

PLEASE PRINT

LAST NAME _____ FIRST NAME _____
CHURCH _____
ADDRESS: _____
CITY _____ STATE _____ ZIP _____
PHONE: _____ EMAIL: _____
Physical Limitations: _____
I live close and do not want to spend the night _____ Willing to take a top bunk? _____
Roommate Preference _____ Conference Committee member? _____
First time attending an AB Women's Ministries Retreat/Conference? _____

Please make check payable to:
AB Women's Ministries

Please mail registration and payment to:
Anita Yoakum
419 N. Birch
Valley Center, KS
67147-2550

Thursday night lodging: \$35.00 _____
Whole Conference Day Rate, no lodging: \$60.00 _____
Whole Conference with lodging: \$85.00 _____

Registration must be postmarked on or before May 24, 2010.

Late fee of \$5.00 per registration for those registrations received after May 24.

REFUND POLICY: Cancellations may be done up to June 1, 2010. The refunded amount will be minus \$25.00 per registration to cover administrative fees. However, "no-shows" cannot expect to receive a refund.

MEASURING UP ... GOD'S PATTERN FOR LIFE

WORKSHOP CHOICES

#1 Workshops (A-B-C-D1-E) Friday, 1:30-2:30 pm 1st choice _____ 2nd choice _____
#2 Workshops (F1-G-H-I-J) Friday, 3:15-4:15 pm 1st choice _____ 2nd choice _____
#3 Workshops (D2-F2-K-L-M) Saturday, 9:00-10:00 am 1st choice _____ 2nd choice _____

VOCAL CHOIR – Choir practice will be available during free time and will be led by Susannah Dryden.

Will you be participating in the Choir? _____

WORKSHOPS #1

- A. Origami: A Folded Prayer** – Participants will make a paper doll which is wearing Japanese kimono, and they will learn about Japanese culture. Tomoko will also share a story behind the paper doll. **Tomoko Armagost**
B. Prayer Walk **Dottie McCrossen**
C. Trusting God in Troubled Times **Mary Etta Copeland**
D-1. White Cross & Mission Update **Chris Marziale**
E. "She Reads" Book Club – Participants need to read the book "The Shack" ahead of time and prepare to discuss and share during this workshop. **Nola Crooks**

WORKSHOPS #2

- F-1. Theraband – Tone, Shape & Strengthen** – Focusing on upper extremity and lower extremity exercises to improve strength and balance through use of Theraband products. Cost: \$5.00, limited to 30 participants. **Curtis Hernandez**
G. Journey Through Grief –Caring for grieving people throughout the 1st after a loved one has died. **Anita Yoakum**
H. Balancing Work, Family & Church **Speaker Pending**
I. "Lord, Teach Us to Pray" – Each participant will assemble her take-home three-ring prayer notebook following the "pattern" given by Jesus Christ, the Finisher of our Faith. **Theola Carter**
J. Bell Choir – If you know your colors, you can play bells! Limited to 32 participants. **Jan Smith**

WORKSHOPS #3

- D-2. White Cross & Mission Update** **Chris Marziale**
F-2. Theraband – Tone, Shape & Strengthen – Focusing on upper extremity and lower extremity exercises to improve strength and balance through use of Theraband products. Cost: \$5.00, limited to 30 participants. **Curtis Hernandez**
K. Saying No Without Guilt **Janet Crowl**
L. Trash to Treasure – How to turn what you think is "trash" into some wonderful "treasures"! **LaVelda Britt**
M. Caregiving 101 – Family or friend, infant to elder. At some time in our lives, we are called to be caregivers. Where do we start and how do we know we have what is needed? Resources, time, skill & equipment – where does it come from? Come find out! **Deb Kiker**