

You're Invited to ...

Refresh Your Heart

Colonial Women's Ministries would like to invite you to come join us for a day of fellowship, rest and refreshment.

Our desire is to provide an environment where you can interact with other women of all ages and backgrounds. The guest speaker will enlighten your mind with the truth of God's word. Interactive workshops will give you a wide range of challenging topics to explore. Finally, times of worship will refresh your heart and make your spirit soar!

We look forward to sharing a special day of encouragement with each of you.



Meet our Keynote Speaker



Elizabeth George is a best selling author, a featured keynote speaker at women's events across the country and appears regularly on national television and radio programs. She and her husband Jim have their own ministry called **After God's Heart** that is dedicated to teaching people around the world to apply the truths of the Bible to their daily lives.

Elizabeth, who holds a Bachelor of Science in Education degree from the University of Oklahoma, has taught in both public and private schools and in age groups ranging from preschool to adult. For more than 20 years Elizabeth was privileged to teach and develop Bible curriculum at Grace Community Church in Sun Valley, California. Elizabeth and Jim have been married for 39 years and now live on the Olympic Peninsula in Washington. They have two married daughters and six grandchildren.

Elizabeth's book, **A Woman After God's Own Heart**, has been honored with "Premier 100" status from The Christian Booksellers Association in the category of the top 100 best selling books for four consecutive years. This year her new book, **Life Management for Busy Women** has been added to the "Premier 100" list. Many of Elizabeth's 30 books will be available at the Refresh Your Heart Conference.

What is *Refresh Your Heart*?

The Refresh Your Heart Women's Conference is an opportunity sponsored by the Women's Ministry at Colonial Baptist Church to provide a day set apart for fellowship and biblical training that strengthens and encourages all who attend. This year, the keynote speaker is Elizabeth George. She will give practical principles on how to live lives with passion and purpose in the midst of overflowing schedules.

Elizabeth's morning message will be followed by 21 workshop choices covering a wide variety of topics designed to interest and challenge women of all ages and backgrounds. In the afternoon ladies will have time to enjoy a delicious catered lunch and to fellowship with friends. Afterward a second workshop time is scheduled, followed by a final message of encouragement by our keynote speaker. Both morning and afternoon sessions will include special music with our worship leader, Carol Loftis.

This conference has been planned by the Colonial Women's Ministry with the desire to help each woman grow in relationship with God and commitment to live according to His principles. We invite you to come and "Refresh Your Heart"!

Our Worship Leader



Carol Loftis grew up as a pastor's daughter, and learned about faith by witnessing it all around her. Carol has spent more than 20 years sharing that faith with others through worship ministry. She and her husband, David, served at the Spring Creek Church in Milwaukee, Wisconsin for 16 years. In August 2003, the Loftis family relocated to Cary when David accepted the position of Worship Pastor at Colonial Baptist Church.

Carol has worked with children's choir ministries, youth and adult drama teams, women's conferences and worship teams. She loves to work alongside her husband, David, at Colonial Baptist Church. Carol and her husband have three children, Jessie, a college freshman, J. David, a high school sophomore and Josiah, a seventh grader. We are excited to have her lead us into God's presence through music and worship.

Conference Schedule

8:00

Doors open - Continental Breakfast

8:45

Welcome and Announcements

9:00

Introduce Worship Leader
Worship and Praise

9:20

Introduce Keynote Speaker

9:25

Teaching Session #1
Elizabeth George

10:25

Break

10:50

Workshop #1

11:50

Break for Lunch

1:00

Workshop #2

2:00

Break

2:25

Worship and Praise

2:45

Teaching Session #2
Elizabeth George

3:45

Closing Song/Closing Comments

4:00

Dismiss

WORKSHOPS

Managing Your Spiritual Life



1. TRANSFORMED BY THE WORD by Kathleen Harwood

Do you want to have a personal and intimate relationship with the Lord Jesus? Learning His Word, the Bible, and how to personally apply it to your life opens the door to that transforming relationship. Learn Bible study skills that will make the Word come alive.



2. TRUSTING GOD DURING PERSONAL TRAGEDY by Martina Gonzales

Have you ever told God "I'll trust You in all things?" On October 11, 2004, Martina was forced to make a choice about trusting God in a personal tragedy. Come hear her story and be encouraged to know that God is trustworthy in all circumstances.



3. THE NAMES OF GOD by Sue McGee

God is so big and He has so many names. He's indescribable! Yet he reveals more of Himself to us through every name. Come closer to God by learning the meanings of His names. This study will enrich your worship and your prayer life.



4. FINDING YOUR PURPOSE AND PASSION by Kris Swiatocho

Single adults count and matter! Come hear as Kris speaks from her heart about the calling and purpose of being a single adult. This workshop will help you realize your value in Christ and His direction in your life. Come be encouraged and renewed with a passion for your purpose.



5. PRAYER - A BIBLICAL GUIDE TO INTIMACY WITH GOD by Geraldine Fort

Want a closer walk with the Lord? Learn how to pray with loving expressions of adoration, confession, petition, intercession and thanksgiving. Through the guidance of the Holy Spirit, you can be confident that you are committing your requests to the Lord in a manner that pleases Him.

Managing Your Financial Life



6. FINDING FINANCIAL FREEDOM by Lisa Allen

Are you having trouble managing your finances? Come hear practical ways to change your spending habits, get out of debt and give joyfully using scriptural principles.

Managing Your Home Life



7. I'M SO BUSY! AND YOU WANT ROMANCE, TOO?!? by Dr. Debbie Neel

Love is so easy when we begin our lives together. Then kids, career, volunteer work come along and we're too tired for romance. It is easy for marriages to drift apart, but rarely do they drift together. Learn how to keep that love relationship alive for a lifetime.



8. DISCIPLINING LITTLE ONES WITHOUT LOSING YOUR MIND by Kathy Waters

God's Word is the best parenting book ever written. As He transforms us, He can teach us how to train our children. Let's explore God's principles for child raising together.



9. THE TEENAGE YEARS: SURVIVE OR THRIVE? by Joan Dramis

Are you approaching teen parenthood or already in "the zone" and finding yourself saying "ONLY GOD KNOWS" what's next? Learn how to be prepared for this challenging stage of raising up teens. Joan Dramis has arrived and thrived to become your coach.



10. LET'S GO TO GRANDMA'S HOUSE by Nan Crawford

Grandmothers have a unique opportunity to love and encourage the next generation. Find out ways to make special memories for your GRANDchildren and how to help them fall in love with Jesus and His Word.



11. CONTROLLING YOUR CLUTTER by Gwen Brodd

Does chaos describe your home? Are you always losing your keys or kids amongst the clutter? Learn how to run your home more efficiently through organization.



12. CREATIVE DECORATING ON A DIME by *Cindy Sutton*

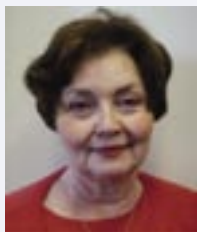
Are you tired of your “boring” rooms and window treatments but intimidated by the cost of professional designers? Learn how to give your home “personality and pizzazz” with simple, creative techniques that give million dollar results without breaking your budget!



17. WHAT DO I FEED MY FAMILY? by *Jeanne Hutson*

Are you looking for tips on how to ‘fuel’ your on-the-go family? Confused about the latest nutrition advice? Come discover some simple and yummy ways to improve the nutrition and health of your whole family from a registered dietitian and mother of three hungry teens!

Managing Your Social Life



13. DISCOVERING YOUR FRIENDSHIP POTENTIAL by *Mary Daum*

No one can have a meaningful existence without love and friendship! Today’s lifestyle of living behind locked doors, answering machines and email has altered our opportunity to make friends. Come discover how to develop and maintain lasting friendships.

Managing Your Thought Life



18. THE TRANSFORMED MIND: MEMORIZING SCRIPTURE by *Kay Sandberg*

Discipline—such a hated word! We rebel against it and struggle with it, but the only way to have a transformed mind is to have a ready response to this dreaded word. Learn practical ways to build a storehouse of scripture in your mind to allow God’s Word and Spirit to transform you.



14. RESTORING BROKEN RELATIONSHIPS by *Donna Christensen*

Restoring broken relationships is one of life’s most challenging experiences. God’s Word commands us to forgive and then teaches us how to find the path to healing and restoration. Join us as we explore God’s plan to bring beauty out of brokenness.



19. BECOMING A LIGHTHOUSE IN YOUR WORLD by *Barb Wesley*

God has “divine appointments” just waiting for women who are willing and available to reach out to others. Catch the passion of being a beacon of hope while living out Paul’s example in Colossians 1:28 “So everywhere we go, we tell everyone about Christ.”



15. ENTERTAINING WITH EASE by *Marilynn Hodgins*

Does entertaining in your home seem an overwhelming burden or frightening experience? Learn how to plan, decorate and be a calm, cheerful hostess as you open your heart and home for God’s glory. Colonial Cookbooks will be available to purchase as a terrific, practical tool to begin your at home entertaining.



20. TOOLS FOR TEACHING THE TRUTH AND NOTHING BUT THE TRUTH by *Pat Waters*

Teaching the Bible is a wonderful privilege and a responsibility. In this workshop we will learn techniques to ensure that what we teach is true to the Scripture, clear to the listener, and applicable to everyday living.

Managing Your Physical Life



16. FIT FOR ALL SEASONS by *Angela Parpan*

We are exhorted by God to “be prepared in season and out of season” 2 Tim 4:2, so that we may be able to perform our work with vigor and alertness and have energy left over to enjoy life. Join us as we discuss the benefits of fitness and the risks of being unfit.



21. GOD’S CALL TO MENTOR by *Jean Tursan*

Discover the sense of purpose that comes when you pass the fruit of your life’s experiences to a younger woman. Enjoy the blessing of a relationship with a godly older woman. This workshop will discuss practical ways to carry on a mentoring relationship that will encourage and equip all women.

Registration fee of \$30

Registration fee includes breakfast, lunch and conference materials. Name tags and conference packet will be available in the lobby upon arrival.

Feeling generous? Complete the scholarship section of the registration form. These scholarships are given to women in the community who could benefit from this conference, but cannot make the financial commitment.

Take Note...

No infants or children please, child care will not be provided.

A sign language interpreter will be available during our worship and praise time, and for the keynote speaker. If you are hearing impaired, please indicate this on your registration form so that we may seat you near the interpreter and provide interpreters for your workshops.

For additional information, brochures and accomodation recommendations call:
Colonial Baptist Church at **459-0030**.

Special Thanks to...

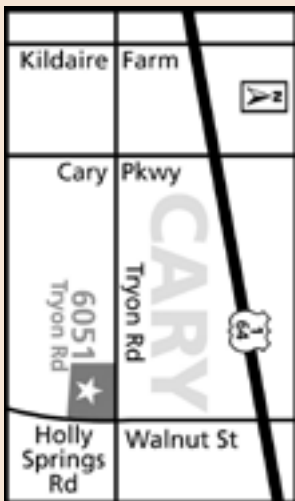
Panera Bread Company for providing breakfast & lunch.

Darrin Spivey at Tailored Text for producing all of our printed materials.

The Refresh Your Heart Leadership Council.

The Colonial Baptist Church Pastoral, Administrative and Women's Ministry staffs.

Where to find Colonial Baptist:



From I-40 or I440 Beltline: Take Exit 293 US-1 South/US64 West toward Cary. Take the Cary Parkway Exit. Turn left onto Cary Parkway. At the intersection of Tryon Road, turn left. Colonial Baptist Church is on the right at the Tryon Road and Walnut Street intersection.

For further assistance call:

459-0030

Refresh Your Heart

Registration Form (Please print clearly)

Name (To be used on name tag): _____

Email Address (Note: Confirmation will be sent by email) _____

Address _____

City _____

State _____ Zip _____

Day Phone _____

Evening Phone _____

Home Church _____

Age (Optional):

- 14-21 22- 34
 35- 49 50+

Workshop Selections – List workshop number in order of preference (You will attend 2 workshops, please select 4):

1st : _____ 2nd: _____ 3rd: _____ 4th: _____

Check here if you need hearing assistance

How did you hear about this conference?

- brochure in the mail from a friend
 brochure at church church bulletin
 Sunday School class area bookstore
 college ministry advertisement
 other _____

Registration fee: \$30

Scholarship donation (Optional) \$ _____

(Unused funds will be applied to Colonial Women's Ministries)

Scholarship requested (Optional) _____

To PAY BY CREDIT CARD and REGISTER ONLINE , go to:
<http://women.colonial.org>

To PAY BY CHECK, please make checks payable to:
Colonial Baptist Church

Mail this form and check to:
Attn: Women's Ministries - RYH
Colonial Baptist Church 6051 Tryon Road
Cary, NC 27511

No phone registrations accepted.
Registrations are not refundable but may be transferred.
This registration form may be duplicated at the same size.

Colonial Baptist Church
Women's Ministries
6051 Tryon Road
Cary, NC 27511

NON-PROFIT ORG.
U.S. POSTAGE
PAID
CARY, NC
PERMIT # 15



6051 Tryon Road • Cary, NC 27511 • 919-233-9100 • www.colonial.org



A Conference for Women

Come grow with us.....

**"Life Management for Busy Women"
with Elizabeth George**

Saturday, September 10, 2005

8:00am - 4:00pm



**"When your words came, I ate them; they were my joy
and my heart's delight..." Jeremiah 15:16**