
Hi, there! Whether you are a busy wife, mother, daughter, employee, or friend, we know the work you do is demanding. We want to take this opportunity to invite you to our women's retreat. Come and laugh with us, eat with us, and rest with us. Nobody can pour from an empty cup, so we want to spend a day refilling yours! We hope to see you soon!

Keynote speaker:

Hope Flansburg

We are all born with a soul purpose- a voice of truth that comes from God. Through the challenges of life, grief, loss, and trauma, and sometimes a result of other people's opinions, it's easy to lose that truth. Limiting beliefs and fear paralyze us, dictating the choices we make that keep us stuck. In this place we become frustrated, insecure and resentful. It's easy to numb to avoid the pain, or seek out love, worth, and approval from other places. But these are only temporary fixes and don't provide what we truly seek. Instead, we cycle through patterns that do not serve our higher purpose.

By using examples from her novel, Piece by Piece, Hope will discuss how negative belief systems dictate the direction of our life and keep us from healing, and having a loving relationship with self and others. She will include interactive exercises to identify sabotaging beliefs, build skills, and make the practice of listening to our inner voice of God's truth stronger than the opinion or approval of others.

Hope will also share her own testimony of going from living with anger and fear to regaining her spiritual truth, freedom, and power.

Women's Retreat

"Voice of Truth"

Saturday April 25th, 2020 8:30-4:00

First Presbyterian Church

515 Emerson Alliance, NE 69301



Schedule

8:30-8:45: Registration and light breakfast

8:45-9:00: Welcome and singing in sanctuary

9:00-9:50: Hope Flansburg: "Voice of Truth" Part 1

9:55-10:10: Mingle and munch!

10:15-11:00: Breakout sessions

11:05-11:25: Singing in sanctuary

11:30-12:30: Lunch in Fellowship Hall (upstairs)

12:40-1:00: Singing in sanctuary

1:10-1:55 Afternoon breakout sessions

2:05-2:55: Hope Flansburg: "Voice of Truth" Part 2

2:55-3:15: Mingle and munch!

3:15-3:40: "Show and tell"/ Q&A from the breakout sessions

3:40-4:00: Communion and closing

Breakout sessions!

Sandy Blankenship: Floral creation

Create a beautiful mixed media flower on an 8"x8" panel (pictured below)



Kim Haas: Qigong (the mother of Tai Chi)

Let's move! Join us as Kim leads us through the mind, body, and spirit experience of Qigong.

Jade Gasseling: Enhancing your inner and outer beauty

Jade will share wellness, mindset, and makeup tips.

Michelle Hoxworth: Essential oils 101 (AM):

An introduction into essential oil usage

201 (PM): Beyond the basics

An advanced class on essential oils usage

Kelley Rice: "Christ, reaching out, holding me close, and never letting go!"

Kelley will share her challenges with a major illness and how it has impacted her faith.

Registration

Register **online** at www.alliancefpc.com

OR

complete this form, **detach**, and mail with payment to:

First Presbyterian Church
PO Box 396

Alliance, NE 69301.

Please make checks payable to:

First Presbyterian Church-Women's Retreat

Name:

Address:

Phone number:

Email:

Cost: \$35 (includes light breakfast, snacks, lunch, and copy of Hope's book) At the door: \$45

Casual dress

AM breakout choice (please circle **one**)

Sandy Kim Jade Michelle Kelley

PM breakout choice (please circle **one**)

Sandy Kim Jade Michelle Kelley

Questions? Email Lyllus at ldalbey116@aol.com