

Frazzled Female Retreat

Finding Peace in the Midst of Daily Life



Cindi Wood, a sought after speaker, teaches the "strung-out and frazzled" how to creatively manage the stresses of life. "Frazzled Females" can be defined as today's women (grandmothers, mothers, aunts, sisters, & daughters) who are overscheduled, overwhelmed, and worn down by the unrealistic expectations of daily life.

Even Christians (who are perceived to have it all together) are victimized by these pressures, but these same Christian women also have within them a wealth of spiritual and mental resources to rise above the battle and emergewell at least "victoriously frazzled!"

Through her popular Frazzled Female seminars, Cindi leads women **of all ages** to develop practical strategies to deal with daily pressures. With insights and humor, her teachings point participants to the vibrant love that is experienced as you hear from God through Bible study and spending time with Him.

Cindi believes that God is pursuing a love relationship with each of His children, and that He has specific designs for each of us as we go about our daily living. Her passion is to help women to discover that a growing intimacy with Jesus Christ is the key to dealing with all areas of life . . . including the daily stress that often gets the best of us.

Saturday, February 20, 2010
Williamston Memorial Baptist Church
9:30am-3:00pm

Cost: \$15 until Feb. 10th, \$20 thereafter

(Cost includes speaker, lunch & conference materials)

(Childcare available for ages birth-10 with mandatory registration by Feb. 10th)

Space is Limited! Register Early!! Bring Your Bible!!

To register call: Amanda Van Staalduinen (252) 217-7215

Email: theprissyfish@yahoo.com (Amanda) or dharrell@membap.org (Dean)

This is your chance to unwind & refocus your life in Christ **no matter what your age or stage** in life! Enjoy the fellowship of other women seeking to center their lives & find rest in the midst of daily chaos & the fast paced world we live in!

"Come away with me by yourself to a quiet place and get some rest."

Mark 6:31