

Register on or before January 10<sup>th</sup> to qualify to win a free registration!

**REGISTRATION PRICE: \$35**

(after Wed. Jan. 27<sup>th</sup> price is \$40)

Student Rate - \$20

We are unable to offer refunds after Jan. 27<sup>th</sup>

A delicious lunch is included!

**THEME TOPIC: Learning God's Rest – How Life-Giving Rhythms Between Work and Rest Restore Our Soul.**

*Our Keynote Speaker is Kathy Butryn.* With her signature warmth and transparency, Kathy helps women who are tired, hurried, and overwhelmed establish a pace in life that allows them to grow deeper in their relationship with God and live each day on purpose with clarity, focus, and action.

Grounded firmly in the truth of God's Word, and sprinkled with insights and stories from her own personal experiences, Kathy teaches 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.

Kathy and her husband Alan live in Toronto where together they enjoy their grown kids coming home for their traditional Monday Night Family Night dinner, spending time with their grandkids, and serving together at Bridletowne Park Church where Alan is the Senior Pastor.

Visit Kathy online at [kathybutryn.com](http://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. Embrace the Moments of Transition!
  2. Caring for Yourself (Self Care)
  3. Time to Think About What We Eat
  4. Craft – Mason Jar Candle Holders
  5. How Our Family Does Faith
- 12:15 **Lunch**  
Browsing Book Tables
- 1:15 **Afternoon Workshops (choose one)**
6. Embrace the Moments of Transition!
  7. Caring for Yourself (Self Care)
  8. Time to Think About What We Eat
  9. Craft – Mason Jar Candle Holders
  10. 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!*

learning  
**GOD'S REST**

*how life-giving rhythms  
between work and rest  
restore our soul*

KATHYBUTRYN  
GROW DEEPER LIVE ON PURPOSE

**SATURDAY, FEBRUARY 6, 2016**  
**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](http://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 & 6 – Embrace The Moments Of Transition!**

*Beth Gray* - Although the “in-between spaces” in the seasons of a life may feel uncomfortable, these are the times when God extends an invitation to be attentive. Where is He calling your attention? Where is He inviting you? Am I going to miss the invitation? Let’s sort through the practice of being attentive to God’s presence. Our workshop together is based on Ecclesiastes 3:1-8.

### **2 & 7 – Caring for Yourself (Self-Care)**

*Laurie Laframboise* - You can have a fuller life and still care for others. Self-care is such an overused phrase, yet it is often an area that women especially are not very good at practicing. In this workshop we will look at some simple and effective ways that you can fit self-care into your busy schedule - including some 5-minute refreshers. As has been said, “An overwhelmed schedule leads to an underwhelmed soul”. Let’s share some ways to change that. Did you know that a lack of self-care can increase your risk of depression?

### **3 & 8 – Time to think about what we eat!**

*Kathryn Chambers* - In this session we bring light to some interesting food topics, such as:

- butter or margarine?
- is low fat still the right choice?
- sea salt vs table salt vs rock salt
- cow’s milk vs soy milk or other alternatives
- what is flax meal?
- what kind of oil, how are they made, and does it matter?

### **4 & 9 – Mason Jar Candle Holders** *Nancy*



*Findlay* – Decorate two mason jars using decoupage, beads, ribbon and lace to create pretty tea light holders. Cost is \$5.00 for two candle holders. (Space is limited – first-come-first-served!)

### **5 – How Our Family Does Faith (Morning Only)** *Jessica Lou-Hing*

– Ever wonder how other families “do faith” at their house? Moms of kids and teenagers are invited to join us for an open conversation about what Deuteronomy 6 might look like today. Hear from, and share with, everyday women who are working hard to raise their children to develop a deep, lasting faith and love of Christ.

### **10 Praise & Worship (Afternoon Only)** – *Laura*

*Scarborough* - 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.

*Beth Gray* – Beth’s life mission is to help women of all ages realize the unique potential God has given to each one, and then to be empowered to live out that uniqueness in the grace of God. She has spent over 20 years in various life-affirming ministries, committed to the value and dignity of all human life, in whatever form. Wife, mom, grandma, teacher, director, consultant, friend, and caregiver, she embraces each invitation God has extended to become more precisely who He has made her to be.

*Laurie Laframboise* is a group facilitator and program coordinator with the Canadian Mental Health Association, running programs for women and marginalized adults. She also offers a variety of workshops. She has specialized training in addictions and is working on her Master’s degree. In doing this work she has seen some incredible life transformations.

*Kathryn Chambers* is a Registered Dietitian. She studied nutrition at Ryerson and completed her internship at SickKids, where she has worked for over ten 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.

*Jessica Lou-Hing* is a wife and mom of two small children. When not drinking coffee and asking ridiculous questions at home such as “Why is your hat in the microwave?”, she is a teacher with the TDSB. She is also an active member of Grace, former Director of Youth Ministries, and a department leader at VBS.

**DAY APART REGISTRATION FORM**

**February 6, 2016**

Price until Wed. Jan. 27<sup>th</sup> - \$35

Student Rate \$20

After Jan. 27<sup>th</sup> - \$40

*Register on or before Jan. 10<sup>th</sup> and you might win your registration for free!*

Register and pay online @ [www.gracewesthill.ca/day\\_apart/](http://www.gracewesthill.ca/day_apart/)

OR

make your cheque payable to **Grace Ladies Fellowship**  
and mail with your completed registration form to

**GRACE LADIES FELLOWSHIP**

447 Port Union Road, West Hill, ON  
M1C 2L6

Name: \_\_\_\_\_

Address including postal code: \_\_\_\_\_

\_\_\_\_\_

Phone #: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Choose two workshops by circling – 1 morning, 1 afternoon:

Morning Workshop (1) (2) (3) (4) (5)

Afternoon Workshop (6) (7) (8) (9) (10)

For those registering for the Craft (Workshop 4 or 9) please include an additional \$5 with your payment.

Special Dietary Needs? \_\_\_\_\_

I enclose \$\_\_\_\_\_ registration fee for  
myself/others \_\_\_\_\_ (number & names): \_\_\_\_\_

\_\_\_\_\_

Would you like to be notified by email for events at Grace Church, e.g., concerts? \_\_\_\_\_

**PLEASE NOTE: REGISTRATION IS NOT FINAL UNTIL PAYMENT IS RECEIVED**