Western Waters District United Women in Faith Presents…

SOUL CARE RETREAT

Saturday, November 7, 2026 • 10 a.m.– 3 p.m. (doors open at 9:30)

Centenary UMC, 82 S. Hancock St., Pentwater

"Holy and Whole Self-Care: Loving Ourselves as God's Beautiful Creation"

Chair yoga, artwork, guided Scripture meditation, and a time to feed our souls.

How is it with your soul? If you are worn-out and weary, struggling to keep the faith, or need a re-igniting of your Spirit, just lean-in to this retreat. Join us for an intentional time of rest and renewal alongside moments of worship, fun and laughter. We will focus on prayer practices, do some meditation, and talk about how we can keep our hearts soft in a world that is often so hard. No matter where you find yourself in your journey of faith, you are welcome here.

Retreat leaders are Rev. Hillary Thurston-Cox, Pastor at UMC of Ludington and Rev. Julie Elmore, Pastor at Chapel Hill UMC, Battle Creek.

MISSION FOCUS/INGATHERING:

Consider bringing canned and packaged food for the local food bank.
A love offering will be taken to support our district pledge to mission.

2026 DISTRICT SOUL CARE RETREAT REGISTRATION FORM

COST: $20 by October 31st. Use one form per person. Please print.

Name: _____ Church: _____

Address: _____ Phone: (_____) _____

_____ Email: _____

Amount Enclosed: _____ Special Dietary Needs: _____

Make checks payable to: "*UWFaith"* and mail with this registration form to:
Jody Pratt, Registrar, 2984 5th Street, Shelbyville, MI 49344

MEET OUR RETREAT LEADERS:



Rev. Hillary Thurston-Cox, Pastor, United Methodist Church of Ludington Pastor Hillary is an elder in full connection of the United Methodist Church. She has pastored several churches across the state.

Hillary has a deep love of Scripture and God's people, building community, and uplifting women. In her free time, she loves to travel to new places – this fall she will walk in the footsteps of Moses on a pilgrimage through Egypt.

She is married to Rev. Dr. Vaughn Thurston-Cox, also a United Methodist minister, and together they have one sweet daughter, Grace, and one very mouthy dog, Reese.



Rev. Julie Elmore has served Chapel Hill United Methodist Church in Battle Creek since 2022.

Rev. Elmore is a graduate of Saint Paul School of Theology in the Kansas City metro area and just earned a Master of Business Administration online through Dakota Wesleyan University of Mitchell, South Dakota.

Previous to serving in Battle Creek, Rev. Elmore served United Methodist Churches in Nome, Alaska, as well as in Michigan communities such as Litchfield, Quincy, and Coldwater.

Rev. Elmore is married to Rev. David Elmore who serves part-time as Pastor of the Galesburg and Augusta Fellowship United Methodist Churches and part-time as a Chaplain at Bronson Battle Creek Hospital. Together, they have a 12-year-old son named Oliver who attends Lakeview Middle School. Oliver is a Second Class Scout, is a member of the swim team, and plays cello in the Seventh-Eighth Grade Orchestra.

Rev. Elmore is excited to co-lead this retreat with one of her bestie colleagues, Rev. Hillary Thurston-Cox.