

## Women's Ministries Seminar Descriptions

### **Intentional Relationships** – Charlotte Green

Growing and maintaining female friendships involves actively cultivating, nurturing, and prioritizing relationships with other women to foster emotional support, well-being, and personal growth. In a fast-paced, digital world, shifting from passive to intentional friendship requires consistent effort, vulnerability, and direct communication to build meaningful, lasting bonds. Let's cozy up and talk about the importance of these relationships and how to develop and strengthen them.

### **Who Am I?** – Lisa Sawvel

Everyone born into this world has struggled with identity and self-image. Many spend their lives manipulating acceptance and attention to build self-worth, but when loved ones fail, our self-worth can crumble. If we let our identity be in another person, we give them too much control and miss God's vision and value for us. Scriptures reveal truths about identity, but we need a full understanding to understand our God-given worth. Ask yourself, "Who am I? Where am I going? Do I understand my God-given worth?" Accurate answers are essential to be what God created you to be and do. In my seminar, we'll learn how our identity determines our worth, destination, character, and inheritance. We'll learn to listen to God and embrace His identity, finding freedom to live out His plans for us!

### **Weaving In Jesus Throughout Your Day** – Marla Priest

As we work our way through the twists and turns of this maze craft, we're reminded that Jesus is with us in every moment—guiding, steadying, and helping us choose the next right step. Each pause, wrong turn, and fresh start becomes a simple way to practice prayer, patience, and trust. When the path feels confusing, we can weave Jesus throughout our day by whispering a quick prayer and remembering that His way always leads us home.

### **Sketch the Scripture** – Sarah Canada & Julie Woolf

Come be creative in God's Word and take a deeper look at favorite passages and scriptures that were meant especially for you. Join our Bible Journaling breakout, as we sketch the Scriptures with colored pencils, markers, pens, washi tape, and stickers. We will learn how to respond creatively to the Word, worshiping through art.

### **Keep Your Feet Happy** – Amber Johnson

From busy moms and working professionals to active grandmas, women spend a lot of time on their feet — and too often ignore aches and pains until they become bigger problems. This seminar explains why foot and ankle pain happens, how everyday habits and footwear play a role, and what you can do now to stay active and confident on your feet. Amber shares practical, easy-to-follow tips you can start using right away, and how to know when physical therapy may be helpful. Because pain is **NOT** normal, and you deserve to move through life without it.

### **Walking with God: Enjoying God's Presence from Morning to Night** – Deb Montcalm

Have you ever struggled with keeping your mind on who you are as a Christian throughout your day? Have you wondered what time with God looks like or what that even means? Do you feel like spending time with God is simply one more thing to check off your "To Do" list like getting the laundry done or getting in some exercise every day? If so, this seminar is an opportunity to discover ways to maintain the normal, ordinary rhythms of everyday faithfulness and to view your relationship with God as a daily walk with Him; a relationship that is dynamic, growing, and infectious.