

---

LWML KANSAS DISTRICT  
**CHRISTIAN LIFE RETREAT**  
NOVEMBER 2019



**FEARLESS WOMEN, REDEFINING BEAUTY BOLDLY**

You are altogether, beautiful, my love, there is no flaw in you.  
(Song of Songs 4:7)

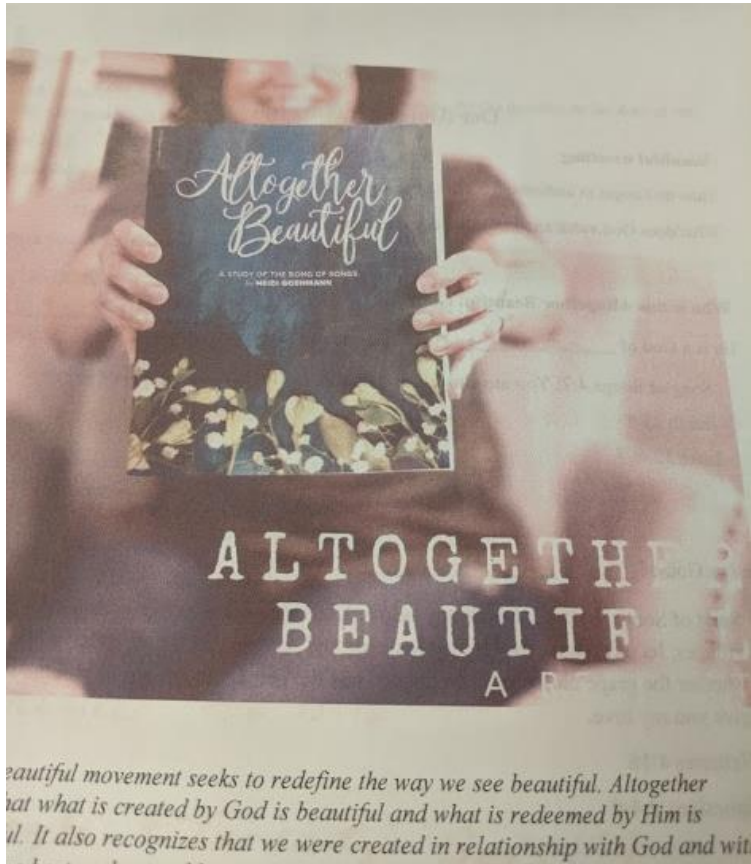
## GUEST SPEAKER



# Heidi Goehmann,

a licensed clinical social worker and mental health care provider, deaconess, writer, speaker, wife, mom, and advocate.





## My Altogether Beautiful Checklist

### REDEFINING BEAUTIFUL

- Something beautiful in my life
- Something hard in my life
- Something beautiful about my body
- Something I don't like about my body
- Something beautiful in my community
- Something beautiful in my church
- Something beautiful about my friend
- Something that makes me feel strong
- Something I need help with usually



←  
Heidi excited to  
talk about our  
beautiful souls!

→  
Pastor Bob  
leading us in  
song!

