

## Arkansas Episcopal Church Women invite you to experience

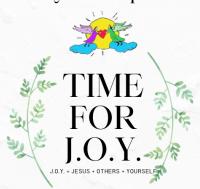


FROM 6PM FRIDAY EVENING TO AFTER BREAKFAST SUNDAY MORNING.

TIME FOR JOY WILL TAKE PLACE ON THE MOUNTAIN OF THE SERENE CAMP MITCHELL OF THE EPISCOPAL DIOCESE.

COME ENJOY A WEEKEND OF REST AND RELAXATION





Registration Fee: \$225, payable to ECW with "Time for J.O.Y." in memo.

limited to 15 participants

Time for Joy is thrilled to have Dr. Chelsea Wakefield join us from UAMS

Dr. Wakefield is a nationally recognized therapist, author and educator, who has provided individual, couples and group therapy for the past twenty-one years. Her passion is to work with women to help them develop into all she is expected to be: wife, mother, partner, caregiver, warrior-strategizer.

## About our Speaker

Chelsea Wakefield, PhD, LCSW is best known to Little Rock as a highly respected couples therapist. She also has a life-long interest in women's development and the inner guidance system available to us when we get our tap-root deep. She offers a women's retreat called the Luminous Woman Weekend and we will receive a taste of that workshop. This retreat will allow women to clarify how they access deep resources, replenish themselves, navigate relationships, and how a woman can discern her unique soul calling and how that intersects with the ever pressing needs of those around her.

She will invite us into a deeper exploration of four aspects of feminine life

1) being a responsible, nurturing mother or a life-giver to some purposeful endeavor,

2) being a lover or longing for fulfillment in an intimate relationship

3) being a focussed warrior-strategizer who can set limits on distractions, and have the courage and persistence needed to realize an important goal 4) how we can rest in the heart of God, find that quiet center, and hear the "still small voice" that calls us more fully into who we were born to be.

## www.chelseawakefield.com