



***Refreshed Souls, Peaceful Hearts ~
A Women's Retreat***

*Come to me, all you who are weary, and I will give
you rest.*

Matthew 11:28

Life seems to rush us along and we rarely stop to restore our souls and bodies. In a world filled with uncertainty, we may be hungering for God's healing love. Plan to leave your frantic lifestyle behind and give yourself the gift of a restorative retreat for women that focuses on finding peace of mind and a more spiritual way of being in the world.

October 16th - 17th, 2009

Hindman Settlement School, Hindman, KY

***Sponsored by the Prestonsburg District Board of Lay
Leadership, United Methodist Church***

Led by Dr. Joy Carol, well-known author, conference speaker, retreat leader, and spiritual director. Joy's books include *Tower of Hope*, *Journeys of Courage*, and *The Fabric of Friendship*. She holds master's degrees in Spiritual Direction and Counseling Psychology and is trained in trauma, grief counseling and healing techniques. Visit her website: www.joycarol.com

- **Registration deadline: Wednesday, September 30th, 2009**
- **Registration fee: \$35, includes meals (Friday dinner, Saturday breakfast & lunch) and retreat materials**
- **Lodging:** Each participant will need to make their own lodging reservations.
 1. Hindman Settlement School, rooms rates from \$20 to \$50. Phone:606-785-5475.
 2. Guesthouse in Hazard, 606.487.0895, \$75 plus tax
 3. Comfort Suites in Prestonsburg, 886.2555, \$76.49 plus tax.

Rooms at these hotels are held in the name of ***Methodist Women's Retreat***. Cutoff date for rooms at all locations is **Sept. 15th**.

	Schedule:	
	Friday, Oct. 16th	Saturday, Oct. 17th
5:00 pm	Sign in, pick up materials	7:30 – 9:00 Breakfast
5:30	Dinner	9:00 Morning Worship
6:30	Opening Worship Service & Getting Acquainted	9:30 -Opening Ourselves to God & His Blessings - Nurturing Our Souls
8:00	Closing Prayer	12:30 Lunch
		1:30 -Hanging Out with God - Sharing Our Gifts with the World
		3:30 Soaking Prayers & Closing Worship
		4:30 Departure

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For questions, contact Rev. Deb Massengale, District Ministry Consultant, phone 606.789.1684, email d.massengale@lycos.com, or Linda Gayheart, District Lay Leader, phone 606.438.1100, email gayheart@tvscable.com.

*Please complete and return to:

Prestonsburg District
343 E. Court St.
Prestonsburg, KY 41653

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

CHURCH _____

PHONE _____ EMAIL _____

Registration fee of \$35, must accompany the registration form. Make checks payable to Prestonsburg District UMC.

DEADLINE: September 30, 2009

(Register early to guarantee a spot; based on 1st come, 1st serve)

(Pre-registration is required)