



Refresh

Draw Near ~ Find Grace

8:45 Doors Open

9:10 Welcome Prayer
Breakfast Buffet Opens

9:30 Worship/Prayer/Quiet Time

10:00 "Drawing Near" – Jennifer Richmond

10:20 Transition

10:30 Breakout #1

- 1) WORKSHOP: How to Destress Your Life with Cathy Wells
- 2) MAKE 'N TAKE: Cultivate the Garden of Your Heart with Teresa & Lorraine
- 3) MAKE 'N TAKE: Gamechanger: An Instant Pot Love Story with Jessica Perry
- 4) WORKSHOP: Using Your Home for God's Blessings with Phyllis Womack

11:30 Transition

11:40 BREAKOUT #2

- 1) WORKSHOP: How to Destress Your Life with Cathy Wells
- 2) WORKSHOP: Letting God Use Your Story with Ruth Carter
- 3) WORKSHOP: Moving Forward and Growing Closer to God with Paisha Lowe
- 4) MAKE 'N TAKE: Cultivate the Garden of Your Heart with Teresa & Lorraine

12:40 Lunch* / Special Music

1:40 BREAKOUT #3

- 1) WORKSHOP: Letting God Use Your Story with Ruth Carter
- 2) WORKSHOP: Using Your Home for God's Blessings with Phyllis Womack
- 3) WORKSHOP: Living with Purpose with Jennifer Richmond
- 4) MAKE 'N TAKE: Gamechanger: An Instant Pot Love Story with Jessica Perry
- 5) MAKE 'N TAKE: Cultivate the Garden of Your Heart with Teresa & Lorraine

2:50 Worship & Reflect

3:15 "Finding Grace" – Jennifer Richmond

3:45 Closing Worship and Prayer

**Meals are included. Vegan, gluten-free, and sugar free options available at each meal*





~ Breakout Descriptions ~

...Workshop Sessions...

“How to Destress Your Life” - Cathy Wells

Most of us are struggling with worry, stress, or general unhappiness right now.

We look up to God and ask - where are you?

God is closer than you think - we'll discuss how to find him and grow closer to him, during these stressful times.

AVAILABLE at sessions #1 or #2

“Letting God Use Your Story” - Ruth Carter

We will look at examples of how God has used his people and still does today. Come explore and reflect on what God has for you to do. Leave encouraged that God can and will use you in a mighty way – no matter your past! God has an amazing plan for you!

AVAILABLE at sessions #2 or #3

“Moving Forward and Growing Closer to God” - Paisha Lowe

If you have felt or are going through the pain of divorce or separation please join us as we talk through some of the emotions that we face and discover healing and hope.

AVAILABLE at sessions #2 or #3

“Using Your Home for God’s Blessings” - Phyllis Womack

Practical ways to use your home to bless the Lord, your family, yourself & others. Scriptural examples & directives, personal experiences, interaction, fresh recipes & chore ideas to inspire & energize you.

AVAILABLE at sessions #1 or #3

“Living with Purpose” - Jennifer Richmond

Many of us struggle with our identity and purpose. We’re running frazzled and not feeling like we’re “doing it right.” This will be an affirming and encouraging workshop with practical tips on how to live with purpose.

AVAILABLE ONLY at session #3



...Make 'n Take...

“Gamechanger: An Instant Pot Love Story” - Jessica Perry

Soups, roasts, cakes, and more! Your IP does it all. This is an introductory course that covers proper usage, tips, and the inevitable romance between you and your Instant Pot. You'll make chicken noodle soup and a cheesecake from scratch in under 60 minutes!

AVAILABLE at sessions #1 or #3 (\$2 materials fee)

“Cultivate the Garden of Your Heart” – Teresa Mestas & Lorraine Frias

Join us for a fun and creative way to use our talents to make a succulent planter for Valentine’s Day. You can keep it or give it to someone you love.

AVAILABLE at sessions #1 or #2 (\$2 materials fee)



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