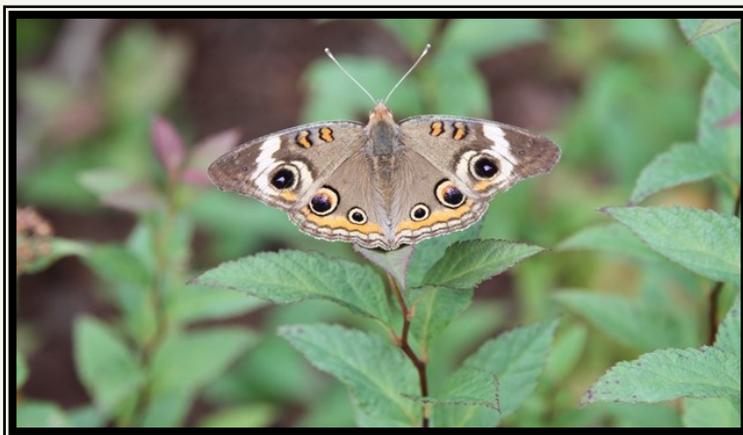


Strength for the Journey Retreat

Belfry Retreat Home, Lexington, Virginia

September 30 – October 2, 2022

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

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.



September 30 - October 2, 2022

Registration:

Please provide the following information by email, mail or phone:

- Name
- Mailing address
- Phone number
- E-mail address
- Emergency contact name and phone number
- One person/room, unless sharing with a friend or family
- to secure your space, 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*



Listening well . . . Hearing better . . .

“Flowers don't worry about how they're going to bloom. They just open up & turn toward the light and that makes them beautiful.”



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.

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

Lynn Booker is involved in Women's Ministry at her church. She loves teaching scripture in small groups. She is a widow with two young adult daughters. Lynn loves walking with women and giving testimony to God's healing redemptive grace.

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.

Sylvia Frejd Sylvia Frejd is a wife, a mother, and a grandmother. She served on church staff for 18 years as a Worship Leader, Counselor and in Women's Ministry. She is passionate about helping people to thrive in their real life and relationships.

Roena Clarke is a wife, mother of three sons, Bible teacher, and retreat speaker from Richmond, VA. Her heart's passion is teaching Scripture and encouraging women in the development of their faith.

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.