether you're looking to increase your strength, improve flexibility, sharpen your mind, or enhance your overall balance, *Ageless Strength & Vitality* will leave you feeling stronger, more centered, and more energized. Perfect for individuals of all ages and fitness levels, this class offers a supportive, low-impact approach to aging gracefully and actively!

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.) & Carter Floyd (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 9-13, 2:30-5:00 p.m., Maney Art Pavilion/Shady Dell (check schedule each day)

#1-A Drawing & Watercolor Instruction Workshop: Exploring watercolors from a fresh perspective by painting Assembly 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 iconic Assembly image. 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.

Sign up link here.

Mon., Weeks 1-8, 10:45-11:45 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 10:45-11:45 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 9, 6:00-7:00 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. June 9, 7:45 p.m., Harton Dining Hall

All-Assembly Bingo! Join us for an evening of fun, friendly competition at all-assembly Bingo! There will be prizes, snack shop offerings, and a variety of Bingo games!

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. & Th., Weeks 1-8, 8:00 a.m., Gymnasium

Pilates with Kim Butters, instructor

Pilates Mixed Level Mat will begin each session with stretching to help alignment and increase awareness in the body. The class will then move through the classic Pilates mat exercises with modifications given for beginners or those with physical issues. Each session lasts 55 minutes and promises to be an invigorating start to your morning!

Open to adults; no fee; no advance registration required

Tues., June 10, 10:45 a.m., Warren Chapel

Lecture: A Summons to Monteagle: The Great Writers of the Monteagle Assembly with Bill Haltom

Throughout its history, the Monteagle Assembly has been the home or respite of many of our nation's greatest writers, including Peter Taylor, Andrew Lytle, Allen Tate, Eleanor Ross Taylor, and others honored in the Assembly's Writers Grove. How "The Mountain" attracted and inspired such outstanding storytellers and wordsmiths will be explored in this presentation.

Tues. June 10, 2:30p.m., Meet at Northgate

Sacred Hike on the Assembly Nature Trails

Join Sara-Scott Wingo for a hike on our Assembly Nature Trails. During the hike the eucharist will be celebrated. This special event is open to all ages.

Wed., Weeks 1-4. 8:00 a.m., Gymnasium

Tai Chi on the Mountain with Shaonian 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 your 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 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

Wed., June 11, 10:45 a.m., Warren Chapel

Lecture: Storytelling Interiors with Stephanie Sabbe

Stephanie Sabbe has built her reputation on her ability to create “new-old” homes. Whether she is rehabilitating a century old Georgian to meet modern standards or infusing a 1990s spec house with architectural detail and charm it has never known, her work is defined by a unique blend of history and transformation. Stephanie believes that our homes tell a story, and her passion lies in helping homeowners uncover the narrative of their surroundings. From hosting lively gatherings to sitting alone in bed before turning out the light, every moment we spend in our homes communicates something about who we are, who we have been, and who we aspire to become. The tools for this storytelling workshop of sorts are not words, but rather lighting, pattern, detail, scale, and much more. The takeaway will be a collection of ideas that can be implemented in your own interior spaces, ensuring that, whether surrounded by company or in solitude, the overall sentiment of the space you call home will be: “This feels like you.”

Wed., June 11, 3:00 p.m., Harton Hall

#1-B Make and Take Tomato Pie with Emily Frith

She’s back and so is her famous Tomato Pie. Come learn how to make Chef Emily Frith’s Tomato Pie. Participants should bring their own cutting board and knife. Each participant will make and take their own tomato pie home. A box will be provided to carry it home safely.

Advance sign-up required, maximum 20, \$35 class fee.

Sign up link here.

Thurs., June 12, 9:00 – 10:00 a.m., Winfield Porch

A Conversation with the Pastors

Please join the Rev. Mary Balfour Dunlap and the Rev. Sara Scott Wingo for a conversation about a pre-selected topic. See this week’s *Mountain Voices* for what will be discussed. Light refreshments will be provided.

Thurs., June 12, 10:45 a.m., Warren Chapel

Lecture: Defining the Sacred with Humor with David McMillan

David will begin with a story of frustration about the time he and his wife were leaving France after a 3 week stay in Avignon. This is an example of how our brains can torment us and how we take ourselves too seriously. All religions address this humor trait. But instead of bringing us spiritual comfort and faith, sometimes religion can create personal trauma through sacred dogma. David will encourage self-doubt and faith simultaneously and will invite the audience to consider the brilliance of irony. He will conclude with a story of a Christmas almost ruined.

Thurs., June 12, 2:30-4:30 p.m., Pulliam Center

#1-C Gratitude Journaling Workshop with Dr. David McMillian

Gratitude journaling is a powerful practice that can significantly improve your overall well-being and mindset. By consciously acknowledging and appreciating the positive aspects of your life, you can cultivate a more positive outlook and experience a range of benefits.

Advance registration required; journal and pen provided; limited to 20 participants, no fee

Sign up link here

Thurs., June 12, 8:00 p.m., Warren Chapel

Lecture: The Psychology of Money with Bill Spitz

Bill Spitz will discuss the psychology of money. He will argue that the goal of saving and investing is inner peace, and one of the ways to achieve that state is to determine how much is “enough.” If you are lucky enough to achieve “enough,” it is important not to move the goalpost and to simply savor your status. He will talk about the danger of envy, methods for coping with uncertainty, and perhaps spend a little time on educating children about money.

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

YoMassage with Lauren Laurino, instructor

This class is a combination of Yoga and Massage; specifically Yin or restorative Yoga where poses are held for a longer duration while comfortably bolstered and participants receive massage while holding these poses with the goal of helping muscles to relax and achieve greater range of motion.

Open to adults; no fee; no advance registration required

Fri., June 13, 10:45 a.m., Warren Chapel

Lecture: Saving Monticello with Marc Leepson

A lively history of Monticello, Thomas Jefferson's "Essay in Architecture," with a slide show containing many historic images, that focuses on the family that owned Monticello for 89 years—longer than Jefferson's family did—and saved the property from ruin on two different occasions. This is a little-known but important story of historic preservation and of the Levy Family, the stewards of Monticello from 1834-1823.

Fri., June 13, 2:30 p.m., Writers' Grove

Readings in the Writers' Grove featuring: Caroline Vogel and Sara-Scott Wingo: Come join author Caroline Vogel for a reading and discussion about her first children's book for all ages: *God Spark*. *God Spark* is about a child learning that God's bright light lives within her. Her beloved Grandma shares this wisdom which ignites a journey of discovery for the little girl. She not only learns about the Spark within her, she also begins to discover the God Spark in others. She becomes curious about seeing the Spark in teachers, friends, family members, and her bus driver. Her ability to experience the Spark within herself as well as see it in others, grows her relationship with a loving God and her beloved grandmother. This book is written for everyone (young and old) who wants to better discover the God Spark within themselves and all those around them. Caroline's book will be available for purchase.

For several years, Sara-Scott Wingo has been writing about children as a spiritual gift to a family. Sara-Scott will be reading one of her essays reflecting raising three daughters and weaving in stories of life, faith, and church. She will be reading a devotion entitled *Made of You, Made of God*.

Open to adults; no fee; no advance registration required

Fri. June 13, 6-7 p.m., Nashville Home

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

Sat., June 14, 10:00 a.m., Auditorium

The World of Reptiles with Bob Tarter

Come see the live animal show and learn all about the world of reptiles. All ages welcome!

Sat., June 14, 8:00 p.m., Auditorium

A Night at the Bluebird with Amy Kurland

Amy Kurland, Founder of Nashville's Bluebird Cafe will share the story of the Bluebird's origins and greatest moments, with performance by two of her favorites, Grammy winner Don Henry (Where've You Been, All Kinds of Kinds), and Nashville Songwriters Hall of Fame member Victoria Shaw (I Love The Way You Love Me, The River).

WEEK TWO
Wayne & Virginia Jervis Bible Week
June 15-21, 2025

**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., Weeks 1-8, 8-9:00 a.m., Gymnasium

Ageless Strength & Vitality: Brendie Mitchell, instructor

Join us for *Ageless Strength & Vitality*, a dynamic, one-hour class specifically designed to support healthy aging through a holistic combination of yoga, weightlifting, brain exercises, and balance training. This unique class targets key areas that are known to age more rapidly, such as muscle mass, flexibility, balance, and cognitive function, while also enhancing overall wellness. The class combines aerobic movement, muscle-strengthening exercises, and brain-boosting activities to provide a well-rounded workout aimed at slowing the effects of aging. Whether you're looking to increase your strength, improve flexibility, sharpen your mind, or enhance your overall balance, *Ageless Strength & Vitality* will leave you feeling stronger, more centered, and more energized. Perfect for individuals of all ages and fitness levels, this class offers a supportive, low-impact approach to aging gracefully and actively!

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.) & Carter Floyd (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. – Thurs., June 16-19, Youth Pickleball Week

Sign-ups: Mon.-Tues. June 16-17, Youth Bulletin Board

Tournament Play: Wed.-Thurs. June 18-19, 10:00-12:00 a.m., Pickleball Courts

Pickleball Youth Tournament

Buzzards and Falcons will get the opportunity to participate in their own pickleball tournament! All Buzzards and Falcons are welcome, no matter the skill level. Advanced sign-up required. Come have some fun and attend the kick-off event on Tuesday, June 16 at 7:00 to find out who your teammate will be for the friendly competition! Kick-off location TBD.

Mon., Weeks 1-8, 10:45-11:45 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 10:45-11:45 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 16, 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., June 16, 7:45 p.m., Harton Hall

Trivia Night: Are you ready to put your thinking caps on and have a blast? We've got just the thing to spice up your Monday night – Trivia Night at Harton Hall! Whether you're a trivia whiz or just looking for a fun night out with friends, our Trivia Night Extravaganza is the perfect way to challenge your brain while enjoying time with friends. Leave your phones in your pockets because this is all about good old-fashioned brainpower – no technology allowed! It's a great way to unplug and enjoy some quality time with new and old friends. Plus, what's better than bonding over shared knowledge or lack thereof.

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. & Th., Weeks 1-8, 8:00 a.m., Gymnasium

Pilates with Kim Butters, instructor

Pilates Mixed Level Mat will begin each session with stretching to help alignment and increase awareness in the body. The class will then move through the classic Pilates mat exercises with modifications given for beginners or those with physical issues. Each session lasts 55 minutes and promises to be an invigorating start to your morning!

Open to adults; no fee; no advance registration required

Tues. – Fri., June 17–20, 10:45 a.m., Warren Chapel

The Wayne and Virginia Jervis Bible Week Lectures with Tom Ward

This series of classes will focus on the relationship between worship and the Scriptures of the Old and New Testaments. These texts emerged through worshipping communities and seeing them in that context can foster an on-going life of prayer. There will be four presentations:

What is the Bible?

What is prayer?

Praying the Bible.

Practicing praying the Bible.

The Wayne and Virginia Jervis Bible Week Fund

Tues., June 17, 2.30 p.m., Pulliam Center

#2-A CPR and AED Training with Stacie Meeks

The Adult First Aid/CPR/AED course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns cuts scrapes sudden illnesses head neck back injuries heat and cold emergencies and how to respond to breathing and cardiac emergencies for victims about 12 years and older. Successful students will receive a certificate for Adult First Aid/CPR/AED valid for two years.

Advance registration required, limited to 20 participants, no fee

[Sign up link here.](#)

Wed., Weeks 1-4, 8:00 a.m., Gymnasium

Tai Chi on the Mountain with Shaonian 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 your 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 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

Wed. June 18, 3:00 p.m., Harton Hall

Cooking Demonstration with Ellen Fort

Ellen will be sharing homemade pasta, authentic Spanish gazpacho, and no cook summer sauce recipes!

Thurs., June 19, 9:00 – 10:00 a.m., Winfield Porch

A Conversation with the Pastors

Please join the Rev. Mary Balfour Dunlap and the Rev. Richard Alquist for a conversation about a pre-selected topic. See this week's *Mountain Voices* for what will be discussed. Light refreshments will be provided.

Thurs. June 19, 1:00 p.m., Leave from front gate!

Caving with Joey Favaloro: Eagles

We have many wonderful caving experiences this summer! The incomparable Joey Favaloro will be leading our caving excursions this summer—his experience and expertise are unmatched! Please read the following description to know what to bring and how to prepare: For all caving excursions, advanced sign up is required (on youth bulletin boards) and all groups will meet right outside the front gates in the small parking area. Please arrive 15 minutes early. Caves are fun and full of wonder, and they are also often wet, cold, and muddy: Cavers will need closed-toed shoes, long pants (ex: moisture-wicking pants; thick jeans; etc), t-shirt (long-sleeved preferable for warmth), long-sleeve pullover (optional: for warmth), a bike helmet, headlamp or flashlight (small flashlights can be taped to bike helmets to make a "headlamp"), and a towel to sit on in the car afterwards! Happy caving!

Thurs., June 19, 2:30-4:30 p.m., Shady Dell

#2-B Make-and-Take Workshop: Around the World Coasters with Virginia Curry

There's always a location in the world that is a special adventure! Make 4 ceramic coasters with maps from around the globe. Waterproofed, cork backed tiles with your favorite places on the planet!

Advance registration required; maximum 12 participants; \$12 materials fee

Sign up link [here](#).

Thurs., June 19, 8:00 p.m., Auditorium

Lecture: The Fateful Final Voyage of Captain James Cook, One of History's Greatest Explorers with Hampton Sides

Based on his recent book, *The Wide Wide Sea*, Hampton will discuss explorer James Cook's epic final voyage around the world and, using slides, will relate his own far-flung travels in the captain's long and controversial wake.

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

YoMassage with Lauren Laurino, instructor

This class is a combination of Yoga and Massage; specifically Yin or restorative Yoga where poses are held for a longer duration while comfortably bolstered and participants receive massage while holding these poses with the goal of helping muscles to relax and achieve greater range of motion.

Open to adults; no fee; no advance registration required

Fri. June 20, 2:30 p.m., meet at Warren Chapel

Bird Walk and Talk with Richard Candler

Richard Candler is the coauthor of *Birding Sewanee: a guide to birding the South Cumberland Region*. An overview of the many bird species that call our region home and how to find them will be shared. Participants will meet at Warren Chapel for the start of the walk. A pair of binoculars is suggested for this experience. Sensible shoes recommended as well as a hat, sunscreen, and bug spray.

Sat., June 21, 8:00 p.m., Mall Gazebo

A Night Under the Stars with Bradley Cole Smith and Nelson Nolan

Singer/songwriter Bradley Cole Smith has been a fixture in the Atlanta music scene since the 1990's. His latest album, *The Hilltop*, features a lush, rootsy landscape with diverse instrumentation. Saturday evening, Smith brings his music to the Mall Gazebo for "A Night Under the Stars with Bradley Cole Smith." Bradley will also bring Nelson Nolan to accompany

him. Visitors are invited to bring lawn chairs or picnic blankets, as Mall seating is limited, and enjoy an evening of music starting at 8:00 p.m.

WEEK THREE

June 22–28, 2025

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

Ageless Strength & Vitality: Brendie Mitchell, instructor

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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.) & Carter Floyd (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, 10:45-11:45 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 23, 3:00 p.m. Midway Mushroom Farm

#3-A Excursion to Midway Mushroom Farm with Pledger Schaefer

Come tour Midway Mushrooms' facility and see how their cultivation process works. The lifecycle of a mushroom grown indoors requires tight control of atmospheric conditions in multiple simulated environments, all housed in their 80x40 warehouse. Meet in front of Auditorium at 2:30 p.m. to carpool over to the farm.

Advance registration required; max 30 participants; no fee.

Sign up link [here](#).

Mon., June 23, 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., June 23, 8:30 p.m., North Gate

Bats on the Plateau with Maggie Whitt

Meet at North Gate and walk to the point. Delve into the enchanting world of bats as Maggie takes you on a journey through a captivating presentation. Discover the intricate lives of these nocturnal creatures as we uncover their crucial role in maintaining ecological balance. Learn about the diverse bat species that call Tennessee home. Evening will finish at the Point with campfire and s'mores. This is a family event.

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., & Wed., June 24-25, 2:30-5:00 p.m., Shady Dell

#3-B Floor Cloth Workshop with Colby Henderson-Black and Bradley Mims

Co-facilitators, Bradley and Colby are bringing back a Monteagle classic! In this class, you will design your own floor cloth to be displayed proudly in your kitchen or bathroom. Ideas, inspirations, and instruction will be provided, but feel free to do your own research ahead of time and bring some ideas!

Advance registration required, limited to 20 participants, \$35 materials fee.

Sign up link here.

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

Pilates with Kim Butters, instructor

Pilates Mixed Level Mat will begin each session with stretching to help alignment and increase awareness in the body. The class will then move through the classic Pilates mat exercises with modifications given for beginners or those with physical issues. Each session lasts 55 minutes and promises to be an invigorating start to your morning!

Open to adults; no fee; no advance registration required

Tues., June 24, 10:45 a.m., Warren Chapel

Lecture: The Science of Sleep and its Impact on Longevity with Dr. Jay Cleveland

Dr. Cleveland will provide insight into the importance of good sleep and how it affects our health and its impact on our minds, our hearts and our body as a whole. We will discuss methods to immediately improve your sleep habits and the long-term consequences of interrupted, deficient sleep.

Tues. June 24, 5:00-6:45 p.m., Meet at gym!

Hayride and Cookout: Hummingbirds, Eaglets, and Eagles: come and enjoy a Hayride around the assembly before enjoying hamburgers and hotdogs at the gym!

Wed., Weeks 1-4. 8:00 a.m., Gymnasium

Tai Chi on the Mountain with Shaonian 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 your 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 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

Wed., June 25, 10:45 a.m., Warren Chapel

Lecture: Holocaust Reflections with Rabbi Bruce Aft

Rabbi Bruce Aft will discuss reflections on what has been learned from the Holocaust 80 years later.

Wed., June 25, 7:30-9:30 p.m., Winfield Porch

#3-C Arty Party #1: Register at the office by Tuesday at 4:00 pm. Limit of 14 participants, adults only. \$40 fee. Bring your own snack & beverage.

Sign up link here.

Thurs., June 26, 9:00 – 10:00 a.m., Winfield Porch

A Conversation with the Pastors

Please join the Rev. Mary Balfour Dunlap and the Rev. Melisa Derseweh for a conversation about a pre-selected topic. See this week's *Mountain Voices* for what will be discussed. Light refreshments will be provided.

Thurs., June 26, 10:45 a.m., Warren Chapel

Lecture: Scarlett Fever: The Greatness of Gone With The Wind with Elliot Engel

Dr. Engel reveals the astounding background of Margaret Mitchell's great book and how it actually reflects the story of her life. No matter how familiar you might be with the novel and the movie, Professor Engel will fascinate you with so much new and exciting information about this most popular novel and its remarkable yet most peculiar author.

Thurs. June 26, 1:00 p.m., Leave from front gate!

Caving with Joey Favaloro: Eaglets

We have many wonderful caving experiences this summer! The incomparable Joey Favaloro will be leading our caving excursions this summer—his experience and expertise are unmatched! Please read the following description to know what to bring and how to prepare: For all caving excursions, advanced sign up is required (on youth bulletin boards) and all groups will meet right outside the front gates in the small parking area. Please arrive 15 minutes early. Caves are fun and full of wonder, and they are also often wet, cold, and muddy: Cavers will need closed-toed shoes, long pants (ex: moisture-wicking pants; thick jeans; etc), t-shirt (long-sleeved preferable for warmth), long-sleeve pullover (optional: for warmth), a bike helmet, headlamp or flashlight (small flashlights can be taped to bike helmets to make a "headlamp"), and a towel to sit on in the car afterwards! Happy caving!

Thurs., June 26, 2:30 p.m., Pulliam Center

#3-D Strategies for Aging Well with Brendie Mitchell

This presentation will provide an overview of strategies that can be employed to reverse aging, improve overall well-being, and how you can "age-proof" your home. This presentation will include practical steps that should be employed to improve and maintain independence in your home and when it's time to consider other options.

Advance registration required; no fee; maximum 24 participants

Sign up link here.

Thurs., June 26, 8:00 p.m., Warren Chapel

Lecture: The Inimitable Winston Churchill with Elliot Engel

Dr. Engel has dug deeply into numerous biographies to discover delightful yet virtually unknown stories about Winston Churchill. They reveal an incredibly inspiring public and private figure. Using anecdotes, analysis, and large doses of humor, Professor Engel vividly brings to life this twentieth-century giant.

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

YoMassage with Lauren Laurino, instructor

This class is a combination of Yoga and Massage; specifically Yin or restorative Yoga where poses are held for a longer duration while comfortably bolstered and participants receive massage while holding these poses with the goal of helping muscles to relax and achieve greater range of motion.

Open to adults; no fee; no advance registration required

Fri., June 27, 10:45 a.m., Warren Chapel

Lecture: The Dickens Nobody Knows with Elliot Engel

As great as his literary reputation remains today, Charles Dickens suffers from such an incomplete portrait in the minds of his readers. Professor Engel rescues him by enthusiastically tracing his astonishing life and writing career. Using biography, analysis, and large doses of humor, Dr. Engel reveals an author far more fascinating than the immortal characters he created in his novels.

Fri., June 27, 2:30 p.m., Writer's Grove

Readings in the Writers' Grove: Liz Norell will read from her new book *The Present Professor*.

At a time of crisis in higher education, as teachers struggle to find new ways to relate to, think about, and instruct students, this book holds a key.

Sat. June 28, Depart from auditorium! (departure time TBD)

All-Assembly River Trip: Hiwassee

Come enjoy a fun-filled day of rafting on the Hiwassee River on our first all-assembly family excursion of the season! Advanced sign-up and payment required. River rafting trips are fun and require the right gear. See the following for what to wear/bring: sunscreen, towel, swimsuit, shorts/shirt if preferred, sturdy shoes that will stay on feet (no flip flops or slides), and a spirit for adventure! (Suggested shoes: sandals with straps, old tennis shoes, etc.)

**Buzzards and Falcons will depart Friday and have an overnight excursion near the river. Same applies as listed above for this group!

Sat., June 28, 8:00 p.m., Gymnasium

All Assembly Dance: Get Down Karaoke Band

Come enjoy this five-piece band with a BIG sound! They will be performing a wide range of hit songs from top 40, alternative, and timeless classics.

WEEK FOUR

June 29-July 5, 2025

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

Ageless Strength & Vitality: Brendie Mitchell, instructor

Join us for *Ageless Strength & Vitality*, a dynamic, one-hour class specifically designed to support healthy aging through a holistic combination of yoga, weightlifting, brain exercises, and balance training. This unique class targets key areas that are known to age more rapidly, such as muscle mass, flexibility, balance, and cognitive function, while also enhancing overall wellness. The class combines aerobic movement, muscle-strengthening exercises, and brain-boosting activities to provide a well-rounded workout aimed at slowing the effects of aging. Whether you're looking to increase your strength, improve flexibility, sharpen your mind, or enhance your overall balance, *Ageless Strength & Vitality* will leave you feeling stronger, more centered, and more energized. Perfect for individuals of all ages and fitness levels, this class offers a supportive, low-impact approach to aging gracefully and actively!

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.) & Carter Floyd (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., June 30, 9:30 a.m.-2:00 p.m., Woody's Bike Shop

#4-A Adult Adventure: "Bike Ride and Picnic"

Meet at Woody's Bike Shop, Sewanee

Enjoy a ride of Sewanee's campus and domain with a break for lunch. These rides will all be at a leisurely pace however, some level of fitness will be necessary to complete the ride in comfort. The tours cost is \$100 per person and includes a picnic lunch. People are welcome to use their own bikes, any bike that is capable of comfortably riding on loose gravel/rough pavement will be sufficient. Bikes/helmets can be rented from us for an additional \$17 and E bikes for \$30. The tour of Sewanee and the domain would meet at the shop around 9:30 for a 10AM departure,

Pre-registration is required. Limited space so sign up early!

[Sign up link here.](#)

Mon.-Fri., June 30-July 3

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?

Mon., Weeks 1-8, 10:45-11:45 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 30, 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. June 30, 7:45 p.m., Harton Dining Hall

All-Assembly Bingo! Join us for an evening of fun, friendly competition at all-assembly Bingo! There will be prizes, snack shop offerings, and a variety of Bingo games!

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

All-Assembly Outreach Project: Sleep in Heavenly Peace with Will Reynolds, organizer

For this year's community service project, MSSA will be working with Sleep in Heavenly Peace. Sleep in Heavenly Peace is a national organization whose mission is to provide beds for children who are in undesirable sleeping situations. This could mean on the floor, sleeping with a sibling or their parents. There will be jobs for children aged 5-99, so come on out and let's get to work!

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

Pilates with Kim Butters, instructor

Pilates Mixed Level Mat will begin each session with stretching to help alignment and increase awareness in the body. The class will then move through the classic Pilates mat exercises with modifications given for beginners or those with physical issues. Each session lasts 55 minutes and promises to be an invigorating start to your morning!

Open to adults; no fee; no advance registration required

Tues., July 1, 10:45 a.m., Warren Chapel

Lecture: Oaklands Mansion, Adaptive Re-use and One Museum's Community Partnerships with James Manning

James will be sharing his passion for historic homes specifically Oaklands Mansion, its adaptive reuse and community partnerships.

Tues., July 2, 7:45 p.m., Auditorium

Movie and Q&A with Hayden Blane

Screening of the movie *This Day Forward*. The movie is inspired by the true story of a wife and mother of three struggling to keep her family, and her faith, intact after her husband is diagnosed with a stage three brain tumor. The movie's lead actress, Hayden Blane will introduce the movie along with a Q&A about the story and production.

Wed., Weeks 1-4, 8:00 a.m., Gymnasium

Tai Chi on the Mountain with Shaonian 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 your 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 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

Wed., July 2, 10:45 a.m., Warren Chapel

Lecture: Issues of Aging from the Perspective of the Caregiver and the Carereceiver with Sandra Randleman

This seminar will discuss the care of aging adults of various stages of health and under different circumstances. We will consider transitions for aging adults in the absence of major disease or mental or physical health issues; when physical health or mental issues require some assistance; and when more severe health issues require a great deal of assistance in care and protection from harm. Our discussions will include documents for planning care at various stages of the aging process, documents covering financial issues, and issues dealing with downsizing and transitions of physical location, aging in place, caregiving resources and care of the caregiver. We will also discuss senior care terminology, especially with respect to senior living arrangement and how these various arrangements affect family caregiving responsibilities.

Wed. July 2, 12:00 p.m., Leave from front gate!

Caving with Joey Favaloro: Buzzards and Falcons

We have many wonderful caving experiences this summer! The incomparable Joey Favaloro will be leading our caving excursions this summer—his experience and expertise are unmatched! Please read the following description to know what to bring and how to prepare: For all caving excursions, advanced sign up is required (on youth bulletin boards) and all groups will meet right outside the front gates in the small parking area. Please arrive 15 minutes early. Caves are fun and full of wonder, and they are also often wet, cold, and muddy: Cavers will need closed-toed shoes, long pants (ex: moisture-wicking pants; thick jeans; etc), t-shirt (long-sleeved preferable for warmth), long-sleeve pullover (optional: for warmth), a bike helmet, headlamp or flashlight (small flashlights can be taped to bike helmets to make a “headlamp”), and a towel to sit on in the car afterwards! Happy caving!

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

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

Bring a bucket of greenery from your Cottage’s yard, clippers or floral scissors, and the magic will begin! Flowers, container, 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.

Sign up link [here](#).

Wed., July 2, 8:00 p.m., Warren Chapel

Lecture: Your Hidden Genius: The Power and the Permanence of Our Natural Abilities with Betsy Wills

Feeling stuck or unfulfilled in your career—or in life? You don’t have to quit or remove something from your life to find joy again. What if the answer lies in adding something—tapping into a hidden talent that’s waiting to be realized? Join Betsy Wills, co-founder of YouScience, TEDxNashville speaker, and co-author of *Your Hidden Genius*, for an inspiring exploration of your innate abilities. Learn how to leverage your natural strengths to reignite your passion and satisfaction at work and in life.

Thurs., July 3, Entries for Pie Contest

Bakers all over the Assembly are invited to test their skills and potentially win bragging rights for the 2025 Harton Hall Pie Contest. The highly anticipated event promises a celebration of pie-making prowess, complete with trophy, esteemed judges, and a festive atmosphere. Pies should be brought to the Dining Hall on Thursday, July 3rd for judging and tasting by noon. The winner will be announced at the 4th of July Picnic!

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

18th 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.

No advance registration required; no registration fee

Thurs., July 3, 9:00-10:00 a.m., Winfield Porch

A Conversation with the Pastors

Please join the Rev. Mary Balfour Dunlap and the Rev. .James K. Polk Van Zandt for a conversation about a pre-selected topic. See this week's *Mountain Voices* for what will be discussed. Light refreshments will be provided.

Thurs., July 3, 10:45 a.m., Warren Chapel

Lecture: Blazing a Path to the Frontier: The Story of the First Exascale Supercomputer with Justin Whitt

Many scientists and engineers have long dreamed of using a computer capable of completing a quintillion calculations in a single second—a so called, exascale computer. In 2012, some of the foremost computer scientists in the world held a series of workshops to discuss the feasibility of an exascale supercomputer. Their conclusion was that an exascale computer would never be feasible. Fast-forward to 2022, when Oak Ridge National Laboratory announced that its supercomputer called Frontier had broken the exascale barrier becoming the first exascale computer in the world. This is the behind-the-scenes story of how the Frontier supercomputer went from a dream to reality and a look at its impact on science after 3 years.

Thurs. July 3, 2:30-4:00 p.m., Pilcher Park/Pool

4th of July Relay and Pool Games

Come join us at Pilcher Park on July 3 at 2:30 pm for the 4th of July relay games! All youth ages are welcome to participate in fun-filled activities leading up to the incomparable MSSA Egg Toss! Bring your A-game and your egg toss partner (or find one when you arrive!)—pool relay games to follow at the swimming pool.

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

YoMassage with Lauren Laurino, instructor

This class is a combination of Yoga and Massage; specifically Yin or restorative Yoga where poses are held for a longer duration while comfortably bolstered and participants receive massage while holding these poses with the goal of helping muscles to relax and achieve greater range of motion.

Open to adults; no fee; no advance registration required

Fri., July 4, 8:00 a.m., Meet at Front Gate

46th 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 advance registration required; no registration fee

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

Family Entertainment: Cumberland Mountain Music Makers

Fri., 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.

WEEK FIVE
July 6-12, 2025
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., Weeks 1-8, 8-9:00 a.m., Gymnasium

Ageless Strength & Vitality: Brendie Mitchell, instructor

Join us for *Ageless Strength & Vitality*, a dynamic, one-hour class specifically designed to support healthy aging through a holistic combination of yoga, weightlifting, brain exercises, and balance training. This unique class targets key areas that are known to age more rapidly, such as muscle mass, flexibility, balance, and cognitive function, while also enhancing overall wellness. The class combines aerobic movement, muscle-strengthening exercises, and brain-boosting activities to provide a well-rounded workout aimed at slowing the effects of aging. Whether you're looking to increase your strength, improve flexibility, sharpen your mind, or enhance your overall balance, *Ageless Strength & Vitality* will leave you feeling stronger, more centered, and more energized. Perfect for individuals of all ages and fitness levels, this class offers a supportive, low-impact approach to aging gracefully and actively!

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.) & Carter Floyd (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 7-11, 10:00 a.m.-Noon (practice), and Fri., July 11, 6:00-7:30 p.m. (dress rehearsal and dinner for participants) 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 Friday. 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. We 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.-Fri., July 7-11, 2:30-5:00 p.m., Art Pavilion (Shady Dell rain location)

#5-A Workshop: Oil Painting with Kim Barrick

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 **Sign up link here.**

Mon., Weeks 1-8, 10:45-11:45 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 7, 6:00 p.m., The Mall/Warren Chapel

Final Crossing 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.

Mon., July 7, 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 7, 7:45 p.m., Harton Dining Hall

All-Assembly Bingo! Join us for an evening of fun, friendly competition at all-assembly Bingo! There will be prizes, snack shop offerings, and a variety of Bingo games!

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

Pilates with Kim Butters, instructor

Pilates Mixed Level Mat will begin each session with stretching to help alignment and increase awareness in the body. The class will then move through the classic Pilates mat exercises with modifications given for beginners or those with physical issues. Each session lasts 55 minutes and promises to be an invigorating start to your morning!

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 8, 12:00 p.m. Buzzards & Falcons

Thurs. July 10, 1:00 p.m. Eagles Leave from front gate!

Caving with Joey Favaloro

We have many wonderful caving experiences this summer! The incomparable Joey Favaloro will be leading our caving excursions this summer—his experience and expertise are unmatched! Please read the following description to know what to bring and how to prepare: For all caving excursions, advanced sign up is required (on youth bulletin boards) and all groups will meet right outside the front gates in the small parking area. Please arrive 15 minutes early. Caves are fun and full of wonder, and they are also often wet, cold, and muddy: Cavers will need closed-toed shoes, long pants (ex: moisture-wicking pants; thick jeans; etc), t-shirt (long-sleeved preferable for warmth), long-sleeve pullover (optional: for warmth), a bike helmet, headlamp or flashlight (small flashlights can be taped to bike helmets to make a "headlamp"), and a towel to sit on in the car afterwards! Happy caving!

Tues.-Sat., July 8-12, 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., June 30-Mon., July 7. Register by noon on July 7. Participants should attend the kick-off party at Get Right (#92), Betsy Peebles's cottage, at 7:30 p.m. Mon. (BYOB). Participants will find out the draw at the party. Play begins Tues., July 8 at 10:00 a.m.

Tues., July 8, 10:45 a.m., Warren Chapel

Lecture: The Enneagram with Liz Norrell

Perhaps you've heard of the Enneagram, but is this just another fad—or is there something to this oddly named tool? In this lecture, we'll introduce the Enneagram and its nine types by discussing the fears, needs, and qualities of each type. You'll have an opportunity to take a quick assessment to identify what *might* be your dominant type. Join us in the afternoon workshop for a deeper dive.

Tues., July 8, 2:30-4:30 p.m., Pulliam Center

#5-B Enneagram Workshop with Liz Norrell

The Enneagram: A deeper dive into types, wings, arrows, levels, and instincts

In this afternoon workshop, we'll dive more deeply into different dimensions of the Enneagram as a way to develop greater self-awareness. Among the topics we'll cover are:

- * How wings add complexity to our type
- * The arrows and their relationship to our self-awareness journey
- * Levels of development as a different lens on the ego
- * The three Enneagram instincts and their relationship to type

Participants can expect lots of self-exploration and reflection. Come prepared to laugh, to talk, and to think deeply about how you relate to the world and to others.

Advance registration required; no fee; maximum 30 participants

[Sign up link here.](#)

Wed., July 9, 8:00 a.m., Auditorium

Yoga with Pippa Brown

Pippa Browne has been practicing yoga for a few decades and began teaching a Vinyasa flow class in California in 2010. Since moving back to Tennessee she has done further training in Ashtanga and Kundalini Yoga. Her classes are based on a standard Vinyasa flow with elements of Ashtanga and Kundalini Yoga woven into them.

Wed., July 9, 10:45 a.m., Warren Chapel

Lecture: Who Won the Vietnam War? Surprise! with Oscar Fitzgerald

The Vietnam War is one of the most misunderstood wars in American history. How did we get into the war? Did the Gulf of Tonkin Incident really happen? Was the North Vietnamese Tet Offensive of 1968 a major defeat? What led the North Vietnamese to sign a peace agreement in 1972? What went wrong to force the U.S. to withdraw in 1975? The lecture will provide an overview of the war and dispel many of the myths that have grown up about the conflict.

Wed., July 9, 3:00 p.m., Harton Dining Hall

Baking in the American South with Anne Byrn

Witness the rise of Southern baking from the humble, make-do recipes of our ancestors to its place as one of the world's richest culinary traditions through this essential cookbook from bestselling author Anne Byrn. Anne will discuss her newest book and give a cooking demonstration of recipes from this collection of culinary history. Book sale and signing will follow the program.

Thurs., July 10, 9:00-10:00 a.m., Winfield Porch

A Conversation with the Pastors

Please join the Rev. Mary Balfour Dunlap and the Rev. Darren Brandon for a conversation about a pre-selected topic. See this week's *Mountain Voices* for what will be discussed. Light refreshments will be provided.

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

Lecture: Old Hollywood Movie Stars with Anne Monfore

The lives and tragedies of old Hollywood movie stars and how mental health, specifically depression, played a part in each of their stories is the topic of this lecture. We will concentrate on five fascinating early stars: Vivian Leigh, Judy Garland,

Audrey Hepburn , Joan Crawford and Gene Tierney with a brief introduction to their early childhoods, personal lives as stars, and quotes from each. These early stars shared many common threads which led to difficult lives and tragic endings. The Forties were the years of Old Hollywood's last stand, and the stars' quest to satisfy the moguls of the industry led to tragedy in their quest for beauty, fame and survival.

Thurs., July 10, 3:00 p.m., Lexington Cottage #9

#5-C Bourbon Tasting with Jim Rogan

At this bourbon tasting you will enjoy four distinct and different tasting bourbons: Michter's Small Batch, Woodford Reserve, Maker's Mark and Blanton's. The fun in this tasting will be in dissecting the flavors and finding where they land on your palate.

No fee; advance registration required; maximum 20 participants

Sign up link here.

Thurs., July 10, 7:45 p.m., Warren Chapel

Lecture: "Wicked?:" The Road to the Emerald City and the Presidential Election of 1896 with John McCardell Jr.

The election of 1896 has often been described as a "critical" election, one in which voter preferences realign and party allegiances are recast. The contest between William McKinley and William Jennings Bryan offered voters a sharp contrast in platforms and styles. It also can help to illuminate (and be illuminated by) a beloved children's story, which became a major motion picture and which continues to be a part of our contemporary culture. Based on research first published in 1964, this talk will draw parallels between the election and the story, thereby enriching our understanding of both.

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

YoMassage with Lauren Laurino, instructor

This class is a combination of Yoga and Massage; specifically Yin or restorative Yoga where poses are held for a longer duration while comfortably bolstered and participants receive massage while holding these poses with the goal of helping muscles to relax and achieve greater range of motion.

Open to adults; no fee; no advance registration required

Fri., July 11, 2:30-4:30 p.m., Shady Dell

#5-D Felted Wool Ball Trivet with Virginia Curry

Handy with a needle and thread? This Felted Wool Ball Trivet is for you! With a long embroidery needle, embroidery thread and an estimated 100 felted balls, make a long-lasting trivet to protect tables and countertops.

Advance registration required; maximum 12 participants; \$15 materials fee

Sign up link here.

Fri. July 11, 7:45 p.m., Auditorium

All Assembly Talent Show: (rehearsals during the week—see Youth Bulletin Board for times)

Sat., July 12, 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. Tables will also be available to decorate. See *Mountain Voices* for more details on food options.

No fee; no advance registration required

WEEK SIX
Thomas Malone Trabue, III, Youth Week
July 13-19, 2025

**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 Week

July 14-18

Week 6 marks the beginning of youth week—a week highlighted by nightly youth activities for Buzzards and Falcons with the amazing Rev. Keith Gunter. This week is also “Spirit Week”—check the Youth Bulletin Board for daily dress-up themes and special activities!

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

Ageless Strength & Vitality: Brendie Mitchell, instructor

Join us for *Ageless Strength & Vitality*, a dynamic, one-hour class specifically designed to support healthy aging through a holistic combination of yoga, weightlifting, brain exercises, and balance training. This unique class targets key areas that are known to age more rapidly, such as muscle mass, flexibility, balance, and cognitive function, while also enhancing overall wellness. The class combines aerobic movement, muscle-strengthening exercises, and brain-boosting activities to provide a well-rounded workout aimed at slowing the effects of aging. Whether you’re looking to increase your strength, improve flexibility, sharpen your mind, or enhance your overall balance, *Ageless Strength & Vitality* will leave you feeling stronger, more centered, and more energized. Perfect for individuals of all ages and fitness levels, this class offers a supportive, low-impact approach to aging gracefully and actively!

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.) & Carter Floyd (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, 10:45-11:45 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 14, 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 14, 7:45 p.m., Harton Hall

Trivia Night: Are you ready to put your thinking caps on and have a blast? We've got just the thing to spice up your Monday night—Trivia Night at Harton Hall! Whether you're a trivia whiz or just looking for a fun night out with friends, our Trivia Night Extravaganza is the perfect way to challenge your brain while enjoying time with friends. Leave your phones in your pockets because this is all about good old-fashioned brainpower—no technology allowed! It's a great way to unplug and enjoy some quality time with new and old friends. Plus, what's better than bonding over shared knowledge or lack thereof.

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

Pilates with Kim Butters, instructor

Pilates Mixed Level Mat will begin each session with stretching to help alignment and increase awareness in the body. The class will then move through the classic Pilates mat exercises with modifications given for beginners or those with physical issues. Each session lasts 55 minutes and promises to be an invigorating start to your morning!

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., Wed., and Thurs. July 15-17. 10:00-12:00 pm, Shady Dell

#6-A Eagles: Monteagle Montage with Susie Elder

Express yourself and see how creative you can be! In this mixed media and painting workshop, eagles explore various subjects and experiment with different types of media to create Monteagle memories through art. Works include paintings on canvas, and colorful collage artworks.

Limited registration; advance sign-up & MSSA gate ticket required, max. #12

Sign up link here.

Tues., July 15, 10:45 a.m., Warren Chapel

Lecture: The Wills of the First Ladies with Josh Denton

A study of the wills of our First Ladies also highlights some personal planning challenges and pitfalls.

Tues., July 15 and Thurs., July 17, 2:30-4:00, Shady Dell

#6-B Eaglets Earthly Expressions: Art and Nature with Susie Elder

Eaglets join this workshop to combine a love of art with a connection to the natural world. Find artistic inspiration in the sites of Monteagle before venturing into Shady Dell to make your own art. Eaglets will learn about birds, flowers and landscapes then create beautiful artwork inspired by these natural subjects. Old clothes and happy faces are required!

Limited registration; advance sign-up & MSSA gate ticket required, max. #16

Sign up link here.

Tues., July 15, 2:30 p.m., Writer's Grove

Readings in the Writers' Grove: Rick Glaze will be reading from *Eight Pieces of Eight*

Tues., July 15, 8:00 p.m., Warren Chapel

Lecture: The American Folk Art Museum in New York: Past, Present, and Future with Jason Busch

The American Folk Art Museum (AFAM) is the leading forum in the United States for promoting folk and self-taught art across time and place. Established in 1961 in New York City by a group of avid early American folk art collectors, the Museum has expanded conceptually and physically to include a nationally renowned collection of nearly 10,000 works of art and archives representing self-taught artists from nearly every continent. The diversity of AFAM's collection is reflected

in artworks predominantly made in America, yet by artists not necessarily born in this country and with ideas and ideals that span the world. Decade after decade, AFAM has boldly explored both revered and unconventional topics as exhibitions and educational programs while providing a stage for the work of artists who have come to their skill and trade through their own conviction, creativity, and sourced materials. The identity of the Museum's collection and exhibitions have been formed and reformed over the years by newly added makers and fresh ideas. The Museum advocates for those who historically have been sidelined and marginalized from mainstream discussions of art history. As such, AFAM has advanced a truly accessible and democratic art form that results through the personal circumstances of individuals. Through its exhibitions and publications, and now a vibrant virtual sphere online as well as social media, the Museum has literally shaped the perception and scholarship of the field of folk art from the eighteenth century to today. The American Folk Art Museum is currently celebrating more than 30 years of its location in the Lincoln Square neighborhood of Manhattan and 60 years since its establishment as a museum, with accompanying gifts of art and endowment campaigns as well as facility renovations that will manifest in 2026 as the United States celebrates its 250th anniversary. Speaker Jason T. Busch, Becky and Bob Alexander Director & CEO of the American Folk Art Museum since 2018, will provide a survey of AFAM from its collections and exhibitions, past to present, with a view to its future and to that of folk art internationally. Through illustrating his talk with a rich assortment of weathervanes, quilts, trade signs, and furniture as well as portraits, paintings, and sculptures by artists such as Ammi Phillips, Asa Ames, and William Edmondson.

Mr. Busch will explore the connoisseurship of folk art while weaving together stories of AFAM's development. His lecture will provide an exploration into the nation's museum of folk art.

Tues. July 15, 5:00-6:45 p.m.; Meet at the gym!

Hayride and Cookout Hummingbirds, Eaglets, and Eagles: come and enjoy a Hayride around the assembly before enjoying hamburgers and hotdogs at the gym!

Wed., July 16, 8:00 a.m., Auditorium

Yoga with Pippa Brown

Pippa Browne has been practicing yoga for a few decades and began teaching a Vinyasa flow class in California in 2010. Since moving back to Tennessee she has done further training in Ashtanga and Kundalini Yoga. Her classes are based on a standard Vinyasa flow with elements of Ashtanga and Kundalini Yoga woven into them.

Wed., July 16, 10:45 a.m., Warren Chapel

Lecture: Ten Obscure Facts on Chattanooga in the Civil War with Sam Elliott

While the story of the Battle of Chattanooga is generally known, there are matters relating to the experience of the region as a whole that lend depth to the understanding of Chattanooga's critical role in the struggle.

Wed. July 16, 12:00 p.m., Buzzards and Falcons Leave from front gate!

Thurs. July 17, 1:00 p.m., Eaglets Leave from front gate!

Caving with Joey Favaloro

We have many wonderful caving experiences this summer! The incomparable Joey Favaloro will be leading our caving excursions this summer—his experience and expertise are unmatched! Please read the following description to know what to bring and how to prepare: For all caving excursions, advanced sign up is required (on youth bulletin boards) and all groups will meet right outside the front gates in the small parking area. Please arrive 15 minutes early. Caves are fun and full of wonder, and they are also often wet, cold, and muddy: Cavers will need closed-toed shoes, long pants (ex: moisture-wicking pants; thick jeans; etc.), t-shirt (long-sleeved preferable for warmth), long-sleeve pullover (optional: for warmth), a bike helmet, headlamp or flashlight (small flashlights can be taped to bike helmets to make a "headlamp"), and a towel to sit on in the car afterwards! Happy caving!

Wed., July 16, 2:30 p.m., Hallelujah Pottery Studio

#6-C Dough Bowl Candle with Debbie Blinder

Join Debbie Blinder for an art excursion to Hallelujah Pottery located at 1202 W Main Street Monteagle TN.

Come on out to make a beautiful dough bowl candle. While the candles cool enjoy making healing bath salts. We will work with essential oils and choose salts such as Dead Sea, Himalayan and more. There will be tea, coffee, cold beverages and light snacks during class.

Advance registration required; \$40 includes all materials. Cap of 10-12 participants **Sign up link here.**

Wed., July 16, 3:00 p.m., Dining Hall

Cooking Demonstration with Guest Chef Sallie Stamps Swor

Sallie and Emily will discuss the art of cooking with honey. Cooking with honey can open a world of culinary possibilities, bringing both sweetness and depth to dishes.

Wed., July 16, 7:30-9:30 p.m., Winfield Porch

#6-D 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.

Sign up link here.

Thurs., July 17, 9:00-10:00 a.m., Winfield Porch

A Conversation with the Pastors

Please join the Rev. Mary Balfour Dunlap and the Rev. Keith Gunter for a conversation about a pre-selected topic. See this week's *Mountain Voices* for what will be discussed. Light refreshments will be provided.

Thurs., July 17, 10:45 a.m., Warren Chapel

Lecture: Is Emily Post Rolling Over in her Grave? Modern Manners vs. Traditional Manners with Gina Johnson

In 1922, former debutante and novelist, Emily Post was asked by the editors of Funk and Wagnall to write a book on etiquette. Nineteen editions later, her great grandchildren have published the Centennial edition of the popular book, still simply titled *Etiquette*. So much has changed in the U.S., and in the world, are manners in style now? Does it really matter if you know which fork to use? What is our responsibility as parents and grandparents to expose our families to these principles? In this interactive seminar, we will explore the origins of manners and reinforce the behaviors that help us to have successful interactions with others.

Thurs., July 17, 2:30 p.m., Warren Chapel

Floral Demonstration with Kent Freeman

Kent Freeman is legendary for his creative floral designs and eye for transforming spaces into works of art. He is also no stranger to our mountain. Please join us for an afternoon talk on arranging flowers, picking containers, and creating magical combinations.

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

YoMassage with Lauren Laurino, instructor

This class is a combination of Yoga and Massage; specifically Yin or restorative Yoga where poses are held for a longer duration while comfortably bolstered and participants receive massage while holding these poses with the goal of helping muscles to relax and achieve greater range of motion.

Open to adults; no fee; no advance registration required

Fri., July 18, 9 a.m.-3 p.m., MSSA Grounds

Woman's Association 61st Annual Cottage Tour & Bazaar

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

10:00 a.m.-3:00 p.m. Cottage Tours. Advance tickets are \$25; same-day tickets are \$30. Parking in North Gate Field is Free.

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

Sat., July 19, 10:00 a.m., Auditorium

Animals from Around the World with Bob Tarter

Come see the live animal show and learn all about different animals from around the world! All ages welcome!

WEEK SEVEN
July 20-26, 2025
Youth Tennis 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.

Sun., July 20, Outreach Sunday

Outreach Sunday will be Sunday, July 20th. It is so important to support our neighbors in need on the mountain. This year, the Outreach Committee has selected the South Cumberland Community Foundation for Outreach Sunday. All offerings will go to support the Foundation. The South Cumberland Community Foundation supports many non-profits on the mountain including Tracy City Free Clinic, Easy's Dog Shelter, Friends of South Cumberland State Parks, The Grundy County Food Bank, Mountain Goat Trail Alliance, Beersheba Springs Medical Clinic, The Grundy EMS, Highland Recovery Center, Morton Memorial Church, Monteagle Elementary School and many more! Please give generously to support these organizations. It is our call as followers of Jesus!

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

Ageless Strength & Vitality: Brendie Mitchell, instructor

Join us for *Ageless Strength & Vitality*, a dynamic, one-hour class specifically designed to support healthy aging through a holistic combination of yoga, weightlifting, brain exercises, and balance training. This unique class targets key areas that are known to age more rapidly, such as muscle mass, flexibility, balance, and cognitive function, while also enhancing overall wellness. The class combines aerobic movement, muscle-strengthening exercises, and brain-boosting activities to provide a well-rounded workout aimed at slowing the effects of aging. Whether you're looking to increase your strength, improve flexibility, sharpen your mind, or enhance your overall balance, *Ageless Strength & Vitality* will leave you feeling stronger, more centered, and more energized. Perfect for individuals of all ages and fitness levels, this class offers a supportive, low-impact approach to aging gracefully and actively!

Open to adults; no fee; no advance registration required

Mon.-Tues. July 21-22, Sign-ups Youth Bulletin Board

Youth Tennis Week

Tournament Play: times and locations TBD

Calling all tennis players for a great week of youth tennis competition! Ages 8-17/all skill levels welcome to sign up and participate! Sign-up sheet will be posted Sunday evening and will run until Tuesday at noon. Once you have signed up, please attend our kick-off pizza party on Tuesday evening, July 22 at 7:00 p.m. at Summertime Cottage #68 for the bracket reveal! Matches will begin Wednesday and continue throughout the week, times TBD. Looking forward to seeing you all on the courts!

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

Aqua Yoga: Liz Norell (Mon.) & Carter Floyd (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, 10:45-11:45 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 21, 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 21, 7:45 p.m., Harton Hall

Trivia Night: Are you ready to put your thinking caps on and have a blast? We've got just the thing to spice up your Monday night—Trivia Night at Harton Hall! Whether you're a trivia whiz or just looking for a fun night out with friends, our Trivia Night Extravaganza is the perfect way to challenge your brain while enjoying time with friends. Leave your phones in your pockets because this is all about good old-fashioned brainpower—no technology allowed! It's a great way to unplug and enjoy some quality time with new and old friends. Plus, what's better than bonding over shared knowledge or lack thereof.

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. & Th., Weeks 1-8, 8:00 a.m., Gymnasium

Pilates with Kim Butters, instructor

Pilates Mixed Level Mat will begin each session with stretching to help alignment and increase awareness in the body. The class will then move through the classic Pilates mat exercises with modifications given for beginners or those with physical issues. Each session lasts 55 minutes and promises to be an invigorating start to your morning!

Open to adults; no fee; no advance registration required

Tues., July 22, 10:45 a.m., Warren Chapel

Lecture: The Secret City Where Women Impacted World War II and Changed History with Claudia Haltom

Where was it? What was it? How did so many women seem called to a place not on any map or near any train station or airport? What did they do that changed the world and so heavily impacted the outcome of World War II? This presentation will include pictures never seen before and a history from the 1940s that will lay out a clear description of what they did.

Tues., July 22, 2:30-4:30 p.m., Shady Dell

#7-A Straw Wreaths with Virginia Curry

Straws will take on a completely new character when you make a straw wreath! Various colors of straws, different lengths of straws and repeating patterns will make your straw wreath decorative and individual. Only skill needed—glue gun coordination!

Advance registration requires; maximum 15 participants; \$10 materials fee.

Sign up link here.

Tues., July 22, 8:00 p.m., Warren Chapel

Lecture: Raising Worry-Free Kids with Sissy Goff

Kids are growing up in a world of worry today. Anxiety, in fact, is a childhood epidemic, effecting 1 out of every 4 children. Kids of all ages feel pressure . . . from the expectations around them, inside of them, and even, unknowingly, from us. What

can we do to slow the epidemic for kids, in general? And, even more importantly, what can you do to calm the worry-related meltdowns and help your child find the confidence to fight his or her own brand of Worry Monster? In this seminar, you'll gain understanding the what's and why's in terms of the differences between anxiety and worry, and where your child is on the continuum help practically with tools to overcome the worry that he or she will inevitably face hope as your child discovers a sense of confidence that is stronger than any worry this age of anxiety can bring. Children need understanding, help, and hope. You can make a profound difference in their journey to finding all three. You will come out of this seminar feeling not only more confident in your parenting, but in your ability to help them discover all of the courage that is already inside of them.

Wed., July 23, 8:00 a.m., Auditorium

Yoga with Pippa Brown

Pippa Browne has been practicing yoga for a few decades and began teaching a Vinyasa flow class in California in 2010. Since moving back to Tennessee she has done further training in Ashtanga and Kundalini Yoga. Her classes are based on a standard Vinyasa flow with elements of Ashtanga and Kundalini Yoga woven into them.

Wed., July 23, 3:00 p.m., Dining Hall

Culinary Demonstration with Julia Sullivan

Join Julia Sullivan, Chef/Owner of Judith restaurant for a special demonstration, preparing her favorite menu items, featuring local, summer produce.

Wed., July 23, 10:45 a.m., Warren Chapel

Lecture: The Moon, Mars and Beyond—A Tour of the Cosmos with Mat Kaplan

Human spacecraft have visited all of our solar system's planets (including Pluto!), along with the asteroids, comets and moons that are in our solar neighborhood. New probes are on their way to Jupiter and Venus right now! These robots, and the 12 humans who walked on the Moon, along with giant new telescopes on the ground and in space, have revealed the cosmos as never before. Join Planetary Society Senior Communications Adviser Mat Kaplan as we travel at the speed of light and beyond, viewing the wonders of the final frontier.

Wed., July 23, 9:00 p.m., Northgate Field

Stargazing Event with Mat Kaplan

Come join us to view the magic of the universe! Mat Kaplan will be at North Gate Field for an evening of stargazing. We will have a telescope ready for you to view the constellations in the summer sky. Feel free to bring your own telescope.

Thurs.-Sun., July 24-27; departure and return times TBD

"The Walk" - Buzzards and Falcons 4-Day Backpacking Trip

Iconically known in the 90s as "The Walk", this trip is the ultimate backpacking adventure and was revived in the assembly in 2023. This year, along with years past, we will spend three nights and four days venturing through Shining Rock Wilderness in Pisgah National Forest, North Carolina. Shining Rock is home to some of the most beautiful views in the Southeast with versatile trails, enormous quartz boulders, fresh springs, and world class waterfalls. The group that took this trip last year had the time of their lives summiting mountains, picking fresh blueberries, and being solely in nature for four days straight. This trip takes extensive planning and commitment from both the staff and the youth, but the reward greatly exceeds the time and effort required to pull it off. This trip stands alone as the most memorable and life-impacting adventure that the assembly is capable of providing.

***Packing list to be provided*

Thurs., July 24, 9:00-10:00 a.m., Winfield Porch

A Conversation with the Pastors

Please join the Rev. Mary Balfour Dunlap and the Rev. Ed Norton for a conversation about a pre-selected topic. See this week's *Mountain Voices* for what will be discussed. Light refreshments will be provided.

Thurs., July 24, 10:45 a.m., Warren Chapel

Lecture: I Am Here You Are Not I Love You with Aidan Ryan

Blending the emotional depth of memoir with the breadth of biography, *I Am Here You Are Not I Love You* attempts to piece together clues from the lives and art of Aidan Ryan's late uncle and aunt, Andrew Topolski and Cindy Suffoletto, visual artists who were active from the mid-1970s until their deaths in the early 2000s. The book presents a critical reexamination of Andrew Topolski, an overlooked luminary of movements including intermedia and postminimalism. In repositioning Topolski's legacy and vast body of work, Ryan makes compelling findings about the interplay of talent, luck, and community support in the making or breaking of artistic careers. At the same time, the story shares the significant and never-before-seen body of work by Cindy Suffoletto, a talented and inventive artist little shown and never cataloged during her short life. Ultimately, Ryan argues that the time is right for both to take up a privileged place among the great artists of their generation. Ryan will read from his book and speak about the lessons he learned through his research, particularly around the mechanics of the art market, the lives of artist-partners, and the forces that determine artistic canonization.

Thurs. July 24, 1:00 p.m., Leave from front gate!

Caving with Joey Favaloro - Eagles

We have many wonderful caving experiences this summer! The incomparable Joey Favaloro will be leading our caving excursions this summer—his experience and expertise are unmatched! Please read the following description to know what to bring and how to prepare: For all caving excursions, advanced sign up is required (on youth bulletin boards) and all groups will meet right outside the front gates in the small parking area. Please arrive 15 minutes early. Caves are fun and full of wonder, and they are also often wet, cold, and muddy: Cavers will need closed-toed shoes, long pants (ex: moisture-wicking pants; thick jeans; etc), t-shirt (long-sleeved preferable for warmth), long-sleeve pullover (optional: for warmth), a bike helmet, headlamp or flashlight (small flashlights can be taped to bike helmets to make a "headlamp"), and a towel to sit on in the car afterwards! Happy caving!

Thurs., July 24, 2:30 p.m., Writer's Grove

A Reading from *Odd Job Annie, First in a Cozy Mystery Series Set in Monteagle* with Beth Riner

Annie Cooper's not your average retiree. After moving to the quirky mountain town of Monteagle, Tennessee, she creates a side hustle—*Odd Job Annie*—to offset her insurance costs. When one of her first and favorite clients, a feisty octogenarian, is brutally attacked and left for dead, it's up to Annie and Dickie, her delightfully debonair new neighbor, to figure out whodunnit in this charming, laugh-out-loud cozy mystery. **SPOILER ALERT:** The feisty octogenarian lives in the Assembly. *This reading will be followed by blackberry cobbler and ice cream.*

Thurs., July 24, 7:45 p.m., Auditorium

Documentary Screening *I Am Her You Are Not I Love You* with Aidan Ryan

Director, Aidan Ryan will discuss and screen his movie short about his uncle and aunt, Andrew Topolski, Cindy Suffoletto, and their *Life in the Arts*. *I Am Here You Are Not I Love You* follows Ryan as he attempts to make sense of the work and clues left behind by the late visual artists Andrew Topolski and Cindy Suffoletto, his aunt and uncle, who passed away when he was a teenager. The film is 40 minutes long.

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

YoMassage with Lauren Laurino, instructor

This class is a combination of Yoga and Massage; specifically Yin or restorative Yoga where poses are held for a longer duration while comfortably bolstered and participants receive massage while holding these poses with the goal of helping muscles to relax and achieve greater range of motion.

Open to adults; no fee; no advance registration required

Fri., July 25, 10:45 a.m., Warren Chapel

Lecture: *Humanizing Antiquity-The Ongoing Saga of Pompeii* with Dawn Lafon

From the initial devastation to the rediscovery in the 1700's, Pompeii and the surrounding area has had worldwide influence. Dawn's lecture will cover the actual event and the people in the 1700's such as Josiah Wedgwood and Sir William Hamilton who influenced the popularity of art and furniture from the ruins. The lecture will conclude with a look at current excavations and what role technology is playing in unlocking even more mysteries of what the world was like over almost two thousand years ago.

Sat., July 26, 8:00 p.m., Auditorium

All Assembly Dance: Entice Dance Band

Dance the night away with one of the most requested party bands in the South!

WEEK EIGHT

July 27-August 2, 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., Weeks 1-8, 8-9:00 a.m., Gymnasium

Ageless Strength & Vitality: Brendie Mitchell, instructor

Join us for *Ageless Strength & Vitality*, a dynamic, one-hour class specifically designed to support healthy aging through a holistic combination of yoga, weightlifting, brain exercises, and balance training. This unique class targets key areas that are known to age more rapidly, such as muscle mass, flexibility, balance, and cognitive function, while also enhancing overall wellness. The class combines aerobic movement, muscle-strengthening exercises, and brain-boosting activities to provide a well-rounded workout aimed at slowing the effects of aging. Whether you're looking to increase your strength, improve flexibility, sharpen your mind, or enhance your overall balance, *Ageless Strength & Vitality* will leave you feeling stronger, more centered, and more energized. Perfect for individuals of all ages and fitness levels, this class offers a supportive, low-impact approach to aging gracefully and actively!

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.) & Carter Floyd (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, 10:45-11:45 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 28, 2:30-4:30 p.m.

Tues.-Fri., July 29-Aug. 1, 9:30-11:30 a.m., and 2:30-4:30 p.m., Pulliam Center

#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

Sign up link [here](#).

Mon., July 28, 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 28, 7:45 p.m., Harton Dining Hall

All-Assembly Bingo!

Join us for an evening of fun, friendly competition at all-assembly Bingo! There will be prizes, snack shop offerings, and a variety of Bingo games!

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. & Th., Weeks 1-8, 8:00 a.m., Gymnasium

Pilates with Kim Butters, instructor

Pilates Mixed Level Mat will begin each session with stretching to help alignment and increase awareness in the body. The class will then move through the classic Pilates mat exercises with modifications given for beginners or those with physical issues. Each session lasts 55 minutes and promises to be an invigorating start to your morning!

Open to adults; no fee; no advance registration required

Tues., July 29, 10:45 a.m., Warren Chapel

Lecture: What Makes the Middle East Such a Volatile Region? – What History Can Teach Us About the Search for Order in the Region with Nicholas Roberts

With the Israeli destruction of Gaza, the recent fall of the Assad government in Syria, and the ongoing conflicts between Israel, Hezbollah, Syria, and Iran it seems as though the Middle East cannot escape an endless cycle of violence and conflict. What makes this region so unstable? What could bring about greater order? This lecture will look to the history of the Middle East in the 20th and 21st centuries to answer these questions and will attempt to show how and why attempts to bring order to the region have so spectacularly failed.

Wed., July 30, 8:00 a.m., Auditorium

Yoga with Pippa Brown

Pippa Browne has been practicing yoga for a few decades and began teaching a Vinyasa flow class in California in 2010. Since moving back to Tennessee she has done further training in Ashtanga and Kundalini Yoga. Her classes are based on a standard Vinyasa flow with elements of Ashtanga and Kundalini Yoga woven into them.

Wed., July 30, 10:45 a.m., Warren Chapel

Lecture: An Introduction to Fly Fishing with Dewees Berry

Join Dewees and learn all about fly fishing basics.

Wed., July 30, 2:30 p.m., Shady Dell

#8-B How to Prep a Rod for Fly Fishing with Dewees Berry

During this workshop you will learn the ins and outs of rigging a fly rod.

Limited to 10 participants. Advanced registration required.

Sign up link here.

Thurs., July 31, 9:00 a.m., Auditorium

#8-C Excursion: Fly Fishing on the Elk River with Dewees Berry

Dewees will lead an excursion to the Elk River to give instruction on casting and wading.

Limited to 10 participants. Advance registration required.

[Sign up link here.](#)

Thurs., July 31, 9:00-10:00 a.m., Winfield Porch

A Conversation with the Pastors

Please join the Rev. Mary Balfour Dunlap and the Rev. Robert Cook for a conversation about a pre-selected topic. See this week's *Mountain Voices* for what will be discussed. Light refreshments will be provided.

Thurs., July 31, 7:45 p.m., Auditorium

Lecture: Peter Taylor's THE OLD FOREST: Story into Film with Steve Ross

Filmmaker, Steve Ross, brings Peter Taylor's short story "The Old Forest," to life in an hour-long film adaptation. "The Old Forest" is, in Ross's words, "an ethnographic film," in this case focusing on various aspects of pre-World War II Memphis: the conventional, upper-class world of Nat Ramsey and Caroline Braxley, his fiancé; the new working class world of Lee Ann Deehart, one of Nat's girlfriends; and the primeval world of the Old Forest, to which Lee Ann runs away in the crucial incident that forces Nat and Caroline to look closely at each other and themselves. Ross will discuss and screen his film.

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

YoMassage with Lauren Laurino, instructor

This class is a combination of Yoga and Massage; specifically Yin or restorative Yoga where poses are held for a longer duration while comfortably bolstered and participants receive massage while holding these poses with the goal of helping muscles to relax and achieve greater range of motion.

Open to adults; no fee; no advance registration required

Fri., Aug. 1, 10:45 a.m., Warren Chapel

Lecture: Iron Tigers with David Neil Drews

Iron Tigers is inspired by the actual 1899 Sewanee Tigers football squad, which the *NCAA News* called a team "unequaled for endurance" and the *New York Times* declared "the greatest college team ever." Drews discusses the story that has captured the hearts of countless over the years.

Fri., Aug. 1, 2:30 p.m., Writer's Grove

Readings in the Writer's Grove: David Neil Drews will be reading from *Iron Tigers*.

Fri. Aug. 1, 2:30 p.m., Depart from Nashville Home; return Saturday

Buzzards and Falcons Ocoee Rafting Trip

Buzzards and Falcons have a great rafting experience this week: join us for one last adventure as we camp out Friday night before rafting the Ocoee River on Saturday! Pre-registration, sign-up, and release forms required. River rafting trips are fun and require the right gear. See the following for what to wear/bring: sunscreen, towel, swimsuit, shorts/shirt if preferred, sturdy shoes that will stay on feet (no flip flops or slides), and a spirit for adventure! (Suggested shoes: sandals with straps, old tennis shoes, etc.)

Sat., Aug. 2, 10:00 a.m., Warren Chapel and Assembly Locations

The Great Assembly Thanksgiving! A New Assembly Tradition

Please join us for a new tradition at the Assembly—Giving Thanks before the closing of the 143rd Season! All ages are asked to join us in the Chapel as Pace Verner reminds us of the power of thanksgiving and how we can speak words of thanks over our Assembly. We will be invited to choose from 5 preset locations on the Assembly grounds and walk or take a golf cart as we follow our Prayer Leader there. We will offer prayers of thanksgiving using a program that we will all receive. After your Prayer Leader offers a benediction, please come back to the Chapel for a small gift from the Chapel committee to you. For we are more than grateful and thankful for all the chances we have had over the season to worship and to share and to have dinners on Monday nights with you. You have blessed us—and we are thankful!

Sat. Aug. 2, 6:00-8:00 p.m., Pool

All-Assembly Luau

Come say farewell to the summer season in style at the All-Assembly Luau! Bring a dish to share and enjoy food, friends, memories, and the crowning of the Luau King and Queen!

Sat., Aug. 2, 7:45 p.m., Gymnasium

All Assembly Dance: Cruel Shoes

Calling all classic rock 'n' roll fans! Join long time Monteagle friend Clark Hudgins and his band for a merry night of dancing!