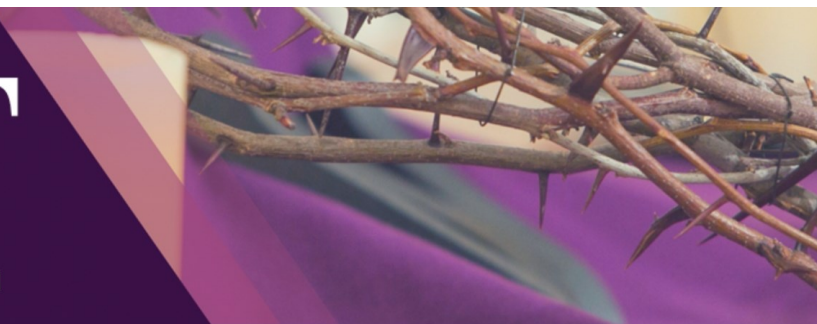


# LENT

A SEASON OF REFLECTION,  
RENEWAL, AND PREPARATION



Valley Ridge District  
United Women in Faith  
Lenten Prayer Breakfast  
Saturday, March 18  
Augusta Street UMC  
325 N Augusta Street, Staunton

You are invited to join United Women in Faith from around the Valley Ridge District for a time of food, fellowship, and reflection as we celebrate Lent and prepare ourselves for the season of Easter. All are welcome!

- 9 AM Registration; 9:30 AM Breakfast
- Cost is \$10—payable at the door
- RSVP by phone to: TK Peyton at 540-457-6029 or email to Lori Kier Benson at: **L.kierbenson@gmail.com**
- On street parking is available in front and beside the church. Additional parking is available across the street from the church. The breakfast and program will be downstairs in the fellowship hall. Use the front or side entrance. Handicap parking is available in front of the church. Use the side entrance.
- After breakfast and fellowship time we will join together in prayerful reflections led by UWF members





**Valley Ridge District UWF**  
**Spiritual Life Retreat**  
*Mosaic of Faith:*  
***We are All Part of God's Story***  
**with Martha Stokes,**  
**Virginia Conference Lay Leader**  
**Saturday, April 22**  
**Alta Mons Camp and Retreat Center**  
**2842 Crockett Spring Road, Shawsville**



What you need to know for **Saturday, April 22:**

- 9:30 AM check in at Program/Dining Hall; 10:00 AM Program; followed by lunch
- Park in the lower lot in front of the Dining Hall— Special needs parking beside/ behind the Dining Hall
- Pre-registration is required
- Cost is \$15—payable in advance (see form below) includes coffee/tea service and lunch
- Dress to be comfortable in the often unpredictable mountain weather. We will be inside in heated spaces.
- **Mission Focus will be Alta Mons.** Donations of cash, checks and Walmart gift cards will be collected for summer camp supplies.

What you need to know for **Friday, April 21:**

- A limited number of rooms are available in the Retreat Center for those attending the retreat. Single and double-occupancy available —with attached shared bathroom. Linen options available. All beds furnished with twin mattress, pillow and light blanket
- Parking is available on the far side of the Retreat Center
- Reservations are required—cost is payable in advance (see form below)
- Eat dinner before arrival (lots of options along the way in Salem) Check-in time begins at 4 PM.
- Vespers and an ice cream social will be provided at the Retreat Center that evening
- Breakfast on Saturday for those who stayed at the Retreat Center will be potluck (bring something to share—coffee, tea and juice provided) A small kitchen with refrigerator is available on site.

NOTE: Cell services is spotty- Wi-Fi is available. The emergency number is: 540-268-2409.

Complete this form and return it along with your check payable to: **Valley Ridge UWF** to Mona Tolley at 3374 Read Mountain Road, Roanoke, VA 24019. Contact Mona at 540-556-5238 or [monamax@aol.com](mailto:monamax@aol.com) with registration questions.

**Registration deadline is April 12.**

Name (s) registering: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Church: \_\_\_\_\_ UMC, located in \_\_\_\_\_ (town/city)

Check all that apply: I am registering for:

- |   |       |            |
|---|-------|------------|
| <input type="checkbox"/> Saturday's Spiritual Life Retreat .....  | \$15  | per person |
| <input type="checkbox"/> Friday Night Accommodations (single) .....   | \$ 80 | per person |
| <input type="checkbox"/> Friday Night Accommodations (double) with roommate (name) .....                                      | \$ 40 | per person |
| <input type="checkbox"/> Add linen service (pillow case, top sheet, fitted sheet, towel and wash cloth) to registration. .... | \$10  | per room   |

Any special needs you would like event planners to be aware of:

Emergency Contact: Name: \_\_\_\_\_ Phone(s): \_\_\_\_\_