

WORKSHOPS

2010 American Baptist Women's Ministries N.Y. Convention

First Session

1:30 — 2:45 PM

1. **Destined to Transform Lives? (Your own?) Volunteer in Mission! —Victoria Goff**
National Coordinator of Volunteer and Disaster Response Ministries. Will you answer when God says come and minister? [A.B.GIRL Friendly]
2. **The Sleeping Bag Project — Flo Wheatley**
This is a hands-on project. Just bring your desire to help someone and your ability to thread a needle and tie a knot. All materials will be provided. You will also learn how to do this project with your group and see where the bags are used. [A.B.GIRL Friendly]
3. **Shake, Rattle and Roll — Cherie Baker**
This is an a-pealing workshop for those who want to brush up on or learn some hand bell skills and techniques. Ability to read music helpful. Limit 16! Product (2 songs) for the banquet.
4. **Purposeful Exercising — Sue Budine**
Brought back by popular demand! This is a joint friendly water exercise program taught by a professional in the lovely Treadway pool! Limit 15. Also offered at second session.
5. **Destined to Lead Girls? — Ann Brooks**
If you are leading girls now or hear God encouraging you towards doing so then here's your opportunity! Join in the positive program-planning and direction-giving workshop offered for **you!**
6. **So Many Questions! — Our Leadership Development Team**
It's your time to do some "purposeful listening". Bring your questions and ideas about programming and officer training.

Second Session

3:00 — 4:15 PM

7. **Growing in Spirituality — Pastor Vera Miller**
Are you low in your spirit? Has your spirituality begun to recede? Have you somehow lost your spirituality? This workshop will help you Re-define your spirit and guide you to new ways to regain and strengthen your spirituality.
8. **Purposeful Exercising — Sue Budine**
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9. **The Sleeping Bag Project — Flo Wheatley**
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WORKSHOPS (continued)
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Continuation of Second Session

- 10. Young Women of Action — Sue Maxfield** **All A.B. G.I.R.L.S. are Requested to attend.**
This interactive workshop will focus on putting faith into action and learning what the Bible says about giving our time, talent and treasure to bring the Good News of the gospel to others in a practical way. The girls will also work on a production that dramatizes the Good Samaritan story in a modern day setting. So get your drama on and your singing voices warmed up!
- 11. Who is a Prisoner? — Vickie Shaw**
Celebrate God's healing power in our lives through the "8 Recovery Principals". Celebrate Recovery deals with the whole person, every kind of issue that keeps people from being who God created them to be. This experience allows us to "be free from the bondage of self". We become free from our addictive, compulsive and dysfunctional behaviors. By working and applying Biblical principals, we begin to grow spiritually. This freedom creates peace, serenity, joy and most importantly, a stronger personal relationship with others and our Lord Jesus.
- 12. Destined to Transform Lives (your own) Volunteer in Mission — Victoria Goff**
Coordinator of Volunteer and Disaster Response Ministries. Will you answer when God says come and minister [A.B.GIRLS Friendly]
- ****Pastor's Wives — interested in a get-together will have an opportunity at the Saturday breakfast with Cathy Lawrence. Instructions at the Convention.**