

WOMEN'S *retreat*

WORKSHOP DESCRIPTIONS



FROM ASHES TO BEAUTY

SPEAKER: SUSIE BROWN

Susie is the wife of Christian DJ, Scott Wheeler. They have 3 daughters and 2 grand babies. They have been married for 30 years and have together, experienced a string of losses over the last 4 years - their church home of 25 years, Susie's health to aggressive breast cancer, her mother to Alzheimers, their home to an EF4 tornado, and other unimaginable things. Susie will share her story and tell how she lays her losses at the feet of Jesus. Her story truly reflects how God can make beauty from ashes.

GOT HEALTH?

SPEAKER: VICKI WHITE

1 Corinthians 6: 19-20 tells us that our bodies are the temple of the Holy Spirit and we are to honor God with our bodies.

Do you want to feel better, look better, sleep better, and have more energy? Then this is the workshop for you! This is not a diet, because diets don't work. This is a way to be healthy for life. God created our bodies to function amazingly well so we can do the work He has called us to do. So, we will discuss what recent studies are showing us and talk through lifestyle changes that really work.

DEVELOPING FRIENDSHIPS THAT ARE SPIRITUALLY SOUND AND EMOTIONALLY SATISFYING

SPEAKER: AMY BROWN

All of us long to have quality, long-lasting friendships. One of the ways to do this is to identify how to be a good friend. From there, you can consider how to overcome the barriers that hinder or derail friendships. In this workshop, we will look at God's design for relationships and consider how to practically implement Biblical friendship principles into our lives.

FREEDOM BEGETS FREEDOM: THE POWER OF CONFESSION

SPEAKER: COLLEEN SENESTRARO

God set in motion the entire redemptive process that culminated at the Cross and confirmed at the Resurrection. This epic mystery affords us the ability to walk in and through the power of earthly freedom, and ultimately, eternal freedom. Confession begins the journey.