

Presenters

Session I: *Can We Talk? Healing Our Hurts, Habits and Hang-ups*

Presenter: Reverend Carolyn A. Francis

Description: We can have happiness, but the pathway to happiness may not be what we are expecting. Part of our human nature is to refuse to change, or at least fear change, until our pain exceeds our fear. Just as grief is God's pathway to comfort, pain is God's antidote for denial. This session will explore the identification, re-direction, deliverance and healing from our common hurts, habits, and hang-ups. Topics covered in this session will include unforgiveness, sexual repulsion from a spouse, and public masks/private hell. Prepare to be changed!

Session II: *Old Wives Tales or Old Wise Tales?*

Presenter: Reverend Carolyn A. Francis

Description: Some things that Momma used to say didn't make sense then, but make a whole lot of sense now. Other things she taught are now considered old-fashioned or archaic. Guess Momma couldn't anticipate the things we would need for such a time as this. Yet, we praise God, because His Word gives clear instruction, encouragement, correction, and direction for our life's circumstances. This session will explore practical life applications of God's Word for the 21st century, and address the need to balance and attend to work, home, family, church, social, and self-time.

Fashion Show: *"Seasons" - A Visual Journey through the Spiritual Transformations of Christian Women*

Description: The fashion show promises to be one of fun and entertainment. It will provide a visual perspective of how the various seasons in a Christian woman's life can be reflected in the clothes she wears. The show will explore a woman's mindset in the said seasons by offering a description of the internal and external factors that contribute to her Spiritual well-being, and influence her clothing choices.

Afternoon Spa: *Exercise/Fitness Class*

Fitness Instructor: Renee' Coates, PT, DPT

Description: Do you like to dance, shout, praise the Lord?! Well so do I. So let's do it together, while we exercise. Come join us for a 30 minute fun-filled, exhilarating exercise experience designed especially for women, focusing on those TROUBLE ZONES. One of my favorite, motivating verses is I Corinthians 3:16. What's yours? We feed it, we need to work it. Come on sista's, join me. Bring your workout gear and let's do this together!

Afternoon Spa: *Stretch Therapy*

Stretch Therapist: Mia Speight, CPT, CSN

Description: Do you suffer from lower back pain or neck pain? Can you bend down to touch your toes? Need to relax and increase your flexibility? Well look no further. Stretch Therapy is the solution to your problems. Using various stretch techniques, Mia Speight, Certified Physical Trainer (CPT), introduces a relaxing environment while assisting your body to maximum stretch.

Presenters-Cont.

Afternoon Spa: *Time to Face the Fact - Skin Care Analysis*

Skin Care Consultant: La Tania Williams

Description: Your face is a portrait of your personality. It's the first thing people notice about you. Don't you want it to look as vibrant, healthy and radiant as possible? Your skin reflects your environment and your daily habits - Pollution, Sun Exposure, Diet/Nutrition and Time. Introducing a weapon that helps identify your skin conditions - SAM, the Skin Analyzer Magnifier machine, by illuminating the face in a special light, SAM may reveal what the naked eye cannot detect. In a short time, SAM's dual observation site and magnifying mirror help discover problem areas just under the skin surface. Using SAM, La Tania Williams can customize a skin care regimen that will focus on the challenges identified by SAM to help you improve your skin's radiance and vitality.

Afternoon Spa: *Manicure/Pedicure*

Description: Sit down and relax as you receive a manicure or pedicure.

Special Thanks To:

Presenter:

*Reverend Carolyn A. Francis, Pastor,
Coastal Sanctuary Church, Berlin, Maryland*

Afternoon Spa Facilitators:

Renee Coates, PT, DPT, City of Zion Church

Mia Speight, CPT, CSN, City of Zion Church

La Tania Williams, City of Zion Church

Spa Vendors

Culinary Ministry

Hospitality Ministry

City of Zion Church

14100 Laurel Park Drive

Laurel, Maryland 20707

Cityofzionlaurel.org

(301) 490-7660

www.cityofzionlaurel.org

Elder Gregory O. Strong, Pastor

City of Zion Church

Women's Fellowship

Presents its

Fourth Health and

Beauty Spa

"Women In Pursuit" of Sharing, Connecting and Relating

"...Two are better than one."

Ecclesiastes 4:9-12

Saturday, September 11, 2010

8:00 a.m. – 4:00 p.m.

City of Zion Church

14100 Laurel Park Drive

Laurel, MD 20707

Elder Gregory O. Strong, Pastor

Overview

As Christian women in pursuit of God's perfect will and plan for our lives, we must attend to our physical appearance and health as well as our spiritual well-being. We have been "fearfully and wonderfully made" in the image of God. The "Women in Pursuit's" (WIP's) Fourth Health and Beauty Spa is designed to provide information, support and encouragement as we make every effort to "present our bodies as living sacrifices, holy and pleasing to God..." (Rom. 12:1).

Interactive sessions will include information to help us manage our relationships with men and other women, regardless of the season of life in which we happen to find ourselves. There will be information for women who are single, married, separated, divorced, or widowed. Information will also be provided to help us maintain time for ourselves, while managing our relationships.

Enjoy a light breakfast, lunch, and fashion show. Afterwards, *participate in an exercise class and learn to exercise safely from a physical therapist; receive Stretch Therapy from a certified physical trainer; receive skin care analysis; get a manicure or pedicure; and shop at various vending booths. It's sure to be a day of information, inspiration and fun!

* To participate in the exercise class, please bring a change of clothes appropriate for exercise.

In accordance with applicable State and Federal laws, by reading this disclaimer and participating without objections, you hereby grant City of Zion Church, its legal representatives and assigns, the following right in the photographs taken of you during the Health & Beauty Spa: the right to use and reuse photographs of you in the Health & Beauty Spa, related materials and on Web sites operated by and under City of Zion Church. Furthermore, you grant City of Zion Church use of your likeness in connection with advertising, slide shows of the event and possible promotion of the Health & Beauty Spa if you appear in photographs taken while attending the event. Be advised that City of Zion Church will never sell or trade your image to any third party without your express knowledge and written consent.

City of Zion Church Women's Fellowship's Fourth Health and Beauty Spa

**"WOMEN IN PURSUIT" OF
SHARING, CONNECTING & RELATING
(ECCLESIASTES 4:9-12)**

Saturday, September 11, 2010
8:00 am – 4:00 pm

Tentative Agenda

8:00 am -8:30 am

Registration & Light Breakfast

8:30 am - 9:00 am

*Prayer
Praise & Worship
Welcome*

9:00 am - 10:30 am

Session I

Can We Talk? Healing Our Hurts, Habits and Hang ups

10:30 am - 10:45 am

Break

10:45 am - 12:15 pm

Session II

Old Wives Tales or Old Wise Tales

12:15 pm - 12:45 pm

Lunch

12:45 pm - 1:30 pm

Fashion Show

*"Seasons" - A Visual Journey through the Spiritual
Transformations of Christian Women*

1:30 pm - 1:45 pm

Acknowledgements

*"Women in Pursuit" Theme Song:
"God's Woman"*

1:45 pm - 4:00 pm

Afternoon Spa Time/Visit Spa Booths:

*Exercise Class
Stretch Therapy
Skin Care Analysis
Manicure/Pedicure
Vendors*

Registration Form

Register Early: Discounted registration fee is \$10.00 until Sunday, August 15, 2010. After that, the registration fee increases to \$15.00. The final day to register is Sunday, September 5, 2010.

Childcare is available, but you must register separately.

CONTACT INFORMATION:

NAME: _____

Street Address:

City: _____ State: _____

Zip: _____

Phone Number: Home: _____

Cell: _____

Email Address _____

Do you have questions that you would like Pastor Francis to address? If so, please be prepared to submit your questions, confidentially, in the box that will be in the bookstore when you register; or in the box when you receive your registration packet, the day of the Spa.