

Iowa-Missouri Conference
32nd Annual Women's Retreat
August 27-29, 2021

Jesus, Light of the World

Airport Embassy Suites
7640 NW Tiffany Springs Pkwy
Kansas City, MO, 64153

Weekend Schedule

The Early Bird Sessions begin on Friday afternoon at 3:30 p.m. Registration begins Friday at 3 p.m. and the evening program with Elizabeth Talbot will begin at 7 p.m. The retreat concludes Sunday at noon.

Cost

Includes all retreat events and materials as well as a wonderful vegetarian cuisine: Brunch and supper on Sabbath and a brunch on Sunday. **The cost does not include lodging.**

\$75 Now through Thursday, August 5.

\$90 through Tuesday, August 19.

Sorry, no on-site registration or partial registration rates.

Two Ways To Register

Register online at: imsda.org/women

Click on registration to register and make payment.

OR

Register by printing out the registration form available online and return along with payment to:

*IA-MO Conference, Women's Ministries,
PO Box 65665, West Des Moines, IA 50265*

Registration will conclude on August 20

Lodging

We have rooms secured at the Airport Embassy Suites Kansas City. You can reserve your room online after registering at

imsda.org/women then or by calling 816-891-7788.

General Information

The Retreat is open to women 18 years of age and over. Please arrange for your infants to be cared for outside of the Retreat.

Registration and Craft Sale will be open Friday afternoon, Saturday evening and Sunday morning. We ask that you donate **handmade** crafts only.

Retreat Cancellation Policy: Cancellations before August 20 will be refunded, less a \$10 processing fee. Emergency cancellations will be handled individually.

Have questions about the Retreat? Call 515-223-1197 or visit imsda.org/women.

Elizabeth Talbot



Speaking on Friday evening at 7 p.m., Sabbath morning 10:45 a.m., Sabbath afternoon seminar & Sunday morning at 10:30 a.m.

Pastor Elizabeth Talbot, Ph.D., is the Speaker/Director for the Jesus101 Biblical Institute, a teaching/training media ministry. She is a Ph.D. in Biblical studies, and travels throughout the US and internationally as a lecturer and revival/motivational speaker. After several years working in radio and TV, Elizabeth now leads the Jesus 101 media ministry designed to offer in-depth Christ centered biblical studies resources.

Early Bird Session

Meals Made Simple – *Jessica Rochholz*

We all want the fast food without the guilt of it not being healthy. So, what if you could do both? Healthy and quick doesn't have to be an oxymoron. Featuring the Instant Pot we'll learn how to serve meals that are wholesome, while minimizing time in the kitchen.

Maybe It's Not Maybelline – *Monique Osborne*

What does oatmeal, turmeric, and blackstrap molasses have in common? Yes, they can all be used to make yummy, delicious meals! But they can also be used externally to transform your skin! Radiant, glowing skin shouldn't cost you an arm and a leg. Maybe It's Not Maybelline! Maybe it's ingredients from your very own kitchen!

Session 1

Raising Quality Kids Q & A – *Mandy McWilliams and team (Lou Blanchfield, Jennifer Williams, Pattie McWilliams, Chris Jensen)*

When we are in the thick of raising our kids, we have questions... How do you teach them your values? How do you teach them to work? How do you guide them through difficulties that come with friendships? What do you do with all the modern technology available to kids? Most importantly, how do you teach them to follow Jesus on their own when they are grown? Come: ask your questions and learn from our panel of modern and experienced moms.

Homemaking Wisdom – *Carrie Sullivan*

Have we lost the inspired values that give those living in our homes meaning, wellbeing, and joyfulness? Let's open the topic, our hearts, our homes to wisdom's light.

The Elijah Therapy – *Monique Osborne*

During the COVID pandemic, about 4 – 10 adults in the U.S. reported symptoms of anxiety or depressive disorder – up from 1 in 10 adults the previous year. Though daunting, we need not despair! Through the story of Elijah, we learn that God has a remedy for depression! The Elijah Therapy is sure to uplift your spirit and guard your heart and mind against the chains of depression!

Why Community? – *Anna Coridan and Team (Ranjana Baraily, Kabita Khadka, Shabyata Biswa, Justine Ushindi)*

New Change For Youth – NC4Y women will share the why behind community and what God is calling us to as a community of believers. Theme Verse: Isaiah 43:10, 11

Walking With Helen – *Helen Grattan*

You'll be blessed and a blessing when you join sisters in a walk .

Session 2

Raising Quality Kids Q & A (Repeat) – *Mandy McWilliams and team (Lou Blanchfield, Jennifer Williams, Pattie McWilliams, Chris Jensen)*

When we are in the thick of raising our kids, we have questions... How do you teach them your values? How do you teach them to work? How do you guide them through difficulties that come with friendships? What do you do with all the modern technology available to kids? Most importantly, how do you teach them to follow Jesus on their own when they are grown? Come: ask your questions and learn from our panel of modern and experienced moms.

Homemaking Wisdom (Repeat) – *Carrie Sullivan*

Have we lost the inspired values that give those living in our homes meaning, wellbeing, and joyfulness? Let's open the topic, our hearts, our homes to wisdom's light.

Girls With Guts – *Jessica Rochholz*

Everyone needs to understand the importance of gut health microbiome not only because there are trillions of them in the body but because they play many roles in the body. Headaches, brain fog, fatigue, anxiety, food cravings, weight changes, bowel issues, bloating, and gas are consequences of poor gut health. Learn how your gut is affecting you – physically and mentally, how to have a happy and healthy gut, and how to prevent many diseases and ailments by keeping your gut healthy.

Dig Deeper – *Arlene Saville*

Come and learn to enrich your bible study with easy research practices.

Walking With Helen – *Helen Grattan*

You'll be blessed and a blessing when you join sisters in a walk .
