



Heart of the Woman

*A time set apart to
focus on You.*

*Strength and dignity are her clothing, and she
laughs at the time to come. She opens her mouth
with wisdom, and the teaching of kindness is on
her tongue. Proverbs 31:25,26*

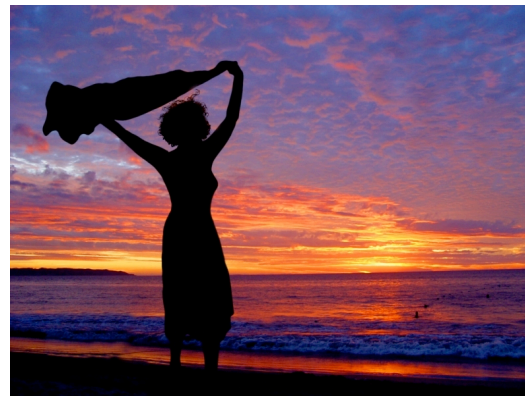
Our goals for this weekend are to help the women who participate to:

- grow in their capacity to love themselves, love God and love others
- understand the ineffective ways they have coped and survived
- encounter and heal the wounds of the past
- determine to live more responsible, intentional, peaceful and generous lives

If this is *your* desire, we invite you to join us for a life-changing weekend.

It is preferred that participants have some experience in individual or group therapy. If not, one of the leaders would be glad to help you assess if this weekend will be appropriate for you.

Join us for a transforming time of deep personal reflection, truth-filled challenge, connection in vibrant community, and worship of the living God.



Dates:	February 17-19, 2012
Location:	Racine, Wisconsin
Cost:	\$650.00 \$600.00 early registration if received 4 weeks prior
Questions?	Call Mary Beth or Kati at 847-295-1600

About the leaders:

Mary Beth Bussert, MS, LCPC, has been counseling others through challenging life & career transitions since 1988. Mary Beth offers individual, couple, family and group therapy. She is a creative and resourceful therapist drawing on her personal growth work and life experience, including surviving cancer, directing a career center, adjunct college professor, worship leader, drama director, short term missionary, and a rewarding career acting in theater.

Kati Ray, MA, LCPC, is a therapist, speaker & teacher. After many years of her own personal work, she views herself as a “wounded healer.” Kati offers therapy to adolescents, individuals, couples, groups, and on-line to missionaries overseas. She is a co-leader of Living Waters, a discipleship ministry for sexual & relational healing. Kati is passionate about and experienced in helping people with grief, conflict resolution, unwanted same-sex attraction, anxiety & depression, and improving relationships. Her other “loves” include: guitar, Uganda, bicycling and worship.

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*And the Lord opened her heart to respond.
Acts 16:14*

A time to examine your soul

- To look deeply into your heart.
- To know your strengths and vulnerabilities.

A time to sift through your thoughts

- What self-talk runs through your mind?
- What rules and beliefs control your choices?

A time to nourish your hungers

- How are you nourishing your deepest hungers?
- Are you intentionally pursuing what matters most to you?

A time to sing

- What is your life song?
- Are you singing out for the world to hear?

A time to dance... to be in your body

- How do you feel about your feminine body?
- Do you hide, flaunt, stuff, starve, ignore it? Do you celebrate, enjoy, tend it with compassion?

A time to lead

- What purpose has God given you?
- Are you satisfied with the impact you are having in your relationships, work, ministry, the world?