

For more information contact Reverend Heidi Bak at 609.220.8529  
Go to [www.facebook.com/Waves-of-Grace-Womens-Retreat-124825387543420/?ref=hl](http://www.facebook.com/Waves-of-Grace-Womens-Retreat-124825387543420/?ref=hl)

Directions: Take the Atlantic City Expressway to Exit 7 South onto the Garden State Parkway South to Exit 48 (Wildwood). You will be on Route 47 South (Rio Grande Ave). Continue 2.3 miles to Ocean Ave and turn left. The Convention Center is on your right after the turn.

Now - March 15, 2018: \$40/person After 3/15: \$50/person meals & lodging are not included. Rooms may be secured by calling the Wildwood Convention Center, Boardwalk, Wildwood, NJ  
Contact Joy Nielson, 1-800-992-9732

**Registration and Hotel Information:**

Online payment can be made by going to: [hightstownmethodist.org](http://hightstownmethodist.org)  
Choose online giving

Checks can be made payable to  
**FUMCH Waves of Grace**  
Detach & Mail with payment to  
**Waves of Grace Retreat**  
52 Church Street,  
Beverly, NJ 08010

**\$40 by March 15**  
**\$50 after March 15**  
**\$55 at the door**

**2019 REGISTRATION WAVES OF GRACE  
WOMEN'S RETREAT**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Email \_\_\_\_\_ Phone \_\_\_\_\_  
Church \_\_\_\_\_  
Amount Enclosed \_\_\_\_\_

# Waves of Grace Women's Retreat

## April 17—18, 2020

To live life is to live as a fruit salad,  
for we need all the Fruit of the Spirit to truly be a follower of God  
**J O Y : Jesus, Others, Yourself**



### The Fruit of the Spirit

Galatians 5:22-23

*"But the fruit of the Spirit is love, Joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law."*

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# 2020 WAVES OF GRACE WOMEN'S RETREAT

WILDWOOD, NJ,

Friday, April 17, 7-9, Sat. April 18, 9 am-5pm

## THE FRUIT OF THE SPIRIT

### J O Y: JESUS—OTHERS—YOURSELF



**FRIDAY, April 17 Registration 6-7 pm**

**Session I 7-8:30 pm**

Join us for worship as we upset the Fruit Basket and begin to understand that each fruit hinges on the other. When we possess all the Fruits we are one with God and others.

**Saturday, April 18, 8:30 am Registration/Coffee**

**Session II 9-10:30 am**

Love, Joy, and Peace, the first of the Fruits relate to **Jesus**. What is key to living out a love that lasts? What does it look like to love God like He loves us. Can we find peace and true joy not just happiness when we love this way?

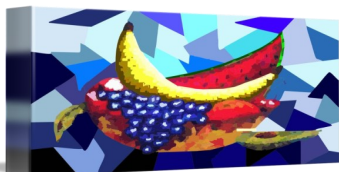


**Break 10:30—11:00 am**

**Session III 11:00 am—12:30 pm**

Patience, Kindness, and Goodness are fruits that relate to those around us. How could you slow down the pace of your life in order to begin living the patient lifestyle of the Word? What can happen when we show restraint in our lives, feelings can change and we can show kindness as we eagerly put others at ease and become generous and open hearted.

**Lunch 12:30 to 3 pm - Time of Restoration**



**FRUIT  
OF THE  
SPIRIT**



**Session IV 3 pm—5 pm**

Want to be able to do God's will? As you become more ingrained in the Fruit you become more loyal and dependable, Faithfulness can be displayed through humility and a sense of calm. And in the end you are able to do God's will not your own.



**Christian Book Swap will be held during the weekend.  
Have a book, Bring book, Take a book**

**\*\* OPTIONAL SESSION \*\***

**Sunday, April 19, 10 am**

**Wildwood Convention Center Pier  
Worship on the Beach with Communion**

In case of inclement weather, call 609/220-8529

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Visit our Facebook page—Waves-of-Grace-Women's-Retreat**