

**THIS PAGE WILL BE UPDATED AS WORKSHOPS ARE FILLED UP!  
CHECK HERE TO SEE IF YOUR CHOICES ARE STILL AVAILABLE!**

**Workshop A: Saturday 1:00-2:30 PM**

**1. President's Workshop-** *Apryl L Crownover-Glunt, Your President of ABWM of PA/DE*  
AWBM of PA/DE has been on a 3-year journey of restoring our organization back to what God has called us to be. Come learn what is happening in the region and for a time to share what is happening in your association and/or church. This is open to any lady wanting to see or do new things to help their women and girls THRIVE for the Lord.

**2. Finding your place at the Table: Discovering the ministry of ABCOPAD-**  
*Sue MacDonald, ABCOPAD Foundation Director of Development and Rev. Dr. Frank Frischkorn, Regional Executive Pastor*  
You know you are part of a family when you have a seat at the table, don't you? Well the truth is, **YOU** have a seat at the table of this regional family known as ABCOPAD, and we would love to help you find out about it! During this workshop we'll explore the many ways that God is using the American Baptist Churches of Pennsylvania and Delaware to advance the Kingdom, and in the process, point to some ways that you can be involved in the exciting ministries that are happening throughout our region and literally around the world.

**3. OUR CARIBBEAN SISTERS:**  
***What the women of Cuba can teach us about spiritual resilience-*** *Joyce Reed*  
Missionary Joyce Reed had the opportunity to travel to Cuba in June 2015 and in March 2016. During her workshop, not only will she share stories of the Cuban church today, but also how women, in particular, are faithfully thriving despite years of persecution and hardship. As we listen to the stories of these resilient women, how can their faith transform our own? What can we learn from struggle, suffering, and sacrifice? What spiritual practices can strengthen us when hope seems dim? What is key about community? And what does Jesus invite each one of us to surrender in order to experience life more abundant? An interactive workshop with story-telling, discussion, and creative exercises designed to engage and challenge your mind and heart!

**4. Renewing Your Prayer Life-** *Rev. Rob Rice, Pastor-Muncy Baptist Church*  
As we face different seasons in life, sometimes we feel as if we are walking through a dry and thirsty land. Our relationship with God can suffer and our prayer lives can seem to be more a burden or struggle than our source of strength for each day. If you are in need of a renewed prayer relationship with God, come to this workshop which will explore prayer practices which will transform hearts and restore our relationship with God. Please bring a journal and your bible with you to this workshop!

**5. We Were Made to THRIVE!**- *Christy Meneely, Spiritual Enrichment Coordinator*  
God is on the Move! -Thrive Groups are happening... Over 240 Ladies across our region are committing to grow in sweeter relationship with the Lord and each other. Thrive Groups are

also an opportunity to have a deeper, more effective prayer life. Some groups are 2 or 3 strong. Other groups have 20 ladies. Most groups meet either monthly, or weekly to study greatly inspiring books and to pray. If you are part of a Thrive Group and want to know what other groups are doing, join in this workshop. If you are interested in finding out more about Thrive Groups, come along!

**6. Pastors' wives: blessing or burden? For certain a unique calling-**

*Kelly Hartman & Kathy Staje, Thrive Grant Coordinator*

Support one another. Keep building each other up as you have been doing.

1 Thessalonians 5:11 (The voice)

Please join pastors' wives Kelly Hartman and Kathy Staje for a time of refreshing discussion about how to support each other through authentic relationships and transformative relationships.

**7. "Hole in Our Soul"- Kerri Mahserjian-Smith Mims**

Sometimes it's easy to see when someone is struggling with an addiction. There are outward signs of their inward struggle. It's a common headline when a young person dies from Heroin; who never took drugs until they suffered an injury and became hooked on their opiate pain meds. But how many more of us live in silent shame with other less acknowledged addictions to work, sex, food, money? No matter our addiction the solution is a spiritual one. Whatever the reason for that Hole in Our Soul, that constant emptiness we seek to feel with anything that will make us "better", make us "happy" the only thing that fills that void and heals that pain is Jesus Christ. Handouts will be provided.

**8. Craft Coil Basket- Hannah Grace Glunt, Mission and Service: AB Girls**

Using newspaper and a hot glue gun you are going to make a basket. **You will need to bring your own scissors, hot glue gun, and glue sticks. 15 people.**

**9. "You're A Gem" Pendants & Soap Workshop- Melissa Maxim**

Create 2 custom glass gem pendants, (1) to wear with silver .925 chain (provided) & (1) to together how much "You're A Gem"! **\$8 per person. 12-15 people.**

**10. Picture Frame Wreath- Pam Hughes, Love Gift Coordinator**

Use an ordinary frame and transform it into something unique. God takes us-ordinary women and transforms us into unique women. **\$10 per person. 12 people.**

**11. Ready, Set, Roll!!-**

*Judy Miller, White Cross Coordinator and Incoming White Cross Coordinator*

This is a hands on workshop where you will be cutting and rolling bandages of all sizes and tying them, cutting 4"X4" squares and tying them in stacks of 50. You will see what other "hand work" is needed by our hospitals in the Democratic Republic of Congo. Come, find out how much fun you can have when you join a group working to supply these simple but much appreciated items. CAUTION! You could be inspired to form your own roller gang!

## **Workshop B: Saturday 2:45-4:15 PM**

### **12. *Redeeming My Private Devotion-* Micca Campbell**

The hustle and bustle of our world has quietly exceeded our time alone with God. This attitude has permeated the church causing fatigue and burn-out. To regain your passion, and be a radiant witness for Christ, you must meet with God first. In this workshop, you'll learn the Spiritual Disciplines of Christ, and how seeking God's face, can renew and revitalize your weary soul.

### **13. *So You're Ready To Do Missions?-***

*Paula Sommerfeldt, Mission & Service Coordinator and Judy Miller-White Cross Coordinator*  
This workshop will help prepare you for "doing" missions. It will give you an idea of the many opportunities (including White Cross) available to you. By giving you some answers to questions like.... What kind of missions do I want to do? How do I get started? Who can I talk to about my interests? Where can I get information about projects available. This workshop will introduce you to mission projects for your home, church, country, and abroad.

### **14. *"Evangelisting – Spreading the Good News through Listening"-***

*David Klock, Lead Pastor Living Bridge Church*

Would you love to see a movement of God in the lives of those around you? What about a movement of God in your own life? If you've answered "yes" to these two questions come join me as we discover together how the Gospel is spread and the Kingdom grows when we learn to listen better. Evangelisting is a "word" created by a longtime friend of mine and is a play on the word evangelism which is defined as the spreading of the Good news. The word evangelism often brings about tremendous anxiety among many followers of Christ over the fear of not having all the answers or not knowing what to say to people. Evangelisting on the other hand is the spreading of the Kingdom through listening, something anyone can do with focus and intentionality. When we grow in our listening to God the Father, to the Holy Spirit, and to one another we experience the Kingdom of God in new and exciting ways!

Then the LORD came and stood and called as at other times, "Samuel! Samuel!" And Samuel said, "Speak, for Your servant is LISTENING." -1 Samuel 3:10

### **15. *"Racism or Reconciliation"-***

*Susan Mahserjian-Smith, ABWMOPAD Treasurer and Retired Williamsport Police Chief and Community Activist Minister Curley Jett of Love Unlimited Ministries.*

What is racism? Isn't everybody a little bit racist? How is racism affecting our churches? My church's membership is diverse so we're obviously not racist, right? From the White Supremacy Movement and the KKK to the Black Lives Matter Movement and the Beloved Community Movement we're polarized as never before. What can we do as an individual, as a church and as a community? Will we ever find reconciliation? Isn't acceptance the same thing? What does the Bible have to say? Join us for a frank look at racism and reconciliation. Handouts will be provided.

**16. Restoring Hope to the Hopeless: Battling the Demon of Addiction- Greta Davis**

According to one scientific journal, the United States averages 110 legal- and illegal-drug overdose deaths every day. Drug-overdose deaths in Pennsylvania increased 14-fold in the last 35 years, with rates climbing especially fast in relatively young white women, according to the University of Pittsburgh Graduate School of Public Health. With rates increasing so rapidly, drug use, abuse, and drug related deaths are impacting families and churches at an ever increasing rate. Drug use and abuse impacts the addict, the addict's children, the addict's family, and the addict's community. How do we as a church help to restore hope to those who have lost theirs? In this session we will address how the individual, the church, and the community can respond to our increasing drug epidemic.

**17. Loved by Yah(weh) Soaping Workshop- Melissa Maxim**

Watch and work in small groups to create custom Melt-n-Pour soaps learning different techniques combining soap bases, scents, colorants and embeds in loaf bars and shaped molds as we share in YAHweh's love for you! (Take home 2 different soap creations). **\$8 per person. 20 people.**

**18. Ornaments- Pam Hughes, Love Gift Coordinator**

Come make 4 or 5 ornaments made from recycled items. These will be great ideas to use for party favors, gift tie ons, shut in gifts, etc. Cinnamon stick fabric trees, tinsel angels, pine cone and button wreaths or trees. **\$8.00 per person. 12 to 15 people.**

**19. Lotus Blossom Symbol and Origami- Edie Seigle**

One thing I like is to know what symbols mean and what is behind the traditions we do. Start your journey down this road with the Lotus Symbol. Learn about the life lesson the Lotus Blossoms can teach us and make an origami blossom to take home. The Lotus module can be used as a nut cup or with an electric tea light. **\$2 per person. Limit 12-15 people.**

**20. Conference Choir- Melody Walden, Pastor-New Covenant Baptist Church**

Psalm 104:33 (ESV) "I will sing to the LORD as long as I live; I will sing praise to my God while I have being." Singing scripture ministers to our souls, brings praises to our Heavenly Father.... and, it's just fun! Come and worship - and be a part of the Conference Choir that will share the fruit of our "workshop" during Sunday worship. We will sing both a choral anthem and a praise/worship song. God hears a joyful noise when you sing with all your heart!

**21. Free Swim**

Grab your swimsuit and towel (must bring your own) and head over to the university pool and take a relaxing dip during this workshop time!