

Faith Evans
Biography

Faith Evans is a pastor, personal trainer, and group fitness instructor from Harrisonburg, VA. She graduated with a Bachelor of Science in Sports Medicine from Pfeiffer College in 1995 and received her Master of Divinity degree from Wesley Theological Seminary in Washington, D.C. in May of 2000. Faith combined her experience and passion for fitness and ministry in 2009, beginning the for-profit ministry called Fitness with Faith, L.L.C., which exists **“to help the body of Christ connect to and value their physical body, with the hope that they will embrace it as a good gift from God and a means through which to embody their love for God, thus living a more fully integrated life.”**

Faith is married to Dr. David Evans, a professor at Eastern Mennonite Seminary, and has a 13 year old step son named Isaac, a 7 year old son named Solomon, and is pregnant with a baby girl due in late November. One of her favorite things to do in her free time is run.



October 18-19, 2013
Zion Women's Retreat



3586 Horizon's Way
Harrisonburg, VA 22802

Directions from the South:

Take I-81N to exit 251 (Harrisonburg/Route 11). Follow Route 11 north five miles into the small town of Lacey Spring. Turn right onto Rt. 806/Martz Road (at the Lacey Spring Grocery). Follow Rt 806 three miles until it comes to a T-stop. Turn right onto Mountain Valley Road. Camp Horizons will be 0.2 miles on your left.

**Zion Mennonite
Church**
Women's Retreat
October 18-19, 2013



**Integrated Living and
Physical Well-Being**
Faith Evans, pastor and
certified fitness instructor



3586 Horizon's Way
Harrisonburg, VA 22802

Integrated Living and Physical Well-Being

Cut and return this portion to Joy Yoder or
Heather Codding

Join the women of Zion as we gather for fellowship, fun, worship, rest, and times of hearing from pastor and certified fitness instructor, Faith Evans, on how we can live a more integrated life.

We will be enjoying time together at beautiful Camp Horizons, located only 20 minutes from Harrisonburg.

Tentative Schedule

Friday, October 18

Check-in
6:30 p.m. - 8 p.m.

Welcome/Opening Prayer & Song
8 p.m.

Integrated Living and Physical Well-Being, Session I
Faith Evans
(Bring a floor mat or towel)
8:15 – 9:15 p.m.

Compline/Reflections
9:15 – 9:30 p.m.

Saturday, October 19

Breakfast
8 – 9 a.m.

Devotions/Sharing/Song
9:30 – 10 a.m.

Valuing our Physical Bodies, Session II
Faith Evans
(Bring a floor mat or towel)
10 – 11:00 a.m.

Free Time
11 a.m. – 12 p.m.

Lunch
12 p.m. – 1 p.m.

Embodiment, Session III
Faith Evans
1:30 – 2:30 p.m.

Small group discussion
2:30 – 3 p.m.

Closing prayer, Clean up
3 p.m.

Featured Speaker

Faith Evans,
Pastor and CME Certified
Fitness Instructor

Please reserve your space by **October 1st**

Name: _____

Address: _____

City: _____ State: ____ Zip: _____

Phone: _____

Email: _____

Deposit Amount: _____ (\$25)

Total Payment: _____ (\$50)*

Registration for the retreat is \$50 per person. This amount covers lodging, breakfast, lunch and three sessions with our guest speaker.

*Check here if you will join us for the retreat but not spend the night. This registration amount will be \$25 per person.

If finances are a hardship, please speak to:
Joy Yoder
(540) 434-4873, elyoder@aol.com

or
Heather Codding
(620) 877-7171, hlcodding@yahoo.com

Some money has been made available for scholarships.