

**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

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**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 1<sup>st</sup>**

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.