

Mission u 2023

PLEASE JOIN US FOR A SPIRITUAL MISSION u RETREAT
Be nurtured and encouraged as we discover God's call.

Living the Kin-dom

Exploring the Lord's Prayer as a Spiritual Practice for Social Transformation

Experience time and space to refresh, restore, recharge and rejoice with your sisters
in faith.; to enrich your spirit and rekindle your soul.

Time to energize your relationship with God.

Engage in fun activities and exchange ideas.

Friday, July 28—Saturday, July 29

Catholic Conference Center
1551 Trinity Lane Hickory, NC 28602

This year's study is retreat focused—time apart to reflect and meditate.

Cost includes:

- Meals [Fri—Lunch & Dinner, Sat—Breakfast & Lunch]
- Lodging [Hotel style rooms 2 dbl beds & room with private bath]
 - Programming
 - Art and Craft supplies
 - Mission u remembrances

*Register now for Mission u,
Mission u for you!*



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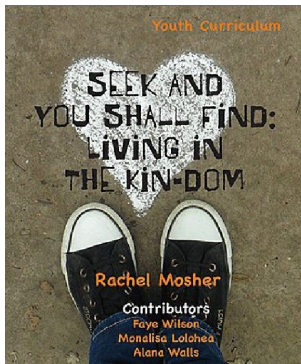
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Mission u 2023 July 28-29, Catholic Conference Center—Hickory, NC

Mission u 2022 marked a significant change to our Mission u study. Rather than offering separate studies on Spiritual Growth, Justice, and National and Global issues, the new model integrated all of these studies into one curriculum with a biblical exploration of Luke 13.

This year's curriculum explores the Lord's Prayer as recorded in Matthew 6:9-13, and invites you to take a deeper look at the prayer and the role it plays in your faith journey. The study is divided into two parts (1) reading and discussion and (2) meditation, prayer and journaling.

Our venue has also changed. As Pfeiffer was unavailable to us this year we will be convening at the Catholic Conference Center located in Hickory, NC. The new venue will emphasize a spiritual retreat experience rather than a classroom study setting. The facilities greatest asset is that everything — lodging, meeting rooms and dining area are all under one roof and is totally handicap accessible. Each lodging room contains two double beds and a private bath—all linens provided.



Encourage youth to attend our Resident Youth Camp. The youth curriculum invites the youth to find the kin-dom within the world around them, and how to live what they have learned. Each of the eight one-hour sessions allows the facilitator to adjust to the needs and response of the group. We encourage units to assist their youth with the cost of the camp with their registration fee; offer scholarship funds to cover their cost. We need to introduce our younger sisters to our community of United Women in Faith and develop a creative, supportive fellowship for all ages.

We will not be offering one-day overview classes. Instead we encourage our participants to share the study with their unit, cluster of units, or District. United Women in Faith seeks to connect and nurture women through Christian spiritual formation, leadership development, creative fellowship and education so that we can inspire, influence, and impact local and global communities.

Mission u 2023 will be a departure from our normal classroom study, it is an opportunity to experience a spiritual retreat, a time apart to reflect on the prayer Christ taught us. Allow the Spirit to lead you; take a step onto a new path on your faith journey. And take the hand of a fellow sister and encourage her to also try something new. As Scripture tells us:

So if anyone is in Christ, there is a new creation: everything old has passed away; look, new things have come into being! 2 Corinthians 5:17

Lets get the word out— encourage everyone to come and experience Mission u 2023!

We hope to see U at Mission u!

Mission u 2023 Retreat Logistics

Registration is open now through July 13 at <https://wnc-reg.brtapp.com/missionu2023> [No on-site registration.]

Registration costs vary with lodging and student type (resident / youth). All registration fees include lunch and dinner Friday; breakfast and lunch Saturday. All lodging rooms include 2 double beds and private bath (same as a hotel room — all linens provided). ***All reservations must be made through our UWF registration, do not contact the Catholic Conference Center.**

Dates: Friday July 28 through Saturday, July 29

Location: Catholic Conference Center, Hickory, NC

Study books may be ordered in advance. You may order a study book for pickup at either Spiritual Growth Retreat or at Mission u at registration sign-in. (It is not necessary to have a study book in advance of the actual study). If you choose to order a book to be delivered to you (which will increase your shipping costs), you may do so at www.umwmissionresources.org

Kindle versions of adult studies are available at smile.amazon.com

Hands-on Mission: UMCOR Hygiene Kits (guidelines on assembling and packing the kits may be found at umcmision.org/umcor-hygiene-kit/)

CEU/Advanced Lay Servant Credit: Participants can apply to receive CEU's and Advanced Lay Servant credit. Forms will be available at Mission u.

Schedule: Check-in will begin at 10:00 AM on Friday, July 28th. Mission u will open with worship Friday at 11:30 AM. Lunch will be served at 12:00 noon and first session will begin at 1:30 PM. Friday afternoon will include sessions 1-4 of the study. Dinner will be served at 6:30. Sessions 5 & 6 will be held after dinner. Reflection time will be available to all participants after Session 6 before retiring for the evening. Breakfast Saturday will be served at 8:00 AM. Sessions 7-8 will conclude by 12:00 noon followed by lunch. Closing worship and Send off is scheduled for 1:00 PM.

Morning Praise will be held Saturday morning at 7:30 AM on the terrace (weather permitting).

First-timer Scholarships: Each District offers a \$150 scholarship for a person attending Mission u for the first time. Information and applications are available from your District President. Additional scholarship funds are often available through your local units; contact your unit President for information.

Mission u Retreat Leaders

Music Leader: **Laurin Allred** is the Director of Music & Worship Arts at Muir's Chapel UMC in Greensboro. When not leading choirs, bands, hand bell assemblies, or kids' drum circles, you'll find Laurin jamming in the band "Champagne & Kevlar" at local festivals and venues. Laurin is a dedicated runner—finding peace and God through pounding the pavement.

Adult Study Leader: **Renee Hayes** is a United Methodist deaconess. She is actively involved in mission to Lithuania through Gifts of Grace Ministries. This is her third opportunity to facilitate an adult Mission u study after several years of working with our youth camp.

Youth Camp: **SEEK AND YOU SHALL FIND: LIVING IN THE KINGDOM**

Youth Camp Study Leader: **Sherry Sink** has served in various Conference and District offices of United Women in Faith and currently serves as a Program Advisory Group member. She has led both adult and youth mission studies, but working with youth is her passion.