

Running in Rest

White Oak Ranch, Burke Co.

Even youths shall faint and be weary,
and young men shall fall exhausted;
but they who wait for the
Lord shall renew their strength;
they shall mount up
with wings like eagles;
they shall run and not be weary;
they shall walk and not faint.
Isaiah 40:30-31



Women's Ministry invites you to come away and wait for the Lord with us as He renews our strength. Come gain endurance with us as we learn to run without stumbling by drawing our strength from the only source that will last the entire race. We will begin the evening by eating dinner together. Throughout the evening and the following morning, we will have opportunities to delve together into God's word and to share what we hear.

Cost: \$20 includes lodging, 2 meals and materials.

Scholarships are available. Contact Carol to apply.

Small Group Participation - Limit 12 women per retreat

Everyone is invited even if you've been before. Each retreat will be identical so choose your date as soon as possible. The following are the dates to choose from:

September 25 - 26, 2009

March 19 - 20, 2010

Each evening will begin at 5:30 and you will be on your way home by noon the following day. Though your time investment is only 18 hours (including sleeping), your time away will eliminate the busyness that distracts us from God.

Need information or details, contact Carol Palmer at 706-554-5953.

Transportation is available.

To Register: Simply fill out the reverse side and leave the completed form with your \$20 payment in the church office.



Running in Rest

Thus says the Lord:

**“Stand by the roads, and look,
and ask for the ancient paths,
where the good way is; and walk in it,
and find rest for your souls.”**

Jeremiah 6:16a

The serene setting for this retreat is the White Oak Ranch in Burke County. The Ranch is truly a place to draw away and rest awhile.

Cost ~ \$20 includes lodging, two meals, and materials.

Retreat begins at 5:30 pm on Friday and ends at noon on Saturday. Participants are limited to 12 per retreat.

Register by filling out the form below. Please leave completed form with \$20 payment made to FBC Waynesboro in the church office. Contact Carol for scholarship information.

For more information, contact Carol Palmer at (706)554-5953.

Name: _____

Address: _____

Phone: _____

Please circle the retreat date that you would like to attend.

September 25- 26, 2009 March 19- 20, 2010