

STRENGTH FOR THE JOURNEY RETREAT

Facing Life Challenges
With One Another
and with God

December 3-5,
2010

Belfry Retreat Home
Lexington, Virginia

RETREAT LEADERS

Anne Fletcher Grizzle is a psychotherapist, social work consultant, and spiritual director. She is a wife and mother of three burly sons. She is the author of three books, including Going Home Grown Up and Reminders of God: Altars for Personal and Family Devotion.

Deborah Krummel MA, LPC, LMFT has been in private counseling practice since 1985 specializing in the areas of marriage, family, eating disorders, women's issues, grief/loss and self-esteem.

OTHER RETREAT FACILITATORS

Sylvia Hart Frejd is the Director of Hartbeat Ministries where she serves as a Biblical Counselor, Life Coach, and Licensed Minister. She is also a published Songwriter with Integrity Music and leads worship at her church.

Singer/songwriter Kathy Simpson leads worship throughout the retreat. A former minister of music, she teaches piano in her studio in Richmond, Va.

Registration form – Strength for the Journey Retreat – December 3-5, 2010

Name: _____

Phone: _____

Address: _____

Email: _____

Special needs or interests _____

Preferred roommate's name _____

Please enclose a check for \$150 (scholarships available) payable and mail to: Roena Clarke, 8643 Whirlaway Dr., Midlothian, VA 23112. You will receive a confirmation letter in the mail, with directions to the Retreat Center and final details regarding the retreat. If you have questions, call Roena Clarke at 804-921-9950. The fee covers meals, housing and materials. Retreat registration is between 5:30 and 7:00 p.m. on Friday (dinner included). The evening program begins at 7:00 pm. The retreat ends after lunch on Sunday at 1 p.m.

Please register early, space is limited.

Are you or someone you love facing a difficult time in life—with cancer, grief, caretaking of a loved one, divorce, parenting, chronic illness or just everyday life?

If so, you may want to join other women in “coming away” for a weekend of renewal and sharing of life stories together. This retreat will be led by Anne Grizzle, a Christian therapist. She will share poignant as well as humorous stories from her life journey as a way of encouraging others to connect with one another and with God. A variety of Saturday afternoon workshops will be offered, including poetry writing, jewelry making with beads and walking the labyrinth. The retreat will be held at a beautiful, newly completed family retreat home with a labyrinth, meditative bell tower, and many places for quiet contemplation as well as connecting with others.



This retreat offers opportunities for:

meeting other women facing dilemmas that may be similar to yours

- ✓ sharing life stories
- ✓ quiet time in a picturesque setting
- ✓ beautiful music
- ✓ laughter
- ✓ learning practical coping strategies
- ✓ experiencing God’s presence
- ✓ learning new spiritual disciplines
- ✓ GROWTH--spiritual, emotional and relational



Everyone Welcome

This retreat is open to women of all ages and stages of life, functioning in all sorts of roles—as patients, caretakers, retirees, multi-tasking working mothers, single career women, and family homemakers. If you or someone you love has faced cancer or some other difficult disease, loss, or stressor, you may find it particularly helpful.

What to Expect

The retreat will include large group presentations on various topics as well as contemplative exercises, times of singing and small group sharing. While people of all faith traditions or nontraditions are welcome, this retreat will focus on how participants can grow in their Christian faith even in the midst of suffering.

Purpose

The retreat is created to help each person find strength and support for her particular life journey. It is our hope that each person will become increasingly connected with our deeply loving God as well as with a community of other caring believers.