

# Extreme Heart Makeover: Cleaning Out the Clutter



**A Ladies Night Out!**  
**Faith, Fellowship,  
& Fun!**

August 1st  
6:30 pm  
Shadow Rest Ministries  
Retreat Center

**Shadow Rest Ministries**  
*is located just north of  
Cape Girardeau, just off  
Highway 177 and Cape Rock  
Drive on County Road 635.*

Take Highway 177 North; turn  
left onto Cape Rock Drive; turn  
right onto County Road 635;  
the entrance is 0.2 miles on  
the left.

*or*

Go out Cape Rock Road; turn  
left onto County Road 635;  
the entrance is 0.2 miles on  
the left.

*or*

**Meet at the church  
at 6:15. The bus will take  
you & bring you back to  
the parking lot afterwards.**

## Extreme Heart Makeover Registration Form

*Please turn in to the church office, place in the offering plate, or  
return to the Sunday morning sign-up table as soon as possible.  
The retreat center holds 45 - first come, first served!*

**Name**

\_\_\_\_\_

**I will**

\_\_\_\_\_

**drive to Shadow Rest.**

\_\_\_\_\_

**ride the church bus.**

\_\_\_\_\_

**use the church nursery.**

(Please write the children's names & ages -->)



*A Ladies Night  
of  
Faith,  
Fellowship,  
& Fun!*

*Join women of all ages for  
this special Centenary event!*

*Rekindle old  
friendships and form  
new ones as you laugh  
together, are challenged  
together, and maybe  
shed a tear together.*

*There will be...*

*\* Dessert & Beverages*

*\*Fun & Games*

*\*Stories of faith by two of our  
own Centenary ladies,*

*Cissy Williams*

*& Lois Woodford*

*\*Prizes & Surprises*

*\*Special Guest Speaker,  
Nancy Israel*

## *Guest Speaker...*

### *...Nancy Israel*

*Nancy has spent 18 years teaching English, Speech, and Debate on the middle and high school levels. She received a Master's in Educational Administration and has led curriculum writing teams. Currently Nancy works as a Field Director for |Stonecroft Ministries.*

*Nancy's trust in Christ has led her to combine her teaching skills with her own studies of the faith to share the good news of God's love with others.*

*Nancy has experience teaching various Bible studies and leading adult small groups. She has been actively involved with East Missouri Walk to Emmaus (a 72 hour spiritual growth retreat) and along with her husband has been a presenter for Marriage Encounter United Methodist. Nancy has published articles for Christianet.com and Just Between Us magazine.*

*Nancy resides in Kansas City, Missouri where she is a mother of three and the spouse of a United Methodist pastor.*

*\$5 donation, please!  
Cheaper than a movie!*

*Space is limited!  
The retreat center  
holds 45...first come,  
first served!*

*Complete the  
registration form on  
the other side and turn  
it in at the sign-up  
table, the church  
office, or place it in the  
offering plate.*

*The church nursery will  
be available. Please let  
us know if you'll need it.*

*This event is brought to  
you by the Centenary  
Discipleship Committee.*

*If you enjoy it and  
would like to see more  
events like it, please let  
them know!*

