

Swift Creek Baptist Church

Women's Ministry invites you to...

Women's Winter **FUNSHOPS**

Women Under Construction:
Building Relationships, Better Living



Except the LORD build the house,
they labour in vain that build it...

Psalms 127:1a

March 6 & 7, 2009



Keynote Speaker: Julie Tate

Bible study and worship have been a focus of Julie's efforts for many years. After graduating from college with a BA in communications and music, Julie joined her husband in his political pursuits. As a congressional spouse, she was involved in many organizations and activities - such as the Congressional Spouses Bible Study - where she began to seek the Lord in a new and fresh way.

Following many years of in-depth Bible study, worship-leading and discipleship in greater Seattle, Virginia Beach, and the Northern Virginia area, Julie took a leadership role in Community Bible Study (CBS). It's here that she found her passion for the ministry of shepherding women.

Julie has reached thousands of women of all ages and backgrounds and guided them on their spiritual paths. She speaks at events, retreats and conferences, as well as directing and teaching a weekly Bible study. In addition to live events, Julie is also featured as a Christian speaker/singer in several commercially-available DVDs as part of a series called Know Him Through Hymn. Julie's desire for more personal study of the Lord and His Word led her to Capital Bible Seminary where she currently takes Master's level courses. More information on Julie can be found on her website <http://julietateministries.com/home.html>.

Julie and her husband live in Northern Virginia with their two children.



FunShops Schedule

Friday Evening – March 6, 2009

5:00 pm	Registration
6:00 pm	Dinner
7:15 pm	<i>Julie Tate</i>
8:10 pm	FunShop 1

Saturday - March 7, 2009

8:00 am	Continental Breakfast
9:00 am	<i>Julie Tate</i>
10:00 am	FunShop 2
11:00 am	FunShop 3
12:00 pm	Lunch
1:00 pm	FunShop 4
2:00 pm	<i>Julie Tate</i>
3:00 pm	Closing

Directions

Swift Creek Baptist Church
7511 N. Spring Run Road
(739-3001)

From Richmond:

- Take 360 West past Brandermill, Harbour Point Shopping Center and Clover Hill High School.
- Turn left onto N. Spring Run Road at the stoplight (look for Walgreens on your right).
- The church is 1/3 mile on your left.

From the Woodlake/Amelia area:

- Take 360 East and pass Lowe's Home Improvement Warehouse.
- At the next stoplight, turn right on N. Spring Run Road (look for Walgreens on your left).
- The church is 1/3 mile on your left.

FunShops Descriptions

The registration form attached must be printed out and mailed in with payment made payable to Swift Creek Baptist Church.

A. Baby Care 101: Dr. Herb King Q&A with our resident Pediatrician. Come and ask the questions you need to know about being a new mom. Plus get info that will help you save time and money by avoiding unnecessary trips to the doctor. **Session 2 only**

B. Basic Home Repair: Jerry Pederson Come learn how to repair sheetrock and how to refurbish Grandma's old lamp.

C. Beauty is More Than Skin Deep: Julie Tidovsky Review basic skin care beauty regimens, not just for the outside, but the inside, too with a professional consultant.

D. Becoming a Showcase of Christ's Love: Dottie Lefoy If you're a daughter of the King, why do you feel like Cinderella? Trade in disappointments of the past and find renewed purpose and a "happily-ever-after" in the kingdom God has prepared just for you.

E. Bible Study 101: Andrea Gohmert Frustrated about studying the Bible on your own? Let me teach you a simple method for studying God's word. It may even lead you to teach a few friends.

F. Bridging the Gap at the Family Table: Mary Alice Williams Learn a few nuts and bolts about cooking to promote fellowship around the table. Let's put on an apron, stir the pot and sample the results.

G. Calligraphy: Barbara Barrett Learn the secrets of this centuries old art form and bring a personal touch to all of your personal and professional correspondence. Calligraphy is fun!

H. Clear the Clutter, Clear Your Mind: Christi Tripp Big or small, your space can be organized and right-sized. Come and receive techniques that will help you bring a positive resolution to your overwhelming feeling of disorganization. **Friday only**

I. Constructing Budgets: Cheryl Hedges Come see how to "construct" a basic budget and stick to it. Also, learn some tips that you can pass on to your children, especially teenagers.

J. Creation vs. Evolution: Ray Garrett Learn some fundamental flaws in the evolutionary argument and discover scientific evidence for the creation account in Genesis 1-11. This class will equip you with tools to counter the atheistic view of the origin of life presented in school science textbooks.

K. Decorating Tips While on a Budget: Tonya Nickolas Get inspired by decorating and design ideas, energy savings tips, different green products and colors for 2009! **Friday only**

L. Double Your Wardrobe and Your Confidence: Renee Lacey Learn how to accessorize, improve your image, and get twice the number of outfits with your wardrobe. **Friday only**

M. Duct Tape – Taming the Tongue: Linda Lafoon, PhD Comprised of many muscles, a requirement for enjoyable dining, needful in forming sounds, not overly attractive – the tongue. We'll answer the question: "Can the tongue be tamed?" **Session 2 only**

N. Electricity ("Sock-et" to Me): Frank Trent Would you like to know how a TAZER works? I would, but I have no idea. But you need to know the difference between voltages, currents, watts, and lumens – it'll save you money and possibly your life.

O. Estate Planning, Wills and Trusts: Melanie Lee, Attorney at Law The thicket of estate-planning, wills and tax law demands that you take the right steps to ensure your estate goes to your intended beneficiaries. Arm yourself with the information you need to make an informed decision about your family's future.

P. Faithfully Frugal: Shane Anderson and Rhonda Parson Jesus' Parable of the Talents teaches us to be wise in using the provisions we have been given. Come and learn a new method of purchasing groceries and non-food items at their lowest price.

Q. Flavors of Asia: Susan Bryan Wonton soup, pho, chicken noodle, char-siew rice. Sound delicious? Guess what? It's easy! Come and have fun learning and tasting.

R. Food and Allergy Awareness, A Community Affair: Julie Hunt What do you mean I can't send my child to school with his favorite PB&J? Food allergies affect each of us in some way. Come and find out what they are and what you can do about them.

S. Fun & Adventurous Ideas For Your Sisterhood: Brenda Lundie and Charlotte Swearingen Learn how to remove barriers from the past to build lasting relationships with your girlfriend & discover fun adventures for laughter and bonding.

T. Gardening: Grow and Save Your Veggies: Donna Harrison Learn how to grow a backyard garden for your family to enjoy its rewards. Growing, canning and freezing your vegetables made simple for any beginner.

U. God's Financial Blessings: Charles Schmitz Does thinking about money get you down? God did not create you to live this way. He has many blessings for you and your family in the areas of money. In fact, Jesus spoke more about money than any other topic in His earthly ministry! Come and get a new perspective.

V. Jewelry Making: jewelry enthusiasts Make and take home a unique gemstone necklace. Participants must pay a **\$7.00** supply fee at the start of the shop.

W. Kid Krazy: Lisa Homan Have you ever had a day when you thought "if I could just have a minute to myself"? We have some ideas and helpful hints to aid you on days like these. Moms, Grandmothers and babysitters come join us as we find alternatives to pulling our hair out and the many constructive uses of duct tape.

X. Krafting with Kids: Shirley Carley Fun ideas to perform with your preschool and elementary children. Learn how to use dollar store supplies, recycled objects and your child's imagination to make gifts or decorations for all seasons.

Y. Origami – Simple Snip: Yok Lin Hoh Presented with the ease of kindergarten scissor-cutting, this fun class will show you how to use origami to decorate, to give, or to use as gift tags. This class of craft is for those who aren't crafty. **Friday only**

Z. Spiritual Gifts Assessment: Linda Lafoon, PhD Babies always receive gifts. And God is not to be outdone when you become a new one in Him. Spiritual gifts, yes you have 'em. Discover yours. **Session 4 only**

AA. Spiritual Warfare: Gwen Duman What is it? What is it not? Why is there spiritual warfare? What am I supposed to do in response to it?

BB. The House That Cleans Itself: Tracey Beach We will be discussing *The House That Cleans Itself System*. It will help you organize your house to fit your family's behavior so that you can have a consistently clean and orderly house in no time flat! And you'll learn how to make God a part of your housework!

CC. The Internet – Playground of the 21st Century: Mike Monroe, Va. State Police Create a safe environment on the family computer. Receive tips on how to manage and monitor the use of the home computer and internet activity.

DD. Women and Wellness: Barbara Tessari Learn about lifestyle change methodologies that center around Awareness, Acknowledgement and Accountability. The process is to not only focus on the how and what, but the why – which, for the most part is the obstacle that keeps us from change and better living.