

# Workshops

Choose 4 to Attend

All Workshops are taught by North Wake Ladies

## HELP FOR THE ANXIOUS HEART (ALICIA BURGESS & KIM MORRISSETTE)

Many days we are in need of help as we battle our anxiety. Where does this help come from? Join us as we walk through Psalm 121.

## ART AS WORSHIP (ERIN DAY)

Do you desire to create art from the overflow of your time in the Word? In this class you will be learning basic techniques and by the end you will have created an original artwork that you can take home.

## BUILDING GOSPEL RELATIONSHIPS WITH PEOPLES NEXT DOOR (MARIE BURRIS)

God has brought thousands of people from around the globe to the US. We will learn how engaging people from a different culture may be as simple as crossing the street and meeting your neighbor.

## BASIC HAND-LETTERING (BECKY HATFIELD)

Do you ever see a gorgeously scripted chalkboard or wooden sign and wonder, "How in the world do you do that"? Come learn some basic tips and tricks to get you well on your way to creating beautiful works of art all your own.

## FULFILLING WORK AND REJUVENATING REST: GIFTS FROM GOD (AD MILES)

Trying to find perfect fulfillment in work and rejuvenating rest is like chasing after the wind (Ecc. 2:17). Come to this workshop to gain a better understanding of God's design for work and rest that brings glory to God and restores our souls.

## HELPING CHILDREN FALL IN LOVE WITH MATH! (MARY MARTIN)

Looking for simple and free math games and strategies that you can use with children to build their mathematical understanding? This workshop will "fill your mathematical toolbox" (geared to teaching ages 4-11).

## SEX IN MARRIAGE: THE GOOD, THE BAD, THE UGLY (BLAIRE SAVAGE, HARRIETTE LIEDERBACH AND MINDY WILLIAMS)

Hear from our elders' wives as they lead in an honest conversation about sex. There will be time of Q&A.

## SHEPHERDING OUR CHILDREN WHILE NAVIGATING ONLINE MEDIA (ALLISON REID)

Let's talk about shepherding our children while navigating the ever-changing world of online media and helping them to be socially and emotionally healthy enough to make the most of the opportunities that are available (elementary to HS).

## GARDENING 101 (PENNY KEATHLEY)

The purpose of this workshop is to give some personal and practical thoughts on how to grow a green thumb, tips for adding houseplants to your home and why you should. Join me and discover that your thumb may be greener than you thought.

## CALLED TO LOVE (ANNIE LOCKE)

We all know the golden rule, but to love others like Jesus seems next to impossible. Come and learn how you can experience, define and display this true love through knowing the deep love of Christ.

## COOKING FOR A CROWD (BETSI McAULEY)

With the holidays coming it is an ideal time to have tips and strategies for cooking for larger groups focusing on the basics of planning and preparing to host. Even the least experienced will feel more prepared to take on the challenge of hosting their next event.

## MAKING MEMORIES IN THE MIDST OF CHAOS (SANDI WELCH)

Make memories and establish traditions with family for a lifetime of connection and relationships. Learn how to let go of perfection to create special moments with those you love. It's not always easy, but it is always worth it.

## EVERYDAY STYLE (MORGAN WILLIAMS)

We'll discuss staying out of a slump in your everyday wear and remaining classic yet fresh, fun and in style! We'll be doing some "how to's" for naturally wavy and curly hair for everyone! From head to toe we'll have tried and true tips and hacks to keep you in the know!

## LET'S PRAY (SHERRI FURR)

At times prayer can be daunting or monotonous. Come learn new ideas and practical tips to refresh and deepen your prayer life.



# Women Encouraging Women

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

Email: \_\_\_\_\_

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

Small Group: \_\_\_\_\_

Guest of: \_\_\_\_\_

Cost of Event: \$ \_\_\_\_\_

Donation to Scholarship Fund: \$ \_\_\_\_\_



## Lunch Order

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

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

### Choose Two (Only 2):

☐ Garden Salad

☐ Soup (choices below)

☐ Cheesy Potato

☐ Chili (gluten free)

☐ 1/2 sandwich or wrap (choices below)

☐ Turkey and Provolone on White

☐ Veggie & Cheddar on Wheat

☐ Roast Beef & Cheddar on White

☐ Chicken Salad on Wheat

☐ Turkey & Provolone Spinach Wrap

☐ Chicken Salad Spinach Wrap





# Registration

## WHERE & WHEN:

- Sunday Mornings - Sept 29, Oct 6, & Oct 13
- Fill out the attached Registration Form
- Tear off and leave it with one of the ladies at the Women's Ministry table in the church lobby.

## COST:

- \$30/includes breakfast, lunch, desserts and all materials.
- Scholarships are available

## QUESTIONS?

- Registration: contact Karen Grubb at office@northwake.com.
- All Other Questions: email Women's Ministry team at womensministry@northwake.com

Instagram: northwakewomen  
Facebook: North Wake-Women  
[www.northwake.com/womens-ministry-news/](http://www.northwake.com/womens-ministry-news/)



# Schedule

8:30am - 9:00am

..... Coffee Bar & Breakfast Buffet

9am - 9:30am

..... Welcome Session

9:40am - 10:30am

..... Workshop I

10:40am - 11:30am

..... Workshop II

11:30am - 12:50pm

..... Catered Lunch

1pm - 1:50pm

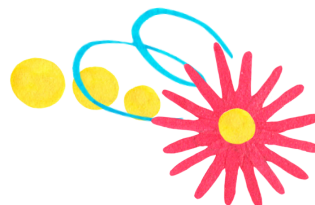
..... Workshop III

2pm - 2:50pm

..... Workshop IV

3pm - 3:30pm

..... Dessert, Coffee & Door Prizes



# Women's Day 2019

## Women Encouraging Women

Saturday

Oct. 19th

8:30am-3:30pm

North Wake Women's Ministry  
1212 S. Main St | Wake Forest, NC 27587  
919.556.1546  
[www.northwake.com/womens-ministry-news/](http://www.northwake.com/womens-ministry-news/)