



**I AM ATTENDING CAMP KINARD'S SENIOR ADULT DAY OCTOBER 21ST, 2008**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_



Congregation and Location

Please send \$20.00 for each person attending. Make checks payable to SCLRC.

Mail to: Amy Catalino, Director of Marketing and PR, SC Lutheran Retreat Centers  
6053 Two Notch Road, Batesburg-Leesville, SC 29070

**Consider a Stay!**

Come the evening before or stay a night after to enjoy Your Retreat Center here at Camp Kinard!  
Just \$40 for a double or single room occupancy. Linens provided.

Contact Amy Catalino with your plans. Phone: 803.532.3183 Email: amy@sclrc.com



South Carolina Lutheran Retreat Centers  
6053 Two Notch Road  
Batesburg-Leesville, SC 29070

RETURN SERVICE REQUESTED

Non-Profit Organization  
US Postage PAID  
Permit No. 25  
Batesburg-Leesville, SC  
29070



**SC LUTHERAN  
RETREAT CENTERS**  
Camp Kinard - 6053 Two Notch Rd  
Batesburg-Leesville, SC 29070

**OCTOBER 21ST, 2008  
9:30AM -3:00PM**

Establish the work of our hands in relationship to God and to each other. Explore the scripture through bible study and experience harmony through movements and meditation with our "Living Well" workshop. You'll also enjoy the best of Camp Kinard including crafts, music, hayrides, and campfire!



*"Living Well - Hand in Hand"*  
"Let the favor of the Lord our God be on us; establish the work of our hands for us..."  
-Psalm 90:17

**SENIOR ADULT DAYS  
AT CAMP KINARD**

*Post this panel as a reminder after you register!*

# THERE'S MORE TO DO WITH SCLRC

## Elderhostel

*Adventures in Lifelong Learning*

**Experience Charleston like Never Before at the Coastal Retreat Center**

You may have visited Charleston, but you can never have your fill of her rich culture! With the Coastal Retreat Centers' Elderhostel program you will receive a week's vacation with hospitality and meals served all while learning about the vibrant history and culture of America's Most Historic City! Programs include engaging presentations, field trips, delicious meals (fresh seafood options), entertainment, fellowship, and more!

Learn more at [www.sclrc.com/elderhostel](http://www.sclrc.com/elderhostel) or call 803-532-3183  
Make reservations: [www.elderhostel.org](http://www.elderhostel.org) OR call 1-800-454-5768

**Nov 30 - Dec 5, Dec 7 - Dec 12, Dec 14 - Dec 19**

***"A Cultural Christmas Feast in Historic Charleston."***

On your week long adventure you'll experience a production by the Dock Street Theater Co, lights on James Island, a working plantation, Charleston Architecture, and Christmas music throughout the ages.

*Programs start at \$653.*

**Feb 15-20, 2009** #9580 - Revolutionary War in SC, Charleston Architecture, and the Gullah Experience.

*Programs start at \$594.*

**Feb 22-27 & March 1-6, 2009** #12152 - Charleston Culture and Lowcountry Literature.

*Programs start at \$595.*

**March 22-27, 2009** #9580 - Revolutionary War in SC, Charleston Architecture, and the Gullah Experience.

*Programs start at \$618.*

**March 29-April 3, 2009** #8747 - Revolutionary War in SC, the Gullah Experience, and Joys of Celtic and American Folk Music.

*Programs start at \$620.*

**April 19-24, 2009** #15641 - Siege of Charleston (Civil War), Charleston Architecture, and the Gullah Experience.

***More Dates to come for April and May 2009!***

# Schedule

**TUESDAY, OCT 21ST 2008**

9:30 a.m. – **Registration, welcome & fellowship**

10:15 a.m. – **Exploring Psalm 90:17** -

Pastor Denise Seymour of St. John's Clinton will lead a scriptural journey through the meaning of being God's hands in a hurting world. Living "Hand in Hand" we will discover together how God establishes the work of our hands.

11:00 a.m. – **Living Well - Hand in Hand** –

We are "the hands of Christ". It is the privilege and duty of each one of us to care for our body, mind, and spirit. We will practice Christian Meditation and Yoga (in chairs). These disciplines help us create healthy bodies, minds, and spirits so that we are able "to do all things through Christ" and find happiness. This program will be different from September's "Living Well - Step by Step," so repeat participants are encouraged to attend!

12:00 p.m. – **Nutritious Lunch** – Dining Hall

1 p.m. - 2:30 p.m. – **Get Creative with Arts & Crafts, Hay Rides, and Entertainment** - Create your own keepsake with arts and crafts lead by Heather Harris! Then enjoy the breathtaking fall atmosphere of Camp Kinard on a music filled Hay Wagon Ride! (Hay wagon equipped with steps for easy access). There will also be planned entertainment to enhance your afternoon!

2:30 p.m. – 3 p.m. – **Camp Fire, Marshmallows, & Closing** – After a wonderful day of activity, we will wind down in front of the camp fire roasting marshmallows! Enjoy fellowship and the glory of God's creation that surrounds you.



**South Carolina Synod**  
Evangelical Lutheran Church in America  
God's work. Our hands.

# Presenters



**JACQUELINE HAYMOND, PHD**

Dr. Haymond has been commended with a resolution passed by the House of Representatives for her many accomplishments by honoring her with the title "Ms. South Carolina Senior 2001." Jaquie is a student, writer, coach and motivational speaker. She leads Yoga for Any Body classes and offers personal spiritual retreat space at 'The Pond', a 53-acre retreat near Ninety Six, SC. She is a member of Spiritual Directors International and Professor Emerita of Forest Resources at Clemson University. Adults who are interested in lifestyle enhancement are motivated to action by Jaquie's enthusiasm for life and useful tools for improving the quality of their lives.

View Jaquie's web site at [www.jhaymond.com](http://www.jhaymond.com)

**PASTOR DENISE SEYMOUR**

Denise serves as pastor for St. John's Lutheran Church in Clinton, SC. She grew up in Bishopville, SC and is a graduate of Coker College and Southern Seminary (LTSS). Denise planned to become a United Methodist pastor, but the Holy Spirit lead her to LTSS where she felt God moving her to adopt lutheran theology. She and her husband Joe have 3 adult children and 3 incredible, energetic and beautiful granddaughters. Joe recently retired from Koch Industries in Lugoff, SC and they are finally living "happily ever after"!

**HEATHER HARRIS**

Heather will help you discover your creative nature through arts and crafts. She is a retired nurse, retired Elderhostel Coordinator, and active artist. Heather is a member of the Guild of American Papercutters, and enjoys silhouettes and liturgical papercuttings. Heather continues to bless SCLRC with her many talents as 'Program Services.'