

## Breakout Sessions (pick top 3 choices)

### Dress Casual

#### **Session 1 Staying Centered When The Boat Starts Rockin!!**

**Presenter: Sherri Ingle**

When the storm is upon you and the rain is tumbling down..... Can you stay strong? Is that a hypothetical question? Together we will discuss the preparation needed, the faith needed and most importantly our God who is needed. Let's discover how our awesome God can keep us centered amongst the storms of life!

#### **Session 2 Praying With Our Bodies & Souls**

**Presenter: Lesa Broadhead**

You will be guided through the "Breath Prayer" to re-freshen & restore. This session emphasizes movement with options of sitting, kneeling and standing to warm-up our God given instruments & move into exploring Psalms 23 as we pray with our bodies & souls. We will close embracing The Lord's Prayer reviewing new dimensions to the Holy Scriptures.

#### **Session 3 God Winks: Breadcrumbs To the Treasure Cove**

**Presenter: Molly Nece**

With faith, leadership, encouragement and wisdom as Molly's spiritual gifts, you will walk mindfully, remain curious, be open, and live life on purpose. She has equipped thousands to use her 5P Philosophy and START NOW model. Be inspired and learn how to follow the breadcrumbs to the "Treasure Cove".

Wrightsville United Methodist Church invites you to our 2nd Women's Retreat.  
~ Christian Speaker, Lunch, Breakout Sessions, Fellowship & Door Prizes ~

#### **Session 4 God Created You**

**Presenter: Sidney Nykanen**

"When God created the Heavens and the Earth" He created you, giving you a divine piece of his own creativity. We can search our hearts to recall His amazing blessings by artistic symbols in our journey by our experiences, strength and hopes shared.

#### **Session 5 Overcoming Insecurity In A Less Than Secure World**

**Presenter: Mary Ann Roberson**

As promised: "We are common women sharing common problems seeking common solutions on a journey with an uncommon Savior. Whatever your insecurity, join me to take back our God given dignity!"

#### **Session 6 Healing Through Tears: Keep God As Your Focus**

**Presenter: Anne Fowler**

We pray for blessings, we pray for peace. What if your healing comes through tears? Are there mercies in disguise through our pain? Three Steps to emotional healing. Simple -Yes! Easy-No! Where are you focused when you are caught between a rock and hard place?

## Mail-in Registration Form

Limited Space (Pre-registration only)

**DEADLINE: January 31, 2018**

**MAKE \$30 CHECKS PAYABLE TO:**

WUMC Women's Retreat

Mail application & check to:

**Marie Cooke**

**1074 Headwater Cove Ln  
Wilmington, NC 28403**

**PLEASE PRINT:**

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

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

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

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip code \_\_\_\_\_

Phone No. \_\_\_\_\_ (Ages:18 years+)

Put an X in boxes of top 2 choices. Circle 3<sup>rd</sup> choice

Session 1    Session 2    Session 3

Session 4    Session 5    Session 6

**We will try to assign 2 of your choices.**

**Registration 8:30-9:00 am**

**Lunch included in registration fee.**

**(No Childcare Provided)**



Speaker  
**LISA SHEA**

Lisa lives with her husband and three children in Charlotte, NC. She is a gifted and enthusiastic teacher of the Word. Lisa has a powerful testimony of salvation, redemption and obedience to God's Word. She shares her compelling, life-changing story and how the powerful, unchanging promises of God transformed her life. Her wit and wisdom combine to deliver a captivating message of the freedom you can have when believing and acting upon the truths in God's Word.

Lisa also speaks passionately on finding true identity in Christ, the power of prayer, and how to walk in the gifts of the Holy Spirit. This knowledge is powerful and Lisa teaches how to replace the lies of the enemy with the Biblical truth.

[Lisasheaministries.com](http://Lisasheaministries.com)

Wrightsville United Methodist Church  
4 Live Oak Drive  
Wrightsville Beach, NC 28480

# 2018 WOMEN'S RETREAT

**Dancing in the Rain:  
Lean on God's Trust**



**February 24, 2018**

**8:30 AM – 4:00 PM**

**Registration Form Enclosed**



Deep Roots Bountiful Fruit

**WRIGHTSVILLE**  
UNITED METHODIST CHURCH