

We Need Your Help

Quality of Life Retreats needs your support to continue this vital ministry. Participants, who typically have limited funds, pay only a \$20 registration fee. But we need donations to subsidize the actual cost of retreats, (about \$225 per person). We also seek volunteers to teach arts and crafts, demonstrate healing arts and provide health information and services.

We would like to come speak to your church or organization about this important ministry. And we solicit your prayers and encouragement for our efforts and for the lives of all people living with HIV/AIDS.

Front photo: Quality of Life Retreats board and retreat staff members .

For more information please contact:
Raymond Shattuck, Board Chairman
P.O. Box 2209, Annapolis, MD. 21404
Phone: (410) 972-1498 E-mail:
qualityofliferetreatshiv@yahoo.com

For retreat applications or more information visit our Web site at
[www.http://bwcumc.org/ministries/quality-of-life/](http://bwcumc.org/ministries/quality-of-life/)

Also visit us on Facebook at
<https://www.facebook.com/qualityofliferetreatshiv.org>



Address Correction Required

Raymond Shattuck, Ch
Quality of Life Retreats
P.O. Box 2209
Annapolis, MD. 21404-2209

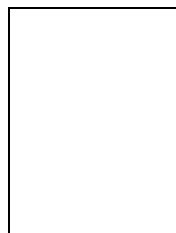


***Education and Support
for People Living with
HIV and AIDS***

A ministry of the
Baltimore-Washington Conference
of The United Methodist Church



P.O. Box 2209, Annapolis, MD 21404
Phone: 410-972-1498
Email: qualityofliferetreatshiv@yahoo.com
Web: <http://bwcumc.org/ministries/quality-of-life/>



In the Beginning...



In 1988, during the most devastating period of the HIV/AIDS crisis, those infected faced rejection, prejudice and abandonment from the ignorance and fear of others. One heart-rending story told of a Baltimore man dying alone from AIDS, with no one to care for him or about him.

Moved to respond, a Baltimore-Washington Conference pastor and other church leaders began sponsoring retreats to offer respite, care and compassion to persons living with—and dying from—HIV/AIDS.

Twelve men came to the first retreat seeking solace, support, and help in dealing with the disease. Since then, Quality of Life Retreats and its volunteers have conducted more than a hundred of these life-changing, life-saving experiences, serving more than 3,400 participants.



Educate, Encourage, Engage, Empower

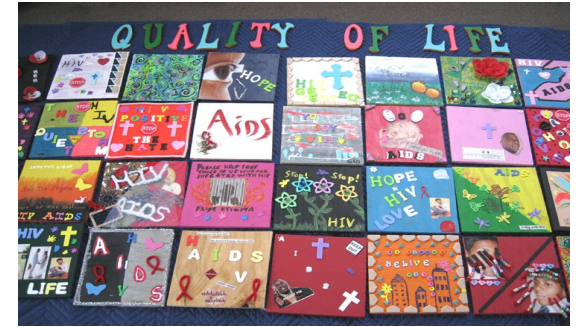
We offer a holistic, participant-centered approach to educate, support and empower people living with HIV. Our four-day retreats offer wisdom for living and coping with the disease and related challenges, as well as opportunities to connect socially and emotionally with others in similar situations.



QUALITY OF LIFE RETREATS PROVIDE:

- health and disease management insights;
- small-group dialogues and exercises;
- activities to build community and morale;
- optional worship and spiritual nurture;
- ideal settings where participants can meet and mentor, engage and encourage one another through personal sharing.

Participants can find renewal and relationships, while learning actions and attitudes that can be effective for long-term survival. Our objectives are to provide a safe, supportive environment where participants can fully be themselves, free of fears and inhibitions, and share openly their personal journeys and deepest concerns. We also offer practical, educational and health resources to those whose lives have been or will be challenged by HIV.



Our participants are diverse in race, ethnicity, gender, faith and sexual orientation. And our diverse retreat staff and resource experts offer broad knowledge and ideas for creating the best learning and community-building experiences.

Through Quality of Life Retreats we have developed a viable model of how the religious community can respond compassionately and effectively to the HIV/AIDS crisis in partnership with community volunteers and helping agencies. However, this program is ecumenical and interfaith. It is open to individuals of all faiths, religions and beliefs.

WHEN: Our goal is to sponsor retreats 3 to 4 times a year, seasonally in the winter, spring and summer.

WHERE: OUR retreat sites have typically included: **the Washington (DC) Retreat House, Manidokan Camp & Retreat Center** in Knoxville, Md., and **Mar-Lu Ridge** in Frederick, MD.