



## Disciples Women Retreat

Hearts and Hands Against Hunger

April 22, 2023

For about two hours we will be packing meals, then we will have a guest speaker from Encourage Advocacy Center then have a worship service.

Wear comfortable clothes.

Cost is \$20.00

We will also be collecting needed items to give to the Encourage Advocacy Center: towels, washcloths, pillows, feminine hygiene products, soap, toothpaste, toothbrushes, deodorant, shampoo, conditioner, lotions, toilet paper, laundry detergent, baby wipes and diapers (sizes 3, 4, 5). Food items include: Gatorade, granola bars, apple sauce, canned soup, cereal, ramen noodles, dried/canned beans, peanut butter, tuna, trail mix, rice, oatmeal, canned vegetables, pop tarts.

The retreat will be held at the First Christian Church 1201 Sheridan Dr. Hastings, NE 68901. Registration begins at 9:00 and the retreat should be completed by 3:00. If you have any questions, please contact Linda Waldron # 308-830-3969 by April 12, 2023, to register.