

# STRENGTH FOR THE JOURNEY RETREAT

## *Facing Life's Challenges with God and One Another*

Bellfry Retreat Home

Lexington, VA

**June 25-27, 2021**

If you or someone you care for is facing a difficult time in life with cancer, grief, or other life challenges, come join other women for a weekend of renewal and sharing life stories and faith together.



### **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
- \* Scripture meditation
- \* GROWTH -- spiritual, emotional and relational

### **Purpose**

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

### **Who is Invited?**

If you or someone you care for has faced cancer or some other difficult disease, experienced loss through death, divorce or other stressor, we invite you to this special weekend. The retreat is open to women of all ages and stages of life, functioning in all sorts of roles – as patients and caregivers, young and old, career women and homemakers.

### **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. A variety of Saturday afternoon workshops will be offered. While people of all faith traditions or non-traditions are welcome, this retreat will focus on how participants can grow in their Christian faith even in the midst of suffering. The retreat will be held at a beautiful family retreat home with a labyrinth, meditative bell tower, and many places for quiet contemplation, and opportunities for connecting with others.



Fire pink



## Registration

Please provide the following by email, mail or phone:

- name,
- address,
- phone number,
- email address
- roommate preference (if applicable, to secure a space)
- emergency contact name and number

Mail a check for \$150 payable to:

Bonnie Bowen

12229 Jersey Road, King George, VA 22485

540-847-0021

strengthforthejourneyretreat@gmail.com

*(scholarships available)*

You are invited to arrive beginning at 4:30 on Friday, to settle in, relax, and share dinner together at 6:00, with the evening program beginning at 7:00 p.m.

***Register early,  
space is limited***



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[www.strengthforthejourneyretreats.org](http://www.strengthforthejourneyretreats.org)

[www.bellfry.org](http://www.bellfry.org)



## LEADERS and FACILITATORS

**Anne Fletcher Grizzle** is a psychotherapist, retreat leader and spiritual director. She has authored three books including, Reminders of God. She enjoys hikes in the woods and writing poetry, which you can sample at AnneGrizzle.com.

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

**Bonnie Bowen** is a retired middle and high school educator, and a Bible teacher who loves God's creation, and the great outdoors with a passion for capturing images of His beauty in nature.



*"If you sit before God for any length of time,  
you are different."*

