

PWVF

Professional Women's
Fellowship

Summer Retreat 2010
Saturday, August 7, 2010, 8AM – 3PM

Welcome to the Masquerade! **Living Beyond the Mask**

"And we, who with unveiled faces all reflect the Lord's glory, are being transformed into His likeness with ever increasing glory, which comes from the Lord, who is the Spirit." 2 Corinthians 3:18



Session I: The Woman Behind the Mask

Phyllis Vokey Long, MFT, Co-Director New Day Women's Center

Since we were little girls, we've enjoyed playing dress up and pretending to be someone else; someone who we think is special. Dressing up can be fun but God is more interested in the woman behind the mask. The woman He created, *His workmanship*, the woman who is *fearfully and wonderfully made*. (Eph 2:10, Ps 139:14)



Health & Fitness Session: Tending the Temple – Taking Care of God's Design

Kelly Cunningham, CPC, CNC, Designed 2 Be Fit

Without realizing it we can sabotage ourselves in the way we care for our bodies. We will participate in some fun and simple chair exercises and will learn how to correct common mistakes that can stop us from being our healthiest.



Session II: Transformed Beyond the Mask

Rebecca Garcia, CCLC, Co-Director New Day Women's Center

When we remove our masks what is revealed is a beautiful woman who is *"being transformed into His likeness with ever increasing glory which comes from the Lord."* (2 Cor 3:18). We are then free to pursue the vision and purpose for which we have been created; to bless others with the love, grace and joy of Christ.

Visit www.pwfsd.org for more information and to register.