



# Sign up for important updates from Catherine Anderson.

Get information for 2022 Synod Journey right on your phone—not on handouts.

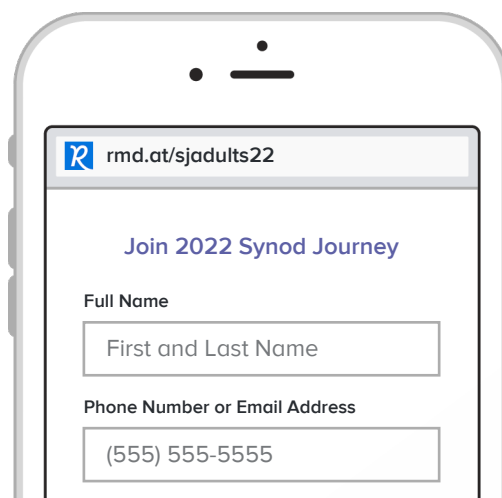
Pick a way to receive messages for 2022 Synod Journey:

**A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

[rmd.at/sjadults22](https://rmd.at/sjadults22)

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



**B** If you don't have a smartphone, get text notifications.

Text the message @sjadults22 to the number 81010.

If you're having trouble with 81010, try texting @sjadults22 to (469) 437-4632.

*\* Standard text message rates apply.*



Don't have a mobile phone? Go to [rmd.at/sjadults22](https://rmd.at/sjadults22) on a desktop computer to sign up for email notifications.