

Electives for February 9, 2019 for A Colorful Day

Session One 9:30–10:15

“Come Enjoy the Colors and Tapestry of the Steps to Freedom Quilt”

The tapestry is a byproduct of the *Long Walk to Freedom* by Nelson Mandela. The desire is that you come away with a heart to create art, find connection, gain comfort and begin to learn how to commemorate life through the color, design and weave of colorful fabrics.

Speaker: Marilyn LeBlanc

“Hope for Loneliness”

How we cope with loneliness can lead us to despair or to hope. A brief look at the lives of Elijah, David, Paul, and Jesus will lead us to biblical principles that will help us handle loneliness in ways that give hope.

Speaker: Carolyn Downs

“Hospitality Continues with S.P.A.C.E.”

Are you suffering from C.H.A.O.S.—Can't Have Anyone Over Syndrome? Could it be that you lack organization or have become a "stuff manager"? Kristen will give principles bringing hope to the hoarder, systems for the stacker and allow you to be hospitable without having to stash everything in your closets. She will have you thinking of vertical storage, stopping the amount of stuff you bring into your home, and she will help you learn how to sort what you have.

Speaker: Kristen Thornton

“How-to with Fresh Flowers”

Joanna will be demonstrating how to take grocery store flowers and arrange them so they brighten up your kitchen or dinner party. She will also demonstrate how to make a small posy, perfect for a graduation gift or formal dance. Guests are welcome to bring their own flowers and follow along or just watch. There will be a drawing to give away the two demonstration pieces!

Speaker: Joanna Bernardini of Snapdragon Floral

“People Pleasing: Navigating the Perplexities and Pondering Truths”

I will be sharing parts of my testimony, which deal with people pleasing tendencies/mindsets, and we will also be examining scriptures to see the truth of who God is in us and for us. The goal of this class is to encourage our purpose, satisfaction, joy, and affirmation in Christ alone.

Speaker: Robyn Brenner

“What Do We Do with Our Scars?”

Too often, we try to minimize or hide our scars. I will take some time to encourage you to look at the remnants of your wounds in a new light. God has a great purpose, in this amazing, healing process of ours!

Speaker: Heather Floriani

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Session Two 12:00-12:45

“Basics of Freezer Meals for Slow Cooker and Instant Pot”

Do you find yourself mid-afternoon wondering what you’re going to eat for dinner? Have you purchased an instant pot but it’s still sitting in the box? Come learn the art of freezer meals for slow cooker and Instant Pot, as well as some basics for how to use your Instant Pot. You’ll walk away with 10 freezer meal recipes, and hopefully, some new cooking inspiration!

Speaker: Hannah Carter

“Beginners Pilates”

Learn Pilates and Yoga moves you can do daily in your own home to help improve flexibility, build core strength, and decrease stress. **Bring a towel or exercise mat. If you have an old tie bring it, or I will have one for everyone.

Speaker: Kimberly Harris

“Christ-Centered Celebrations for Children”

Learn to point your children to Jesus Christ through these fun ways to celebrate the holidays at home. We will discuss Advent and Christmas, Lent and Easter, Valentine’s Day and other everyday celebrations of Christ.

Speaker: Cortney Cannon

“Fostering Hope for Orphans Among Us”

There are over 400,000 orphaned kids in foster care in the U.S. If you’re wondering what role you can play to help these children, come hear what orphan care looks like through the eyes of a DCS (Department of Children’s Services) foster parent.

Speaker: Madison Tyler

“God Sees the Sparrow and He Sees Me”

In a time of suffering God used art to bring me out of fear of feeling inferior to trust in Him. Using pictures of my paintings, I want to share my journey of how God used others to help me step out in faith. In seeing how God works, you will be encouraged to trust Him for the ‘next step’ in your own life.

Speaker: Amy Carlisle

“The Nations at Our Door—Building Bridges to Your International Friends”

Do you have a heart for the nations, but seem to be planted firmly here in Memphis? Would you like some ways to love your international neighbors here in your own neighborhood? Come hear how God is using language and good old fashioned “neighborly-ness” as ways to love our neighbor well. We’ll have a short session on language as a bridge, as well as hear from a panel of women who are engaged with internationals.

Speaker: Leigh Sistrunk and Panel