

Bonita Shields Presents:

Courage for the Call

Fear holds us back from many things the Lord has for us. Bonita shares her story of God's call on her life, and how the Lord helped her work through the fear that sought to keep her back from accepting the call.

Character for the Call

God asks us to deny self, but what does that mean? We'll explore together what God's Word says about it.

Commitment for the Call

Many live under the bondage of debt. In this seminar, Bonita will give you some tools to help you break free from bondage.

Confidence for the Call

Some think that confidence and godliness don't go together, but how do we walk confidently yet humbly?

Friday Evening After the Program

Afterglow Friendship Groups — You are invited to join the group designated by the afterglow room number printed on your nametag.

Her Body is a Temple: Raising Sexually Healthy Girls with Dr. Celeste Holbrook — Join this workshop and discuss how to mindfully help our daughters navigate a sexually charged world with a positive self-image and the power to make sexually healthy choices.

Teen Seminars

Women of God: How to Take Action 11:30 am - 12:45 pm
with Natalie Barahona
Alive in Jesus...the Bible tells us that faith without works is dead. How can we live our lives as Women of Action? We'll look at lessons from the story of the Good Samaritan. Imagine what your life would look like on fire for Jesus! What plans do you think God might have in store for your life as a woman of action?

Self Defense with Steve Kinser 2:30 pm - 3:45 pm
Join this workshop and learn important and potentially life-saving skills. With Mr. Kinser's excellent training you will learn the skills to break free from the hold of an assailant allowing you time to run away.

Women of God: Where is Our Worth? 5:30 pm - 7:00 pm
with Natalie Barahona
It's been said that something is only worth what someone else will pay for it...Jesus gave His life; God died for you! You are beyond priceless! But people, media, and our own insecurities tell us otherwise! Learn to recognize their lies for what they are and come to understand your true value in Christ!

Sabbath Afternoon Seminars 2:30 pm - 3:45 pm

Does God Like What I Like? with Kim Pichot Loup Room
Join us for a discussion in knowing God's will for your life, reflect on what you like most in life and how God can partner with you along your journey to living in His will.

Self Defense with Steve Kinser Elm Creek/Silver Creek
Join this workshop and learn important and potentially life-saving skills. With Mr. Kinser's excellent training you will learn the skills to break free from the hold of an assailant allowing you time to run away.

Healthy Sexuality Over the Lifespan North Platte
with Dr. Celeste Holbrook
Woman's sexual health is constantly evolving from the time she becomes sexually active to beyond her golden years. Most women will have at least one sexual health issue over the course of her lifespan. From painful intercourse to low arousal, this workshop will cover many issues that women experience and how to overcome them to reach a blessed intimacy.

5:30 pm - 7:00 pm

Creating a Family Climate in Your Church Loup Room
with Dr. Linda Becker
Loneliness is an epidemic in our technical culture. How can we build community in our churches that will support us in times of crisis, grief, celebrations and getting through life? How can we help "church people" be the kind of people everyone wants to "hang out" with? How can we be more loving, more inclusive, more like Jesus? This interactive session will help each of us find ways that fit our personalities to create a warm family climate in our church.

Screen Damage North Platte
with Dr. Celeste Holbrook
Handling the negative effects of sexual media & pornography in your family. From YouTube pornography to the Liquid Plumber commercials, sex is all around us. Media and pornography portray an inflated, unattainable and false version of sex, void of the beautiful intimacy intended by God. Join this workshop to discuss the effects of pornography and sexual media on you and your family and how to guard your heart and home against its negative effects.

Domestic Violence with Tanya Sandoval Elm Creek
Tanya Sandoval, along with an advocate from the Grand Island Crisis Center will provide education on raising awareness about the warning signs of abuse, identifying characteristics of healthy vs. unhealthy relationships, and the importance of safety planning.

Saturday Night Fun! 8:00 pm

Design on a Dime Decorating/Merry Making with Kendra Carlson
Q & A with Dr. Celeste Holbrook



Seminar Sign-Up

Please choose one during each time slot.

Friday Evening 15 mins After the Program

- ☐ Afterglow Friendship Groups
- ☐ Her Body is a Temple: Raising Sexually Healthy Girls

Sabbath 2:30 pm — 3:45 pm

- ☐ Does God Like What I Like?
- ☐ Self Defense
- ☐ Healthy Sexuality

5:30 pm — 7:00 pm

- ☐ Creating a Family Climate in Your Church
- ☐ Screen Damage
- ☐ Domestic Violence

Saturday Night Fun!

- ☐ Design on a Dime Decorating/Merry Making
- ☐ Q & A with Celeste Holbrook

Registration Form
KS-NE Women's Retreat
October 25-27, 2019

Retreat Fee Per Person

o Quad \$163 o Double \$205 o Day Rate \$80 (Fri or Sun)
o Triple \$177 o Single \$290 o Day Rate \$100 (Sat)

Credit Card Information

Please Print



Name on Card

Card Number

3-digit

Exp. Date

Phone Number

Zip Code

No on-site payments. All registrations pre-paid in full by Sept 27

Name

Address

City

State

Zip code

E-mail

Home Church

Please list all names who will be sharing your room. Charges are according to occupancy.

The Kansas-Nebraska Seventh-day Adventist Christian Women's Retreat will be held October 25-27, 2019 at the Quality Inn and Conference Center in Grand Island, Nebraska (exit 312). The retreat begins on Friday, October 25 from 4-6 pm for check-in and concludes at approximately 10:00 pm on Sunday, October 27.

This time of spiritual refreshment is open to all women from 14-114 years of age. The only children permitted at the retreat are nursing babies. Please be considerate of those around you by not allowing your baby to create a disturbance that would distract others.

To Register

To register, call 785-478-4726 or mail your Registration Form and payment to the following address by Friday, September 27, 2019. Registration fee must be paid in advance and in full before arriving at the retreat.

Kansas-Nebraska Conference Women's Ministries
3440 SW Urish Road
Topeka, KS 66614-4601

Full retreat fees are due with registration. Payment can be made by check, money order or credit card. Refund policy: In the event of an emergency which causes you to be unable to attend, you may request a refund minus \$10.00 until Friday, October 25. Call 785-478-4726 and ask for Sue Carlson.

Those wanting roommates need to personally make arrangements with women whom they wish to share a room. Please write those names on the tear-off registration form. Each person must register individually.

Friday Check-In

Check-in will be in the Quality Inn and Conference Center lobby on October 25 from 4:00—6:00 pm. A supper buffet will be served beginning at 6:00 pm.

Featured Speaker: Bonita Shields

Bonita is the Director of Stewardship Ministries for the North American Division. *"Courage for the Call* resonates with me because fear has kept me from many good things in life. I ran from my calling for years because of it," she says. "As we spend time together this weekend, my hope is that as we share elements that I believe are essential for our journeys – courage, character, commitment and confidence, that they will help to empower you to embrace your calling. Our callings may be different, but it's the same God who works in us and through us to accomplish His purposes." Bonita lives in Silver Spring, Maryland, with Roy, her husband of 34 years.

Christian Women's Retreat

Called

October 25-27, 2019

Quality Inn & Conference Center
Grand Island, NE