

Register on or before January 11th to qualify to win a free registration!

REGISTRATION PRICE: \$35
(after Wed. Jan. 28th price is \$40)
Student Rate - \$20

We are unable to offer refunds after Jan. 28th
A delicious lunch is included and Faith Christian Bookstore will be on site.

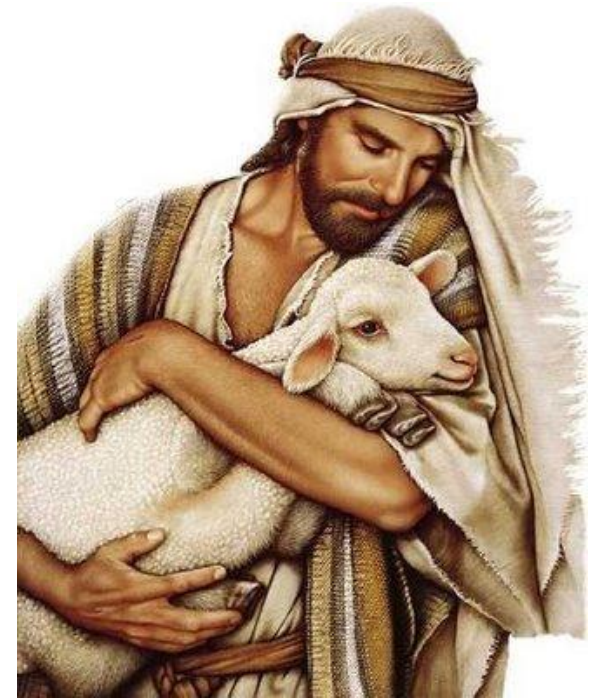
THEME TOPIC: Filled and Overflowing! - Bring Your Fatigued Soul Into the Goodness and Mercy of Our Great Shepherd
Psalm 23 is a favourite of millions. It is a simple psalm. There is a Shepherd, who is the Lord. There is a satisfied sheep, who is the psalmist. Its simplicity is as relevant in our lives today as it was in the psalmist's life. Return to this simple psalm and bring your fatigued soul into the goodness and mercy of our Great Shepherd's provision, direction, and invitation of lifelong communion with Him.

Our Keynote Speaker is Kathy Butryn, a teacher, writer and coach who encourages and equips women to grow deeper in their walk with God and make each day count by living life on purpose, building an intentional life grounded in the truth of God's Word. Kathy speaks at women's retreats, conferences and events, believing that each message must challenge the listener to action: to turn knowing what to do into doing what they know. She draws from many years of experience creating and delivering leadership learning experiences for a global corporation. When she isn't traveling and speaking, you will find Kathy at home where she loves to read, write, or share a cup of tea with a friend. Kathy and her husband Alan live in Toronto where they enjoy their grown kids coming home for *Monday Night Family Night* dinner, spending time with their grandkids, and serving together at Bridletowne Park Church where Alan is the Senior Pastor. You can visit Kathy online at www.KathyButryn.com

YOUR DAY APART

- 8:30 Registration/Coffee, Juice & Muffins
9:00 Welcome & Book Table Information
9:15 **Praise & Worship—Laura Scarborough**
- 9:30 **Kathy Butryn – Session 1**
- 10:45 **Praise & Worship—Laura Scarborough**
- 11:00 Coffee served in workshop rooms
- 11:15 **Morning Workshops (choose one)**
1. Give God Space to Answer You!
 2. A Christian Approach to Bullying?
 3. Healthy Eating
 4. Craft – Mosaic Picture Frame
- 12:15 **Lunch**
Browsing Book Tables
- 1:15 **Afternoon Workshops (choose one)**
5. Give God Space to Answer You!
 6. A Christian Approach to Bullying?
 7. Healthy Eating
 8. Craft – Mosaic Picture Frame
 9. Praise & Worship Workshop
- 2:15 **Praise & Worship—Laura Scarborough**
- 2:30 **Kathy Butryn – Session 2**
- 3:30 **Closing Comments & Benediction**

“DAY APART”
*A day for women of all ages ...
a day for you!*



Filled and Overflowing!
Bring your fatigued soul into the goodness of our Great Shepherd

SATURDAY, FEBRUARY 7, 2015
8:30 a.m. to 3:30 p.m.

GRACE CHURCH (PRESBYTERIAN)
447 Port Union Road , West Hill, ON M1C 2L6
416-284-8424 www.gracewesthill.ca

Keynote Speaker: Kathy Butryn
Special Music: Laura Scarborough

WORKSHOPS

Everyone will attend two workshops – one in the morning & one in the afternoon. Enrolment in the craft is on a first-come, first-served basis – space in the craft workshop is limited so book early!

(1) & (5) – Give God Space to Answer You!

Beth Gray – Sometimes we act as if we are defined as an individual by what our emotions are saying. Not true! We can *decide* to “let the peace of God rule in your hearts...and be thankful” (Colossians 3:5). Together let’s explore how we can come to a place where we loosen the grip on the idols we hold so tightly. Instead grip Him for all we are worth, and live our lives out of that kind of influence. Bring it all to Him and let Him give you the very best answer.

(2) & (6) – A Christian Approach to Bullying?

C’mon! – **Thanu Boteju, Marlie Délicieux, Madelyn Reynolds, Sarah Strano** – Everyone has had experience with bullying, but a Christian approach to addressing the problem? YES! In this workshop, our team will consider the nature and extent of bullying and the accepted paradigm in dealing with the problem. Then, we will delve into Scripture to uncover key messages and key actions that will change your thinking and inspire you to take action in a godly way. Join the conversation on Twitter in the days leading up to Day Apart and during the workshop @gracwesthill #DAbullying. Don’t tweet? Not to worry! We have paper bluebirds and pens to enable you to “tweet” during the workshop!

(3) & (7) – Healthy Eating Continued – Kathryn Chambers

– We enjoyed Kathryn’s workshop at last year’s Day Apart so much that we asked her back for a second helping! Kathryn is a Registered Dietitian RD who works at SickKids Hospital and teaches nutrition at Seneca College. She will talk about how our food is grown and processed, genetically modified foods and organic foods and provide a better understanding of what we are really getting in the food choices we make. Using sugar as an

example of different processing treatments, you will be able to apply this knowledge to make informed choices about everything you eat.



(4) & (8) Mosaic Picture Frame

Nancy Findlay – Create a beautiful mosaic picture frame in sea shades of blue and green to portray a Scripture verse provided with the craft or a 4x6 photo of your own. (Space is

limited – first-come-first-served!)

(9) Praise & Worship (Afternoon Only) –

Psalm 46:10 says, " Be still and know that I am God; I will be exalted among the nations; I will be exalted in the earth." This workshop is an invitation to come and worship the Lord through song, scripture and prayer. Join Laura Scarborough and journey together into God’s Presence, where He meets us where we are in the fullness of His unfailing love.

WORSHIP LEAD & WORKSHOP LEADERS

Worship Lead **Laura Scarborough** describes herself as a ragamuffin diva - a woman who recognizes her need for a Saviour and celebrates the fact that she is a daughter of the King. At her piano, she leads worship with the desire to bring us into the presence of the Risen Lord Jesus Christ. Laura is married and has two children. She lives in Uxbridge and attends St. Paul’s Presbyterian Church in Leaskdale. She also leads worship on occasion at Burns Presbyterian Church in Ashburn.

Workshop Leaders:

Beth Gray – God has blessed Beth with almost 20 years of service in pregnancy care ministry. She started as a volunteer, became the ED and eventually served on the national staff, overseeing the development of new centres across Canada. Beth learned so much about strength and courage from clients, and

colleagues at the centre taught her even more about God’s heart of love, compassion and mercy. The adventure continues! Beth is now working as part of a team to bring a new type of pregnancy care centre to Scarborough – the Open Door Clinic, offering a path to sexual integrity. Beth’s passion has always been to help women know their true value in the Father’s eyes and then lead lives of influence growing out of the awareness of who they truly are.

Thanu Boteju is a teacher by profession and mother of two. She attends Grace Church where she is the Director of Children’s Ministry, with responsibilities for Sunday School, Kids for Christ, VBS and related activities.

Marlie Délicieux is an educator with the Toronto District School Board. She attends Rexdale Alliance Church where she is involved in small groups and Bible study.

Madelyn Reynolds is a retired educator, program manager and consultant, mother of two, and grandmother of six. She attends Grace Church and serves on the Board of Managers, Day Apart Committee, VBS, Library and various special project teams.

Sarah Strano is a licensed Chiropractor, certified Childbirth Educator and mother of three. She attends Grace Church where she is involved as a VBS group leader.

Kathryn Chambers is a Registered Dietitian RD. She studied nutrition at Ryerson and completed her internship at SickKids, where she has worked for over 10 years in the areas of metabolic, neurology, gastroenterology and hepatology. Her focus over the past few years has been on nutrition for kids with Short Bowel Syndrome. Kathryn feels blessed that God has given her such an amazing job! She also enjoys teaching basic nutrition at Seneca College.

Nancy Findlay is an active member of Grace Church. She is involved in Grace’s Children’s Program and serves on the Day Apart Committee. Nancy is the mother of four children.