

*"God is
ready and
waiting to
give us good
things, but
our hands
are too full to
receive them"*
St. Augustine



*The Women's Retreat
will be March
22nd & 23rd, 2003
At Mount Cross*



**Financial help is available.
Please do not let the fee be the
reason you do not attend.**

**For more information
or to volunteer call
Cindy Arnett or
Dorothy Meyer**

**Bethel Lutheran Church
10181 Finch Ave
Cupertino, CA. 95014
(408) 252-8500
Fax (408) 252-8465
bethelcupertino.org**



*Women's
Retreat
Ministry*



*Spirituality
Fellowship
Relaxation*



Spirituality

Retreat to a weekend of spiritually filled messages of God's word. Retreat to gain or regain a spiritual perspective. Retreat to a place to listen to God.

Our Women's Retreat ministry is designed to give us time to hear spiritual messages, grow in faith and renew our relationship with Jesus Christ.

Retreat to balance your life with family, church, community and work. The women's retreat strengthens us by letting us leave the rest of the world in God's loving hands for a weekend, in order to seek what He wants us to take back to our every day lives.

"Since we live by the Spirit, let us keep in step with the Spirit."

Galatians 5:25

Fellowship

Retreat for fun and fellowship with spiritual friends. Make time to deepen your relationships with our community of faith. Retreat and make new friends.

Small group discussions give us time to pray together, explore our thoughts, feelings and concerns about the speaker's messages. Discussions help us to see others perspectives.

Retreat and get to know others informally through meals, hiking, crafts, evening entertainment, quiet time and other activities you may create.

"They devoted themselves to the apostles' teaching and to the fellowship, to the breaking of bread and to prayer"

Acts 2:42.

Relaxation

Retreat so you can relax and rest in God's love for you. Retreat to find a time to slow down and a space to listen to God to receive the unexpected.

Solitude lets us discover our own giftedness as unique creatures of a loving God. In solitude, we rediscover our true essence. If we ignore our needs we have nothing to give. Time apart from our daily life is essential to wholeness.

Retreat and leave all your worries behind so that you may be open to receive all that God wants for you.

"Be still and know that I am God."

Psalms 46:10

Bethel Lutheran Church 2003
Annual Women's Retreat
March 22nd & 23rd
at Mt. Cross

Our Theme this year is "Fear Not"

Psalms 34:4

I sought the Lord, and he answered me, and delivered me from all my fears.

Our Speaker is Pamela Bjorklund, She is a Clinical Psychologist, and a Christian Spiritual Director, Pamela also teaches spirituality at Santa Clara University to graduate students.

Pamela will lead us in a prayer project during the weekend.

Todd Corgil will prepare a Taize service on Saturday night for us.

If you have never been to one of our retreats or you have a friend who has never been to our retreat before come along and invite a friend and find out just how wonderfully spirit filled this retreat is!!!

Mark these dates on your calendar. You may now register for the retreat by calling the office and speak to Cindy Arnett.

Look for registration in the narthex February 16-March 2nd.

You do not need to be a member of Bethel Lutheran Church to attend this retreat, all women are welcome, we have many women who come from other Churches and in our community so join us this year!

View pictures from last year's retreat at <http://bethelcupertino.org/fellowship/womenRetreat/retreatPhotos.php>

!