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"Dear friend, I pray that you are doing well in every way. I pray that your body is strong and well even as your soul is." 3 John 1:2, NIV

Join us on Saturday, May 3rd, bring a friend (or two), and let us explore together "How Is It With Your Soul".

HORIZONS

A Publication of the North AL Conference United Women in Faith

SPRING 2025

North Alabama Conference

United Women in Faith

Refresh and Retreat

May 3, 2025 at 10:00 AM

(registration opens @ 9:15AM)

At Camp Sumatanga

How is it with your soul these days?

This is a question that John Wesley encouraged Christians to ask of one another, and it's a good question, isn't it? In our world today, it can be easy to neglect our souls.

At this year's Refresh & Retreat, our program will focus on this very question.



Marlow Francis, a Nurse Practitioner and Licensed Counselor, will be the guest speaker. Our own Bishop Jonathan Holston will be joining us for the afternoon. We're asking local units and districts to participate in our hands-on mission project of hygiene kits for UMCOR. (Directions can be found on Page 4).

Registration
9:15 to 9:45

On site registration
will be available at
**\$15.00 without
lunch**

Registration Form
"HOW IS IT WITH YOUR SOUL"
North Alabama Conference
REFRESH AND RETREAT
May 3, 2025
Camp Sumatanga
Joe Green Auditorium

Make checks
Payable to
NACUWiF
Mail to
Sherry Cushing
3450 County Rd 1682
Cullman, AL 35058

Deadline for registration is April 23, 2025

NAME_____

ADDRESS_____

CELL PHONE#_____ HOME PHONE#_____

EMAIL_____

DISTRICT_____ CHURCH_____

EMERGENCY CONTACT_____

Phone #_____

FEMALE_____ MALE_____

CONFERENCE LEADERSHIP TEAM_____

DISTRICT OFFICER_____

LOCAL UNIT_____

COST ADULT \$25.00

CHILDREN 5-12 \$15.00

CHILDREN 4 AND UNDER No charge

TOTAL AMOUNT ENCLOSED_____

DUE TO HPPA REGULATIONS, THIS FORM MUST BE COMPLETED SEPARATELY FROM ANY REGISTRATION FORM AND BROUGHT TO EVENT. DO NOT MAIL THIS FORM WITH ANY REGISTRATION.

HEALTH FORM Authorization for Emergency Medical Treatment Form

Name _____ DOB _____

Physician's Name _____ Phone # _____

Health Insurance Company _____ Policy # _____

Current medications _____

Allergies _____

Emergency Contacts: NAME	RELATION	PHONE#
_____	_____	_____
_____	_____	_____

In the event of the requirement of medical aid or treatment due to illness or injury during my participation in a United Women in Faith event, I authorize the NAC UWIF to do the following:

1. Secure and retain medical treatment and transportation if needed.
2. Release my health information to the authorized individual or agency involved in the medical treatment.
3. Any procedures deemed necessary or "life-saving" by the physician such as x-ray, surgery, hospitalization, medication, etc. may be invoked if the person(s) above is unable to be reached.

Date _____ Consent Signature _____

I DO NOT give my consent for emergency medical treatment/aid in the case of illness or injury. In the event emergency treatment/aid is required, I wish the following procedures to be followed:

I hold harmless the North Alabama Conference United Women in Faith, the North Alabama Conference, the United Methodist Church and/or the owners of the facility sponsoring the event for any act or failure of action during a medical emergency.

Date _____ Consent Signature _____

Date _____ Witness Signature _____

Each participant should be mindful of CDC actions suggested for control of the spread of illness. Considerations for safe meetings will include proper distancing, sanitizing, wearing of masks and vaccinations (may be encouraged, but not required).

Are you currently vaccinated for Covid? _____

North Alabama Conference
United Women in Faith
Hands On Mission Project

HYGIENE KIT (UMCOR)

1 HAND TOWEL (15x25 or 17X27)
no kitchen, cleaning or microfiber

1 WASH CLOTH

1 TOENAIL OR FINGERNAIL CLIPPER
no emery boards or metal files

1 BATH SIZE SOAP *in package*
no Ivory or Jergens

1 COMB Sturdy at least 4-7 inches

1 ADULT TOOTHBRUSH still in package

10 ADHESIVE BANDAGES (3/4 by 3inches)

1 GALLON SIZE RE-SEALABLE BAG

\$2.00 for the cost of toothpaste and shipping.

ASSEMBLY INSTRUCTIONS

Lay hand towel flat

Lay the washcloth in the center of the towel.

Place all other items on the washcloth (except the bag)

Fold the sides of the towel to cover items. Roll Tight

Place the tightly rolled bundle in the plastic bag

Important Notes

All items must be new.

Do not wash any of the items as they will no longer be considered new.

Do not include any personal notes, money, or additional materials in the kits.

Contents of kits or the containers of kits should not be imprinted with cartoon characters, advertisements, religious, patriotic, military or camouflage symbols.

For the most up to date and accurate Relief Supply Kit List, go to
<https://umcmission.org/umcor-relief-supplies/>.