

## How can I help?

The cost of the retreat is \$160 per person which includes two nights lodging, six meals and retreat materials. To raise the needed funds for Heartsong 2014, 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 payable to the UAB Patient Assistance Fund with Heartsong Retreat on the memo line.**

Please submit your check donation (no cash please) to the participant directly or mail it to the address on the reverse side.



Heartsong is  
an outreach project of  
The 1917 Clinic at  
The University of Alabama at  
Birmingham (UAB) and the  
Center For AIDS Research



**The 1917 Clinic**  
a member of the UAB Health System



**CFAR**  
CENTER FOR AIDS RESEARCH  
University of Alabama at Birmingham

Applications will be mailed out to past participants in February 2014 and will be available in the 1917 Clinic's reception area.

**The total cost of the retreat is \$160.00. A non-refundable application fee of \$30 is required with submission.**

Space is limited to 60 participants who are committed to the purpose and covenants of the retreat.

Please make checks payable to **UAB Patient Assistance Fund** (with 'Heartsong Retreat' on the memo line) and mail to:

**Alabama Heartsong Retreat  
The 1917 Clinic at UAB  
ATTN: Chris Hamlin  
908 20th Street South, CCB 186  
Birmingham, AL 35294-2050**

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

Phone: 205-975-9103  
Email: [chamlin@uab.edu](mailto:chamlin@uab.edu) or [krd@uab.edu](mailto:krd@uab.edu)  
Web: [www.uab.edu/1917clinic](http://www.uab.edu/1917clinic)

**Thank you for your interest and support.**

21st Annual

## ALABAMA HEARTSONG RETREAT

**APRIL 30 - MAY 02**



*"Staying Alive:  
Physically, Mentally,  
and Spiritually"*

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

**Coordinated by  
The 1917 Clinic at UAB**



**THE UNIVERSITY OF  
ALABAMA AT BIRMINGHAM**

## Purpose

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

The primary mission is for each participant to take the time to listen to one another's "heartsong" and to use what is learned to continue spiritual growth.

Persons living with HIV are given priority. 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 1917 Clinic at UAB since 1993 and is planned each year by past participants and staff members. This is our 21st year!

The retreat is limited to 60 individuals who are committed to the mission and covenant of the retreat.

## General Information

**When:** **Wednesday, April 30 to Friday, May 02, 2014**

Heartsong 2014 will be held Wednesday, April 30 through Friday, May 02, 2014. Participants arrive between 9:30-11:00 a.m. on Wednesday and depart at 2:30 p.m. Friday.

**Where:** **Camp McDowell, Nauvoo, AL**

The retreat will be held at Camp McDowell, an Episcopal Church Camp and Conference Center for the Diocese of Alabama. Camp McDowell is located in Nauvoo, AL (near Jasper, AL) 90 minutes NW of Birmingham. Accommodations are motel style with two people per room. All meals are provided on-site by the retreat center. See [www.campmcdowell.com](http://www.campmcdowell.com) for more information.

**Why:** **Spiritual Connection Matters**

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!"

"The talent show was a hoot!"

"Activities made it easy to get to know others in the group. I felt as though 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..."

"A very moving and renewing week."

"Bless the contributors and donors."

"I loved the people and camp!"

Contact: Chris Hamlin  
Phone: 205-975-9103  
Email: [chamlin@uab.edu](mailto:chamlin@uab.edu)  
Web: [www.uab.edu/1917clinic](http://www.uab.edu/1917clinic)

Thank you for your interest and support