How can I help?

The cost of the retreat is $150 per person which includes 3 nights lodging and 9 meals. To raise the needed funds for Heartsong 2005, we need your support.

Applicants and other supporters are currently seeking donations. With your help we can accept all applicants regardless of their ability to pay.

You may sponsor the cost of one or more persons or a portion of the cost. Any donation you are able to make is welcome and tax-deductible. Checks may be made payable to The Support Team Network.

Please submit your donation to the participant or mail it to the address on the reverse side.

The Support Team Network is an outreach project of The 1917 Clinic at The University of Alabama at Birmingham (UAB) and the Center for AIDS Research

For more information, to make a donation, or to join the Heartsong mailing list, you may contact us at:

Alabama Heartsong Retreat
c/o The Support Team Network
188 Community Care Building
908 20th Street South
Birmingham, AL 35294-2050

Phone: 205-975-9129
Fax: 205-975-6448
Email: Staff@SupportTeam.org
Web site: www.SupportTeam.org

ALABAMA
HEARTSONG
RETREAT
2005

A spiritual retreat for persons living with HIV/AIDS, for professionals who work in the field, and for caregivers.

Coordinated by
**Purpose**

The Alabama Heartsong Retreat is an interfaith spiritual retreat for adults (21 and older) living with HIV and AIDS, for those who work in the epidemic, and for caregivers.

The primary goal is for each participant to take the time to listen to his/her own "heartsong" and to use what is learned to continue one's own spiritual growth.

Persons living with HIV disease are given priority and professionals who work in the AIDS field are invited. Caregivers are also encouraged to participate. Most participants are from Alabama, but some persons come from other states in the southeast.

The Alabama Heartsong Retreat has been coordinated by The Support Team Network since 1994 and is planned each year by past participants and staff members.

The retreat is limited to the first 50 individuals to register.

**General Information**

When:

Heartsong 2005 will be held Monday, February 21st through Thursday, February 24th. Participants arrive between 3:00 - 5:00 p.m. on Monday and depart following lunch on Thursday.

Where:

The Benedictine Sisters at the Sacred Heart Monastery Retreat Center in Cullman, Alabama will once again host the retreat. The monastery is just 45 minutes north of Birmingham. Accommodations are "dorm style" with 2 or 3 to a room. All meals are provided on-site by the retreat center.

Why:

Studies have shown that attitude is a crucial factor in the long-term survival of any serious illness, especially HIV disease. A person's spiritual journey or awareness of God and others can positively impact attitude in ways that build hope, strength, and peace in one's life.

**Comments from past participants...**

“I enjoyed the honesty, generosity, sharing, support, fun … and most of all—learning and being inspired!”

“…an absolutely lovely place. The grounds are beautiful.”

“The talent show was a hoot!”

“Activities made it easy to get to know others in the group. I felt as thought I gained a great new family.”

“Everything was absolutely great! [Workshop leaders] were very knowledgeable about their topics and displayed great interest in every member being loved…”

“The camp fire was transforming and healing. I will carry it with me.”

“A very moving and renewing week.”

“Bless the contributors and donors.”

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