



# Women's Transformation 2013!

## “Pulling Down Strongholds, Lifting Up Jesus”

*Nah1:7 The LORD is good, a stronghold in the day of trouble; and he knoweth them that trust in him.  
Ps.7:17 I will praise the LORD according to his righteousness: and will sing praise to the name of the LORD most high.*

## WORKSHOP REGISTRATION FORM

**Prayer Breakfast February 2, 2013 • 8:00am-2:00pm**

☐ Yes, I will attend

☐ No, I will not attend

**Women's Transformation Conference - February 9, 2013 • 8:00am-3:15pm**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_

CHURCH MEMBERSHIP \_\_\_\_\_

PHONE: HOME \_\_\_\_\_ CELL \_\_\_\_\_

DO YOU RECEIVE WOMEN'S DIVISION EMAIL? ☐ YES

☐ NO

HAVE YOU EVER ATTENDED A WOMEN'S DIVISION MEETING? ☐ YES

☐ NO

### WORKSHOPS: \$20.00 Donation

Please select three (3) topics and your desired corresponding time. (Description of classes on back)

#### Young Women Sessions: (Post High School - 30 years)

☐ "Turning Hurts into Halos and Scars into Stars"

☐ 9:30

☐ "Quiet time with God, the "Power of Prayer"

☐ 10:30

☐ "Taming the Tongue "My Mouth is an instrument of Praise"

☐ 11:30

#### Young Ladies Sessions: (Middle School - High School)

☐ "Social What? Oh No, I won't be a victim! "

☐ 9:30

☐ "My Body, My Temple"

☐ 10:30

**Antioch Baptist Church North**

**Rev. C. M. Alexander, Pastor**

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#### FOR OFFICE USE ONLY

Amount Paid \$ \_\_\_\_\_

Date Paid \_\_\_\_\_

☐ Cash

☐ Check

## Concurrent Sessions

### Description of Classes

#### Young Women Sessions (Post High School – Age 30)

##### TRANSFORMATION SESSION I

###### • ***“Turning Hurts into Halos and Scars into Stars”***

This class is designed to encourage women that regardless of hurts that come into our lives they are just for a little time. Turn these same hurts that have become scars into stars that will serve as strength for others to follow.

##### TRANSFORMATION SESSION II

###### • ***“Quiet time with God, the “Power of Prayer”***

I Will Praise the Lord regardless of My Circumstances

This class is designed to encourage women to give their all to Christ through prayer. It will also impart that the power of prayer comes to us when we realize that God can be our point of reference in the midst of all the confusions of our daily lives. The power of prayer shows that God is steadfast rather than fragile. The class will also teach that God calls us to pray and through prayer, He empowers us and gives us strength to endure

##### TRANSFORMATION SESSION III

###### • ***“Taming the Tongue “My Mouth is an instrument of Praise”***

Social Networking, Keeping it Real, Keep it safe, Keep it Live!

Who hasn't sometimes struggled with saying the wrong word at the wrong time. The slip of the tongue can cause problems in personal and business relationships. This class will review soul-searching questions and scriptural based personal affirmations that can change your life and the lives of those around you. Learn to use your tongue to encourage others as opposed to tearing them down. Which adjective best describes how you've been using your tongue? The Augmentative Tongue, The Gossiping Tongue, The Complaining Tongue, The judgmental Tongue, The Lying Tongue, The know-it-all Tongue, The harsh Tongue, The Boasting Tongue, The Cursing Tongue, The Hasty Tongue, The Belittling Tongue, The Doubting Tongue etc.

#### Young Ladies Sessions (Middle School – High School)

###### • ***Social What? Oh No, I won't be a victim!***

How to Survive the Dangers of Technology in a Christian Manner

1Corinthians 10:31, Proverbs 27:17, Hebrews 10:24-25

We are living in a technology world today. Often the dangers are never considered a factor. Young people are not taught in many instances to survive this era gracefully. This may be due to peer pressure. The class is designed to include valuable information (MySpace, Twitter, Facebook, and Media such as you-tube) Young people should be taught that using social media in the wrong way can affect them getting into schools or colleges, getting jobs etc.

###### • ***“My Body, My Temple”***

How to be healthy and fit for life's journey

Isa 34:13 Nah 1:7, Jer 16:19

This class is designed to teach nutrition and how to take care of the body. In this class the youth will also have the opportunity to learn how to deal with health issues in life as a youth. In this class the youth will also have an opportunity to practice the principles taught: Examples: Exercising, preparing nutritional samples of food etc. A healthy body will also lead to a healthy adult.