



Quiet times and morning views

Offering . . .

- A retreat designed to heal your spirit, nourish your body, and strengthen your social network.
- An opportunity to rediscover the gentle loving nature of God.
- A place for art and recreation.
- Trails for hiking and wildlife viewing.
- Opportunities for discussion, spiritual guidance, and worship.
- Time for meditation, reading, journaling and study.
- Flexible schedule allowing participation as you are able.
- A break from the regular routines.
- Delicious, nutritious meals.
- Volunteer nurse on site.

Comments from past retreats:

"All the staff were very helpful and loving."

"Excellent experience. So much is given and gained for joyful living."

"This is a place to be me, to be who I am without judgment."

"I'll be strengthened to do what I do with renewed energy."

"Each time I come I walk away with renewed strength. There's something new for me each time."

"I've found the leadership to be caring, supportive and professional. I am so grateful to God for SFTJ. Coming here adds to my life in a most positive way."



It's the special people we meet along life's road that helps us appreciate the journey.



"In the Wilderness"

Retreat – 2026

April 27 to May 1, 2026

Steiner Bell Lodge

at Wafloy Mountain Village
3610 East Parkway
Gatlinburg, TN 37738

Wilderness is a time or place where we encounter what is new, strange, scary, lonely, unknown or mysterious. Join us as we explore the importance of community and the ways we navigate challenges together.

Strength for the Journey is a ministry of the Holston Conference of the United Methodist Church and is open to all.

For more information contact:

Gaye King, Registrar
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865-607-7153

<https://holston.org/strength-for-the-journey>



Time around the Campfire

Strength for the Journey Retreats for persons living with HIV/AIDS originated in 1988 in the California-Pacific Conference of the United Methodist Church. In 1997 the Holston Conference hosted the first retreat in the Southeast.

The retreat is made possible by support provided by the Holston Conference of the United Methodist Church as well as churches, groups and individuals from a variety of denominations and is open to all.

The retreat planning group seeks to embody the Church's role of compassion and love in this epidemic. All retreats are alcohol and drug free.

Given the location of the retreat, we are unable to provide or arrange for transportation from any location, including the bus station. Attendees are responsible for their own arrangements. Facilities are NOT handicap accessible. You must be able to climb stairs and care for your personal belongings.

Registration

A limited number of registrations will be accepted on a first come, first served basis with first time attendees encouraged. Online registration opens on **December 1, 2025** and remains open until **March 30, 2026**.

Confidentiality of information will be strictly observed.

The majority of the cost is funded through donations and grants. A registration fee of \$150 for returning participants is required to confirm registration. First time attendee fee is \$125.

The registration packet will be available online at <https://holston.org/strength-for-the-journey> on December 1.

Registration will be confirmed upon receipt of registration fee and completion of registration forms.



Steiner Bell Lodge at Wafloy

Facilities

Wafloy is located 10 miles east of Gatlinburg between Hwy. 321 and the northern border of the Great Smoky Mountains National Park. Almost completely enclosed by the foothills of the Smokies, Wafloy's lovely acres are adorned by mountain vegetation, acres of green fields and a mini lake.

Housing is in semi-private rooms, each with its own bath.

Our Mission Statement

The mission of Strength for the Journey is to provide a safe, caring, and healing community for persons living with HIV/AIDS by offering an opportunity for spiritual and emotional growth in a supportive and nurturing environment.