

How can I help?

The cost of the retreat is \$150 per person which includes two nights lodging, six meals and retreat materials. To raise the needed funds for Heartsong 2013, 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 1917 Clinic 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



Applications will be mailed out to past participants in February 2013 and will be available in the 1917 Clinic's reception area.

The total cost of the retreat is \$150.00. A non-refundable application fee of \$20 is required with submission.

Space is limited to 50 participants who are committed to the purpose and covenants of the retreat.

Please make checks payable to **UAB 1917 Clinic** (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**

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 or krd@uab.edu
Web: www.1917clinic.org

Thank you for your interest and support.

20th Annual ALABAMA HEARTSONG RETREAT

**APRIL 10-12, 2013
CAMP MCDOWELL**



**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**

**UAB
THE UNIVERSITY OF
ALABAMA AT BIRMINGHAM**

Purpose

The Alabama Heartsong Retreat is an interfaith spiritual retreat for adults (19 and older) 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 20th year!

The retreat is limited to 50 individuals who are committed to the mission and covenant of the retreat.

General Information

When: Wednesday, April 10 to Friday, April 12, 2013

Heartsong 2013 will be held Wednesday, April 10 through Friday, April 12, 2013. 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 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!"

Alabama Heartsong Retreat
Attn: Chris Hamlin
The 1917 Clinic at UAB
188 Community Care Building
908 20th Street South
Birmingham, AL 35294-2050

For more information, contact:

Phone: 205-975-9103

Email: chamlin@uab.edu

Web: www.1917clinic.org