



# Women in Transition: *Springing Forward*

A 6-session series meeting on **Wednesdays** from 9am-Noon.  
**April/May 2015** **\$300**

Are you ready to take a leap of faith and explore new pathways on your life journey? Come nurture and enliven your spiritual readiness for going forward toward your true heart's desire. This women's series is designed to be a prayerful and encouraging spiritual forum that facilitates personal change and transformation...Body, Mind, Heart, Spirit, and Soul.



“Delight yourself in the Lord, and He will give you the desires of your heart.” Psalm 37:4



~April 1 - Alive and Well in God's Love

~April 29 - Focus, Balance & Mindfulness

~April 8 - Resurrection Power

~May 6 - Forgiveness and Farewells

~April 15 - So, where are you going?

~May 13 - Arrive and Rejoice!



Linda Chandler Smith, MS  
Spiritual Director &  
Retreat Guide

My life's journey has been a beautiful spiritual study in the experience of life transition: Body, Mind, Heart, Spirit and Soul. I have experienced the healing nature of God's love, seen the release from fear into courage, and know the powerful gift of expressing creative life energies. I am indeed a woman in transition. My most recent grand adventure is moving to Olympia, WA from Palm Springs, CA.

Linda Chandler Smith, MS-Sociology-VCU, Richmond,VA MS-Religious Ed- Fordham,NY MS-Past'l Counseling-Loyola, MD

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