

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 pm 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

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)

Please mail or deliver to:

Strength for the Journey

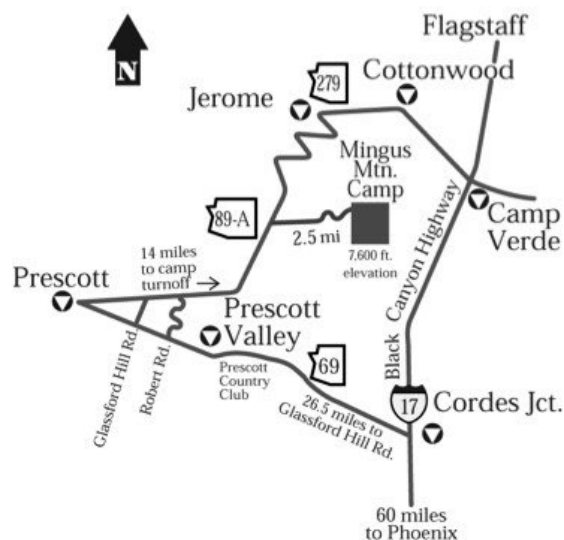
United Methodist Center

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.

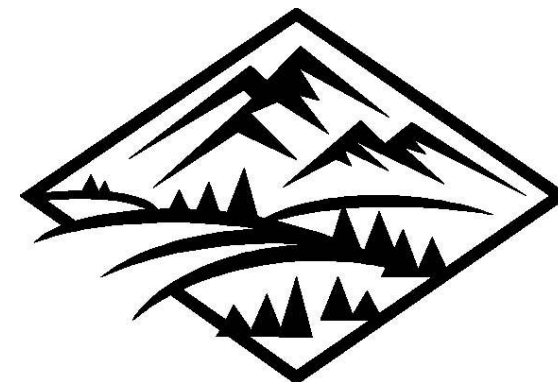
501(c)(3) Non-Profit # 95-3954544



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

Register and Pay online
WWW.DSCUMC.ORG/SFTJ
Registration opens October 2018!

Strength for the Journey Retreat



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

Mingus Mountain Camp

Thursday - Sunday

May 16-19, 2019

The 2018 retreat sold out early!

WWW.DSCUMC.ORG/SFTJ



Sponsored by
The Desert Southwest Conference
Of the United Methodist Church
HIV Caring Ministries

REGISTRATION

Strength for the Journey Arizona is a four-day summer retreat, held at the Mingus Mountain Camp & Retreat Center, set amidst 123 acres of lush pines in the Prescott National Forest atop Mingus Mountain at an elevation of 7,600 feet. It is about a two hour drive (107 miles) from Phoenix and three and a half hours drive (225 miles) from Tucson. Any adult 18 years or older living with HIV/AIDS may attend, without regard to religion, race, sex, gender identity or sexual orientation.

Registration Fee

The total fee for the retreat is \$170, which includes meals, lodging and workshop materials. An \$80 deposit is required to reserve your space. Final payment of the \$170 fee is due April 30, 2019. This is also the cancellation date; your fee may become non-refundable after this date. Each camper may bring one caregiver/guest 18 years or older. No scholarships are available for caregiver/guest. The registration fee is \$170 for a caregiver/guest.

Please do not let finances keep you from this wonderful experience. Payment plans are available. You can make multiple payments online (or by mail). Partial scholarships are available on a limited basis (you may request a scholarship application when registering).

If you have questions, send an e-mail to hivministries@dscumc.org or give Linda Girard a call at (520) 240-3565.

Register and Pay online at: WWW.DSCUMC.ORG/SFTJ Registration opens in October 2018 and the deadline for payment or cancellation with a refund is **April 30, 2019.**

If desired, after you register, you may mail a check or money order (*payable to Desert Southwest Conference*) to: **Strength for the Journey, United Methodist Center 1550 E. Meadowbrook Ave. Phoenix, AZ 85014-4040. Please put your name and SFTJ in the memo section.**

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.

Exploration

Campers choose which activities they wish to participate in. Examples of past activities are:
* Arts and Crafts workshops * Hair Salon * Zipline
* Massage * Discussion Groups * Hiking * Relaxation
* Disc Golf * Yoga * 12-Step meetings * Labyrinth
* Outdoor Activities * Campfires * Opportunities for prayer, meditation and worship too.

(Activities are subject to change.)

Party – Night

This year's party theme is "The County Fair". Bring a costume or create one in the crafts area (optional) and join in the FUN!

Talent Night

You have talent! Let it shine! Whether it is serious or silly, solo or a group production, start planning your segment of the big talent show.

Night Owl Cafe

Open every evening just for fun – games, snacks, videos, and conversation. A time to kick back, relax, play a game and visit. Chicken Foot is on the agenda – so come prepared!

Arts & Crafts

Time to let your inner child play and create in an unstructured environment.

Each person is free to participate as they choose.

Transportation

Everyone is encouraged to carpool with other participants. Limited transportation and carpooling may be available from Phoenix and Tucson for campers needing assistance with transportation on a first come first served basis. A minimal fee to cover gas may be required.

Questions?

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