

January
26th-28th

Arkansas Episcopal Church Women invite you to experience



TIME FOR J.O.Y.

J.O.Y. = JESUS + OTHERS + YOURSELF

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



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.

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

limited to 15 participants

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