

Circle of Friends Women's Retreat is this Saturday

Written by Holyoke Enterprise

There's no doubt women's lives are filled with stress, whether it's balancing work, church and school or family, housework and personal health. And things like fear, busyness, unforgiveness and broken relationships alter women's views of what's important in their lives.

This year's Circle of Friends Women's Retreat will simply focus on "What's Your Focus?" Women of all ages are invited to Phillips County Event Center in Holyoke Saturday, April 14 from 9 a.m.-1:30 p.m. to refresh and refocus on what's important.

Women are so busy and so stressed, said organizer Sheryl Farnsworth. "How do you have a focus when your world is so full? How do you manage it in a healthy way?" she asked.

The women's retreat will answer these questions while also encouraging, strengthening and refreshing women, said organizer Beverly Atkins.

Sandra Bowers, a massage therapist from Wray, will be this year's featured speaker. She will address the effects of stress on women's bodies, and then she will give women the tools they need to deal with that stress physically, emotionally and spiritually.

The retreat is a time for women to fellowship together, and there will also be a praise team for a time of worship.

Lunch will be provided at no cost, and women do not need to RSVP for the event.

Farnsworth and Atkins said they are delighted to see women come together to put on their ninth women's retreat this year. It's been fun for them to see women use their unique gifts to contribute to the event.

The purpose of Circle of Friends is to strengthen women's relationships with each other and

Circle of Friends Women's Retreat is this Saturday

Written by Holyoke Enterprise

with God.

For more information or for questions about Saturday's women's retreat, call Farnsworth at 970-520-6213 or Atkins at 970-854-4159.

Holyoke Enterprise April 12, 2012