



Body



Mind



Soul

2019 Retreat for Retired Clergy & Spouses

It Is Well with My Body, Mind, & Soul

This year's annual ARMS retreat will focus on health and wholeness issues around the theme, "**It Is Well with My Body, Mind, and Soul.**"

Scheduled for Wed.-Thurs., **Oct. 9-10**, at **Eagle Eyrie** in Lynchburg, the retreat will feature guest speaker Dr. Hamidah Sharif-Harris, a health/wellness expert representing United Healthcare; the Rev. Dr. Alexis (Haddix) Fathbruckner, a retired pastor who will lead our worship; and the Rev. Mike Johnson, the pastor of the Nottoway-Lunenburg Charge on the Farmville District, who will lead our music. John Fuller, Exec.

Director of Virginia United Methodist Pensions, Inc., will again join us this year to talk about pension and insurance plans and benefits.

A registration form is included on page three of this newsletter, and the deadline for registering is October 1. The cost for the two-day retreat is \$60 per person (double occupancy) or \$80 per person (single occupancy). New retirees, their spouses, and anyone who has never attended are invited to come at half price. We hope you will join your retired colleagues and friends for the fun, fellowship, learning, and worship.

Retreat Schedule

Wednesday, Oct. 9

- 11:00 am - 12:30 pm General Registration
(No lunch provided; please eat before arrival)
- 12:30 pm Opening Welcome
- 1:15 pm A Proper Diet for Keeping Your **BODY** Well
- 2:15 pm Break
- 2:45 pm Exercise for Keeping Your **BODY** Well
- 3:45 pm Break – **MIND** Activities
(Various activities will be available or you can do your own thing)
- 5:30 pm Supper
- 7:00 pm Music for the **SOUL**
- 8:00 pm Ice Cream Social and Fellowship

Thursday, Oct. 10

- 7:00 am Morning Stroll
- 8:00 am Breakfast
- 8:45 am Room Checkout
- 9:00 am Morning Devotions
- 9:15 am United Healthcare Options
(Presented by John Fuller)
- 10:15 am Break
- 10:30 am Retirement Benefits Update
(Presented by John Fuller)
- 11:15 am Celebration of Holy Communion
(Led by the Rev. Alexis Fathbruckner)
- 12 noon Lunch and Depart

A free-will offering will be received to thank those who will be providing our meals.

— Retreat Leaders —



Dr. Hamidah Sharif-Harris

Dr. Hamidah Sharif-Harris, a successful entrepreneur, consultant, and health education expert, is the president and CEO of Thrive Well Company assisting health-care providers determine what employees need to lead healthier lives. She has served as health educator at the Northern

Manhattan Perinatal Partnership in New York and for Cigna Healthcare, one of the first HMOs to institute a health education program. The Loudoun County Government and Public Schools Employee Wellness Programs she put in place have won numerous awards. She earned her doctorate in health education from Columbia University and serves as a consultant to United Healthcare.

The Rev. Dr. Alexis (Haddix) Fathbruckner

The Rev. Dr. Alexis Fathbruckner retired in 2004 but has continued to serve local churches in her retirement. She is currently pastor of Tabernacle UMC on the Farmville District's Amelia Charge. She earned both an MDiv and DMin at Wesley Seminary and ran her own retreat house, "Mary's Place," for 12 years. She will be our spiritual director throughout the retreat and will be the celebrant for our closing Service of Holy Communion.



The Rev. Michael A. Johnson

The Rev. Mike Johnson is the pastor of the three-point Nottoway-Lunenburg Charge on the Farmville District. A longtime leader in The Walk to Emmaus, Chrysalis, and Kairos Prison Ministry, Mike will share his many talents as our music leader during the retreat and will lead us in a special hour of singing on Wednesday evening.

John W. Fuller

John Fuller is executive director of Virginia United Methodist Pensions, Inc. (VUMPI). Previously, he worked for Mercer in Richmond. A regular at our ARMS Retreats, he will explore with us our healthcare options through United Healthcare, as well as an update on retirement benefits. John lives in Glen Allen and attends Good Shepherd UMC. He is a graduate of VMI and earned an MBA from the University of Richmond.



REGISTRATION

Minister's Name: _____

Name tag should read: _____

Spouse: _____

Spouse name tag should read: _____

Address: _____

City: _____

State: _____ Zip: _____

Preferred Phone: (_____) _____

Email: _____

Special dietary/physical needs: _____



Make checks payable to:
Virginia Conference UMC
(ARMS Retreat 2019)

Retreat Fee:

\$60 per person (double occupancy)

\$80 per person (single occupancy)

First Time Retirees:

(New retirees, their spouses, and anyone who has not attended before)

1/2 off or \$30 (double); \$40 (single)

*Scholarships available
Contact Registrar*

Deadline for Registration: Oct. 1, 2019

(NO REFUNDS AFTER OCT. 1)

Mail check & completed form to:

Gale & Harry Kennon, Registrars
2696 Southern Hills Ct.

North Garden, VA 22959

galegram@aol.com (434) 296-2954

2019 ARMS Leadership Team

Co-Presidents: John & Catherine Price

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