


Mile High Metro District UMW  
Spiritual Day Together Retreat  
May 2, 2020

Mother Cabrini Shrine  
20189 Cabrini Blvd  
Golden, CO 80401

Check-in & refreshments 9:00am - Program 9:30am – 2pm

Belinda Alkula will speak on “Justice, Mercy and Humility” based on Micah 6: 8

<p><b>Belinda Alkula,</b> Spiritual Growth Mission Coordinator, Mountain Sky United Methodist Women</p>	
<p>Micah 6: 8 <i>“What does the Lord require of you but to do Justice, to love Kindness, and to walk Humbly with your God.”</i></p>	

Belinda was born in England, into a military family. She is married to the Rev. Dr. Charles Alkula and has travelled extensively with the military, as a child and adult. She worked in several government and civil service positions throughout her career. She has served as president of her local church’s UMW unit, as vice president and spiritual growth/membership coordinator of the Western Mountains UMW District in western Montana. Last summer, she moved to Boulder, Colorado. This year, she began serving as the Spiritual Growth Mission Coordinator for the Mountain Sky Conference United Methodist Women.

Registration required - \$18 lunch registration must be received by April 15, 2020  
Sorry NO walk-ins or late registration.

Send Registration with payment made out to **Mile High Metro UMW** to:

Kathy Bollfrass  
12379 Syracuse St  
Thornton, CO 80602

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Registration must be **received by April 15** – Checks made out to **Mile High Metro UMW**

Name \_\_\_\_\_  
Address \_\_\_\_\_ Amount \_\_\_\_\_ Ck# \_\_\_\_\_  
City \_\_\_\_\_ Church \_\_\_\_\_  
Zip \_\_\_\_\_ Phone \_\_\_\_\_ email \_\_\_\_\_