I'm so excited about the goodness of our Lord and Savior Jesus the Christ!!! What a Mighty God we serve!!! I also am excited about our upcoming “Women-In-White!!

Please take time out of your busy schedules and plan to worship with us at the Mt. Calvary Baptist Church in Lexington, Kentucky on May 13, 2016 at 7:00 p.m. We are excited to hear a word from Dr. Felix Williams, Ill. All I can say is, “God is up to something”, and I don't think you want to miss this wonderful time in the Lord!!

Please take time and peruse this edition of our Newsletter, as we have some updated information. Thanks to all participants who have registered and are ready to go on our journey to Winston-Salem, North Carolina. We are still accepting registrations as we don’t want anyone to miss out on this great opportunity of fellowship with other sisters from Kentucky, Tennessee, West Virginia, Ohio, and other surrounding locations. Please pray and ask God to bless our efforts and make us all ready for this great event. Look forward to seeing you at the Women-In-White and at our 24th Annual Retreat.

To God Be The Glory!!

Love and Blessings,

Tara Crumbie

Contact Lady Contest

The contact Lady who has the highest number of added women for her church from April 1, 2016 - May 15, 2016 will receive her registration free. This is a $175.00 Value. (Must be 5 minimum ) to be in contest.
From charming cobblestone streets at our historic sites and museums to our advent garden art galleries and shops, Winston-Salem holds allure for many. Whether arts and history, there is an array of outdoor adventures. We are sure you will enjoy this site of Winston Salem for Retreat 2016 of the CBDWA. This site offers other amenities such as internet, valet parking any much more.

Attendees MUST BE 18 years or older to attend. Contact Ladies please mail all payments (Church Check or Money Orders) payable to CBDWA. Mail to CBDWA, P.O. Box 594, Lexington, KY 40588.

Refund Policy Statement: Cancellation/Refund will only be authorized if notified in writing by mail on a percentage basis. (Refunds percentage between January 2, 2016 thru March 1, 2016 it will be 50%). No refunds after March 1, 2016. Refunds are only issued in the event of life threatening situation or death.

ATTENTION
AVAILABLE HOTEL
Contact Information:
Hawthorne Inn Conference Center
420 High Street SW, Winston-Salem, North Carolina 27101
1-336-777-3000 Code: CBDWA

<table>
<thead>
<tr>
<th># of People</th>
<th>Per night cost</th>
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<tbody>
<tr>
<td>1</td>
<td>$151.09/night</td>
</tr>
<tr>
<td>2</td>
<td>$75.55/night</td>
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<tr>
<td>3</td>
<td>$50.36/night</td>
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<tr>
<td>4</td>
<td>$37.77/night</td>
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</tbody>
</table>

First payment non-refundable $50
Second payment - $65
Third payment - $60
Total - $175

Reservation and Code:
CBDWA
Marriott
425 North Cherry St.
Winston-Salem, NC 27101
1-800-320-0934

Retreat Schedule 2016

Wednesday June 15th
1:00 p.m. - 6:00 p.m. - Registration
7:00 p.m. - 9:00 p.m. - Meet and Greet!

June 16th
10:00 a.m. - 5:00 p.m. - Registration
1:00 p.m. - 2:00 p.m. - Seminar One
2:00 p.m. - 3:00 p.m. - Seminar Two
7:00 p.m. - Banquet - Doors open @ 6:30 p.m.

Friday June 17th
7:30 a.m. - 7:55 a.m. - Devotional Time
8:00 a.m. - 12:00 p.m. - Workshops
1:00 p.m. - 6:30 p.m. - Registration
7:00 p.m. - Banquet - Doors open @ 6:30p.m.

Saturday June 18th
7:30 a.m. - 10:00 a.m. - Closing Breakfast
**Vendor Information**

Please contact Sis. Renee Burns @ Email: babyburns68@aol.com OR 859-536-1398 and Sis. Diane Demus @ Email: ladydemus38@aol.com OR 859-285-1035 for complete Vendor Information or Sis. Kimberly Bruton @ Email: kim.bruton@gmail.com

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### Dress Code for Retreat

**Thursday**
Unity Night with your individual church

**Friday**
Church Attire in the following colors
Red-White-Black
Any combination
NO JEANS/SHORTS

**Saturday**
Retreat T-Shirts

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### Classes

**WEDGES** - "This Heel is Everywhere"

**DO NOT WAIVER**
Romans 4:20, James 1:6

**ANKLE STRAPS** - "This Heel provides security"

**DO NOT CHANGE DIRECTION**
Proverbs 3:5,6

**STILETTOS** - "This Heel instills amazing confidence"

**DO NOT FALL**

**PLATFORMS** - "This Heel provides support"

**DO NOT QUIT**
Mark 10:27, Galatians 6:9, Philippians 4:13

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**Keynote**
Ms. Beatty
We Got Our Shoes ON!

**Ms. Pace and Ms. Clay**
We Are Ready!
One of the holidays that is most revered and celebrated in the African American community is Mother’s Day. This is due to the profound strength, pride, sacrifice and perseverance that most African American mothers display on a day to day basis when it comes to their children. Mother’s Day is the way that their children say “Thank You “for all that they have done. Make sure that you remind that motherly figure that is in your life feel special.

Celebrate this upcoming Mother’s Day.
Dear Churches of the District:

It is with great pleasure that we invite you to our Annual Women in White Service scheduled to be held on May 13, 2016. As with all of the functions of the Consolidated Women’s Auxiliary we are very excited for this program. We expect it to be spirit filled and overflowing with you beautiful ladies adorned in your beautiful whites from head to toe.
May Awareness
You may be at higher risk for eye disease if you have a family history of eye disease; have diabetes; are African American, Hispanic/Latino or American Indian. If you are older than 50 can be a contributing factor. Some diseases affect certain populations disproportionately. Glaucoma, which affects your side or peripheral vision first, is three times more common in African Americans than in Whites. It is a leading cause of blindness in African Americans. Diabetic retinopathy, a leading cause of blindness caused by uncontrolled diabetes, occurs more often in Hispanics/Latinos than in Whites. American Indians and Alaska Natives are 35 percent more likely to have diabetes than the average adult in the United States, putting them at increased risk of diabetic eye disease. Older adults are at higher risk of developing age-related eye diseases and conditions such as AMD, glaucoma, or cataract. AMD is a leading cause of blindness in Whites. "If you are at higher risk of eye disease, having a comprehensive dilated eye exam is the best thing you can do to protect your vision," says Paul A. Sieving, M.D., Ph.D., director of the National Eye Institute, part of the National Institutes of Health. "A comprehensive dilated eye exam is a painless procedure where your eye care professional puts drops in the eyes to dilate, or widen, the pupil so he or she can get a good look at the back of the eye to check for signs of eye disease. With early detection, treatment can slow or stop vision loss and reduce the risk of blindness." In addition to having regular eye exams, eating a healthy diet, not smoking, and wearing protective eyewear are just a few other things you can do to protect your sight.