



Speaker
MOLLY NECE

Get ready for a double dose of Sunshine!

Back by popular demand, Molly Nece, also known as Molly Sunshine, will take the big stage and inspire and equip you to dream big and shine bright to keep you on the sunnyside of life. Both at UNCW and in her private coaching and speaking company, she enjoys taking people to new heights so they can enjoy all the fruits life has to offer and apply strategies that build resilience in managing life's speedbumps and hick-ups.

Because of Molly's 15 years of experience in the speaking, coaching, consulting and organizational development industry, she has taken the leap of faith and morphed her secular knowledge with a spiritual twist by creating her Bee Attitudes and One Word Transformational Speaking and Coaching Services. She is excited to engage with you in these two enlightening programs that has the potential to positively transform your life and those around you. She encourages all participants to bring a friend if they can. It's always more fun to transform over time together. Let's get buzzing one word at a time!

2019 WOMEN'S RETREAT

THE BEE ATTITUDES
RENEWING YOUR MIND, BODY,
SPIRIT AND EMOTIONS

Focus on the honey and the positive.
Be a BEE!



SATURDAY FEBRUARY 23, 2019
8:30 AM - 2:00 PM



WRIGHTSVILLE
UNITED METHODIST CHURCH

Registration Form Enclosed



**Wrightsville United
Methodist Church**

invites you to our

3rd Annual Women's Retreat.

**Christian Speaker, Lunch, Breakout
Sessions, Fellowship & Door Prizes**

BREAKOUT SESSIONS

(CHOOSE YOUR TOP 3)

Session 1: Be Still

Presenter: Libby Johnson

Learning to find stillness in a world that never stops! When our feet hit the floor we start our day with a myriad of tasks. Quiet time is not easy, but God rewards our efforts. This session is based on John 15:5, "I am the vine you are the branches...." In this session you will gain new ideas for a quiet time makeover and learn how to overcome your busyness, unplug and find rest in God.

Session 2: Time for Some Color!

Presenter: Emily Lackey

We can use all our emotions, stress, and difficulties to create something beautiful! Just like we use our prayers to bring light to darkness, we can play with color to design beautiful landscapes. Come with a favorite landscape in mind and learn how to bring it to life on the canvas! Please bring an old shirt or apron.

Session 3: Courage to Change

Presenter: Gia Lambeth

Are you moving in a positive direction? Are you experiencing joy and meaning in your life? It only takes a slight shift in direction to begin to change your life. "The journey of a thousand miles begins with a single step." Lao Tzu
"With God all things are possible."
Matthew 19:26

Session 4: Prayer

Facilitator: Christina Turner

Take time to communicate with God. To clear our minds and drive away our "enemies" join us for a session on individual prayer. You'll find prayer stations where you'll be invited to release your prayers to God including stations around God's Character, Praying in Color, Forgiveness, Release, and a Finger Labyrinth. Come away from this session refreshed and renewed.

Session 5: "It IS WHAT you say AND HOW you say it!"

Presenter: Susan Hite Foerster

We all believe in the GOLDEN RULE, but how many times have we tried our best to treat others the way we want to be treated, and it just doesn't work!? Discover your God-given strengths when it comes to "WHAT YOU SAY and HOW YOU SAY IT," and strengthen the relationships that mean the most to you!

Session 6 :Holy Yoga

Presenter: Kim Ward

Bring your own mat. Enter into a rich & intimate connection with God while moving through gentle yoga poses and stretches. This will be a place where you can have one harmonious experience of body, mind & spirit.

Mail-in Registration Form

Limited Space (Pre-registration only)

**Early Bird Registration \$30.00 until
December 15**

Registration: DEADLINE:
January 31, 2019

MAKE \$40 CHECKS PAYABLE TO:

WUMC Women's Retreat

Mail application & check to:
Erika Lewis, Women's Retreat
Wrightsville UMC
PO Box 748

Wrightsville Beach, NC 28480

Or Register Online:

www.wrightsvilleumc.org/adults

PLEASE PRINT

Name:

Phone:

Email:

Address:

City:

State:

Zip Code:

Session 1 Session 2 Session 3

Session 4 Session 5 Session 6

Put an "X" in your top 3 choices.

We will try to assign 2 of your choices.

Registration 8:30am - 9:00am

Lunch Included in Registration
(No Childcare Provided /Dress Casual)