

## Our speaker..



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*Kay loves teaching women how to apply the ancient words of the Bible to their modern lives. The heartbeat of Kay's ministry is equipping women with the truth so they can live obedient, fruitful and joyful lives. Kay is a writer, teacher, mentor, wife, mother and speaker. God has given her a tremendous platform for sharing His love and His Word with women of all ages and backgrounds.*

*As a follower of Jesus Christ, Kay is familiar with His call to run the race off the beaten path which is trail blazed distinctly by His Word. The path is often lonely, sometimes tricky to navigate, usually challenging but always rewarding. The writer of Hebrews 12:1-3 challenges us to run our race with endurance. What is getting in the way of you running WEIGHTLESS? By weighing ourselves down we keep from facing forward and pursuing the calling God has for us. This weekend discover if you are allowing comparison ~ excused & cherished sins ~ excess baggage of past hurts, unsatisfied desires & unchecked fears to be the weight holding you back from God's finish line. Kay will encourage us this weekend to focus our attention on Jesus and to be WEIGHTLESS as we can run to win.*

[www.kayharms.com](http://www.kayharms.com)

Lake  
Bible Church



January 20-22, 2017

WOMEN'S  
RETREAT

# Weightless...Hebrews 12:1-3

with Kay Harms

The writer of Hebrews 12:1-3 challenges us to run our race with endurance. What gets in the way of you running your race? At our retreat Kay will help us expose three hold-ups that keep many women from facing forward and pursuing the calling God has for them: comparison, excused and cherished sins, and the excess baggage of past hurts, unsatisfied desires and unchecked fears. She encourages us to focus our attention on Jesus and to handle each of those hindrances the same way He did so we can run to win.

Open your Heart  
to  
become  
Weightless for Christ.




Bring your Bible ~  
Clothes for the changing climate of the Oregon coast ~money for Friday dinner & Saturday Lunch ~ your Open Heart.

At registration let us know if you need to CARPOOL Ride. We try our best to assist with this.

Renew old friendships.

Create new ones.

Invite a friend to join you for a weekend to remember and grow your friendship & walk with Christ.

If you can't come for the whole weekend— join us in our Saturday Day Trip!

Prepare your heart as we focus on running Christ's Race  
WEIGHTLESS

of the chains the world places on us!

Register Online  
[www.lakebiblechurch.com](http://www.lakebiblechurch.com)

??? QUESTIONS ???

Registration Coordinator ~ Valerie Anderson

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SINGLE	\$ 230
DOUBLE	\$ 205
3 PERSON	\$ 190
4 PERSON	\$ 180
5-6 PERSON	\$ 160
SINGLE BUNKROOM	\$ 175
DOUBLE BUNKROOM	\$ 160
VAN-SATURDAY ONLY	\$ 75