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## Captivating Heart retreat returns for second year Focus this year is on 'who we believe God to be'

NORTHWEST ARKANSAS—A weekend retreat designed to help women better understand their identity and self-concept is coming to the region for the second time this October.

Captivating Heart (<http://captivatingheart.com/>) is in its second year and will be Oct. 11-13 at New Life Ranch in Colcord, Okla. (about 10 minutes west of Siloam Springs, Ark.). Sponsored by Strings Attached Ministries, the retreat is based on the book *Captivated* by John and Stasi Eldredge.

Cari Kaufman of Strings Attached Ministries and Brenda McClure, owner of Couples Touch of Love, return as the speakers this year.

"The focus is our identity in God and how our experiences with God have shaped our view of him and how that has shaped our view of who we are and our relationships with others," Kaufman said. "We will be looking at the question 'how was I wounded and how did that shape my outlook.'"

McClure said she hopes that women will be drawn closer to God through the experience "whether that is a first-time relationship, a deeper relationship or a mended relationship."

The retreat is designed for adult women of all backgrounds and faiths although the Christian Bible will be used as a reference point, Kaufman said.

"If we can understand who we are and how we are created in the image of God, we can learn to walk in that. It sets us up to be free to be who we were created to be," she said.

This year's retreat will have a few minor adjustments to the format, Kaufman said. This includes Sunday morning not having any curriculum and focusing on worship and fellowship.

"We are learning who we are in God and rest is a part of that," she said. "We don't create times for ourselves for real rest."

The change also allows local women who would rather attend their home church's worship service to do so without missing any of the Captivating Heart teaching.

Another change this year will be that there will be a mix of live and recorded worship times available.

Registration is open for the event with an early-bird rate of \$115 until July 31 when the rate increases to \$129. This includes two nights' boarding and six meals as well as the retreat curriculum.

There are several fundraisers coming up for this retreat, which are designed to help keep the costs down for attendees:

- On Sunday, May 19, families are invited to participate in the Warrior Princess Games (laser tag at Modern Mission) from 2 p.m. to 5 p.m. with a ladies' only game at 3 p.m. Tickets are \$15 per person.
- On Saturday, June 8, a Ladies' Tea Party will be hosted in Bentonville. Tickets are \$10 and a silent auction will be available.
- Some of the proceeds from the Just Love Coffee Roasters sales will benefit the retreat <https://justlovecoffee.com/about/beneficiary/stringsattached/>
- Proceeds from sales of Threads of Hope <http://stringsattachedministries.wordpress.com/resources/threads-of-hope/>

Information about signing up for the retreat and getting tickets for the fundraisers is online at:

<http://captivatingheart.com/events/>

#### **More about Cari Kaufman**

Cari Kaufman is the founder of Strings Attached Ministries and the author of *Living Life with Strings Attached*. She is a highly sought after speaker for women's events around the world.

#### **More about Brenda McClure**

Brenda McClure is the owner of Couples Touch of Love and has been a massage therapist for 15 years. She has attended Captivating and Captivating Advanced in Colorado.

#### **More about Strings Attached Ministries**

Strings Attached Ministries focus 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. From facilitated retreats to event planning resources, Strings Attached has everything necessary to make a church or organization's next women's retreat an amazing experience. For more information, visit [www.stringsattachedministries.com](http://www.stringsattachedministries.com).