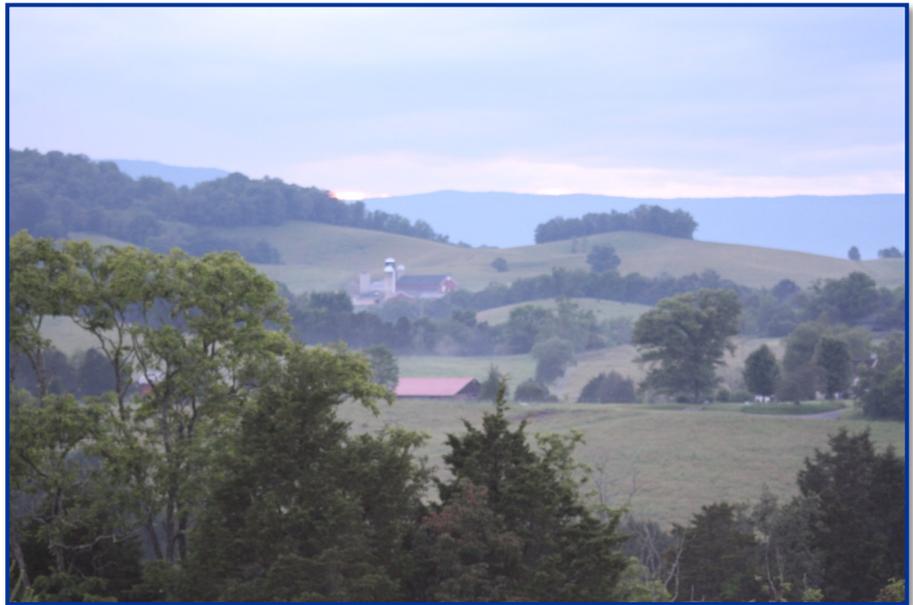


**Come
Ponder
Relax
Imagine**

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



FACING LIFE'S CHALLENGES WITH GOD AND ONE ANOTHER



Strength for the Journey Retreat

November 19-21, 2021 Belfry Retreat Home, Lexington, Virginia

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 or hardship, 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. Invite a friend to come share the experience.

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 include activities such as labyrinth walking, hiking, or writing. 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, with opportunities for connecting with others.

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.



REGISTRATION

Please provide by email, snail mail or phone - your name, address, phone number, email address, *emergency contact information* and roommate preference, if applicable, to secure a spot.

Mail a check for \$150 *
payable to:
Bonnie Bowen
12229 Jersey Road
King George, VA 22485
strengthforthejourneyretreat@gmail.com

* scholarships available



You are invited to arrive beginning at 4:30 to check in, get settled, and share dinner together at 6:00, with the evening program beginning at 7:00 p.m.

Please register early, space is limited



House Mountain

There Will Be Opportunities for:

- ◆ Meeting other's facing circumstances 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



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.

Bonnie Bowen is a retired middle and high school educator. She leads women in studying God's word and loves God's creation and the great outdoors, as she captures images of His beauty in nature through photography.

Joy Elliott is an Assessment Specialist for a Virginia School Division. For the past 10 years, she has been in leadership in Women's Ministry teaching and facilitating Bible Studies as well as mentoring women. She loves Jesus, personal reflection, and the beauty of creation.

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

strengthforthejourneyretreats.org

Bellfry.org

