

*** UPDATE *** Dear Friends,

On March 13, 14 and 15th, we will gather at Tall Oaks Conference for our Spring Women's Retreat. Our theme is "It is Well with My Soul". This time will give us an opportunity to look at our own lives, how we need to care for ourselves before we can care for others. Our Keynote Speaker is Rev. Melissa Strong. She is a Chaplain Manager at Nebraska Methodist Hospital. Melissa is also very actively involved in the entire staff at Methodist Hospital and the Omaha Police Department as a volunteer Chaplain.

We have several options for attending: Coming Friday night only, attending Saturday day time only, attending Friday night, staying over at Tall Oaks through Saturday afternoon or the entire weekend. You will have opportunities to enjoy the beautiful treed grounds, experience God at all times of the day and night, renew friendships and make new ones. We are hopeful to bring back chair massages and hand waxing. Massage cost—minimum \$10.00 donation recommended. Sign-up sheets will be available at registration.

We want to let you know several details now:

Our Offerings: 15% will go to our General Fund. The remaining **85%** will be split between Scholarship money for our DOC Camps and Activities and road gravel for Tall Oaks. Storms have played havoc on the roads and the need for gravel is great. It was determined that \$30.00 will provide 10 linear feet of gravel at 2" deep. Last year the Region provided nearly \$3,000.00 in scholarship money for campers who otherwise would not have been able to attend camp. This does not include church support for camps. We thank you in advance for your generosity to these very worthwhile projects.

Our Service Projects:

1. We are continuing to collect pop top tabs. This is an easy way to generate funds for the Ronald McDonald House.
2. Secondly, we want to collect the following items to be distributed between Scraps KC and Micah Ministry. These include:
 - underwear and socks for men – large and x-large
 - underwear and socks for women -medium and large (sizes 7, 8 and 9)
 - sanitary napkins and panty liners (no tampons at this time please)
 - small bottles of hand sanitizer, travel size tissue packs, toilet paper,
 - underwear and socks for all children and diapers of all sizes

Scraps KC is an organization that does multiple things for the homeless of KC. It is a thrift store offering craft, fabric, office supplies, etc, classes and opportunities for children of all ages to create projects for a nominal fee. Teachers can purchase items for classrooms at a reduced price. Each Saturday the team and volunteers prepare breakfast sandwiches, coffee, and other foods, then shared at KC Library. Clothing and hygiene supplies are also distributed.

We will be having the online registration set up shortly if that is your preference.

Blessings to each of you.

Your Spring Retreat Committee