

The Rhythm of Rest - Using the Sabbath as God's Gift to Rest

Myrna Lapres
March 9, 2026



Self-Care Isn't Selfish:

Heal Yourself, Your Family & the World

The Rhythm of Rest--Using the Sabbath as God's Gift to Rest

Shawna Kempf

Sat., March 14, 2026, 10-11:30 am PST



- Join us to learn about Sabbath rest--what it is and what it isn't
- Shawna will share from scripture and her own experiences about learning to pause and rest
- Discover how to personalize rest days in our families, creating a calm and harmonizing rhythm



A Monthly Series for WFWP Members & Friends

Join us on Sat., March 14, 2026 10-11:3am PST/1-2:30 pm EST

Facilitated by Certified Coaches: RoseAnn Kennett,
Liisa Freystaetter, Myrna Lapres, Donna Avey, Loretta Anderson,
Shawna Kempf & Kendra Stein

A project of Women's Federation for World Peace, SR 5

Coach Myrna, March 9, 2026
www.coachmyrna.org/

The Rhythm of Rest

God commands us to "remember the Sabbath," but is it realistic in today's fast-paced culture? Join us on **Saturday, March 14, 2026, 10 am PST/1 pm EST** where **Shawna Kempf** will share practical advice for having peaceful, close times with God. You will learn simple ways to be intentional about rest, ideas for tuning out distractions and tuning in God, and even how meals and other times with friends and family can be Sabbath experiences. Register here to get the zoom link: tinyurl.com/mrxhne88

Shawna Kempf is one of the core coaches that work together to create the monthly Self-Care Isn't Selfish webinars. She is a certified Generational Healing coach who cares deeply about supporting individuals and families in creating more fulfilling lives and including Heavenly Parent on a daily basis.

The overarching theme for our monthly webinars is "Heal Yourself, Heal Your Family, Heal the World." Making a change begins with me because that is the only person that I have control over. But the amazing truth is that as I make effort, I change my interactions with those I care about and often, that sparks change in others as well. Each month, we are creating a global community of connecting and support by showing up, sharing, and caring about each other. All past webinars are available on our YouTube Channel. We'd love to have you join us on Saturday, March 14, 2026.

[www.youtube.com/@ Self-Care.Isnt.Selfish/videos](https://www.youtube.com/@Self-Care.Isnt.Selfish/videos)

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If you would like to know more about what I offer as a coach, please visit my website: www.coachmyrna.org/

Find out more about creating better connections with Safe Conversations www.coachmyrna.org/create-connection.html

