



SISTERS GET TOGETHER

Welcome to a day for women and with women.

We'll enjoy conversations, fellowship, lunch, activities, worship, etc. In addition, we get to listen to licensed psychologist Charlotte Råvall who is going to share on the theme: "From self-criticism to freedom".

Many of us carry inner patterns that we have learned at some point as the best way, and perhaps only ways to handle life: The traps of Self-criticism, constant worry or a need for control are really easy to fall into even though they drain us of energy and joy.

When we try to change this ourselves, our inner alarm system can kick in and pull us back to the familiar but not so helpful patterns. In this seminar, we'll look at the chain that causes us to get stuck, and how, with the help of God's confirming love and with self-compassion, we can begin to take steps towards greater freedom.



Charlotte weaves together psychological knowledge with perspectives on a God who knows us and understands everything, and who wants to give courage and power to both change and rest.

The day costs 180 SEK/person.

Register your participation at the latest April 20th.

<https://www.smyrna.se/Start/Nyheter/Sisters---Get-together/Anmalan-Sisters---Get-together-april-2026>

Click on the 3 dots on the top right of your screen and click on “översätt” to translate the registration form to English.

You can either pay on location or via Swish