

Topics for Women

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Seasons of Time: Time to Rest - Space to Heal



With increasing progress and technology, Americans were promised easier lives and more time to relax. But that's not what happened. Our fast paced culture pressures women to take on: one more option, one more problem, one more commitment, one more expectation, one more purchase, one more debt, one more change, one more job, one more decision. Sound familiar?

This reflective topic is based on the book *Margin* and Ecclesiastes 3:1-8. Using seasonal photographs and symbolism, this practical presentation features restoring margin to our lives. Topics include: seasons of overload; seasons of stress and stressors; eight prescriptions for restoring seasons of time with margin; and personal "Seasonal Reflections" included throughout.

The Physical Perspective: Physical Fitness, PMS, & Passion

What do Physical Fitness, PMS, and Passion have in common? They are often areas of a mother's life that get overlooked while busily caring for her family. The significance and strategies for physical fitness; proactive ways to deal with PMS; and restoring/maintaining marital passion are all candidly addressed in this practical presentation. *Resource Books on Biblical Marriage and Sex* available as a handout. Optional: Small group discussion.



Rainbow of Refreshment



When was the last time you woke up rested and excited about the new day? Did something spontaneous for a friend? Had a date with your spouse? Are you consumed with "shoulds" or "musts." Are you exhausted? This practical presentation features how women can live a refreshed lifestyle whether at work, at play or at worship using the acrostic REFRESHMENT. A few key components include enjoy, friends, health, time and what is enough? Optional: Children's

Rainbow of Refreshment Activity Book for mother-child event.

For Questions, Other Topics, and Scheduling Contact:

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