



“Detoxing the Soul”

**Annual Women’s Retreat
Liebenzell Retreat Center
Hackettstown, NJ**

**Friday - Saturday
May 8-9, 2015**

Environmental pollutants, food-borne organisms and ordinary metabolic byproducts wreak havoc on the body. The kidneys and liver process blood, sifting out waste, toxins and excess water from the heart and digested food. It’s a lot of detox work for two organ systems, but together they help to maintain your body’s health.

But what about your soul? What work are you doing to eliminate the toxins that are wreaking havoc on your soul?

Join us as we feed our minds, rest our bodies and cleanse our souls. Learn how the will, the mind and the body are all related to the soul. Discover what spiritual substances may be clogging your soul. Engage in activities that cleanse your soul. Return home with a well-rested and re-centered soul.

RETREAT PROGRAM

Friday Evening: What is my soul and how do I find it?
What does it mean to be double-souled?
What is the true devotion of my soul?

Saturday Morning: What is the Sinkhole Syndrome?
What is soul-fatigue?
What is the “With-God” life?

Saturday Afternoon: What is the Cycle of Grace?
What is the Gratitude Test?
What does a “Redeemed Soul” look like?

The retreat will include group discussion, personal reflection and hands-on learning.
The retreat will also include restorative activities such as reading, walking, sleeping and stretching.
Ample free time will be allotted for group fellowship and personal refreshment.

To register for the retreat, complete the attached form and return it with payment by April 1 to:
The Packanack Community Church, 120 Lake Drive East, Wayne, NJ 07470.

Retreat cost: \$125 if paid by April 1; \$150 after April 1.
Space: Limited to 25 women. Participants will be registered on a first-come basis.
Check in: Any time after 2:00pm (there will be an optional early-bird activity planned)
Carpooling: Available from the church (see registration form)
Start Time: Friday Dinner at 5:30pm
End Time: Saturday Dinner at 5:30pm (home by 7:30pm)

**“Bless the Lord, O my soul, and all that is within me, bless his holy name.”
– Psalm 103:1**