

-=This years women's renewal weekend is designed to start us on the path of discovery and commitment to loving God with ALL. This year we will have four interactive sessions. Each session will focus on a particular part of us that makes us who we are including personality, physical appearance, health and nutrition, and the impact of colors on our thoughts and actions. The underlying message is that we are each a unique God creation created for His purposes and His glory.

I praise you for I am fearfully and wonderfully made.

Wonderful are your works!

That I know very well. (Psalm 139:14)

Come find out how more of your "wonderfulness" can be lived out!

Schedule of Events

Friday Night

- 6:00 Parade of Tables reception
- 7:00 Session One: Color Me....
- 9:00 Close

Saturday Morning

- 9:00 Opening Session
- 9:15 Session Two: Wear Colors with Confidence!
- 9:55 Session Three: The Color of Health
- 10:35 Session Four: The Harmony of Color
- 11:15 Fearfully and Wonderfully Made!
- 12:15 Luncheon
(Parade of Tables and TBC Singing Waiters)

Session Descriptions and Presenters

Color Me...

You are fearfully and wonderfully made! God has created each of us with a unique set of gifts, talents, style and personality traits that make us wonderful! Through experiential learning and engagement, we will discover our "true color", which is a particular combination of temperament and personality traits. Come join us as we unwrap our unique and colorful gifts together!

Deborah Mangum, M.Ed..in counseling and education, is the founder and principal consultant for Acorn Consultants, Inc. She specializes in coaching, facilitation, and training to help others live life with intention.
Robin Roberts, MS in Education, is the state leader for the NC Parents as Teachers Network and an independent consultant.

Wear Colors with Confidence!

*Ever wonder why certain colors look amazing on you and make **your** face light up, while others seem to drain all color from **your** skin and make you look ill? Knowing how to find the best colors for you doesn't have to be a guessing game. Come and find out a few easy ways to discover some of your very best colors and learn how to determine if a color is right (or wrong) for you. Once you know your best colors you can easily wear color with confidence!*

Mary Michele Little, Style Expert and Image Consultant, One Chic Mama, Inc. Read more about Michele at www.onechicmama.com.

The Colors of Health

Fruits and vegetables come in terrific colors and flavors, but their real beauty lies in the protection they give against chronic diseases, certain cancers and weight gain. Participants in this session will learn about these protections and easy ways to incorporate color and variety to achieve better health.

Lydia Loyd, Registered Dietitian and Licensed Nutritionist with a Master's Degree in Public Health Nutrition. She currently works for Wake County in the Community Health Division.

The Harmony of Color

Colors can have a significant impact on our lives- our thoughts, moods and behaviors. This session will explore the psychological effects of color.

Joy Robinson Earp, BS in Design from Campbell University, is an independent design consultant for residential and commercial design.

Angela Rogers, BFA in environmental and interior design from East Carolina University. She practices interior design with Stewart Woodard LLC.



**Women's Renewal Weekend
Registration**

- Registration for Conference \$25.00
(includes Friday evening refreshments and all sessions)
- Registration for Lunch \$ 8.00
- Senior Discount *(deduct)* \$ 5.00
- Please assign me to a table *OR*
- I am already assigned to a table

_____ *(name of hostess)*

(Child care will not be available for this event)

Total cost: \$ _____

Name _____

Address _____

City, State _____

Phone _____

Email _____

Current Church Affiliation _____

****Checks made payable to**
Trinity Baptist Church**

Mail payment and registration to:

**Terri Northcutt
6116 Battleford Drive
Raleigh, NC 27612**

*Oh yes, you shaped me first inside, then out;
you formed me in my mother's womb.
I thank you, High God—you're
breathtaking!
Body and soul, I am marvelously made!
I worship in adoration—what a
creation!*

Psalms 139:14 (The Message)



www.tbcraleigh.com



Color Me....

Beautiful!

Women's Renewal Weekend

Trinity Baptist Church

March 5-6, 2010

