**Strength for the Journey**

**2019 Tentative Retreat Schedule**

**Thursday**
1-3 p.m. Registration (You MUST arrive by 4 p.m. on Thur. or may be asked to return home.)
4:00 p.m. Orientation/Group Photo
5:30 p.m. Supper
6:30 p.m. Campfire - Bring your ashes
8:00 p.m. Night Owl Café (Videos/snacks/conversation/games)
11:00 p.m. Camp Quiet

**Friday and Saturday**
7:00 a.m. Yoga/Thought of the day
8:00 a.m. Breakfast
9:15 a.m. Workshops/Hiking
10:15 a.m. Break
10:30 a.m. Workshops/Hiking
11:30 a.m. Break
12:00 p.m. Lunch
12:45 p.m. Small groups meet
2:00 p.m. Workshops/Optional Activities: crafts, games, reading, affirmation notes, conversation groups, snacking, sleeping, hiking, meditation.
4:00 p.m. 12-Step Meeting
4:30 p.m. Staff Meeting
5:30 p.m. Supper
6:30 p.m. Campfire
7:30 p.m. (Fri./Sat.) “Theme TBD” Party / “Talent” Show
9:30 p.m Nite Owl Cafe
11:00 p.m. Camp Quiet

**Sunday**
8:00 a.m. Breakfast
9:00 a.m. Healing Service, Communion and collection of ashes at the Fire Circle
9:45 a.m. Clean cabins & pack vehicles Prepare to leave
11:00 a.m. Have a Safe Journey Home

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**Special Gifts**

Individuals, churches, or other organizations wishing to donate special gifts to offset the costs for SFTJ are encouraged to do so. Monetary gifts can be made online at:

**WWW.DSCUMC.ORG/SFTJ**

or payable to:

Desert Southwest Conference
(Put SFTJ Retreats in the Memo section)
Strength for the Journey
United Methodist Center
1550 E. Meadowbrook Ave.
Phoenix, AZ 85014-4040

To arrange gift donations of snack foods and beverages or other non-monetary gifts, please e-mail Linda Girard at hivministries@dscumc.org.

501(c)(3) Non-Profit # 95-3954544

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**Mingus Mountain Camp**

**Thursday - Sunday**

**May 16-19, 2019**

The 2018 retreat sold out early!

**WWW.DSCUMC.ORG/SFTJ**

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**An annual weekend retreat for adults, 18 years of age or older with HIV+/AIDS, without regard to religion, race, sex, or sexual orientation.**

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**Directions to the Retreat site will be sent in your Confirmation packet.**

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**Register and Pay online**

**WWW.DSCUMC.ORG/SFTJ**

Registration opens October 2018!

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**Sponsored by**
The Desert Southwest Conference
Of the United Methodist Church
HIV Caring Ministries
SFTJ Mission Statement
A respite from the world; to gather and create a community that is safe, loving, and caring. The overall emphasis will be on celebration of life and appreciation of the beauty and joy of living.

The Focus
The Retreat gives us the opportunity to focus on our own personal life journey and to explore ways in which we might enrich and strengthen ourselves. Interest groups, open discussion, support groups, arts and crafts, and hikes are among the planned activities.

A Safe Environment
As part of maintaining a safe community, the Retreat must at all times be maintained as a drug and alcohol-free environment. Substance abuse will not be tolerated. Persons who "choose to use" or are inappropriate during the Retreat may be asked to leave. Medical marijuana is prohibited on the Mingus Mountain Camp grounds. With individuals sharing retreat cabin space, respect of others, privacy and space is essential. Discretion is expected.

Spirituality
Throughout the Retreat there will be a number of opportunities for spiritual journey enhancement through “Celebration of Life” opportunities.

Mingus Mountain Camp and Retreat Center
Mingus Mountain Camp and Retreat Center is set amidst 123 acres of lush pines in the Prescott National Forest atop Mingus Mountain at an elevation of 7,600 feet. The camp offers modern accommodations in a tranquil setting of a deep green meadow dotted with wildflowers surrounded by redwood cabins which border a forest of towering pines. Approximately 100 miles north of Phoenix, the camp is located on 89-A above Jerome. Campers consistently rate the food as excellent. Let us know of any special needs.

Questions?
Contact Linda Girard at (520) 240-3565 or e-mail hivministries@dscumc.org with any questions about the retreat.