

INTENTIONAL LIVING 2021 WOMENS CONFERENCE

Cultivating Resilience

"Resilience is the preventative medicine side of caring for our mental, emotional, social, spiritual and physical selves. The Christian life is uniquely designed to foster it"...Dave Hughes



Saturday October 23rd
doors open at 8:00 am
wrap-up 4:15 pm

Keynote Speakers
Debra Leckie-Mueller &
Ruth L. Snyder

Worship & Prayer
led by
Charlene Mitchell

Special Presentations by
Ashley Carroll &
Stephanie Mang

A day for Women ages 18+

Tickets \$5 at the door
Lunch, snacks and
beverages provided

Hosted at Lakeview Gospel Centre
4801 54 St Bonnyville
by the Women's Ministry

register online at lakeviewgospel.ca under News & Events

Limited capacity
child care not available
Masks and social distancing in effect .

Today more than ever, it is important for us to live with intention and learn to be resilient. God wants us to prosper and flourish in accordance with his word, under his guidance and enveloped in his love.

What does living intentionally for God really mean? To live intentionally is to have purpose, set goals and follow a plan. The bible tells us that "a good plan and hard work leads to prosperity, but hasty shortcuts lead to poverty" Proverbs 21:5. Make wise plans to live intentionally but make them with God. "We can make our plans but the Lord determines our steps" Proverbs 16:9.

We have all experienced ups and downs along our life's path. Often a trauma or tragedy can throw us off course and we struggle to get back on track. We may struggle with God's purpose for us. Intentional living is not for the faint of heart. It requires determination, falling and getting back up. It requires resilience. God's word does not fail us. Our Lord wants us to cultivate resilience for as our resilience strengthens so does our determination to live an intentional life with him.

Ladies, if you are wondering how to cultivate resilience we need only to open our bibles. The word gives us many examples from which we can draw strength; such as: (1) 2 Corinthians 1:3-4, we must be able to process change, (2) Philippians 4:11-13, be grateful, (3) 1 Corinthians 6:19-20 care for our bodies, and (4) Psalms 46:10 be still and seek God's presence.

Today we are joined by four dynamic, christian women. Debra and Ruth will share their testimonies on how cultivating resilient living in Christ brought them strength and meaning to a life of intentional living with God. Stephanie and Ashley will offer methods of developing resilience through self care and knowledge they have gained through their education and walk with Christ.

I hope you can join us for this day of worship and learning through scripture and the life experiences of others. Let's make Intentional Living for Christ our way of life.

Deborah Melanson Soloway
Lakeview Gospel Women's Ministry

Cultivating Resilience - Speakers



Debra Leckie Mueller is from the Elk Point Baptist Church. In 2008 she was diagnosed with cancer. Before her treatments were finished, her marriage ended. One of the scriptures Debra clung to was 2 Corinthians 4:16 "...though outwardly we are wasting away, inwardly we are being renewed day by day." (NIV). Though Debra was physically wasting away and emotionally depressed, she grew more dependent on Christ each day and discovered what it truly means to live "in Christ."



Ruth L. Snyder is a best-selling author, speaker, and book coach. She helps entrepreneurs write, publish, and profit from their books. Her name means compassionate bringer of Light. Ruth will be sharing how gratitude (focusing on the bright side of life) has carried her through difficult life circumstances like infertility, raising children with special needs and an unhealthy marriage.



Stephanie Mang is a Registered Psychologist and founder of TLC Counselling and Psychological Services. Stephanie's passion is to be a help and encouragement to those around her. Her goal is to provide clients a warm, safe space to explore their mental health. Self-care is a huge component of being mentally well. Come join Stephanie in exploring how to intentionally utilize self-care to aid in maintaining your own mental wellness.



Ashley Carroll is a teacher and animal lover. She has three Labrador Retrievers and has a passion for learning about ways animal assisted interactions can impact mental wellness. Ashley completed her Master's research about the effects of therapy dogs on stress and anxiety. She volunteers with two of her dogs that are certified as wellness dogs; and she incorporates animal assisted wellness into her school.

Program

8:00am Doors open for registration

8:45-9:15 Prayer & Worship

9:20 Welcome & Opening Message

9:45-10:30 Kenote Speaker Debra Leckie-Meuller

10:45-11:15 Special Presentations with Stephanie & Ashley

11:30-12:15 Keynote Speaker Ruth L. Snyder

Lunch Break 12:15-1:15pm

1:15 Prayer & Worship

1:30-2:00 Keynote Speaker Ruth L. Snyder

2:15-2:45 Special Presentations with Stephanie &
Ashley

3:00-3:30 Keynote Speaker Debra Leckie-Mueller

3:45 Worship & Wrap-Up

Masks and social distancing in effect

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