

Seminar Speaker:

Lynne Babbitt serves as a therapist and the Assistant Director of Shepherd's Touch Counseling Ministry. She provides training services as a consultant to ministries, and is a popular speaker. Lynne's journey has included social work, teaching, church leadership, and rearing six children—in part, as a single parent.



Balancing your Inner World



Learn Tools to Enhance
Balance Within

Lynne's Pastor Says:

"Vitality. That is the word that comes to my mind when I think of Lynne. Not just physical vitality, but spiritual vitality as well. Lynne has the ability to communicate WITH PASSION the truths of God and His Word in such a way as to make people sit up, take notice, listen, and really learn how God can take their own life, and no matter what they have been through, use them for the Kingdom of God."

Doug Winne, LEFC

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When: March 6th - May 15th

Friday Evenings, 7-9

Where: Lancaster E Free Church

419 Pierson Road

Lititz, PA 17543

What: Information, sharing,
Free child care

Cost: \$20 for 10-Week
Session and Workbook

Call: 626-5332 to register

Who attends a Balancing our Inner World seminar?

What do we do in our small group discussion sessions?

"The key to the Christian
life is...balance."
Dr. Marchant King

Single Men and Women who:

- Enjoy meeting new people and learning new things
- Want to learn all God has to teach them from their life experiences
- Are interested in furthering relational skills
- Are invested in understanding themselves and others better
- Want to apply God's truths to all their relationships
- Need information and wisdom to help a friend, or...
- Could just use a little more balance in life!

- ❖ Discuss the topic of the evening
- ❖ Learn how to encourage and validate others to reach their potential
- ❖ Practice application of communications tools
- ❖ Share tips and tools that help bring personal success
- ❖ Receive understanding and encouragement

"Lynne is an excellent presenter, whose enthusiasm is contagious. Her frequent interjections of humor really keep the pace moving."

In a life this busy, achieving balance in our outer world can be a daily challenge; sometimes maintaining balance in our inner world feels nigh on to impossible! Come receive information and participate in group discussion of common challenges to inner balance, such as:

- Perfectionism
- Anger
- Self-Esteem
- Healing Past Hurts
- Worry
- Depression
- Self-Talk
- Boundaries
- Stress
- ...and more!

Feel free to join us for one or all the sessions, and to bring a friend.