

**Register on or before January 6<sup>th</sup> to qualify to win a free registration!**

**REGISTRATION PRICE: \$40**  
(after Wed. Jan. 23<sup>rd</sup> price is \$45)  
Student Rate - \$20

We are unable to offer refunds after Jan. 23<sup>rd</sup>  
A delicious lunch is included!

**THEME TOPIC: Flying Free...pursuing deeper freedom in Christ.** We know that when we put our faith in Christ we are called to walk in "newness of life" because "the old has passed away and the new has come". But how often do we struggle with things that slow us up? Come and pursue deeper freedom in Christ - handing over and allowing Him into the places where we might need some deeper revelation, or refining or release from burdens or past shackles that weigh us down. Join us as we explore what it means to fly freely!

**Our Keynote Speaker is Anne Fleetwood**, a hobby painter and former marketing executive, who now spends her time speaking to youth and young adults about leadership and spiritual development through a ministry called LAUNCH Youth Unlimited ([www.321LAUNCH.ca](http://www.321LAUNCH.ca)). Anne also recently launched her own Life Coaching business ([www.LifeCoachAnne.ca](http://www.LifeCoachAnne.ca)) and got married! When she's not making art, playing badminton or putting together Ikea furniture, you'll find her hanging out with family or going on adventures with her husband Sean. Anne's stories, humour and passion for Jesus will inspire you to take the next steps in your spiritual journey toward deeper freedom and relationship with God.

## YOUR DAY APART

- 8:30 Registration/Coffee, Juice & Muffins  
9:00 Welcome & Book Table Information  
9:15 **Praise & Worship—Laura Scarborough**
- 9:30 **Anne Fleetwood – Session 1**
- 10:45 **Praise & Worship—Laura Scarborough**
- 11:00 Coffee served in workshop rooms
- 11:15 **Morning Workshops (choose one)**
1. Power Thoughts
  2. Meditate on God's WORD
  3. The Ins & Outs of Nutrition
  4. Craft: Glass Windchime
- 12:15 **Lunch**  
Browsing Book Tables
- 1:15 **Afternoon Workshops (choose one)**
5. Power Thoughts
  6. Meditate on God's WORD
  7. The Ins & Outs of Nutrition
  8. Craft: Glass Windchime
  9. Praise & Worship Workshop
- 2:15 **Praise & Worship—Laura Scarborough**
- 2:30 **Anne Fleetwood – Session 2**
- 3:30 **Closing Comments & Benediction**

# "Day Apart"

*A day for women of all ages ...  
a day for you!*



*Flying Free...  
pursuing deeper freedom in  
Christ*

**SATURDAY, FEBRUARY 2, 2019**  
**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: Anne Fleetwood**  
**Special Music: Laura Scarborough**

## WORKSHOPS

Choose 2 workshops: one a.m. and one p.m.

**1 & 5 – Power Thoughts** *Valda Morris* – Our words are powerful. They have the power to build up, encourage and bring success or to tear down, discourage and bring failure. But where do our words come from? Our words are determined by what we think. The mind is the battlefield. Control the mind and we control our words, our attitudes, our behaviours and our wellbeing. In this seminar we will learn practical steps we can take to change our thinking and win the battle in our minds.

**2 & 6 – Meditate on God's WORD** *Shelagh Raymer* – The world has distorted a word God speaks to us in His WORD. Joshua 1:8 tells us to "Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful." To mediate on His Word night and day. What comes to mind when you hear the word "meditate"? Today we will begin to understand what God says about meditating and take time to practice meditating on His Word. Be sure to bring along your Bible and highlighter to this interactive workshop.

**3 & 7 – The Ins and Outs of Nutrition – Keeping It Simple and Self Controlled** *Kathryn Chambers* – The basics of nutrition are simple, yet we make it so complicated! We have become a product of our environment, such as media messaging and product pushing without full awareness. It is time to get back to simple decision making and basic understanding for our health. God talks about gluttony in the Bible - are we using self-control for our everyday eating choices? Is food our nourishment or our comfort? What impact are our food choices having on our health? In our time together we will try to apply the concepts of simple and self-

control to a few different topics such as inflammation, Type 2 Diabetes, heart disease, constipation and weight control. In preparation for this time you can record everything you eat and drink for 2 weekdays and 1 weekend day. Include any reasons why you may have had certain foods such as emotional, physical, environmental or psychological factors. A few new recipes I have tested will be available for sample along with the directions just for fun!

**4 & 8 – Create a Glass Wind Chime** *Marie-Louise Rennicks* – Marie-Louise is a talented artist who will help you make a glass wind chime which will softly serenade you. You'll have fun and come away with a lovely souvenir of the day! Space is limited to 15 each session – register early! (There is an additional charge of \$8 for the craft to cover the cost of the glass.)

**9 Praise & Worship (p.m. 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 in the fullness of His unending 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.

*Valda Morris* – Valda gave her heart to the Lord as a young girl and has had the awesome

privilege of walking with Him ever since. She is an active member of Grace Church involved with children's ministries, VBS and the worship team. Recently retired from teaching high school for 31 years, Valda has been married to her husband, Mike, for 39 years. They have three grown sons and four grandchildren.

*Shelagh Raymer* walks with Jesus, is wife to David and Mom to three incredible young people. She is transparent and humorous. Her life experiences are shaping her into a disciple of Jesus. She is a cracked piece of pottery that lets light seep through. Shelagh wants people to see the source of that light, Jesus Christ, and to lead them into a life surrendered to Christ. As the Director for Kids and Youth Ministry and MBC (Muskoka Bible Conference) Retreats, she has experience mentoring and teaching adults and young leaders. Coffee is her addiction and you may find her in a nearby coffee shop.

*Kathryn Chambers* is a Registered Dietitian. She studied nutrition at Ryerson and completed her internship at SickKids, where she works in the areas of metabolic, neurology, gastroenterology and hepatology with a focus on nutrition for kids with Short Bowel Syndrome. Kathryn feels blessed that God has given her such an amazing job! She enjoys teaching basic nutrition at Seneca.

*Marie-Louise Rennicks* is an active member of Grace Church and serves on our Board. She is an accomplished artist (paint & stained and fused glass) and manages a busy chiropractic office. Marie-Louise is married and is the mother of four children and grandmother of three.

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OR

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and mail with your completed registration form to

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447 Port Union Road, West Hill, ON

M1C 2L6

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

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

\_\_\_\_\_

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

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

Circle two workshops – 1 morning, 1 afternoon:

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

Afternoon Workshop (5) (6) (7) (8) (9)

**For those registering for the Craft (Workshop 4 or 8) please include an additional \$8 with your payment. Space limited to 30 (15 am & 15 pm).**

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? \_\_\_\_\_

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