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Faith-based women's retreat to become more experiential Captivating Heart Women's Retreat is in its fourth year

NORTHWEST ARKANSAS—The faith-based women's retreat Captivating Heart will host its fourth-annual event Friday, October 16 through Sunday, October 18. The event is held every year at New Life Ranch in Colcord, Okla.

Sponsored by Strings Attached Ministries, the retreat is inspired by the book *Captivating* by John and Stasi Eldredge. The retreat is designed for women (age 16+) of all backgrounds and faiths although the Christian Bible will be used as a reference point. The retreat's purpose is to help women better understand who they are in Christ versus the many lies they hear throughout their life.

Women often come to believe the world's lies that they are "not enough" or "high maintenance" or even "second class." These become more than descriptions or labels, they become an identity. The Captivating Heart Retreat helps debunk these concepts and shows women how they are "more than enough, royalty of God and a treasured jewel," explains Cari Kaufman, lead organizer and director of Strings Attached Ministries.

"It's about who we really are, not what we believe we are," Kaufman said.

Strings Attached Ministries focuses on bringing women's groups into closer fellowship with one another. The ministry believes that the health of a women's ministry is the thermometer for the health of the entire congregation. Strings Attached provides resources to enable women's ministry to come together in way that is fun, interactive and uplifting.

This year's Captivating Heart Women's Retreat will be different compared to previous years, which were full of teaching through videos and co-facilitated lessons. The initial lessons will remain but the weekend will include much more hands-on, experiential learning that involves the ideas of women taking their questions about identity and self-worth to God instead of humans. Participants will be encouraged to experience worship and communicating with God in ways they may not have done before including art journaling, truth cards, and dance. They will also have more small group time in which to share their thoughts.

The retreat is \$179 and that includes all meals from Friday night through Sunday lunch, the curriculum, and boarding. Visit <http://captivatingheart.com/> for more information and to register.