# GUEST *Testimonial*

I recently attended my 1st Stretch your Faith retreat in CSB. I had no expectations & some reservations. My friend Lindsey had attended the previous two and encouraged both me & my friend to sign up. We were both interested but wasn't sure I could afford it. Thankfully, Valerie gifted it to me for Christmas. Thank the Lord for generous friends. As it approached, I experienced a combination of excitement & dread. Would I know anyone? Would I be pushed beyond my comfort zone? Would it be a rigorous process that I wasn't equipped for? Would I measure up? I know these thoughts & doubts come from the enemy, but they were there, nonetheless. I can tell you all those doubts were squashed as soon as we arrived. The setting was beautiful, the girls were warm, welcoming, & there were no expectations. The food was delicious! Attention to detail was impressive & wine was even on the table at dinner for those who chose to have a glass. (Be still my Baptist heart) Conversations were fluid and people were real. I could go on & on. Yoga on the beach in the morning was relaxing. Free time allowed for hanging out on the beach & decompressing. Our bible study was interesting, informative & open...a safe place for sure. The two exercises we did were beyond impactful. I'm still trying to process them. I'm so thankful for Eryn & what she has created. The amount of thought & planning that go into these retreats is awe-inspiring. I can't wait for the next one. I feel recharged, rejuvenated, refreshed & replenished in my faith. It's an amazing experience & if you get the opportunity to go.....

JUST DO IT!!!

Love in Christ,

Sally aka Mermaid Sal

★★★★★