

All workshops are open to both AB Girls and the ABWM attendees. Some can only accommodate a limited number – make your reservations early! First Come – First Serve! There are 3 opportunities to enjoy a workshop, but you are also welcome to enjoy a rest, some fellowship or some “me” time.

### **1. Tai Chi** (this workshop includes both areas of focus – Tai Chi and Matter of Balance)

*Presenters: Sarah Otis/Steve Gardner*

\*\*It is suggested that participants wear comfortable clothing that allows movement.

Tai chi combines slow moving with deep breathing.

What are the benefits?

- Increase strength, balance and posture
- Improve mind, body and spirit
- Prevent falls
- Reduce stress and increase relaxation

### **Matter of Balance**

*Presenters: Sarah Otis/Steve Gardner*

A Matter of Balance is a workshop designed to increase activity levels and decrease the fear of falling.

### **2. NY Connects / Finger Lakes Caregiver Institute**

*Presenters: Leanne Rorick/ Wendy Fambro*

Learn how long term services and supports can help you or a family member stay at home, stay in the community, or stay independent;

Learn more about aging and disability resources available in your community;

Decide what services would be best for you or someone you know;

Get help in linking to the services that you need.

Learn how FLCI supports families caring for loved ones with Alzheimer's disease, dementia or memory impairment. Learn how you can benefit from the following services; Care coordination, Healthcare consultation, Family consultation, Education and training, Peace of Mind planning, Respite, Support groups, Health, wellness and social activities. FLCI serves 10 counties in the Finger Lakes region: Chemung, Livingston, Monroe, Ontario, Orleans, Schuyler, Seneca, Steuben, Wayne, and Yates.

### **3. The Essence of Prayer**

*Presenter: Audrey Davison*

Prayer – our line to the Savior.

### **4. "Light of the world"** Open to all, but Great for AB Girls

*Presenter ; Alecia Willie*

Reflecting on John 8:12 (NIV)

When Jesus spoke again to the people, he said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."

Participants will make mason jar lanterns as a visual reminder.

### **5. Garlands for Ashes** (Isaiah 61:3)

*Presenter; Tamara Jackson*

This workshop will address how to cover the scars of trauma. Participants are invited to create garlands or leis of healing to symbolize God replacing their ashes for beauty. Materials will be provided, yet participants are encouraged to bring special items they would like to incorporate with them.

### **6. You Are Enough**

*Presenter: Tamara Jackson*

The book of Esther As Praxis

This workshop is designed to help participants confront and take down bullies or move through obstacles in God's way.

## **7. Hallelujah ! I can paint!**

*Presenter – Carol Shaffer*

Create a beautiful scene on canvas. Class number is limited.

## **8. “He heals the broken hearted and binds up their wounds”**

*Presenter – Claudia Little*

Looking to start or facilitate a **grief support group** in your church or community? This workshop is designed to assist women in developing a Grief Support group (support – not counseling). We’ll be sharing some coaching tips, resources, and entertain a conversation about the needs of the church and area. Maybe this is something you’ve been wanting to do...but didn’t know where to start.

## **9. Bible Journaling**

*Presenter – September Schaffer*

Come and learn about the newest way to spend time with the WORD! We will look at several different journaling styles and techniques, resources for you to begin yourself and tools that are available. No experience necessary, supplies and bible printout will be provided. YES – you can color in your Bible.

## **10. Social Media Savvy**

*Presenter – September Schaffer*

From the feedback at the Fall State meeting round table discussions – Social media savvy – participants will learn social media basics from Facebook to Twitter and everything in between. From learning how to sign up, to understanding safety recommendations. Learn how to use these resources for personal use and to promote your Ministry or Church.

## **11. Intergenerational Living**

*Presenter – Cherie Baker*

It seems that more and more, families are raising grandchildren at the same time they are caring for parents, while dealing with the issues that accompany our daily lives. How can you balance that “full plate” with a Christian approach? You’re really not alone.

## **12. Investing in Community: Building Beloved Community through Your Ministry**

*Presenter – Rev. Sandra L. DeMott Hasenauer*

American Baptist Women’s Ministries is in the third year of our national “beloved community” initiative that has built from conversations with hundreds of American Baptist women and girls to identify the greatest concerns and dreams for our ministry today and into the future. Beloved community is one in which all are welcome and we allow our differences to strengthen us through dialogue, support, and mutual learning. Come learn more about the four “strategic themes” of the Beloved Community initiative and how you could enact this initiative through women’s and girls ministry in your congregation and community.

## **13. Sing to the Lord**

*Presenter – Cora Jackson*

Join with your sisters in song as they fellowship and prepare an anthem for Sunday’s Service.

## **14. Visit Cameron Ministries** - Transportation included 1:00-3:00 (return time approximate)

Tour the facility and learn more about this wonderful ministry. Please note, there is a fair amount of walking and quite a few steps. This tour will replace BOTH workshop opportunities in the afternoon. Participants need only choose a workshop in the morning.

Participation is limited. Register early if you would like to see this wonderful ministry first hand.