



United  
Women  
in Faith



Breathe and Pray



## HerStory

*Mary and Martha, suffrage,  
civil rights, equal pay...*

## Future

*Vision, 150+ years, future  
generations*

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## Present

*Here and Now  
In the Moment*

**We show up,  
we take action,  
we get it done.  
Our passion is  
boundless.**



A decorative graphic on the left side of the page, consisting of four stylized, overlapping leaf-like shapes in shades of blue, arranged vertically and pointing to the right.

*Rest Reflect Renew*



*Take a break*

*Wait on God*

*Rest*

*Reflect*

*Renew*

*Pray*

*Meditate*

*Journal*





*Take a break*

*Wait on God*

*Rest*

*Reflect*

*Renew*

*Pray*

*Meditate*

*Journal*





United Women in Faith is offering a new approach to member enrichment focused on giving care to your whole person—mind, body, and spirit. Our approach to Soul Care embraces both self-care and spiritual rejuvenation.

### **What is a Soul Care Retreat?**

An event where women come together virtually or in person to experience rest, rejuvenation, and spiritual nourishment.





“Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls”





**faith**

**action**

**sisterhood**



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